

THE WRAG

Waverley's Results and Gossip, Volume 35 No 1 April 2008
OFFICIAL NEWSLETTER OF ATHLETICS WAVERLEY INC.

ATHLETICS

WAVERLEY Inc.

11 Morshead Av. Mount Waverley Vic.3149

President Kerry Ann Carstairs (9803 6367) Secretary Yvonne Glover (9802 6564) Treasurer Darren McGee(9560 9728)

Kerry's Sermon

As a new season begins most of you will be aware that Yohan Amerasekera has stepped down as Club President. Yoey's "larger than life personality", passion and commitment to Aths Waverley has been intrinsic to the success of the club over the last three years. He led by example both on and off the track and during this time premierships were won at both venue and association level. Aths Victoria has referred to the outstanding results and team spirit of our club on several occasions.

The best way we can thank Yoey and show him our appreciation is to continue the work he has begun and continue to grow from strength to strength. Last season our membership total passed the "magic 100" surpassing our goal for the season.

Seven teams: Mens Open Division 1, 2, 3 & 4, Womens Open Division 1 & 2, Under 18 Girls were victorious at the Venue final, whilst the under 18 Boys were second.

The Under 18 Girls and Open Men Division 3 won the Association Final with the Open Men Div. 4 narrowly beaten.

Yoey will still be a committee member but plans to spend more time with his wife Kathryn and soon to be one year old son Lucas. Special thanks to Kath for supporting Yoey with Presidential duties.

It was wonderful to see so many nominations for this year's committee and over the next few editions of the Wrag I hope to be able to give you a profile of each of the committee members and their role on the committee.

Some of you will be wondering who is Kerry-Ann Carstairs?

I am a trained Physical Education teacher and have participated in and coached many sports. .

In recent years I have worked in leadership positions at Glendal Primary School.

My responsibilities there currently include:-

- Managing the learning environment, including all physical resources and the \$5.6 million dollar building project.
- Overseas studies and partnerships
- All timetabling
- O.H.& S management rep.

I have been heavily involved with the junior sports my sons have played as an accredited level 1 football coach, a football trainer for 12 years.

It is due to my sons that I became involved with Aths Waverley.

Greg is commencing his 9th season as an athlete with the Club and now is a Level 2 coach, specialising in sprints, 3 to 4 nights a week at the Club.

My youngest son Shane is starting his 8th season. He was awarded best Club athlete for the season 2007/2008 for the third time.

Robert is 25 and rejoined the club a couple of seasons ago after living overseas for 12 months. He was heavily involved in managing the open men's teams last season and has joined the committee this year

My husband Evan was a very good sprinter in his youth, but these days mainly competes in the throws or where ever he can help out for Division 4. His reason for joining was so that he could share the activity with the rest of the family. He has taken over the role of registrar this year.

I have been on the committee for the past 7 seasons and have filled the roles of media liaison, team manager for the junior boys and registrar last year.

My athletic ability was confined to representing my secondary school, the high light being when I held the shot put record for a short time.

I look forward to working with our new committee this year and all the members of Aths Waverley to continue to improve the facilities and build on the existing strengths and talents of this wonderful club.

Kerry

ANNUAL GENERAL MEETING

The 11th AGM of Athletics Waverley Inc. was held on Tuesday 11th March 2008 at the clubrooms and the following **office bearers** were elected.

President:	K.A. Carstairs	
Vice president:	M. Baxter	
Treasurer:	D. McGee	
Secretary:	Y. Glover	
Registrar:	E. Carstairs	
General Members:	Y. Amerasekera	I. Hassett
	A. Baxter	J. Maudsley
	A. Glover	T. George
	S. Albiston	D. Cassar
	S. Farrell	E. Amerasekera
	T. McGrath	R. Carstairs

Fees for 2008/09 remain unchanged from last year as follows:

Open	\$185.00
U20	\$155.00
U18 & Full Time Student	\$155.00
U16	\$125.00
Dual Registration VLAA	\$25.00
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1 ST Year Open	\$175.00
1 ST Year U20	\$145.00
1 ST Year U18	\$145.00
1 ST Year U16	\$115.00
Life Member	\$120.00 (club absorbs club portion)
Family Discount	\$15.00 (covers U18 at same address)
Club Rebate	To be confirmed later
Assoc. Member	\$60.00 (covers insurance)
Social Member	\$30.00

Kerry, in particular has a huge task stepping into Yoey's shoes but with your support we are sure she will do a great job.

LIFE MEMBERSHIP

James Atkinson was awarded Life Membership after his proposal by Chris Knott, seconded by Yohan Amerasekera and overwhelmingly ratified by the members. James' contribution in competition, his organising of the winter programme and his many years as Registrar of the club has made him a very suitable life member. Congratulations James.

RECENT PERFORMANCES

The biggest performance was the selection of Madeleine Pape for the Australian Olympic Team for Beijing, our first Olympian for 24 years. Her breaking 2.00 minutes for 800metres is a great achievement any time but for it to make Olympic selection is just magnificent. We are extremely proud to have an Olympian after all those years.

Although not at that level Shane Carstairs has continued his impressive form in the U23 Championships with bronze medals in javelin, hammer and discus. Shane is 19 years old so he has time on his side to do even better in coming championships.

ATHLETICS WAVERLEY PENTATHLON

Results of the club pentathlon, organised (as usual) by Errol and his band of assistants follow. We had our turnouts for many years, but as always there was an excellent BBQ.

2nd March 2008

	200m		Shot Put		Javelin		Long Jump		1500m	
	Time(s)	Points	Distance(m)	Points	Distance(m)	Points	Distance(m)	Points	Time(mts.)	Points
Open Men										
Robert Carstairs	27.64	402	7.03	309	21.03	176	4.39	271	6:45:47	110
Greg Carstairs	25.22	588	10.18	497	46.93	544	5.32	445	6:30:20	155
Shane Carstairs	29.83	262	12.80	665	51.62	648	4.07	240	DNF	0
Ryan Camille	23.21	766	8.09	377	18.92	159	5.59	540	4:43:00	674
Under 18 Men										
Matthew Minney	25.37	618	8.47	446	22.07	230	4.80	423	4:43:34	716
Tim Albiston	25.08	642	8.64	457	23.78	257	4.96	457	5:52:24	348
Marcus Albiston	25.76	646	9.16	580	27.37	377	4.47	413	4:51:34	729
Ganesh Muthia	37.08	99	4.09	256	4.34	10	3.34	273	5:42:15	573

	200m		Shot Put		Javelin		Long Jump		800m	
	Time(s)	Points	Distance(m)	Points	Distance(m)	Points	Distance(m)	Points	Time(mts.)	Points
Open Women										
Shamila Muthia	37.44	326	5.35	304	12.60	259	3.19	369	3:38:39	312
Jennifer Baldwin	30.11	608	7.98	434	23.11	489	4.29	548	2:58:57	508
Simone Albiston	39.11	118	5.76	282	8.97	141	2.66	119	3:54:47	95
Kahlia Chapman	30.78	429	6.76	320	16.76	230	4.07	324	2:55:05	413

Under 18 Women

Uma Muthia	29.38	569	5.69	298	8.72	133	4.57	665	2:40:06	615
Liana Gooding	34.36	274	5.46	305	16.91	377	3.62	421	3:22:57	235
Anissa Muthia	29.64	572	6.35	374	13.05	272	4.45	700	2:51:25	515
Seema Muthia	32.03	467	4.35	293	11.01	317	4.12	759	3:16:08	337

NB: All performances have been adjusted based on "Age" tables and points scored according to IAAF tables.

WINTER SEASON

Athletics Waverley 2008 Winter Fixture

DATE	ROUND / EVENT TYPE	VENUE	MELWAY REF	MEN					Open O/A
				Open & O/age	Under 20	Under 18	Under 16	Under 14	
Sat 19-Apr	Rd 1. Cross Country Relay	Jells Park, Wheelers Hill	71 K6	6km	6km	3km	3km	3km	6km
Sat 3-May	Rd 2. Cross Country	Lardner Park, Warragul	612 U8	8km	4km	4km	3km	2km	6km
Sat 17-May	Rd 3. Road Race	SKINS Sandown Classic	80 C10	10km	10km	10km	3km	3km	10km
Sun 1-Jun	Rd 4. Road Race	La Trobe University, Bundoora	19 H6	15km	5km	5km	5km	5km	15km
Sat 28-Jun	Rd 5. Ekiden Relay	Coliban Ekiden Relay	609 D5	48.8/ 22.2km	n/a	n/a	n/a	n/a	32.3
Sat 12-Jul	Rd 6. Cross Country	Eastern Park, Geelong	452 F5	16km	6km	8km	6km	4km	4km
Sat 26-Jul	Rd 7. Cross Country	Bundoora Park, Bundoora	19 F4	12km	8km	6km	4km	3km	8km
Sat 9-Aug	Rd 8. Road Relay	Sandown Racecourse	80 C10	6.2km	6.2km	3.1km	3.1km	3.1km	6.2
Sun 7-Sep	Rd 9. Road Race	Yarra Boulevard, Burnley - Half Marathon	59 B1	21.1km	n/a	n/a	n/a	n/a	21.1
Sat 20-Sep	Rd 10. Tan Relays	King's Domain, Melbourne	2G A9	3.8km	3.8km	3.8km	3.8km	3.8km	3.8

Other Events of Interest

Sun 30 Mar	Run for the Kids	14.1K
Sun 4 May	Great Train Race	13.2K
Sun 15 Jun	Waverley Lake Handicap	5K
Sun 6 Jul	Gold Coast Marathon	42K/21K/10K
Sun 10 Aug	City to Surf	14K
Sun 17 Aug	Waverley 1 Hour/30 min Run	
Sat 23 Aug	National Cross Country - Melbourne	12K/
Sun 12 Oct	Melbourne Marathon	42K/21K/10K

Subject: Cross Country Relays - Jells Park Sat April 19

The Jells Park Cross Country relays are on this Saturday 19 April at 1:30pm. Draft teams for Waverley have changed a little since last week's email (including the substitution of new gun Chinaman Michael Yong for the more seasoned club stalwart Michael Young). Teams now look like this, with a few spots to be finalised:

Men Div 1: (6k) James Atkinson, Stephen Paine, Steven Williams, Michael Young, Martin Spiteri, John Hand
 Men Div 5: (6k) from Christopher Knott, Michael Rafferty, Michael Harvey, Tony George, Warren Holst, Rohan Claffey (?)
 Men Div 7: (6k) John Nolan, Clyde Riddoch, Kevin Smyth(?), Ben Simms (?)
 Men U20: (6k) Ryan Camille, Evan Pearce, Matthew Minney
 Men U18: (3k) Marcus Albiston, Ganisha Muthia, Naveen?

Women Div 3: (6k) Sally Atkinson, Kylie Harris, Uma Muthia
Women Div 4: (6k) Simone Albiston, Shamila Muthia, Jackie Attard (?)
Women U20: (3K) Justine White, Anissa Muthia, Jess George
Women U16: (3k) Seema Muthia, Georgina Brock, Danielle Trowell (?)

Start time is 1:30pm. The relays are at Jells Park, Wheelers Hill - Melways 71 K7. The course is a 3k loop on an undulating cross country course. A copy of the program and course map are attached. Look out for the Waverley tent which we will aim to position a bit further up the hill this year near the course as it passes the tea rooms so we can give a bit of Waverley support to the runners going by. We will aim for a team photo at 12:45 in front of the Waverley tent so please be there in plenty of time. A more detailed course map is available at

<http://www.athsvic.org.au/cache/NewsFile/2392Jells%20Park%20overview%20map%20with%20elevation.JPG>

Uniforms for new athletes will be available on the day. We do need one more official to help out on the day (no experience required). So if you or a partner or family member can help, please let me know. They will score a couple of free drinks at the Waverley tent afterwards.

Registering

As Evan mentioned in a separate email, winter registration now involves completing 3 forms:

1. AW Membership Form,
2. Metro Registration Form, and for Winter Members
3. Race or Series Entry Form

These are all fairly straight forward, and you can either mail them to Evan or myself or bring them on the day. The AV components can be paid by credit card, but the Waverley club component needs to be paid by cash or cheque, payable to Athletics Waverley. Evan has kindly offered to attend our first event and look after the registration forms and monies which is great. To make Evan's life easier, if you are planning to register on the day, please complete these forms beforehand and have them with payment in an envelope for Evan.

Our addresses for pre-registration:

James Atkinson: 2A Holloway Close, Sandringham, 3191

Evan Carstairs: 41 Gyton Avenue, Syndal, 3150

Registration fees:

Registrations are now due for 2008/09. This registration covers the winter 2008 season (now called XCR08) and the summer 2008/09 season, ie. runs from 1 April 2008 to 31 March 2009.

Registration fees are:

Fees for the 2008/2009 season are:

Open \$185.00

Under 18-20 \$155.00

Under 14-16 \$125.00

Family Discount Available (Two family members under the same roof....AV discount \$15 for second member onwards)

First time Members - First time members get \$10 OFF (Athletics Waverley discount)

Dual Registration - Discounts available for dual registration with VLAA (Little A's)

\$55, VAL (Pros) \$20, Masters (Vets) \$40

Also rebates applied if you ran 75% of summer or winter events last year and attended the presentation night and Christmas Party. You should have a voucher already if this applies to you.

Race Entries

The registration fee covers you for summer events and winter relay events (i.e. our first winter race). Individual events must be entered separately and are \$12 for open athletes and \$5 or \$10 for junior athletes depending on age. Discounts apply for seasons tickets which cover all events. The best option is usually to take a seasons ticket so an open athlete season would therefore cost \$185 registration + \$55 seasons ticket = \$240.

Please let me know asap if you are listed and can't make it, or are coming and I've missed you, or if you have a friend who is interested. I look forward to seeing you at the first winter event.

James Atkinson
0404 840 500



Contact: James Atkinson 9533 5712 or 0404 840 500
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ATHLETICS WAVERLEY WEBSITE

We have an excellent website with lots of current news and information. Have a look on www.athleticswaverley.com.au