

THE WRAG

Waverley's Results and Gossip, Volume 35 No 6 March 2009
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

Season 2008/2009 has been truly amazing. Who could imagine we would have 2 washouts in a time of drought, delayed rounds due to extreme heat ; probably less surprising, a sense of extreme frustration caused by the inadequacy of Athletics Victoria's new scoring software package and rule changes during the season?

Despite all of this Athletics Waverley has performed as the champion club that we all know it is. It would have been very easy to opt for less teams at the beginning of the summer season so that we could stack them with the aim of winning premierships as some clubs do. However, that is not our philosophy and the most important aspect was to give as many athletes as possible the chance to compete regularly and hopefully take part in finals. I am incredibly proud to say that we have achieved our goal.

Eighty athletes competed throughout the summer and it was wonderful to have the support and participation of many of our "traditionally winter" athletes.

We fielded teams in both of the open women's divisions and the Under 18s. We also filled teams in all three of the open men's divisions as well as the 40+ and Under 18s.

Four of our 8 teams finished on top of their division at the end of the rounds, taking out the minor premierships. They were the U18 Women, Women Division2, 40+ and

Men Division 2. The other four teams finished in second place meaning that all eight teams progressed to the Region Finals.

With soaring temperatures predicted for the Region Finals they were moved to the following Tuesday night. This is when we reaped the benefits from all those athletes who were prepared to qualify in extra events throughout the season. We fielded eight very competitive teams and won 6 premierships. Our Women Open 1 and Men Open 3 both finished in second place. What an outstanding result!!

Four days later we made the trek to Meadowglen for the Shield Final in very trying conditions. The Junior teams competed in the morning when the field was shrouded in smoke from the bushfires. The boys did their best but were outclassed on the day. Our girls won by .05 over Knox. What an effort!

Our 40+ men's team was victorious in the afternoon and wrapped the finals with some wonderful performances in the 400m, the last event of the day. Our Men's Open 2 placed second in a valiant effort. We can be incredibly proud of all our athletes and teams for a magnificent season.

All final's ladders are included in this edition of the Wrag.

A big thank you must go to those who helped out right throughout the season as officials and to Ross Goodings for coordinating our officials' roster.

The State titles have been held over the last few weeks and once again Aths Waverley has had some wonderful results which are also included in this Wrag. Congratulations to those who competed. Many achieved pbs and several won medals some of which are gold. Don't forget that the Summer Presentation Night will be held on Saturday 21st March at the clubrooms. This year we have opted for a more informal barbecue format. The club pentathlon will commence at 4pm to be immediately followed by the Presentation Night at 6:30pm.

Kerry-Ann

SUMMER SEASON

Venue Finals points Totals

F18	Group	For	Against	%	Prem.Pts
	AWA	175.50	196.50	89.31	5.00
	KNA	147.50	224.50	65.70	3.00
	SAN	49.00	323.00	15.17	2.00
	FKN	0.00	372.00	0.00	0.00
M18	Group	For	Against	%	Prem.Pts
	AWA	156.00	178.00	87.64	5.00
	KNA	143.00	191.00	74.87	3.00
	GHY	35.00	299.00	11.71	2.00
	FKN	0.00	334.00	0.00	0.00
M40+	Group	For	Against	%	Prem.Pts
	AWA	230.50	415.50	55.48	5.00
	GHY	184.50	461.50	39.98	3.00
	KNA	164.50	481.50	34.16	2.00
	VMA	66.50	579.50	11.48	1.00
FOP1	Group	For	Against	%	Prem.Pts
	GHY	203.00	247.00	82.19	5.00
	AWA	167.00	283.00	59.01	3.00
	KNA	63.00	387.00	16.28	2.00
	SAN	17.00	433.00	3.93	1.00
FOP2	Group	For	Against	%	Prem.Pts
	AWA	156.00	75.00	208.00	5.00
	CCA	39.00	192.00	20.31	3.00
	GHY	36.00	195.00	18.46	2.00
	MEN	0.00	231.00	0.00	0.00
MOP1	Group	For	Against	%	Prem.Pts
	AWA	222.00	391.00	56.78	4.00
	GHY	222.00	391.00	56.78	4.00
	KNA	119.00	494.00	24.09	2.00
	SAN	50.00	563.00	8.88	1.00
MOP2	Group	For	Against	%	Prem.Pts
	AWA	218.50	272.50	80.18	5.00
	GHY	131.00	360.00	36.39	3.00
	CCA	84.50	406.50	20.79	2.00
	KNA	57.00	434.00	13.13	1.00
MOP3	Group	For	Against	%	Prem.Pts
	OAK	256.00	173.00	147.98	5.00
	AWA	144.00	285.00	50.53	3.00
	GHY	20.00	409.00	4.89	2.00
	KNA	9.00	420.00	2.14	1.00

Shield Final Points Totals

F18

Group	Code	For	Penalties	Against	%	Prem. Pts
AWA	AWA	299.50		862.50	34.72	8.00
KNA	KNA	299.00		863.00	34.65	6.00
BOH	BOH	245.50		916.50	26.79	5.00
KSB	KSB	236.00		926.00	25.49	4.00
WTN	WTN	82.00		1080.00	7.59	3.00
ANW	ANW	0.00		1162.00	0.00	0.00
BYC	BYC	0.00		1162.00	0.00	0.00

M18

Group	Code	For	Penalties	Against	%	Prem. Pts
BOH	BOH	312.00		1063.00	29.35	8.00
PTN	PTN	281.00		1094.00	25.69	6.00
DIV	DIV	268.00		1107.00	24.21	5.00
AWA	AWA	205.00		1170.00	17.52	4.00
KNA	KNA	199.00		1176.00	16.92	3.00
ATE	ATE	110.00		1265.00	8.70	2.00
EKA	EKA	0.00		1375.00	0.00	0.00

M40+

Group	Code	For	Penalties	Against	%	Prem. Pts
AWA	AWA	414.00		1487.00	27.84	8.00
DIV	DIV	395.50		1505.50	26.27	6.00
WEN	WEN	329.00		1572.00	20.93	5.00
GHY	GHY	288.50		1612.50	17.89	4.00
COB	COB	175.00		1726.00	10.14	3.00
RIC	RIC	174.00		1727.00	10.08	2.00
ATE	ATE	125.00		1776.00	7.04	1.00

FOP1

Group	Code	For	Penalties	Against	%	Prem. Pts
ATE	ATE	380.00		1360.00	27.94	8.00
GHY	GHY	311.00		1429.00	21.76	6.00
SSH	SSH	292.50		1447.50	20.21	5.00
BOH	BOH	270.00		1470.00	18.37	5.00
PTN	PTN	250.50		1489.50	16.82	3.00
AWA	AWA	236.00		1504.00	15.69	2.00
EKA	EKA	0.00		1740.00	0.00	0.00

FOP2

Group	Code	For	Penalties	Against	%	Prem. Pts
WES	WES	423.50		855.50	49.50	8.00
SSH	SSH	260.00		1019.00	25.52	6.00
EKA	EKA	247.00		1032.00	23.93	5.00
WTN	WTN	150.50		1128.50	13.34	4.00
AWA	AWA	138.00		1141.00	12.09	3.00
RIC	RIC	60.00		1219.00	4.92	2.00
CCA	CCA	0.00		1279.00	0.00	0.00

MOP1

Group	Code	For	Penalties	Against	%	Prem. Pts
BOH	BOH	440.00		1527.00	28.81	8.00
GHY	GHY	349.00		1618.00	21.57	6.00
PTN	PTN	336.67		1630.33	20.65	5.00
AWA	AWA	311.33		1655.67	18.80	4.00
ATE	ATE	266.00		1701.00	15.64	3.00
COL	COL	264.00		1703.00	15.50	2.00
BYC	BYC	0.00		1967.00	0.00	0.00

MOP2

Group Code	For	Penalties	Against	%	Prem. Pts
PTN FTN	343.00		1374.00	24.96	8.00
AWA AWA	328.50		1388.50	23.66	6.00
BYC BYC	322.00		1395.00	23.08	5.00
RIC RIC	320.50		1396.50	22.95	4.00
GHY GHY	268.00		1449.00	18.50	3.00
COB COB	135.00		1582.00	8.53	2.00
ANW ANW	0.00		1717.00	0.00	0.00

MOP3

Group Cde	For	Pnalties	Against	%	Prem. Pts
OAK OAK	384.00		045.00	36.75	8.00
MUU MUU	254.00		175.00	21.62	6.00
COL COL	220.00		209.00	18.20	5.00
IVA IVA	187.00		242.00	15.06	4.00
PTN PTN	167.00		262.00	13.23	3.00
AWA AWA	125.00		304.00	9.59	2.00
BYC BYC	92.00		337.00	6.88	1.00

Results achieved by our club members in the various age groups of the 2009 State Championships

Women Heptathlon 50+

1 Bridle, Christine 3123 points

Women Heptathlon 40+

1 Baldwin, Jennifer 3475 points

Men Decathlon 40+

1 Baldwin, Terry 4322 points

Women 400 Meter Hurdles Under 18

5 Lopes, Estelle 66.97

Men 1500 Meter Run Under 18

2 Whitehead, Rick 4:08.49

Men 800 Meter Run Under 18

3 Whitehead, Rick 1:57.65

Women 800 Meter Run Under 18

7 Trowell, Danielle 2:25.25

Women 4x100 metres Relay 40 and Over

1 ATHLETICS WAVERLEY 'A' 56.07
 1) 395 Bridle, Christine 57 2) 3363 Buttigieg, Linda 64
 3) 367 Baldwin, Jennifer 65 4) 2785 Caulfield, Sharyn 65

Men 4x100 metres Relay 40 and Over

1 ATHLETICS WAVERLEY 'A' 48.38
 1) 2927 Tuckett, Peter 59 2) 382 Baldwin, Terry 63
 3) 396 Watts, Andrew 55 4) 2475 Pulbrook, Peter 63

Men 100 metres Under 20

4 Albiston, Tim 11.35

Women 400 metres Under 20

1 White, Tara 57.95

Women 400 metres Open

1 Pape, Madeleine 54.07

Women 800 metres Open

1 Pape, Madeleine 2:04.06

Men 100 metres Open

13 Camille, Ryan 11.76

Men 400 metres Open

10 Camille, Ryan 51.05

Men 5000 metres A Race Open

16 Atkinson, James 15:11.23

Men 5000 metres B Race Open

3 Paine, Stephen 15:20.35

Men Javelin Throw Open

4 Carstairs, Shane 52.08m

Men Shot Put Open

6 Carstairs, Shane 13.04m

Men Hammer Throw Open

7 Carstairs, Shane 40.63m

Men Discus Throw Open

5 Amerasekera, Yohan 44.16m

6 Carstairs, Shane 41.00m

Congratulations to all participants, apologies to anyone missed and thanks to Evan Carstairs for compiling these results.

Results achieved by our club members in the various age groups of the **2009 Australian Masters Games** held in Geelong

>**Jennifer Baldwin** W40 4 gold, 5 silver:

>80m Hurdles 14.69 2nd

>High Jump 1.30 2nd

>400m Hurdles 78.20 1st

>Javelin 20.75 2nd

>Long Jump 4.52 1st

>Discus 27.00 2nd

>400m 66.50 2nd

>Triple Jump 8.92 1st

>Pentathlon 2,550pts 1st (LJ 4.47, Jav 20.83, 100 14.41, SP 8.12, 800 2:48.26)

>

- >**Christine Bridle** W50 7 gold, 4 silver, 2 bronze = 13 medals!!:
- >100m 14.77 3rd
- >80m Hurdles 15.37 1st
- >High Jump 1.30 1st
- >Hammer Throw 28.55 2nd
- >Shot Put 8.74 2nd
- >200m 31.48 4th
- >300m Hurdles 59.97 1st
- >Javelin 23.95 1st
- >Long Jump 4.09 1st
- >Discus 19.57 3rd
- >Weight Throw 9.21 2nd
- >Triple Jump 8.64 1st
- >Weight Pentathlon 2,693pts 2nd (HT 27.45, SP 8.52, Disc 18.25, Jav 22.46, WT 9.74)
- >Pentathlon 3,067pts 1st (LJ 4.01, Jav 23.85, 100 14.91, SP 8.65, 800 3:06.65)

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- >**Peter Tuckett** M45 1 bronze:
- >200m 25.85 3rd
- >400m 58.85 4th

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- >**Andrew Watts** M50 2 gold, 2 silver, 1 bronze:
- >200m 26.09 2nd
- >Discus 34.55 1st
- >Javelin 38.53 3rd
- >400m 57.98 2nd
- >Pentathlon 3,380pts 1st (LJ 5.17, Jav 37.49, 200 25.79, Disc 36.25, 1500 5:27.74)

>

- >**Clyde Riddoch** M55 2 gold, 3 silver, 2 bronze:
- >1500m Walk 7.22.41 1st
- >5k Walk 29.45.90 2nd
- >Shot Put 8.18 5th
- >Hammer Throw 26.74 3rd
- >Discus 32.47 1st
- >Weight Throw 10.46 3rd
- >Javelin 35.07 2nd
- >Triple Jump 6.85 4th
- >Weight Pentathlon 2,503pts 2nd (HT 25.91, SP 8.36, Disc 32.57, Jav 32.16, WT 8.58)

Outstanding results with thanks to Clyde Riddoch for compiling them.

WINTER SEASON

Our indefatigable winter season coordinator, James Atkinson has prepared the following information for the coming winter season

“Hopefully the hangovers are clearing up after celebrating a couple of great Waverley Premierships over summer. In particular the Women’s U18 and Men’s 40+ Shield Championships and 7 venue premierships with a great contribution by the distance team. In particular Rick Whitehead and Stephen Paine have been running some excellent times, and it’s great to see Madeleine returning to the track to win the Vic 400m and 800m titles a couple of weeks ago.

There are still a couple of opportunities left to race on the track with the Vic Milers Club 800m and 1500m races on Thursday night and the Vic Masters Championships on 28 March if you are old enough.

A new AV Winter Season is drawing closer with the opening event just over a month away and almost on our home turf - the Jells Park relays on Saturday April 18. Attached is a copy of the calendar to stick somewhere prominently if you haven't already. Note a change in date to the Sandown road relays from the previous draft.

Registration forms and details will follow but at this stage please keep these dates free, let me know if you're available for the Jells Park relay and get ready to register soon. I look forward to seeing you out and running well in the Waverley singlet."

Athletics Waverley 2009 Winter Fixture

DAY	DATE	VENUE	EVENT TYPE	MELWAY REF	MEN					WOMEN				
					Open & O/Age	U20	U18	U16	U14	Open & O/Age	U20	U18	U16	U14
Sat	18-Apr	Jells Park, Wheelers Hill	Cross Country Relay	71 K6	6km	6km	3km	3km	3km	6km	3km	3km	3km	3km
Sat	9-May	Lardner Park, Warragul	Cross Country	612 U8	8km	4km	4km	3km	2km	4km	4km	3km	3km	2km
Sat	30-May	Sandown Racecourse	Road Race	80 C10	10km	10km	10km	3km	3km	10km	3km	3km	3km	3km
Sat	20-Jun	Lake Wendouree, Ballarat	Road Race	19 H6	15km	5km	5km	5km	5km	15km	5km	5km	5km	5km
Sat	4-Jul	Harcourt to Bendigo Ekiden Relay	Ekiden Relay	609 D5	42.9km 32.9km					32.9km				
Sat	18-Jul	Bundoora Park, Bundoora	Cross Country	19 F4	12km	8km	6km	4km	3km	8km	6km	4km	4km	3km
Sat	1-Aug	Eastern Park, Geelong	Cross Country	452 F5	16km	6km	8km	6km	4km	6km	3km	6km	6km	4km
Sat	8-Aug	Sandown Racecourse	Road Relay	80 C10	6.2km	6.2km	3.1km	3.1km	3.1km	6.2km	3.1km	3.1km	3.1km	3.1km
Sun	6-Sep	Yarra Boulevard, Burnley - Half Marathon	Road Race	59 B1	21.1km					21.1km				
Sat	19-Sep	King's Domain, Melbourne	Tan Relays	2G A9	3.8km	3.8km	3.8km	3.8km	3.8km	3.8km	3.8km	3.8km	3.8km	3.8km

Other Events of Interest

Sun 5 Apr	Run for the Kids	14.1K
Sun 3 May	Great Train Race	13.2K
Sun 14 Jun	Waverley - Lake Handicap	5K
Sun 5 Jul	Gold Coast Marathon	42K/21K/10K
Sun 9 Aug	City to Surf	14K
Sun 21 Aug	Waverley - 1 Hour/30 min Run	
Sat 29 Aug	National Cross Country – Camden, NSW	12K/8K
Sun 11 Oct	Melbourne Marathon	42K/21K/10K



Contact: James Atkinson, 9533 5712 or 0404 840 500 or jamesandvic@virginbroadband.com.au

DID YOU KNOW

In our club we have the most successful 50km race walker in Australian athletics history. Mike Harvey. He won the Australian title in 1988, 1990, 1993, 1994 and 1996 plus second in 1984 and third in 1998. He runs marathons these days so must just be a glutton for punishment.

SURVEY

Over recent months, members of Athletics Waverley were encouraged to complete a survey about our club. The results are to assist with forward planning initiatives and direction of the Club. A total of 38 members responded to the survey. This article summarises the findings.

Members were asked to rate 9 areas from a choice of 5 categories ranging from very poor to excellent. Areas such as 'our training facilities', 'social events', 'coaches and training schedules', 'summer season' and 'winter season' were rated with clear agreement within okay, good and excellent. Other areas such as 'Athletics Victoria Program', 'sponsorship', 'membership numbers' and 'coordination of competition event participation' had much wider differences of opinion.

The most significant purpose of the survey was to determine the capital priorities of the club for the years ahead. A choice of 18 options was provided with provision for additional ideas and each person prioritised their top 5 choices. From the individual rankings a matrix was developed.

Highest priority items the Club should concentrate on in terms of capital improvement suggestions are:

1. Additional lighting around track for night training
2. Synthetic all weather training track additional to existing tracks (e.g. either circular track within the centre of the existing track or sprint area in centre of track)
3. Additional Coaches and extension of coaching programs
4. Additional external shelter around club rooms and also within arena & Water Saving initiatives (e.g. rain water tanks or upgrade of irrigation facility)

Note two items for equal fourth priority

With reference to fee structure, the majority feedback was fees were about right with a preference to increase, rather than decrease fees

Many people took the time to also contribute ideas with reference to open questions on sponsorship funding, improvements for Athletics Waverley and other ideas the Committee should consider. This input has been tabled at a recent Committee Meeting and again will be used for ongoing improvements with Athletics Waverley.

A good profile of members completed the survey covering off gender and the various age categories. Thank you to all those who took the time to complete the survey. The results are a very useful tool to assist with ongoing Management of Athletics Waverley.

Kerry-Ann Carstairs / John Maudsley

PRESENTATION NIGHT

Presentation Night was held on Saturday 21st March at the clubrooms and the following awards were made:

AWARDS 2008/9

	MEN	WOMEN
Interclub Best U14 & U16	1 st - Kristian Johnson 2 nd - Rick Whitehead	Estelle Lopes Seema Muthia
Interclub Best U18	Tim Albiston	Jessica George
Interclub Best U20	Ryan Camille	Uma Muthia
Interclub Best Open	1 st Terry Baldwin 2 nd Shane Carstairs	Linda Buttigieg Christine Bridle
Encouragement Award	Jayghen Baldwin	
Club Pentathlon	Open Terry Baldwin U18 Kristian Johnsen	Christine Bridle Georgia Brock

PERPETUAL TROPHIES:

	MEN	WOMEN
Best 1st Year Athlete	Kristian Johnsen	Georgia Brock
Best Interclub Athlete	Terry Baldwin	Estelle Lopes
Most Interclub P.B'S	Rick Whitehead	Estelle Lopes
Geoff Wilkinson Trophy (Junior thrower)		Fiona Maundsley
Best Athlete – Sprints	Evan Pearce	Tara White
Best Athlete – Distance	Stephen Paine	Uma Muthia

Best Athlete – Throws

Shane Carstairs Linda Buttigieg

Best Athlete – Jumps

Kristian Johnsen Uma Muthia

Best Club Person

Greg Carstairs

President’s Trophy

Simone Albiston

ANNUAL GENERAL MEETING

The 2009 AGM will be held at the clubrooms on 30th April at 8.00pm. All positions are open for nomination. The formal announcement with agenda will be made later.