



THE WRAG

Waverley's Results and Gossip

August edition

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ATHLETICS WAVERLEY Inc.
11 Morshead Av. Mount
Waverley Vic.3149

www.athleticswaverley.com.au

NOTES FROM THE COMMITTEE



- Monash Council have given notice of proposed re-seeding of the Waverley track with a grass requiring less water than the current variety. This will take place sometime in the next 14 months and discussions are presently taking place with users whether it will occur later this year or later next year.
- The AV (Athletics Victoria) AGM has just been held. Clubs were advised that as there had been no increase in fees for several years, consideration is being given to increasing of registration fees for next year. Also AV were looking into altering the registration year to commence 1st October (currently 1 April). AV are to consider a proposal for winter athletes pay two-thirds of the full fee, summer athletes pay two-thirds and those doing both pay the full fee.
- Some forthcoming summer matters are covered on page 2



Ganesh Muthia pictured in the under 14's 4km cross-country at Geelong where he finished 14th in 16.25.

(Picture courtesy of the Aths Vic web-site)

CONTACTS

- ☺ President: Kerry Carstairs (9803 6367)
- ☺ Vice President & Wrag editor: Christopher Knott [Christopher@rankinetucker.com.au]
- ☺ Secretary: Yvonne Glover [9802 6564]
- ☺ Treasurer: Ian Hassett
- ☺ Registrar: Evan Carstairs
- ☺ Winter cross country manager: James Atkinson [jamesandvic@virginbroadband.com.au]
- ☺ Committee (AV/SE Region Delegate): Alan Glover
- ☺ Committee (Strategic Planning) John Maudsley
- ☺ Committee (Coaching & Social) - Yohan Amerasekera
- ☺ Committee (Uniforms) Simone Albiston
- ☺ Committee (Social) - Janice Marston
- ☺ Committee (Coaching) - Terry McGrath

Forthcoming events

- 8 August 2009 (Saturday) - Sandown road relays
- 23 August 2009 (Sunday) - 1 hour run
- 6 September 2009 (Sunday) - Burnley 1/2 mara
- 19 September 2009 (Saturday) - Tan relays
- 4 October 2009 (Sunday) - Family/registration day
- 10 October 2009 (Saturday)—first round of interclub

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WELCOME TO A NEWISH WINTER RUNNER

(only managed to get one profile in time for this edition)

Nickie Scriven

Nickie's running has come a fair way since taking up running as a 10 year old competing against her younger sister. Along the way she took up triathlons and has competed in everything from mini-tri's to the seriously daunting ironman (3.9 km swim, a 180 km ride and then finishing with a marathon).

Although now running her own business, Budding Enterprises, a marketing consultancy, at one time she worked with James A at NAB and remembering past training sessions at the Waverley track joined Waverley.

Favourite runs: the Tan with the regular NAB crew at lunchtimes, coastal path from Brighton to Black Rock, and the front beach from Blairgowrie to Rosebud.

Favourite Race: Noosa Triathlon, Run for the Kids, Ironman (for the awesome sense of achievement)

Favourite distance: 10km—despite a previous preferences for half-maras.



On the pet front Nickie keeps an eye on her sons' 2 goldfish.

SUMMER NEWS—INTERCLUB

Officials/Club Rosters — Clubs have been asked to specify, in order of preference, areas they would prefer to work in. These will be allocated in four week blocks.

Timetables — Timetables will not be published in the summer handbook this season. Members will be directed to the web site. SE Region will display a copy of the timetable at each meeting where possible.

Field Events - Signing in can only be done by athlete wishing to compete in field event, or a designated team manager.

Finals - To be eligible to compete in all finals, an athlete needs to have competed in four of the twelve rounds.

WAVERLEY WOMEN'S TRUST—DONATION

As mentioned in the last edition of the Wrag the Waverley Women's Trust has kindly donated \$900 to be used as follows:

- Winter athletes: a Rebel Sports voucher of \$50 to each of the top 3 athletes (male or female). These will be announced and awarded at the winter presentation night.
- Summer athletes - Encouragement vouchers for improved performances over the season. Starting with the first result of the season, athletes who accrue the most season's bests would be awarded a \$50 Rebel Sports voucher:

Best three in Field - Male and Female

Best three on Track — Male and Female

The Trust will also presentation of \$100 to the Best Club Person for the 2009/10 Season, selection based upon best overall contribution to the club. The recipient does not have to be a paid up member of the club.

CLUB ATHLETES OUT AND ABOUT

IAAF World Championships, Berlin

Madeleine Pape has been selected to represent Australia at both the 800m (for which she is the current Australian 800m title holder) and as a member of the 4 x 400m relay team.

Madeleine's first 800m event will be the heats on the morning of day 2 (16 August) followed up, hopefully, by the semi-finals on the evening of day 3 (17 August). The finals are the last event on the program on day 5 (19 August).

She then has a break until day 8 when the heats of the 4x400 relays take place, with the finals the following day.

Madeleine is reported to be ranked 21st in the world in 2009 and the women's relay team ranked 5th

We wish Madeleine the best in her efforts in Berlin.



Noosa half marathon

While a number of the club's runners experienced the pleasant climate of Geelong on a winter's afternoon, **Stephen Paine** was battling the oppressive conditions of a Noosa Sunday morning in the Noosa Half Marathon on 2 August 2009 for a 5th placing in a very sharp time.

1	PATRICK NYANGELO LUSATO	01:06:02
2	OSWALD REVELIAN KAHURUZI	01:06:12
3	STEVE MONEGHETTI	01:08:46
4	TIM GEORGE	01:09:54
5	STEPHEN PAINE	01:09:57



Coburg Bluestone Classic

Not only did **Jeremy Nagel** finish 3rd in this prestigious event (editorial bias) on 13 June 2009 but he also featured, including photo, in the current edition of Run for your life magazine.

The Bluestone Classic starts off with 3km on the track, followed by 4km on the road and finishes with a hilly 8km cross-country .

Category	Place	Name & Number	Distance	Time
Male 15 Run	1	Barry Loveday (Barry Loveday 6)	15	1:00:03
	2	Stuart Elliott (Stuart Elliott 16)	15	1:00:55
	3	Jeremy Nagel (Jeremy Nagel 27)	15	1:01:59

THE WINTER RACES

Bundoora cross country — 18 July 2009

While the rain held off the wind was in full force and managed to be a head-wind on the uphill sections of the course. Steve Williams was having so much fun with his kids that he decided to miss the start by a few minutes (and confused most of his club-mates as he passed them during the course of the race). Many thanks for Mai for looking after them while Steve run (and cheering us on). Holsty went all out: not only did he bring the club tent and drinks he also supplied some chairs and a table.

James finished 3rd in the 40-44 age group despite foot problems and Michael Rafferty made the top 20 for the 45-49 age group.

Juniors:

Ganesh Muthia u/14 3km — 58th 12.12

Georgia Brock u/17 4km — 29th 16.54

Uma Muthia u/20 6km—20th 27.02

Seema Muthia u/16 4km - 44th 20.02

Anissa Muthia u/20 6km — 26th 30.40

Women's Division 3 (7th) - 8km:

328

Athletics Waverley

61	1509	Nicole	Scriven	35:40
130	1499	Mai	Le	44:39
137	1044	Simone	Albiston	47:15

Men's Division 2 (8th) - 12km:

786

Athletics Waverley

58	1508	Stephen	Paine	41:35
60	408	James	Atkinson	41:39
148	1053	Martin	Spiteri	45:43
162	1503	STEVEN	WILLIAMS	46:12
171	2088	Jeremy	Nagel	46:23
187	1500	Rohan	Claffey	47:09

Men's Division 5 (6th) - 12km:

949

Athletics Waverley

208	1502	MICHAEL	RAFFERTY	47:58
212	1498	Christopher	Knott	48:16
250	1049	Michael	Young	50:36
281	1507	Warren	Holst	52:21

Also competing was Clyde Riddoch finishing 363rd in 61.03.

The winter races so far (cont.)

Geelong cross country — 1 August 2009



Juniors:

Ganesha Muthia u/14 4km — 14th 16.25
 Anissa Muthia u/20 4km — 16th 19.22
 Uma Muthia u/20 4km— 9th 17.18

Seema Muthia u/16 6km - 19th 32.09
 Tim Hassett u/20 6km—18th 32.09

Women's Division 3 (6th) - 6km:

279

Athletics Waverley

58	1509	Nicole	Scriven	26:13
99	1056	Janice	Marston	29:03
122	1499	Mai	Le	32:39

Men's Division 2 (6th) - 16km:

756

Athletics Waverley

54	1503	STEVEN	WILLIAMS	58:31
87	1053	Martin	Spiteri	1:01:21
122	1500	Rohan	Claffey	1:03:10
129	2088	Jeremy	Nagel	1:03:32
178	1502	MICHAEL	RAFFERTY	1:06:55
186	1047	Craig	Sanford	1:07:18

Men's Division 5 (3rd) - 12km:

783

Athletics Waverley

187	1505	Aaron	Little	1:07:20
194	2277	JOHN	HAND	1:08:13
200	2000	Michael	Harvey	1:08:51
202	1498	Christopher	Knott	1:08:58

Also:

Simone Albiston 177th 35:25 (W 6km)

Michael Young 212th 69:31 (16km)

Warren Holst 236th 72:39 (16km)

Clyde Riddoch 289th 83:46 (16km)



SANDOWN ROAD RELAYS—8 AUGUST 2009

1:30pm start (except for women U20 start at 2:00pm)

The distance is 6.2K (2 laps for everyone except the U20 girls who run 3.1K (1 lap)).

At the time of publication the proposed teams are:

- Men Div 2 Rick Whitehead, Steven Williams, Martin Spiteri, Rohan Claffey, James Atkinson, Stephen Paine
- Men Div 5 Craig Sanford, Michael Rafferty, John Hand, Michael Harvey
- Men Div 7 Warren Holst, Christopher Knott, Ganesha Muthia, Michael Young
- Men Div 7b Clyde Riddoch, Tim Hassett, John Nolan, Greg Raines
- Women Div 3 Nickie Scriven, Sally Atkinson, Georgia Brock
- Women Div 4 Janice Marsten, Mai Le, Simone Albiston
- Women U20 Uma Muthia, Anissa Muthia, Seema Muthia (team Muthia)

With Peter Hannaford an apology and John Nolan fronting up for his first event of the season, the stakes are high for the coveted record for the most Sandown all time no. runs. Peter and James are on 18, John Nolan is on 19, but Chris Knott (running) is also on 19 and Clyde Riddoch (running) is leading on 20.

On the following 2 pages are the ranking of Waverley athletes at Sandown since 1974 (noting it was run at Flemington one year and La Trobe Uni another year).

The fastest men's team was in 1979 with a total time of 116 minutes—giving an average leg of 19 minutes 20 seconds. The team that year was J Duck (18.52), F Hardy (18.57), J Coole (19.09), A Ashmore (19.43), T Clarke (19.52), C Donald (19.27).

ONE HOUR RUN—23 August 2009

This annual event, first run in 1974, is scheduled for Sunday 23 August 2009. Also on the program for the juniors (and those who think running around the aths track for half an hour is enough) is a half hour run.

Mick Young is the defending champion, although it is not clear how he will fare under his current training program of No Training™.

James will be sending around an email with details. Send him an email if you haven't heard from him.



EDITOR'S NOTES

Your editor welcomes any info, results (or gossip) for inclusion in the Wrag.

I'll be slowly working my way through profiles of club members, so expect an email from me sooner or later seeking info for a profile.

SANDOWN RANKING

Male Rank	Name	Time	Year	Com-peted
1	Jeff Coole	18.01	80	3
2	Nigel Adkin	18.04	97	6
3	Graeme Gardner	18.43	76	6
4	John Duck	18.44	81	5
5	James Atkinson	18.48	93	18
6	Lucas Tickell	18.56	96	1
=7	Frank Hardy	18.57	79	3
=7	Warren Holst	18.57	91	8
9	Colin Donald	19.06	80	12
10	Justin Welsh	19.13	92	5
=11	Carl Stevenson	19.30	82	13
=11	Mark Pickering	19.30	85	6
13	Andrew Stolz	19.38	96	2
=14	Linton Gloster	19.39	96	2
=14	Steve Harris	19.39	86	3
16	Peter Hannaford	19.41	76	18
17	Alan Ashmore	19.43	79	4
18	Mal Grimmett	19.44	96	7
19	Steve Fletcher	19.45	96	2
20	Richard Dikstaal	19.49	93	2
=21	Marcus Morgan	19.52	96	1
=21	Tony Clarke	19.52	79	1
=23	G Olsen	19.54	82	4
=23	James McEniry	19.54	96	9
25	Matthew McDonald	19.56	96	1
26	Chris McDonald	20.03	91	2
27	Chris Ellenby	20.05	86	9
28	G Anderson	20.08	83	3
29	Chris Knott	20.11	93	19
30	Martin Bannick	20.14	87	1
31	Greg Power	20.24	74	2
32	Alistair McRae	20.26	77	2
33	Paul Darcy	20.27	96	4
34	Steven Williams	20.28	07	2
35	Andrew Moore	20.29	98	8
36	Brett MacDonald	20.30	93	5
=37	Darryl Davis	20.32	95	2
=37	P Trallagan	20.32	74	2
39	Daniel Hill	20.33	93	2
40	Ian Franzke	20.36	97	2
41	David Thek	20.44	89	5
42	Terry McGrath	20.51	87	3
43	Mark Carey	20.52	93	2
=44	Leon Hauptman	20.54	85	6
=44	Kevin McCarthy	20.54	97	3
=46	Mark Hutchison	20.55	95	5
=46	Martin Duffy	20.55	96	5
=48	Robbie Scholes	20.56	01	4
=48	R Longmire	20.56	80	1
=50	Colin Kentish	20.58	92	1
=50	Dean Gasson	20.58	94	1

Female Rank	Name	Time	Year	Com-peted
1	Susan Michelsson	20.27	96	2
1	Alison Correll	23.14	99	1
2	Caitlin Harrison	23.51	99	1
3	Emma Baldwin	24.01	07	1
4	Natalie Kelly	24.06	95	3
5	Alison Couper	24.25	96	6
=6	Kylie Lucas	24.43	93	4
=6	Nikki Blanchfield	24.43	96	1
8	Zsanelle McGrath	25.13	98	3
9	Leanne Healey	25.16	96	4
10	Kim Luzcowski	25.49	94	2
11	Sally Atkinson	26.09	90	4
12	Kelly Kelly	26.19	95	2
13	Angela Cash	26.20	93	3
14	Jenny Baldwin	26.32	93	4
15	Jenny Davis	27.44	93	2
16	Libby Field	28.36	96	1
17	Christine McArdle	28.47	96	1
18	Kathy Lewis	29.07	91	2
19	Jenny Davies	29.23	98	1
20	Karen Thompson	30.44	94	1
21	Madeline Smith	32.17	98	1
22	Karen Boemme	32.49	93	1
23	Prue Worcester	32.51	94	1
24	Shamila Muthia	32.57	07	1
25	Nicole Spreadborough	33.07	95	2
26	Christine Lilleyman	35.04	93	2
27	Simone Albiston	35.13	08	1

Female Rankings are based on times since 1990 (Waverley) and times since 1993 (Waverley Women)

SANDOWN RANKING (cont)

52	P Edmonds	21.00	78	2	106	Tom Karamalis	23.21	89	1
=53	Andrew Papas	21.02	96	1	=107	Chris McQuie	23.22	00	1
=53	J Harris	21.02	77	3	=107	I Caddaye	23.22	80	1
55	T Vincent	21.08	79	5	109	Leigh Hill	23.23	83	2
56	Andrew MacDonald	21.10	83	1	110	Chris Linden	23.24	96	1
57	M Hedderman	21.13	78	2	111	Dave Clark	23.28	93	3
58	J O'Hea	21.18	74	1	=102	David Ward	23.05	04	2
59	Craig Couper	21.19	86	11	=103	Alan Cook	23.34	79	5
60	Kevin Taylor	21.20	90	4	=103	P Vines	23.34	78	1
61	Phil Lloyd	21.21	88	2	=103	Peter Farmer	23.34	85	1
=62	B Hicks	21.22	86	1	115	Geoff Carthew	23.37	83	1
=62	Brett Hayes	21.22	85	1	116	George Morgan	23.42	90	7
=64	Michael Young	21.23	07	5	117	John Carter	23.49	98	1
=64	Stephen Paine	21.23	08	1	=118	Bill Lotherington	23.50	81	6
66	David Roberts	21.25	95	1	=118	Steve Barker	23.50	90	1
67	S Fisher	21.28	80	2	120	G Vero	23.53	76	2
68	Bob Schickert	21.30	81	3	80	Sean Chamberlain	23.55	95	1
69	M Coughlin	21.33	82	1	122	Carl Leeworthy	24.01	85	1
70	John Hand	21.46	08	8	123	Paul Mallinder	24.21	81	1
71	Bruce Ballard	21.42	98	3	124	A Williams	24.41	83	2
=72	Michael Harvey	21.44	01	10	125	D Groom	24.42	76	1
=72	Dave Barton	21.44	76	3	126	Phil King	24.54	86	8
71	Martin Spiteri	21.50	07	2	127	G Wilson	25.00	78	1
75	John Nolan	21.54	01	19	128	A Johnson	25.16	89	1
76	Les King	22.02	96	1	129	Nigel Read	25.30	78	1
77	Davin Hopper	22.03	95	1	130	Noel Thomas	25.41	91	1
78	Des Clancy	22.04	85	3	131	Mal Burt	25.45	86	1
79	Tony George	22.05	08	2	132	Darren Watts	25.48	90	1
79	Andrew Maddicks	22.05	83	1	133	Sanjay Sathananathan	25.55	94	2
81	Ozzie Turcan	22.09	95	1	134	Terry Baldwin	25.56	91	2
82	Michael Rafferty	22.19	08	1	135	Darren McGee	25.58	99	1
82	D Rogers	22.19	86	2	136	M Simmons	26.02	81	1
84	Matthew Minney	22.20	06	3	137	Peter Couper	26.08	96	3
85	Daryn James	22.26	95	1	138	Steve Machar	26.09	93	1
86	M Matthews	22.27	80	1	139	Brad Goodings	26.31	85	2
87	Rex Young	22.29	80	5	140	J Peppen	26.40	80	1
88	David O'Keeffe	22.33	95	1	141	Mark Tully	27.01	89	2
89	J Blampred	22.38	86	1	142	Trevor Contencin	27.03	87	3
90	Mark MacDonald	22.40	92	3	143	Mark Bull	27.15	86	1
91	Ash Snowden	22.43	07	1	144	Tony Correll	25.27	98	3
92	Bill Fulton	22.44	81	7	145	J Roche	27.22	78	1
93	Ashley Birrell	22.49	76	2	146	Chris Gordon	27.33	94	1
94	D Sciacca	22.51	81	1	147	Chris Foenander	28.00	89	1
95	Clyde Riddoch	22.54	82	20	148	Evan Pearce	28.06	07	1
96	Harry Birch	22.55	79	7	149	Steve Thek	28.14	88	1
=97	B Waters	22.57	79	1	150	Mark Nugent	28.20	86	1
=97	D Greenwell	22.57	86	2	151	T Prior	28.22	77	1
=99	A Mandrell	23.00	81	1	152	Andrew Duncan	28.24	87	3
=99	A Charlesworth	23.00	02	1	153	Kevin Oakey	28.30	88	1
101	A Stevenson	23.04	82	3	154	Blair Dorragh	28.53	83	1
=102	David Ward	23.05	04	2	155	Tim Hassett	30.33	08	1
=102	M Howe	23.05	83	1	156	R McArdle	34.01	87	1
104	A Davies	23.08	75	1					
105	Ian Speed	23.16	97	2					