



THE WRAG

Waverley's Results and Gossip

Mid—winter edition

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

www.athleticswaverley.com.au

PRESIDENT'S MESSAGE



In the space available in this edition I want to congratulate those club members who have competed in the winter events so far and a thank you to those who have supported them as officials and spectators. Also a reminder to the summer athletes of the benefits of registering now— we have insurance applying to training accidents or injuries whilst travelling to or from training.
Kerry-Ann

NOTES FROM THE COMMITTEE

- The Waverley Women's Trust (a trust established by the Waverley womens athletics club prior to the amalgamation which resulted in the current club) has donated money to be used to recognise athlete performances this club year. The aim is to encourage athletes to improve on their season's best over the course of competition. There are 15 Rebel Sports vouchers available for distribution for winter and summer performances, as well as a voucher for best club person. Full details in the next newsletter.
- Liability exposure to the club remains a concern with persons not covered by insurance using the club-rooms. If users are registered with the club then they are covered by insurance. The main problem is with summer athletes training at the track over winter who haven't yet re-registered. The club will be focusing on this access over the next few weeks to ensure only registered athletes are accessing the clubrooms.
- The Waverley Little A's have advised on a number of occasions they wish to use the track outside their normal competition days. Details are on page 3.

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

Next event — 18 July 2009 Bundoora cross country

Bundoora should see the two staples of cross country running—hills (guaranteed) and at least some mud.



Melway reference 19 F4

Women U/14 10.00am (3k)
Men U/14 10.25am (3k)
Women U/15, U/16 10.45am (4k)
Men U/15, U/16 11.00am (4k)
Women U/17, U/18 11.30am (4k)
Men U/17, U/18 12.00pm (6k)
Women U/20 12.40pm (6k)
Men U/20 1.10pm (8k)
Women open 1.50pm (8k)
Men open 2.30pm (12k)

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WELCOME TO OUR NEW WINTER RUNNERS

Craig Sanford

Craig joined Waverley via his long involvement with Little A's.

He competed for the club last summer and helped the over 40's team to win the State pennant.

While aiming to run his preferred 800's over summer, Craig is testing out some of the longer events over winter (although he admits to some enjoyable distance running over the trails at Wilson's Prom).

Craig adds to the ranks of lawyers at the club and is possibly the only kite surfer. Pets*: 2 King Charles Spaniels.



[*Everyone was asked the pet question]

Mai Le

Mai came to the club via a background in the longer distances. Haven't taken up running 3 years ago Mai ended up running the 2008 London marathon—and has the New York marathon as her next goal. James A and Stephen P (Mai coming from James' NAB recruitment ground) convinced her to join the club following her running the 32km King Island coast to coast race.

Despite the shorter distance the Bendigo Relays have been Mai's favourite event so far.



Mai has a very old maltese terrier named Bam Bam.

Rohan Claffey

Rohan (also a recruit drafted from NAB via James A) has only been actively running for about 18 months but since debuting at the 2008 Run 4 the Kids has made impressive progress.

He made a guest appearance for the club last year at the Sandown 10k, which after running it again this year is his favourite event so far.

Rohan lives in Northcote thus adding to the geographical spread of club members.

Rohan is currently fitting his running around the demands of a 1 year old.



Rohan has 2 daschunds—and proved very elusive for the Waverley paparazzi

Janice Marston

Janice started running about 9 years ago to keep up with her 2 kids riding their bikes to school. Inspired by her 80 year old aunt who ran the London marathon Janice has now completed 5 marathons with the Great Ocean Road being her favourite (despite it also being the hardest).

Simone convinced her to join the club selling her on motivation, shorter distances and fun people to run with.

Janice made the mistake of attending the AGM and has ended up on the committee.

Janice's running partner is Tom (a border collie/heeler cross).



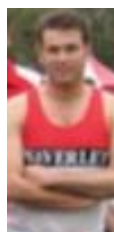
Janice also looks after 3 chooks.

Greg Raines

Greg is a returnee to the Club after a number of years overseas and playing football and tennis. He returned based on memories of warm summer track sessions on the Waverley track followed by re-hydration at the Mountain View.

Instead he is currently subjecting himself to the winter races (pending some 800s over summer) with the Bendigo relays getting his top vote so far.

Greg's day job is in industrial relations for an Aboriginal legal advocacy service.



Greg looks after Bruno "the least trained pug in the world"

Jeremy Nagle

Jeremy wanted to step up his running this year and Waverley was fortunate to be the closest club to him.

Jeremy has a good background for the winter races—the half marathon being his favourite event and he has experience of running in the snow covered Black Forest during a german winter.

Aside from running he's been known to do a bit of cycling (having just reached Sydney on a ride from Melbourne) and cross country skiing.

Jeremy can be found occasionally attending lectures at Monash in Environmental Science.



Jeremy appears to have eluded the club's cameramen (so far!)

CLUB ATHLETES OUT AND ABOUT

World university games

Madeleine Pape has won Australia's second gold medal of the World University Games with a dominating performance in the women's 800m.

Madeleine took the lead after 300m and maintained a slight lead at the bell, then flew down the back straight to open up a five-metre gap on a field that included 1.59.36 performer Irina Maracheva from Russia.

Madeleine crossed the line in 2.01.91 to win her first international title and was rapt with the result.

"It means a lot, this competition is big for athletics," said a beaming Madeleine.

She was particularly pleased with her fitness.

"To back up three days in a row, that's a pretty good time."

Olga Cristea from Moldova took second in 2:03.49s, whilst Maracheva finished last in 2.05.15s.

(Adopted from Athletics Australia news release)

Madeleine is the current Australian 800m title holder has a "B" qualifier for the World Championships in Berlin next month.

The selectors are meeting next week to select the team for the World Championships and we wish Madeleine all the best for selection.



Phuket marathon

Stephen Paine took the men's title for the second consecutive year at the 2009 Laguna Phuket International Marathon on Sunday 14 June.

Stephen crossed the finish line in 02:39:23.

The official race start took place at

5am. Over 4500 participants from more than 25 countries competed in the various races that day, including 603 in the marathon, with the largest number of international competitors coming from Singapore.

Stephen is pictured right crossing the finishing line.



USE OF THE WAVERLEY TRACK

Little A's have advised that they are looking to be using the track:

Sunday 23 August 2009 12pm—4pm

Saturday 5 September 2009 10am—12 noon

Sunday 13 September 2009 10am—12 noon

Sunday 18 October 2009 all day

Sunday 6 December 2009 all day

Sunday 9 January 2010 all day

Thursday 11 February 2010—Twilight competition

Marquee/backyard umbrellas

The business that the club purchased the Waverley tent from has advised that purchases of marquees or shade umbrellas, where the club is mentioned, will result in a donation to the club. Please contact a committee member for details.

Rebel Sport—also don't forget that Rebel Sport offer a discount to purchasers and benefit to the club. You just need to get a MVP card from the cashier, have your name and address added to the computer, then quote Athletics Waverley 27441. For future purchases you only need to show your card.

THE WINTER RACES SO FAR

Jells Park cross country relays— 18 April 2009 6km (3km for U/18)

The first race of the season saw 30 Waverley athletes tackle the hilly Jells Park course including a few summer athletes not often sighted over winter - Ryan Camille, Rob Carstairs and big Yohan Amerasekera.



Helping out on the course were our officials: Alan Glover, Faye Whitehead and Ian Hassett. Evan Carstairs, our registrar, was in attendance ensuring all the registrations were sorted out. A big thanks to all of them.

An extra thanks to Holsty for manning the bbq in the absence of John Hand (who was in the UK fattening up for an Aussie winter).

Men Div 2 (4th of 13)

James Atkinson 18.56
Steven Williams 20.38
Martin Spiteri 21.22
Michael Young 22.58
Rohan Claffey 21.03
Stephen Paine 19.49

Men Div 5 – (4th of 17)

Rick Whitehead 21.26
James McEniry 22.44
Tony George 22.34
Ryan Camille 22.54

Men Div 7(1) - (2nd of 15)

Christopher Knott 22.01
Craig Sanford 23.34
Michael Rafferty 22.44

Aaron Little 24.35

Men Div 7(2) - (14th of 15)

Warren Holst 23.17
Robert Carstairs 36.50
Simone Albiston 34.46
Tim Hassett 31.01

Women Div 3—(5th of 13)

Sally Atkinson 25.54
Nickie Scriven 26.49
Uma Mathia 27.40

Women Div 4—(14th of 15)

Janice Marston 28.27
Mai Le 34.29
Anissa Muthia 33.05

Women U/18— (9th of 13)

Georgia Brock 12.28
Seema Muthia 14.47
Dani Trowell 12.21

Men 7(3) - DNQ (1 short)

Clyde Riddoch 29.13
Greg Raines 28.49
Yohan Amerasekera 33.30

Warragul cross country relays— 9 May 2009 8km, 4km & 3km

23 Waverley Athletes travelled out to Lardner Park today to try out the fence jump, the ditches and up and a few steep hills. Fortunately the rain held off and there was no mud.

First away were the junior races where the Muthias, Georgia and Tim all ran well. Ganesha, Georgia, Uma and Tim placed just outside the top 10 in their age groups which was a great effort.

There were some great individual results for Waverley, particularly Rohan Claffey who has been improving with every run and this time just pipped Martin Spiteri. Tony George after a quieter track season has jumped right back to his outstanding winter form of last year.

A big thankyou to Holsty for bringing and setting up the tent, Simone for bringing and stocking the esky, Evan for looking after registrations and coming out to Warragul, and Martin Spiteri for baking scones for the team. Excellent work.

Men Div 2 (3rd of 13)

James Atkinson 26.48 (30th)
Stephen Paine 27.38 (42nd)
Steven Williams 28.56 (83rd)
Rohan Claffey 29.33 (101st)

Martin Spiteri 29.37 (104th)
Tony George 31.26 (169th)

Men Div 5 – (4th of 17)

Michael Rafferty 31.47 (186th)
Michael Young 32.32 (204th)
James McEniry 33.20 (228th)
Michael Harvey 32.41 (214th)

Men Div 7

Warren Holst 34.52 (266th)
Aaron Little 34.55 (269th)
Clyde Riddoch 41.43 (374th)

Men U/20

Tim Hassett 21.06 (15th)

Women Div 3—(6th of 13)

Sally Atkinson 17.51 (75th)
Janice Marston 19.15 (112th)
Mai Le 22.52 (146th)

Women Div 4

Simone Albiston 23.42
(153rd)

Women U/20

Uma Muthia 13.17 (11th)
Anissa Muthia 14.14 (18th)

Women U/18

Georgia Brock 12.54 (12th)

Women U/16

Seema Muthia 16.06

The winter races so far (cont.)

Sandown road race—30 May 2009 10km open and 3km juniors

22 Waverley runners trialed the new electronic chip system and experienced the long straight into a headwind to the finish.

The course was approx 70m longer than last year to ensure the distance was the full 10km.

In the junior 3K race it was a good battle between Uma and Ganesha with Ganesha just finishing ahead.

In the 10K race it was a massive field and there were plenty of Waverley singlets. Welcome to new member Jeremy Nagle who ran a pb and made our Div 2 team. He looks to have a bright future ahead of him. There was a great group of Waverley runners in the 38 to 39 minute band with strong competition to make the 1st and 2nd teams. James had a great result being 1st in the 40+ in his fastest time over the distance in 8 years. (James' summary of the event noted that technically Steve Moneghetti in the 45+ age group finished before him—but Steve's time ranked him No. 2 in the world all time).

Well done to our women with Nickie breaking 43 mins and Sally not too far behind. John impressed us all with his 41 minutes, but with his chafing (which he was only too happy to show), he would be in for a painful time for the rest of the weekend.

Men 10K

Div 2 (8th)

James Atkinson	31.34
Stephen Paine	32.10
Steven Williams	34.41
Rohan Claffey	35.11
Jeremy Nagle	38.02
Michael Rafferty	38.18

Div 5 (5th)

Craig Sanford	38.48
Michael Young	38.51
Michael Harvey	38.53
Warren Holst	39.09

Div 7 (5th)

Aaron Little	41.28
James McEniry	41.28
John Hand	41.39
Clyde Riddoch	58.20

Women 10k Div 3—(6th)

Nickie Scriven	42:51
Sally Atkinson	44.58
Simone Albiston	59.13

Junior 3K

Ganesha Muthia	11.37 (22nd U14)
Uma Muthia	11.42 (13th U20)
Georgia Brock	12.02 (15th U18)
Anissa Muthia	13.16 (22nd U18)
Seema Muthia	13.38 (37th U16)

Ballarat road race — 20 June 2009 15km open & 5km juniors

Saturday reinforced that Ballarat is indeed a close relation to the South Pole. With an icy wind blowing, the conditions were pretty much as tough for the spectators as for the runners.

Waverley was well represented with the Muthias, Georgia, Rick and Tim in the underage 5K runners. Both Ganesha and Rick achieved top 10 placings in their age groups which was a great result.



With Waverley missing most of the runners normally filling the mens Div 2 team it was up to the next string of runners to step up.

Men Div 2 (10th)

James Atkinson	50.14 (33rd)
Martin Spiteri	56.19 (141st)
Jeremy Nagle	56.28 (146th)
Michael Harvey	59.24 (194th)
Craig Sanford	59.40 (217th)
Aaron Little	60.31 (223rd)

Men Div 5 (6th)

Michael Young	61.58 (248th)
John Hand	63.31 (270th)
Warren Holst	64.16 (279th)
Clyde Riddoch	79.02 (374th)

Women Div 3—(6th of 13)

Sally Atkinson	70.47 (92nd)
Janice Marston	74.28 (109th)
Mai Le	82.16 (126th)

Juniors (5k)

Rick Whitehead	16.35 (6th U/18)
Ganesha Muthia	19.57 (8th U/14)
Uma Muthia	20.46 (14th U/20)
Georgia Brock	21.21 (12th U/18)
Anissa Muthia	22.55 (22nd U/20)
Seema Muthia	23.38 (24th U/16)
Tim Hassett	26.11 (21st U/20)

The winter races so far (cont.)

Harcourt to Bendigo relays— 4 July 2009

This test of logistical skills saw 3 Waverley teams make the trek up to Harcourt with the women's Div 3 team getting a podium finish with a 3rd.

The men's teams faced an absence of some of our faster runners—in James's words "*Yes that's right our no. 15 ranked runner John Hand is miraculously back in our top team*"

The direction to our Div 2 team was to beat Nunawading but sadly it was not to be. John Hand was at the last changeover hoping for a half hour's lead over Nunawading to make it a close finish, but took the sash after their last runner had gone through and was not able to change the order at the finish.

Ganesha had a very competitive run in the opening leg in Div 5.

Men Div 2 (9th of 13) (in leg order)

Christopher Knott 22.05
Rick Whitehead 22.54
James Atkinson 28.53
Stephen Paine 34.08
Michael Young 31.41
John Hand 20.04

Men Div 5 — (9th of 13)

Ganesha Muthia 25.18
Greg Raines 30.54
Warren Holst 35.19
Clyde Riddoch 39.29
Tim Hassett 24.52

Women Div 3—(3rd of 5)

Mai Le 30.41
Anissa Muthia 30.49
Janice Marston 40.11
Uma Muthia 35.21
Seema Muthia 23.43



Waverley 5K Handicap 14 June 2009

Fine conditions at Albert Park saw 15 starters led away by last year's titleholder Shamila accompanied by Simone, resuming their close tussle from last season. Next off was past president Big Yohan accompanied by even bigger Shane Carstairs. A string of Waverley chasers followed including the Muthia family, Georgia, Clyde, Holsty and Tony before the swift backmarker group of 3: Martin Spiteri, Justin Wilson and Rick Whitehead. Simone was the early leader for most of the course, but with 500m to go it was Seema Muthia surging to a convincing lead. But Rick Whitehead appeared and rapidly closed the gap. Once he had caught Seema with 300m to go, he went on to a convincing win with Justin Wilson also finishing quickly to just pip the gallant Seema. Sister Uma finished just behind in 3rd place for the club.

A big thankyou to all who helped with the catering, the Whiteheads for cooking and acting as photographers and the Spiteris for the catering and helping with the bbq preparations.

Runner	Target Time	Start Time	Finish Time	5K Time
Rick Whitehead	17:30	12:30	29:57	17:27
Justin Wilson	17:30	12:30	30:21	17:51
Seema Muthia	24:00	6:00	30:21	24:21
Uma Muthia	21:00	9:00	30:36	21:36
Martin Spiteri	17:30	12:30	30:44	18:14
Tony George	18:00	12:00	31:03	19:03
Anissa Muthia	23:00	7:00	31:26	24:26
Warren Holst	19:00	11:00	31:31	20:31
Georgia Brock	21:00	9:00	31:49	22:49
Simone Albiston	27:00	3:00	31:49	28:49
Clyde Riddoch	23:00	7:00	32:03	25:03
Yohan Amerasekera	25:00	5:00	32:32	27:32
Shane Carstairs	25:00	5:00	36:06	31:06
Ganesha Muthia	20:30	9:30	37:08	27:38



WINTER LADDERS AFTER BENDIGO RELAYS

Men Division 2

Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1 Eureka	14	14	14	14	14						70
2 Box Hill 2	12	12	12	11	10						57
3 Keilor St Bernards	6	7	8	12	12						45
4 Western Athletics	5	5	11	9	11						41
5 Richmond Harriers	9	10	4	7	9						39
6 Athletics Waverley	10	11	6	4	5						36
7 Traralgon Harriers	8	9	9	8	1						35
8 Glenhuntly 2	11	4	10	2	6						33
9 Mornington Peninsula	4	8	5	10	4						31
10 Diamond Valley	7	2	7	6	2						24
11 Athletics Nunawading	3		3	3	8						17
11 Collingwood Harriers 2	2	6	1	5	3						17
13 Malvern Harriers	1	3	2	1	7						14

Women Division 3

Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1 Athletics Waverley	16	15	15	15	18						79
2 Frankston	14	19	18		21						72
3 Traralgon Harriers 2	10	18	19	16							63
4 Box Hill 2	19	21	21								61
5 Western Athletics 2	12	13	13		19						57
6 Mentone	9	14	14		17						54
7 Collingwood Harriers 2		17	17	18							52
8 Knox Athletics 3	21		10	17							48
9 South Coast Athletics		16	12		16						44
10 Eureka	18			21							39
11 Wendouree				19							19
12 Glenhuntly 3	17										17
13 APS United 2			16								16
14 St Stephens Harriers 2	15										15
15 Casey Cardinia	13										13
16 Athletics Essendon 2	11										11
17 Geelong Region 2											0
17 Ringwood 2											0
17 South Melbourne											0
17 Wellington Athletics											0

Winter ladders after Bendigo relays (cont.)

Men Division 5

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Box Hill 3	18	18	18	16	17						87
2	Eureka 2	15	14	16	20	18						83
3	Bendigo Region 2	17	20	20		20						77
4	South Coast Athletics	13	15	14	18	15						75
5	Athletics Waverley 2	16	16	15	14	12						73
5	Traralgon Harriers 2	14	17	17	17	8						73
7	Coburg Harriers 3	5	9	11	12	10						47
8	South Melbourne 2	10	10	9	13							42
9	Collingwood Harriers 5	11	8	8		9						36
10	Malvern Harriers 3	8		12		13						33
10	Western Athletics 3	6		10		16						32
10	Ivanhoe Harriers	9	11			11						31
10	Ballarat Harriers 2				15	14						29
14	APS United 3	7		13								20
14	Doncaster 2	20										20
16	Melbourne Uni 3		13									13
17	Sandringham 4	12										12
17	Williamstown		12									12
19	Mornington Peninsula 2											0

Men Division 7

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Traralgon Harriers 3	7	13	11	13							44
2	Bendigo Region 3			13		13						26
3	Box Hill 4	10		10								20
4	Athletics Waverley 3	11		8								19
5	Ballarat YCW 4	8			10							18
6	Frankston 3	13										13
7	Bendigo Region 4					11						11
7	Wendouree 3				11							11
9	Bendigo Region 5					10						10
10	APS United 4			9								9
10	Athletics Essendon 3	9										9
10	Bendigo Region 6					9						9
10	Eureka 3				9							9
10	Glenhuntly 7			3		6						9

Forthcoming events

After Bundoora:

- We travel to Geelong for the long course cross country (men's 16km and women's 8km) on 1 August 2009.
- The following weekend (8 August 2009) are the Sandown road relays (note: 22/8 was the original provisional date for this event)