

# THE WRAG

*Waverley's Results and Gossip, Volume 35 No 2 June 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**

A club such as ours is made up of many people who share a common love of athletics but have a wide range of interests and skills away from athletics.

Recently, as part of the Glendal PS team, I attended the Eastern Metropolitan Region's annual awards for excellence in Education and was delighted to see one of our committee members, Simone Albiston, a stalwart of both the Winter and Summer teams, receive an award for 15 years service on her School Council, many of them as the School Council President.

It was made even more special when Simone was announced as the winner of the award for Outstanding Community Contribution.

I was not at all surprised having seen the enthusiasm and competence Simone has displayed when contributing to Aths. Waverley in many different ways.

Congratulations Simone!

Congratulations and best wishes to Madeleine Pape as you set off for your final preparation before the Olympic Games. I'm sure all Aths Waverley members join with me in saying we will be barracking very loudly for you as you compete in the 800m.

I'm not sure however, if many of you are aware that Maddie's coach is our very own Terry McGrath: senior track coach and mentor to many young athletes and junior coaches. It makes no difference to Terry if he is coaching an Olympic standard athlete or a young person who just wants to run, he makes time for everyone.

We are very fortunate to have a coach with the skills, dedication and passion that Terry shares with all.

We hope that both Maddie and Terry will have a very rewarding and fulfilling journey to Beijing.

Our winter squad is bigger than it has been for several years and it is wonderful to see the number of women competing for us this year. The entire team has got off to a great start and there is certainly a lot of camaraderie there, something Aths Waverley is renowned for.

Kerry

## **FEES**

Just a reminder!!

**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
1 <sup>ST</sup> Year Open	\$175.00
1 <sup>ST</sup> Year U20	\$145.00
1 <sup>ST</sup> Year U18	\$145.00
1 <sup>ST</sup> 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

## RECENT EVENTS

On Monday 9<sup>th</sup> June we got together to wish Madeline Pape all the best for her Olympic preparations. She had a last run on our superb grass track before flying to Europe to participate in the Grand Prix season. She will not only compete against the best in some of the finest athletics venues in Europe but she will get that invaluable experience of racing fast.

## WINTER

Winter Report – 12 June 08

### Jells Park Cross Country – Sat 19 April

A very big welcome to the many new members who ran today:

Michael Rafferty Big Irishman with plenty of heart

Naveen Tenneti Great new talent and he's only 17

John Lavi New local boy who I can see improving through the season

Kylie Harris Geelong girl from the McGrath stable with plenty of toe

Jackie Attard The one with the big hair - recruited to keep John in check. Her running is improving out of sight

Justine White Friendly Monash Uni girl who can dance and run well

Yoshimi Nagaki Japanese exchange student being introduced to Australia with a baptism of fire having to run cross country after just landing in the country

Bridget Albiston The youngest member of our team (and she's a mean pool player)

It is great to see such good new talent in the Waverly uniforms. Welcome to Athletics Waverley.

### Men Division 1 6K

Stephen Paine 19.28  
John Hand 20.49  
Steven Williams 20.20  
Michael Young ?  
Martin Spiteri ?  
James Atkinson 19.06

### Men Division 5 6K

Michael Harvey 22.42  
Michael Rafferty 21.41  
Tony George 21.30  
Naveen Tenneti 22.39

### Men Division 7 6K

John Nolan 26.32  
Clyde Riddoch 27.30  
Christopher Knott 24.47  
Warren Holst 26.51

### Women Division 3 6K

Uma Muthia 28.10  
Kylie Harris 26.45

### Women Division 4 6K

Jackie Attard 29.34  
Shamila Muthia 35.51

### Women U20 3K

Anissa Muthia 14.04  
Yoshimi Nagaki 15.36

Sally Atkinson 27.57

Simone Albiston 35.37

Justine White 14.10

Waverley finished 10th in Men Div 1, 2nd in Men Div 5 (only 8 seconds from winning), 6th in Men Div 7, 7th in Women Div 3, 7th in Women Div 4, 7th in Women U20 and 10th in Women U18. So no wins, but oh so close in Men Div 5. Maybe next round.

A special thank you to a few people:

Evan and Kerry Carstairs for collecting all of the registrations

Simone Albiston for managing the uniforms and the club esky

John Hand for organising and cooking the bbq and bringing the beer esky (and for not making a speech)

Alan and Yvonne Glover for working hard all day and behind the scenes as officials

### Warragul – Saturday 3 May

Well done to the 26 Waverley athletes who made the long journey out to Warragul for the 2nd event of the winter series (XCR'08). The course was a true cross country test with fences to jump over, ditches to leap, some mud and plenty of tough windy hills. It was great to see so many Waverley singlets out there and a special welcome to new member Georgina Brock who debuted in the women's U16 3K.

The day started with the junior events and Matt Minney must have been lucky just to make the start line on time, arriving with the ink still wet on his tag thanks to some fast processing by Yvonne.

Highlights were an 8th place by Uma in the U20 3K, a 12th place by Ganisha in the strong U14 2K and a great debut by Georgina with 18th place in the U16 Womens event. Waverley was finished 3rd in the U18 Womens race.

In the open Mens event, our top 6 were almost all within the top 100 which is a sensational effort. We were rewarded with 6th out of 12 in Division 1, only 2 places behind powerhouse Glenhuntly.

This result has defied my wildest expectations of our first year in Division 1 doing well just to be at the odd team. Our Division 5 team were also strong with George, Rafferty and Harvey all close together but we lacked a 4th similar runner to fill the team and placed 4th of 8 in a surprisingly competitive Division.

Our open women were led in by Justine after Kylie found the going a bit too rugged for a track runner. Shamila and Simone had another good tussle and this time it was Shamila who took the points with Simone's knees unable to attack the steep downhill finish. Invitation runner Yoshimi finished just ahead of them both. Our women were listed as 3rd in Division 4 but should probably have been 8th in Division 3.

The Waverley tent had its first test in the rain and pulled up pretty well. John Hand instigated a new tradition with the "Runner of the Round" award (any opportunity for a speech), and Tony George was recognised with the honour for his big run at Jells Park in round 1 with a 4 minute improvement over the previous year. John presented Tony with the honour of awarding our next runner of the round at Sandown.

### Male Open 8K (346 finishers)

<i>Lee Troop</i>	<i>24.30</i>	<i>1st</i>
James Atkinson	27.03	27th
Stephen Paine	28.17	55th
Steven Williams	28.48	67th
Martin Spiteri	29.09	73th
John Hand	29.38	89th
Michael Young	30.25	106th
Tony George	31.21	141st
Michael Rafferty	31.29	151st
Michael Harvey	32.15	175th

### Female Open 6K (133 finishers)

<i>Renata Wyss</i>	<i>21.27</i>	<i>1st</i>
Kylie Harris	DNF	
Justine White	31.00	109th
Yoshimi Nagaki	35.34	127th
Shamila Muthia	36.35	130th
Simone Albiston	36.38	131st

### Female U20 3K (16 finishers)

Uma Muthia	18.13	8th
------------	-------	-----

John Nolan 36.21 263th  
 ? Nagaki 36.34 268th  
 Clyde Riddoch 38.22 289th  
 Warren Holst 39.25 298th  
 John Lavi 40.45 308th

Male U20 4K (19 finishers)

Matthew Minney 15.09 16th

Male U14 2K (26 finishers)

Ganesha Muthia 8.01 12th

Female U18 3K (17 finishers)

Anissa Muthia 14.31 15th  
 Jess George 15.20 17th

Female U16 3K (29 finishers)

Georgina Brock 12.59 18th  
 Seema Muthia 15.03 27th

Sandown – Sat 17 May

Despite a freezing wet day, this has to be one of the fastest Australian 10K fields on record over the last decade with 11 runners breaking 30 minutes, the top 50 under 32 minutes and the top 100 under 33:30. Despite various suggestions that the course was short, the official view seems to be that it was not, with the start and finish in the same place as last year, no km markers noticeably out of place and plenty of people with Garmins recording distances of 9.97km or 9.99km suggesting it was accurate.

First away was the junior 3K field, with Waverley well represented in the arctic conditions. Uma placed a strong 7th in the F20 race, Ganesha was 12th in the M14 and Georgia 15<sup>th</sup> in the F16 event. The results attribute our runners to the next age group up with a full team or "Invitation" if the team wasn't filled. Don't worry about that - you were entered in your age group, and this method seems to help clubs fill teams. And welcome to Fiona Maudsley who made her winter debut even if she did run without her tag.

In the 10K the Waverley teams saw plenty of pb's. Notably one Stephen Paine "the House" smashing his previous best by nearly a minute and a half to hammer me by 3 seconds and take out the Waverley 10K trophy for 2009 with a sensational time of 31:35. Also pb's to Steven Williams, Michael Young, John Hand, Rohan Claffey, Tony George and Michael Rafferty all recording fantastic times. Apologies to anyone who's pb I've missed, there were so many. In the Womens race we saw the usual tussle between Simone and Shamila with Shamila hanging on by 2 seconds this time to make it 2 out of 3. Only 19 seconds separate these two over 3 races.

It was absolutely freezing at the start and finish but running conditions turned out to be not too bad with a slight tailwind up the long straight and a bit of shelter up the hill up the back straight. But then after the finish it was freezing - I'm feeling cold just thinking about it. Not quite as cold as the 16K mud bath at Coburg in 2004, or the Ballarat 8K in 2002 when it snowed while we were on the start line, but the club esky didn't need any ice on Saturday.

In the team results we did well. 6th in F18, 2nd in F Div 4, 10th in M Div 1, 2nd in M Div 5 and a victory in M Div 7. Yes we won a premiership at last. Sensational work by Christopher, John, Robert (on debut) and Warren to clean up in this hard fought grade. That pennant should be proudly hanging from the Waverley tent at our next event. Also 3rd in the over 40's and I notched up another win amongst the old fellers.

Male Open  
 Road  
 10K  
*Ist Lee Troop* 28.51  
 Stephen Paine 31.35 26th

Female Open  
 Road  
 10K  
*Ist Rowan Baird* 32.44  
 Sally Atkinson 44.21 89th

James Atkinson	31.38	29th	Nickie Scriven (inv)	45.36	99th
Steven Williams	32.59	58th	Shamila Muthia	58.11	129th
Martin Spiteri	34.28	102nd	Simone Albiston	58.13	130th
Michael Young	34.34	105th			
John Hand	35.05	122nd	<u>Female U20</u>	Road 3K	
Rohan Claffey (inv)	36.06	154th	Uma Muthia	12.10	7th
Matthew Minney (U20)	36.07	155th			
Tony George	36.19	165th	<u>Female U18</u>	Road 3K	
James McEniry (inv)	36.32	173th	Anissa Muthia	13.00	18th
Michael Rafferty	36.35	176th	Fiona Maudsley	14.00?	21st?
Michael Harvey	37.27	206th	Jess George	14.38	24th
Christopher Knott	38.42	247th			
John Nolan	42.10	321st	<u>Female U16</u>	Road 3K	
Robert Parsons	42.46	328th	Georgia Brock	12.20	15th
Warren Holst	44.04	352nd	Seema Muthia	13.58	26th
John Lavi	45.59	369th			
Peter Hannaford	50.15	390th			
<u>Male U14</u>	Road 3K	-			
Ganesha Muthia	11.58	12th			

For anyone who has been following the Victoralias blogs at <http://victoralias.blogspot.com/> - a strange character who believes he can run 2 minute 50 km's in training (which would have beaten Lee Troop if it were true). His diaries make an entertaining read at as do the plenty of criticisms at [#http://www.coolrunning.com.au/forums/index.php?showtopic=14948&st=25&p=240141](http://www.coolrunning.com.au/forums/index.php?showtopic=14948&st=25&p=240141) &#

#### Latrobe Uni – Sun 1 June

I wasn't there to witness the Uni course but it looks like some great runs by the Waverley family club again. In the junior 5K event Georgia Brock was first in for Waverley with 20.31 in 10th place for U16 with Uma Muthia not far behind in 4th place for U20. In the Open 15K event, Stephen "House" Paine just keeps getting better with an outstanding 49:11 for 17th place. The rest of the Division 1 team all ran really well with John Hand revelling with the team manger's role and running a mighty 72nd place. Stevie Williams, Michael Young, Martin Spiteri and Tony George all ran well and the team's points of 403 were our best for the season and I'm sad to see I'm not necessary any more. Good to see that Clyde survived fresh from the last rites and Shamila nailed Simone again. I think that's 3 - 1.

Division 1 Men finished 9th ahead of 3 teams. Division 5 were 7th and the U18 women and Men 40+ teams finished 4th. Well done everyone.

15K			5K		
<u>Male Open</u>	<u>Time</u>	<u>Place</u>	<u>Male U20</u>	<u>Time</u>	<u>Place</u>
Stephen Paine	49.11	17	Tim Hassett	26.08	17
Steven Williams	51.45	45			
John Hand	53.47	72	<u>Female U20</u>		
Michael Young	53.54	75	Uma Muthia	21.48	4
Martin Spiteri	54.26	84			
Tony George	55.49	110	<u>Female U18</u>		

Christopher Knott	61.20	207	Anissa Muthia	23.48	17
John Nolan	64.39	258	Jess George	27.26	20
John Lavi	71.57	309			
Warren Holst	79.34	333	<u>Female U16</u>		
Clyde Riddoch	85.45	343	Georgia Brock	20.31	10
			Seema Muthia	24.19	22

Female Open

Shamila Muthia	90.18	100
Simone Albiston	92.05	101

The "House" from the AV website.

Well done to the 20 odd athletes and their entourages who ventured out to Albert Park Lake today for the 2nd running of the Waverley 5K handicap. Plenty of banter beforehand with few liking their marks. Eventually we were away under the watchful starters eyes of Yvonne, Alan, Chris and Tony Brock. Shamila and Clyde's partner Paula set off first and Paula quickly put a gap on Shamila. They were followed by last year's winner Tim Hassett and exchange student Yoshimi and the rest of the field progressively joined the chase. Uma Muthia set a strong early pace passing Holsty after the first km. A strong group of back markers turned up the heat with Naveen taking a dive half way around.

As the field turned the final bend to the finish line it was Paula streeting the field by more than a minute. Shamila was 2nd running very close to her handicapped 27:30 and Uma was third half a minute behind. Special mention should be made of Martin Spiteri who passed most of the field to finish 4th only 2 seconds behind Uma. Further back in the field. I put in a big sprint over the last 100 to take on Ganesha but he had too much speed and left me in his wake. The trophy was awarded to Shamila as Paula was a late addition and her handicap was unverified. Full results are attached below. Special thanks to Yvonne and Alan for processing these so quickly.

Place Name Finish Time Start Time Run time

- 1 Paula 28:56 2:30 26:26 Non-handicapped
- 2 Shamila 30:03 2:30 27:33
- 3 Uma 30:37 9:20 21:17
- 4 Martin 30:39 13:30 17:09
- 5 Matthew 30:43 12:30 18:13
- 6 Michael Rafferty 30:49 12:40 18:09
- 7 Michael Young 30:50 13:10 17:40
- 8 Tony 30:52 12:50 18:02
- 9 Naveen 31:08 12:40 18:28
- 10 Ganesha 31:21 10:15 21:06
- 11 James 31:22 14:40 16:42
- 12 Yoshima 31:24 5:00 26:24
- 13 Georgia 31:28 10:00 21:28
- 14 Tim 31:32 5:00 26:32
- 15 Clyde 32:02 8:20 23:42
- 16 Paul 32:03 11:30 20:33
- 17 Warren 32:11 8:40 23:31
- 18 Seema 32:22 7:30 24:52
- 19 Anissa 32:45 8:20 24:25
- 20 Jessica 33:01 6:10 26:51
- 21 John 34:08 7:30 26:38 Non-handicapped

News Flash from Phuket

Congratulations to Stephen Paine who has just won the Phuket marathon in 2:37:50 in very hot and humid conditions. We knew he was in great shape and now we are privileged to have an international marathon champion in the club. Well done also to Harvs who finished 3rd in his age group.

### Next Events

COLIBAN RELAY: There is now a 4 week break until the next AV event - the Coliban relay on Saturday afternoon 28 June. This is a 5 or 7 person relay from Harcourt to Bendigo with legs generally 5-10K over mainly dirt roads with a mixture of hills thrown in. There are no junior teams, but juniors are welcome to run in an open team if interested. Please let me know if you can make it so I can organise teams and transport. A few of us will probably stay overnight in Bendigo and go out afterwards in search of the famous Bendigo Midgets so let us know if you're up for that option.

### Harvs Update

Hot off the press, Michael Harvey has just completed his trek to Everest Base Camp and nailed a few other 5000m peaks along the way. In Harvs words ...

"I have been trekking in the Himalayas for the last 13 days and have completed the Gokyo Ri (5300), Kala Pattar (5500) and Base Camp (5300) walks. I had two 12 hour days, with the second one almost killing me. I got Acute Mountain Sickness and had to return to a lower level at 3.30 in the morning. Unfortunately, I got a bit lost in the fog and I had to walk for 6 hours instead of 3. I vomited on the way and then hit the wall badly. Staggered into the lodge at 9.30. After some Sprite I went to bed and had 20 hours sleep. That should be a good base for the marathon."

James Atkinson

DATE	ROUND / EVENT TYPE	VENUE	MELWAY REF	MEN					Open O/Ag
				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	<del>49.4/22.2</del>	n/a	n/a	n/a	n/a	32.3k
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	6.2kr
Sun 7-Sep	Rd 9. Road Race	Yarra Boulevard, Burnley - Half Marathon	59 B1	21.1km	n/a	n/a	n/a	n/a	21.1k
Sat 20-Sep	Rd 10. Tan Relays	King's Domain, Melbourne	2G A9	3.8km	3.8km	3.8km	3.8km	3.8km	3.8kr

### Other Events of Interest

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



**WEBSITE**

Don't forget to check our website: [www.athleticswaverley.com.au](http://www.athleticswaverley.com.au)

