

THE WRAG

Waverley's Results and Gossip, Volume 35 No 7 June 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 Ian Hassett

Kerry's Sermon

It is my pleasure to have been elected president of Athletics Waverley again this year and I am looking forward to another very successful year both on the track and socially for our wonderful club. The winter cross country team is off to a flying start as we enter the 2009/2010 season. It is great to see so many athletes competing during the winter season. In particular, a warm welcome to out to all our new members!

The new committee was elected at our AGM and we are very pleased to have Chris Knott and Janice Marston on board.

Sincere thanks also to those members of the previous committee who have just stepped down. Mark Baxter and Errol Amerasekera, both former presidents, are having a rest from committee duties but will still be active as either an official or athlete, come the summer season. Darren McGee, Ross Goodings, Sonia Farrell, Robert Carstairs, Tony George and Damian Cassar are also taking a break from committee duties. Their input has been significant and greatly appreciated. Please see the list included in this Wrag of current committee members and their roles.

Evan and I attended the Athletics Victoria summer AGM last month. Items addressed that will be of most interest to us are the format and eligibility for the coming summer season. It will revert back to 2 programs instead of 3. To be eligible for the finals an athlete must have competed at least once in a particular event and 4 times overall for the season. Most of the competition during January will be twilight meetings in the hope of solving the heat problem. However, we will have further notice of all the changes once they have been ratified.

An important reminder is that athletes must be registered members to use the Club facilities and to be covered by Athletics Australia's Personal Accident Insurance Policy – see below.

Registration forms are available at the Clubrooms or online.

Go Waverley.

Kerry-Ann

President

Reminder for Athletes from Athletics Victoria

"With the arrival of May, many of our track & field athletes will be slowly returning from their post season breaks to begin the long hard build up towards summer 2009/10. Traditionally many of these athletes don't register with Athletics Victoria until the whiff of competition is in the air. For some athletes this has been a costly mistake.

Athletics Australia's Personal Accident Insurance policy, which all registered competing members are covered by, only applies to athletes registered with their State or Territory association at the time of

the incident. This means that if you have a training accident or are injured whilst travelling to or from training you must be registered in order to lodge a claim.

So if you're not currently registered but will be back on the training track soon, do the sensible thing and sign up now. All club Registrars have a supply of the necessary forms, otherwise go to www.athsvic.org.au to download your AV and/or Club Forms.

Kerry-Ann

NEW COMMITTEEE

President: Kerry Ann Carstairs

Vice-President: Christopher Knott

Secretary: Yvonne Glover

Treasurer: Ian Hassett

Registrar: Evan Carstairs

AV/SE Region Delegate: Alan Glover

General Committee:

John Maudsley (Strategic Planning)

Terry McGrath (Coaching)

Greg Carstairs (coaching-Website)

Yohan Amerasekera (Coaching-Social)

Simone Albiston (Uniforms)

Janice Marston (Social)

MASTERS RESULTS

15 Waverley athletes dominated at the **Victorian Masters Championships** at Box Hill 28/29th March, winning a grand total of: 32 gold, 12 silver and 15 bronze medals. Christine Bridle was the stand-out with 13 gold medals from 14 events but she was not alone. See the details below:

W50

Christine Bridle: 1st 100m 14.70s; 1st 80m Hurdles 15.00s; 1ST 400m 69.77s; 1st Long Jump 4.145; 1st Javelin 25.40m; 1st Hammer 32.13m; 1st Weight Throw 9.57m; 1st High Jump 1.35m; 1st 60m 9.11s; 1st 200m 30.54s; 1st 300m Hurdles 56.50s, 1st Discus 19.24m; 1st Triple Jump 8.99m; 2nd Shot Put 8.61m.

W45

Joanne Molnar: 1st Hammer 19.28m; 1st Weight Throw 5.35m; 1st Shot Put 5.68m; 1st Discus 15.86m; 2nd 60m 11.83; 3rd Javelin 10.16m; 3rd 100m 18.45s.

W40

Linda Buttigieg: 1st 400m 69.23s; 1st Long Jump 4.09m; 1st 60m 9.04s; 1st 200m 30.21s; 1st Pole Vault 2.20m; 1st Triple Jump 8.32m; 2nd 100m 14.24s; 2nd Hammer 32.14m; 2nd Weight Throw 10.14m; 3rd Discus 26.73m; 3rd Javelin 22.65m; 5th Shot put 8.03m

Jenny Baldwin (Injured): 2nd High Jump 0.90m; 3rd Long Jump 1.19m; 4th Shot Put 8.24m; 4th Discus 26.61m.

W30

Emma Baldwin: 1st 200m 27.62

M65

Errol Amerasekera: 3rd Javelin 26.70m; 3rd Discus 28.33m

M55

Clyde Riddoch: 1st 3k Walk 15.56; 1st 1500m Walk 7.36.04; 1st discus 32.66m; 2nd Javelin 32.26m; 2nd Weight Throw 10.83m; 3rd Shot put 8.74m; 3rd Hammer 27.01m

M50

Andrew Watts: 1st 400m 57.23s; 1st 200m 25.94s; 1st Discus 35.78m; 2nd, 100m 12.60.

M45

Peter Tuckett: 2nd 400m 59.06s; 2nd 200m 26.05s; 3rd 100m 12.00s.

Peter Pulbrook: 3rd 60m 8.27s; 3rd 200m 27.17s; 4th 100m 12.50s.

Warren Holst: 3rd 1500m 4.54.44; 4th 5k 18.22.70.

Terry Baldwin: 1st High Jump 1.65m

M40

James Atkinson: 1st 5k 15.20.30

Craig Sandford: 3rd 5k 18.14.10

M30

Greg Bruce: 2nd 60m 7.70s; 3rd 200m 25.33s; 4th 100m 12.28s

Not content with Victorian supremacy four athletes traveled to Adelaide for the **Australian Masters Championships** and collected: 8 gold, 4 silver and 3 bronze medals between them. See below.

W30

Emma Baldwin: 1st 200m 27.05s, 1st 400m 59.75s, 2nd 800m 2.22.06s

M45

Terry Baldwin: 1st 200m 24.71s, 1st 400m Hurdles 67.44s, 2nd 400m 56.41s, 2nd High Jump 1.65m

Peter Tuckett: 3rd 400m 56.79s, 4th 200m 25.34s, 5th 100m 12.69s

M55

Clyde Riddoch: 1st 5km Walk 28.01, 1st 10km walk, 1st Discus 31.23m, 1st Weight Throw 10.54m, 2nd Javelin 30.64m, 3rd Hammer 26.66m, 3rd Weight Pentathlon 2,369 points, 5th Shot Put 8.31m.

Outstanding results with thanks to Clyde Riddoch for compiling them.

WINTER SEASON

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



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