

THE WRAG

Waverley's Results and Gossip, Volume 33 No 8 March 2007
OFFICIAL NEWSLETTER OF ATHLETICS WAVERLEY INC.

ATHLETICS

WAVERLEY Inc.

11 Morshead Av. Mount Waverley Vic.3149

President

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YOEYS YAP

Hello all,

This will be my final Yap for the 2006 and 2007 season. What a year it has been. I suspect that I will be back as President next year as no one else is yet to put his or her hand up. However, I would like to stand down by the end of next season. Hopefully, the club is at a point where it can maintain its current success and momentum without the risk of extinction, which was a real possibility just two years ago.

I am now very focused on team success. I have a real desire to give each member the taste of team glory so each member in turn will be passionate about the club and nurturing for the future. Please continue to believe in the challenge ahead.

It is a huge four weeks ahead at the club.

The Waverley Gift is on March 18th and is building as a bigger event than last year. Please attend and help out the club. This is the only reason we are financial and need its continued success to build the profile of the club. Contact Greg Carstairs to help out on the day!!!

With a Celebrity race with Scott Martin, Tamsyn Lewis, Georgie Clarke, Ben Harradine, AFL players and Radio personalities, we are hoping for big crowds. If each member brought 10 friends the day would be a huge success!!!

6 days later we compete in Venue finals. I believe we can still clean sweep both Men's and Women's Open Divisions, and even pick up junior Premiership or two. BUT, we must work as a team. Support and help each other and together we will enjoy our success regardless of how many premierships we win. I would rather lose with dignity and team spirit than win without!!!

Everyone must be there at 12:30pm for a team photo and meeting. Also make sure you hang around after all events for drinks and preparations for Shield finals one week later.

Check your events and get back to me ASAP if there are any problems.

Shield Finals a week later for the winning teams in each Venue. All going well, we should have teams at Olympic Park on the 31st of March. They will basically be unchanged from 'Venues' with the exception of some athletes being unavailable. Note that the timetable for these finals starts much earlier and is quite different. Keep in touch via email.

The day after is the Presentation Day at the club. Start time around 12:30pm for a Roast lunch and an award ceremony. It should be an easy going afternoon but we need all athletes to attend. Hopefully we will be injury free and celebrating a great fortnight.

Please pay Kerry Carstairs or Julie White at Venue finals at the latest!!!!

I hope to can all rise to the challenge of the next few weeks. I don't expect you all to be as passionate as me, however, I do expect that each of you can make sure you don't let down your friends and team mates. We only ask you do your best, you do it with pride in your Waverley singlet and you support your Waverley family in every way possible.

We know this club is more than just an Athletics Club....I reckon everyone else will know that in the next few weeks!!!!

Go Waverley.

Stay well and take care always.

Yoey

“You do not fail unless you give up”

WAVERLEY GIFT

Due to the late printing of this month's Wrag – blame the Editor – we can report the Gift was a great success. With perfect weather and a track in quite amazingly good condition we were able to improve on last year. We shall publish full results in next month's Wrag as well as some photographs, but results are available on the VAL website as well as on our club website www.athleticswaverley.com.au One highlight was the celebrity race, which was won by our own Maddie Pape just shading Commonwealth Games 800metres star Kris McCarthy. Maddie donated her \$500.00 winnings to Lort Smith Animal Hospital, well done! The Gift highlight was the win by Kelly Sheldrick of the 2007 Waverley Gift 100 metres

LADDER

Region: SouthEast. Date: 2/03/2007 The end of the pre-finals competition.

<u>F16</u>	<u>For</u>	<u>Agst</u>	<u>Pct</u>	<u>Pts</u>
Knox Athletic Club	3761.5	10451.5	36	103
Athletics Waverley	3632.5	10580.5	34.3	100
Frankston Athletic Club	2229	11984	18.6	78
Sandringham Athletic Club	1671.5	12541.5	13.3	67
Glenhuntly Athletic Club	1470.5	12742.5	11.5	61
Knox Athletic Club 2	780	13433	5.8	40
Peninsula Road Runners	470.5	13742.5	3.4	35
Sandringham Athletic Club 2	93.5	14119.5	0.7	9
Glenhuntly Athletic Club 2	48	10582	0.5	4
<u>FOP1</u>	<u>For</u>	<u>Agst</u>	<u>Pct</u>	<u>Pts</u>
Athletics Waverley	3691.9	8810.2	41.9	88
Glenhuntly Athletic Club	3198.5	9303.6	34.4	73
Knox Athletic Club	2469.7	10032.4	24.6	61
Sandringham Athletic Club	1754.5	10747.6	16.3	53
Malvern Harriers Athletic Club	545.5	11956.6	4.6	29
Mentone Athletic Club	558	11944.1	4.7	25.5

Frankston Athletic Club	284	12218.1	2.3	13.5
<u>FOP2</u>	<u>For</u>	<u>Agst</u>	<u>Pct</u>	<u>Pts</u>
Athletics Waverley	1124	848	132.5	80
Maccabi AC	413	1559	26.5	56
Glenhuntly Athletic Club	262	1710	15.3	29
Knox Athletic Club	152	1820	8.4	22
Sandringham Athletic Club	21	1951	1.1	4
Sandringham Athletic Club 2	0	1972	0	0
<u>M16</u>	<u>For</u>	<u>Agst</u>	<u>Pct</u>	<u>Pts</u>
East Melbourne Harriers	3812	15782	24.2	107
Frankston Athletic Club	3421.5	16172.5	21.2	104
Knox Athletic Club	2933	16661	17.6	93
Athletics Waverley	2952	16642	17.7	88
Glenhuntly Athletic Club	2677	16917	15.8	80
Sandringham Athletic Club	1670	17924	9.3	65
Maccabi AC	1050	18544	5.7	49
Malvern Harriers	768.5	18825.5	4.1	35
Knox Athletic Club 2	286	19308	1.5	20
Sandringham Athletic Club 2	24	19570	0.1	2
<u>MOP1</u>	<u>For</u>	<u>Agst</u>	<u>Pct</u>	<u>Pts</u>
Athletics Waverley	5278.5	14697.6	35.9	106
Knox Athletic Club	4363	15613.1	27.9	78
Glenhuntly Athletic Club	4361.9	15614.2	27.9	76
Sandringham Athletic Club	3318.5	16657.6	19.9	63
Mentone Athletic Club	1207.2	18768.9	6.4	43.5
Peninsula Road Runners	829.5	19146.6	4.3	36
East Melbourne Harriers	446.5	19529.6	2.3	24.5
Haileybury Athletic Club	171	19805.1	0.9	11
<u>MOP2</u>	<u>For</u>	<u>Agst</u>	<u>Pct</u>	<u>Pts</u>
Athletics Waverley	4086.5	10426.5	39.2	114
Malvern Harriers	3356.5	11156.5	30.1	95
Knox Athletic Club	2689	11824	22.7	80
Glenhuntly Athletic Club	2309.5	12203.5	18.9	75
Sandringham Athletic Club	1220.5	13292.5	9.2	57
Frankston Athletic Club	301	14212	2.1	34
Maccabi AC	474	14039	3.4	26
Mentone Athletic Club	76	14437	0.5	9
Peninsula Road Runners	0	14513	0	0
<u>MOP3</u>	<u>For</u>	<u>Agst</u>	<u>Pct</u>	<u>Pts</u>
Oakleigh Athletic Club	2509	4313	58.2	90
Athletics Waverley	1752.5	5069.5	34.6	73
Knox Athletic Club	861.5	5960.5	14.5	49
Malvern Harriers	847	5975	14.2	47
Glenhuntly Athletic Club	596	6226	9.6	29
Sandringham Athletic Club	256	6566	3.9	17
Maccabi AC	0	6822	0	0
<u>MOP4</u>	<u>For</u>	<u>Agst</u>	<u>Pct</u>	<u>Pts</u>
Victorian Masters Athletics	1367	2041	67	114
Athletics Waverley	1031	2377	43.4	75
Oakleigh Athletic Club	535	2873	18.6	65.5
Knox Athletic Club	192	3216	6	32.5
Malvern Harriers	159	3249	4.9	19
Sandringham Athletic Club	77	3331	2.3	18
Knox Athletic Club 2	47	3361	1.4	6
Haileybury Athletic Club	0	3408	0	0
Glenhuntly Athletic Club	0	3408	0	0

This was a great club performance which clearly showed Athletics Waverley to be overall the strongest club in the S.E. Region. And now for the finals!

FINALS TEAMS

AGE GROUP OPEN WOMEN

TIME	EVENT	DIV 1	DIV 2	EMERGENCIES
1:00PM	SHOT DIV 1,2	1 HICKS, TAMIKA(1) 2 BUTTIGIEG, LINDA(2)	BRIDLE, CHRISTINE(4) CAULFIELD, SHARYN(6)	BALDWIN, JENNIFER(3) PAPE, MADELEINE(5)
1:00PM	400M HURDLES	1 WATTS, RACHEL(1) BALDWIN, 2 JENNIFER(2)	MUTHIA, UMA(3) N	
1:30PM	HIGH 1:30- 1:45M	1 MUTHIA, UMA(1) 2 BALDWIN, JEN (2)		
1:30PM	JAV DIV 1,2	1 HICKS, TAMIKA(1) 2 WATTS, RACHEL(2)	BALDWIN, JEN(3) BUTTIGIEG, LINDA(4)	BRIDLE, CHRIS(5)
2:00PM	100M	1 PAPE, MADELEINE(1) 2 WHITE, TARA(2) 3 BALDWIN, EMMA(3)	BALDWIN, JEN(5) BUTTIGIEG, LINDA(8) DREW, KYLIE(11)	WATTS, RACHEL(4) MUTHIA, UMA 6) BRIDLE, CHRIS(7)
2:05PM	800M	1 PAPE, MADELEINE(1) 2 BALDWIN, EMMA(2) 3 WATTS, RACHEL(3)	MUTHIA, UMA(4) CAULFIELD, SHAR (6) WHITE, TARA(8)	BALDWIN, JEN (7) Madi,Emma, Tara watch clash!!!
2:30PM	DISC DIV 1,2	1 HICKS, TAMIKA(1) 2 BALDWIN, JEN(2)	WATTS, RACHEL(3) BUTTIGIEG, LINDA(4)	CAULFIELD, SHA (5) BRIDLE, CHRIS (6)
2:30PM	HIGH< 1:30		WATTS, RACHEL(3) BRIDLE, CHRIS(4)	BUTTIGIEG, LINDA(5)
3:00PM	TRIPLE	1 MUTHIA, UMA(2) 2 BRIDLE, CHRIS(3)	BALDWIN, JEN(4) BUTTIGIEG, LINDA(5)	HICKS, TAMIKA(6) BELLENGER, EM (1)
3:00PM OR 4:15PM	3000M/1500M WALK	1 CHAPMAN, KAHLIA(1) 2 JENKINS, DORN(3)	CAULFIELD, SHA(4) DREW, KYLIE(5)	WATTS, RACHEL(2)
3:30PM	LONG DIV 1,2	1 MUTHIA, UMA(1) 2 BALDWIN, JEN (4)	BRIDLE, CHRIS (5) DREW, KYLIE(8)	WATTS, RACHEL(3) BUTTIGIEG, LINDA(6)
3:45PM	1500M	1 BALDWIN, EMMA(1) 2 PAPE, MADELEINE(2) 3 MUTHIA, UMA(3)	WATTS, RACHEL(5) CHAPMAN, KAHLIA(6) CAULFIELD, SHA (7)	
4:10PM	200M	1 PAPE, MADELEINE(1) 2 WHITE, TARA(2) 3 BALDWIN, EMMA(3)	WATTS, RACHEL(4) BALDWIN, JEN (5) DREW, KYLIE(10)	CAULFIELD, SHA (6) BRIDLE, CHRIS (8) BUTTIGIEG, LINDA(9)
4:45PM	4X400M	1 PAPE,	BALDWIN, JEN(200)	DREW, KYLIE

	RELAY	MADELEINE(100)		
		2 BALDWIN, EMMA(100)	MUTHIA, UMA(100)	BRIDLE, CHRISTINE
		3 WATTS, RACHEL(800)	CAULFIELD, SH(800)	
		4 WHITE, TARA(100)	BUTTIGIEG, LIN (100)	
5:15PM/ 5:30PM	3000M	1 BALDWIN, EMMA(1)	BUTTIGIEG, LINDA(4)	
		2 MUTHIA, UMA(2)	CHAPMAN, KAHLIA(5)	
		3 PAPE, MADELEINE(3)	CAULFIELD, SHA (6)	

SOUTH EAST REGIONAL FINAL- SATURDAY 24TH MARCH
AGE GROUP OPEN MEN

TIME	EVENT	DIV 1	DIV 2	DIV 3	DIV 4
1.00	400MH	1 BALDWIN, T (1) 2 CARSTAIRS, G (2)	BRAND, S (3) CARSTAIRS, R (4)	ENNIS, R (5) PAINE S (6)	WATTS, T (7) QUINE, T (8)
1.25	800M	1 MCENIRY, J (1) 2 PAINE, S (3) 3 YOUNG, M (4)	ATKINSON, J (5) LITTLE, A (6) DE LA HAYE, P (7)	MINNEY, M (9) MCGEE, D (10) KNOTT, C (11)	BALDWIN, T (12) HAND J (13) SIMMS B (15)
1.30	DISC 3,4	1 2		RIDDOCH, C (5) CARSTAIRS, G (6)	BAXTER, A (7) AMERASEKERA, E(9)
1.30	TRIPLE 1,2	1 ENNIS, R (1) 2 CAMILLE, R (2)	BAXTER, N (3) CASSAR, D (4)		
1.45	100M	1 CAMILLE, R (1) 2 PEARCE, E (2) 3 WILLIAMSON, D (3)	CASSAR, D (4) MCENIRY, J (5) CARSTAIRS, G (6)	KIRSZENBLAT, D (7) QUINE, T (8) DE LA HAYE, P (9)	ENNIS R (10) MACHAR, S (11) LEVY, J (12)
2.00	DISC 1,2	1 AMERASEKERA,Y(1) 2 CARSTAIRS, S (2)	CURTIS, A (3) BRAND, S (4)		
2.00	SHOT 3,4	1 2		BAXTER, N (5) BAXTER A (6)	WATTS A (9) CURTIS, A (19)
2.00	HJ<1.60M	1 2	LEVY, J (3) CURTIS, A (4)	BAXTER, N (6) CARSTAIRS, G (7)	MCENIRY, J (8) CARSTAIRS, R (9)
2.30	JAV 1,2	1 CURTIS, A (1) 2 CARSTAIRS, S (2)	CARSTAIRS, G (3) WATTS, T (4)		
2.30	LONG 1,2	1 PEARCE E (1) 2 CAMILLE, R (2)	ENNIS, R (3) BAXTER, N (4)		
2.55	1500M	DIV 1 1 MCENIRY, J (1) 2 ATKINSON, J (2) 3 PAINE, S (3)	DIV 2 YOUNG, M (4) MINNEY, M (5) LITTLE, A (6)	DIV 3 KNOTT C (8) HAND, J (9) HOLST, W (10)	DIV 4 NOLAN J (12) MC GEE D (14) HASSETT, T (15)
3:00	3000MW	1 RIDDOCH, C (1)	MCGEE, D (3)	MACHAR, S (4)	CARSTAIRS, R (4)
4:15	1500MW	2 AMERASEKERA,Y(2)	ENNIS, R (4)	KIRZENBLAT. D (4)	PEARCE E (4)

3:20	200M	1	PEARCE, E (1)	DE LA HAYE, P (4)	QUINE, T (8)	WATTS, A (11)
		2	CAMILLE, R (2)	CARSTAIRS, G (5)	KIRZENBLAT D (9)	MACHAR, S (13)
		3	WILLIAMSON, D (3)	CASSAR, D (6)	BALDWIN, T (10)	WATTS, T (14)
3:30	JAV 3,4	1			AMERASEKERA, Y(5)	BRAND, S (7)
		2			PEARCE, E (6)	WATTS A (8)
4:00	TRIPLE 3,4	1			MACHAR, S (5)	CARSTAIRS, G (7)
		2			AMERASEKERA, Y(6)	LEVY, J (8)
4:00	HJ >1.60M (DIV 1,2?)	1	WATTS, T (1)	LEVY, J (3)	BRAND, S (5)	
		2	DE LA HAYE, P (2)	CURTIS, A (4)	BAXTER, N (6)	
4:00	LONG 3,4	1			KIRZENBLAT D (5)	MACHAR, S (7)
		2			BRAND, S (6)	BALDWIN, T (8)
4:00	SHOT 1,2	1	AMERASEKERA, Y(1)	BRAND, S (3)		
		2	CARSTAIRS, S (2)	WATTS, T (4)		
4:45	4X400M RELAY	1	DE LA HAYE, P (HJ) WILLIAMSON, D	MCENIRY, J (100) CARSTAIRS, G (Jav)	BALDWIN, T (200)	WATTS, A (200)
		2	(100)	(Jav)	MINNEY, M (800)	CARSTAIRS, R (Walk)
		3	PEARCE, E (100)	CURTIS, A (HJ)	KIRZENBLAT (200)	ENNIS R (100)
		4	CAMILLE, R (100)	WATTS, T (Jav)	MCGEE, D (800M)	SIMMS B (800)
			PAINE, S (1500)	CASSAR, D (200)	DE LA HAYE, P(100-Rep in D1)	MCENIRY, J (HJ-Repl. in D
			ATKINSON, J (3000M)	CARSTAIRS, R (Hur)	CARSTAIRS, G.(DISC-Rep in D2)	CARSTAIRS, G(HJ-Repl. in
			BALDWIN, T (400H Rep. by Nic B in D3)		BAXTER, N (Rep TB if nec)	LEVY, J (TJ)
5:15	3000M	1	ATKINSON, J (1)	HAND, J (4)	PAINE, S (7)	HASSETT, T (10)
		2	YOUNG, M (2)	KNOTT C (5)	MINNEY, M (8)	NOLAN. J (12)
		3	MCENIRY, J (3)	HOLST, W (6)	QUINE, T (9)	LITTLE A (12)

OPEN MEN RESERVES

TIME	EVENT	EMERGENCIES
1.00PM	400MH	
1.25PM	800M	PEARCE, E (8) HOLST, W (14) HASSETT, T (16)
1.30PM	DISC 3,4	MACHAR, S (8) CARSTAIRS, R (10)
1.30PM	TRIPLE 1,2	
1.45PM	100M	CARSTAIRS, S (13) BRAND, S (14) AMERASEKERA, Y(15)
2.00PM	DISC	

		1,2	
2.00PM	SHOT 3,4		CARSTAIRS, G (7) MACHAR, S (8)
2.00PM	HJ<1.60M		CARSTAIRS, S (10) RIDDOCH, C (11)
2.30PM	JAV 1,2		
2.30PM	LONG 1,2		
2.55PM	1500M		RESERVES DE LA HAYE, P (7) BALDWIN T (11) SIMMS B (13)
3:00 or 4:15PM	3000MW 1500MW		
3:20PM	200M		MCENIRY, J (7) LITTLE, A (12) LEVY, J (15)
3:30PM	JAV 3,4		BALDWIN, T (9) BAXTER, N (10)
4:00PM	TRIPLE 3,4		CARSTAIRS, R (9) QUINE, T (10)
4:00PM	HJ >1.60M (DIV 1,2?)		
4:00PM	LONG 3,4		AMERASEKERA, Y(9) CASSAR D (10)
4:00PM	SHOT 1,2		
4:45PM	4X400M RELAY		
5:15PM	3000M		CARSTAIRS, R (11) BAXTER N (12)

AGE GROUP F16

TIME	EVENT	DIV 1	RESERVES
1:00PM	LONG	1 E 2 D	TROWELL, S GOODINGS, L
1:25PM	200M HURDLES	1 E	MAUDSLEY, F

		2	LOPES, E(3)	GOODINGS, L	
1:00/1:30	HIGH<1:30>	1	BELLENGER, E	TROWELL, D	GOODINGS, L
2:30PM		2	BALAKUMAR, D	MAUDSLEY, F	
2:00PM	100M	1	BALAKUMAR, D	MAUDSLEY, F	GOODINGS, L+F13
		2	TROWELL, S	LOPES, E(3)	
		3	BELLENGER, E	TROWELL, D	
2:05PM	800M	1	LOPES, E(3)		
		2	TROWELL, D		
		3	TROWELL, S		
2:30PM	TRIPLE	1	BELLENGER, E	BALAKUMAR, D	
		2	GOODINGS, L		
3:00PM	SHOT	1	BELLENGER, E	TROWELL, S BALAKUMAR, D	
		2	MAUDSLEY, F		
3:00PM OR 4:15PM	3000M/1500M WALK	1	MAUDSLEY, F	<u>BELLENGER, E</u>	
		2	<u>GOODINGS, L</u>		
3:30PM	DISC	1	BELLENGER, E	BALAKUMAR, D	
		2	MAUDSLEY, F	GOODINGS, L	
3:30PM	JAV	1	GOODINGS, L		
		2	BELLENGER, E		
3:45PM	1500M	1	TROWELL, D	<u>LOPES, E</u>	
		2	<u>TROWELL, S</u>		
		3	<u>MAUDSLEY, F</u>		
4:10PM	200M	1	TROWELL, S	LOPES, E(3)	
		2	BALAKUMAR, D	MAUDSLEY, F	
		3	BELLENGER, E	GOODINGS, L	
4:45PM	4X400M RELAY	1	TROWELL, S	GOODINGS, L	
		2	BALAKUMAR, D	LOPES, E(3)	
		3	BELLENGER, E		
		4	MAUDSLEY, F		
5:30PM	3000M	1	<u>TROWELL, D</u>	<u>LOPES, E</u>	

- 2 TROWELL, S
- 3 MAUDSLEY, F

AGE GROUP M16

TIME	EVENT	DIV 1	EMERGENCIES
1:00PM	DISC	1 COOPER, DYLAN(1) 2 HALLOCK, THILAN(2)	ALBISTON, MARCUS(3)
1:00PM	TRIPLE	WERAGODA, 1 MICHAEL(1) 2 ALBISTON, TIM(2)	WHITEHEAD, RICK(4) HALL, ANGUS(5)
1:25PM	200M HURDLES	1 ALBISTON, TIM(1) WERAGODA, 2 MICHAEL(3)	HALLOCK, THILAN(2)
1:25PM	800M	1 WHITEHEAD, RICK(1) 2 ALBISTON, MARCUS(2) 3 PHAN, VINCENT(3)	
1:30PM	SHOT	1 ALBISTON, MARCUS(2) 2 HALLOCK, THILAN(3)	ALBISTON, TIM(4) CAMPBELL, ED(1)
1:45PM	100M	CAMPBELL, 1 EDWARD(1) 2 ALBISTON, TIM(2) 3 BADVE, PRESHEET(3)	COOPER, DYLAN(4) HALL, ANGUS(6) WERAGODA, MICHAEL(7)
2:00PM	JAV	1 ALBISTON, MARCUS(1) 2 COOPER, DYLAN(2)	ALBISTON, TIM(3)
2:00PM	LONG	WERAGODA, 1 MICHAEL(1) 2 BADVE, PRESHEET(4)	CAMPBELL, EDWARD(2) ALBISTON, MARCUS(5)
2:55PM	1500M	1 ALBISTON, MARCUS(1) 2 WHITEHEAD, RICK(2) 3 PHAN, VINCENT(3)	
3:00PM OR 4:15PM	3000M/1500M WALK	1 HALLOCK, THILAN(1) 2 PHAN, VINCENT(2)	
3:20PM	200M	1 ALBISTON, TIM(1) CAMPBELL, 2 EDWARD(2) 3 BADVE, PRESHEET(3)	WERAGODA, MICHAEL(4) COOPER, DYLAN(5) PHAN, VINCENT(7)
3:30PM	HIGH <1:30	1 HALL, ANGUS(1) 2 -	
4:45PM	4X400M RELAY	1 ALBISTON, MARCUS 2 ALBISTON, TIM 3 PHAN, VINCENT 4 CAMPBELL, EDWARD	WHITEHEAD, RICK HALL, ANGUS

5:30PM 3000M
1 ALBISTON, MARCUS(1)
2 WHITEHEAD, RICK(2)
3 PHAN, VINCENT(3)

Please excuse no given names but our senior mens teams with reserves take up too much space!!

NOTES ON FINALS

Knox Athletics Track Saturday 24th March 2007

Be warned 100m and 800m clash , especially for the girls. Can the reserves warm up just in case we need to pull someone out very late from the Women's 100M. In which case Div 2 goes up to Div 1 and the reserves run in Div 2.

Remember the events times stated may not be the time of your heat as lower divisions run much later than the stated time. Please be aware that this may cause more clashes.

High jump times go in blocks of heights. If you are on the border of two competitions go CONSERVATIVE. We can't afford anyone to no height!!! High must take priority above other field events as once your height has passed they wont go back.

Walkers...go slowly. **Just don't get disqualified!!**

I am not sure what time they will do the walks ((3pm or 4:15pm).....keep your ears open. Team managers will help advise.

If your field event clashes with track. Make sure you get your name on the Field event and then don't miss your track event!!! You can always come back to the field event.

All open throwers throw the heavier implement i.e. Olympic size.

Those with lots of events remember it may be worthwhile to only have one throw or jump if you wish to save energy. Check out your competition in that event. If you can't improve any more positions with a better throw or jump..... rest up!!! It is not a day to try to go for PB's unnecessarily.

In all events with multiple heats, final placings will be based on overall times. Run through to the finish line whether you are easy first or badly last. You may still get points over other heats.

Relays may change depending on how some teams are going on the Day. We can stack some of the lower divisions if need be.

At times I have rested some athletes by putting lower ranked in the team. We need to share the load where we can...any problems let me know.

1) Everyone check their flow of events on the final spreadsheet named 'Individual Events'. Let me know if there are any problems. Everyone must RSVP to YA to say they are all right to go!!!!

2) Team photo and meeting at 12:30pm. Everyone must be there, as we need to know any late changes before the Programme starts.

3) Hang around for drinks (celebration???) after competition. Need to plan for Shield final following week.

F16

Girls have a full team. Estelle Lopes may have school commitments, which will leave some gaps. Reserves watch out for this. But Knox doesn't have any 3km runners. Late points may get us over the line!!

M16

Injuries to Thilan and Edward may hurt us (as well as them). Albiston brothers and others will pick up more events The boys are huge under dogs.... but you never know on the day. Only missing one High Jumper otherwise will score consistently...Hopefully that will be enough!

Open Women

Only gap is Div 2 400H. Girls will have to beat Glen Huntley in Div 1, and just get everyone through events to win Div 2. Div 1 girls must go hard and beat Glen Huntley at every chance. No injuries, so all looking good for a possible Quinella.

Open Men

Injuries to Clyde and unavailability of Brandy could be a late problem. Reserves in any event that these two are in must be on guard. We will try to let you know the week before. If not we have filled all four teams fully!!!! Div 1 has to work hard against Knox, Div2 two should be Okay but then Div 3 and Div 4 pick up Oakleigh and Veterans respectively. We have good depth and I still feel that our Div3 team can take only Oakleigh's best and get up. The workload is shared pretty well. But it is a huge team performance on this one!!!!

ALL

Stay focused on the day. The 'Individual Event' Spreadsheet should help you all know when you are roughly due for events. I would always rather even a real poor performance than to miss event all together. Have fun.

Stay strong and fit

Yoey

VICTORIAN CHAMPIONSHIPS 2007

We had outstanding success in the 2007 championships; Details below.

Women's Open 800metres: 1st Madeline Pape 2.07.19. 3rd Emma Baldwin 2.09.95

Women's 40+ 4x100m Relay: 1st

Women's U20 200metres: 3rd Tara White 26.09

Men's Open 800metres: 7th James McEniry 1.53.77

Men's U20 Discus: 4th Shane Carstairs 44.74m

Men's U20 Hammer: 3rd Shane Carstairs 40.72m

Men's U20 Shot Put: 6th Evan Pearce 13.30m

Men's U20 Long Jump: 9th Evan Pearce 5.82m

Men's U20 100metres: 8th Evan Pearce 11.76

Madeline Pape followed up her great **800metres** form by finishing **second** in the **National Championships** in Brisbane (in a sizzling 40degrees!). Well done Madeline we are proud of you.

Relay Championships

Waverley Athletics runners were triumphant in winning the mixed relay gold medal at last month's Victorian Youth and Open Relay Championships held on 4th February at Reischiek's Reserve Doncaster. Combining a mixture of youth and experience the girls performed brilliantly to come from behind at the halfway mark to score a convincing win by over four seconds in the Women's Open Medley against opposition that included Olympians Tamsin Lewis and Lauren Hewitt. The relay included a 2 x 200 metres run followed by a 400 and an 800 metres final

leg. The event was run in stifling conditions which made the performance of Emma Baldwin who ran the final 800 metres leg even more meritorious. The success of the girls has the club on a high leading up to its gift meet which is to be held on 18 March 2007.



Tara White 200m, Rachel Watts 200m. Emma Baldwin 800m and Madeline Pape 400m. Medley Relay Gold Medallists.

Victorian Masters Pentathlon

The Victorian Masters were held on the same Sunday as our club pentathlon which accounted for some “missing faces”. Linda Buttigieg won the 40-45 division – congratulations Linda but Jennifer Baldwin and Terry Baldwin had a virus and Christine Bridle was injured so our usual haul of medals was reduced to Linda’s excellent gold.

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LIFE MEMBER

Andrew Duncan has been a life member of our club for many years and, although no longer competing actively, takes great interest in our progress. For some reason his name has not been included on our honour board. This has now been rectified and Andrew’s name stands where it should. Our apologies to Andrew, but better late than never.

COMMITTEE MEETINGS

The following was discussed/agreed at the January committee meeting held on 15th February 2007

- Agreement has been reached with Little A's to share electricity and cleaning costs for the club rooms
- It was agreed the new fence signs look very good-well done Ross Goodings
- The club website is up and running and looking better. Still a few changes to be made-thanks Andrew Baxter
- The club's financial position remains strong
- Club registration fees for the 2007/08 season to remain unchanged
- Training nights are being well-attended with excellent cooperation between us and Little A's. Members are reminded that Tuesdays and Thursdays are "our" nights and Mondays and Wednesdays are Little A's- this applies especially to personal training.
- Next year's committee. We shall need to replace some committee members so all club members are reminded we need some new blood to enthuse us.

CLUB PENTATHLON AND ONE HOUR RUN

Our annual pentathlon and one hour run were held on Sunday 4th March. Results are below and congratulations to our younger athletes who made it a good day. The Victorian Masters Championships held over that weekend kept some of our more experienced athletes away.

One Hour Run:

- 1st Michael Young 15.66 kms
- 2nd Chris Knott 15.33 kms

Only Chris Knot and Michael Young were crazy enough to run for an hour. Youngy beat Chris by about 300m but both athletes ran over 15km. A fine, but slightly mentally unstable effort!!!

A small but competitive group competed in the 2007 Pentathlon. The Girls U/18 was won by Emma Bellenger, who had to beat Jessica George in the 800m to make sure of her win. Jessica came a valiant second. Our most recent member she has certainly been a great contributor. Fiona Maudsley only just beat Lianna Goodings in a tight battle for the Bronze.

Evan Pearce who performed exception well in all events won the Men U/18 easily. Tim Albiston just knocked off Matt Minney in the placings.

The Open Men was quite an upset with Ryan Camille wining the 1500m by 45 secs to get enough points to beat Greg Carstairs on the last event of the day. Shane Carstairs, Rob Carstairs and Yohan Amerasekera were quite embarrassing at times struggling to even register a score on some events. Shane picked up third easily in the end and then found the energy to do some more training.

Well done to all the competitors. A special thanks to Errol for organizing the day and to all the officials for their efforts.

Athletes Foot supplied vouchers up to the value of \$50 for the winners. A worthwhile morning for some!!!

Pentathlon Results:

NAME	200m		L. JUMP		SHOT		JAVELIN		1500/800m		TOTAL POINTS
	Perf	Points	Perf	Points	Perf	Points	Perf	Points	Perf	Points	

Open Men	(s)		(m)		(m)		(m)		(mts)		
Robert Carstairs	39.5	1	4.18	235	7.74	351	25.8	240	07:57.9	1	828
Greg Carstairs	24.7	632	5.46	473	9.61	462	41.8	468	05:33.2	384	2419
Shane Carstairs	29.5	297	4.61	360	13.1	712	46	585	07:57.8	3	1957
Ryan Camille	23.6	749	5.54	556	7.73	373	25	259	04:47.3	667	2604
Yohan Amerasekera	DNC	0	4.65	350	14.2	741	40.2	477	07:57.8	1	1569
Men Under 18											
Evan Pearce	24.3	710	5.81	652	9.81	534	43.4	576	05:22.4	491	2963
Matthew Minney	26.3	570	5.12	525	7.79	432	24.9	297	04:46.9	721	2545
Tim Albiston	24.8	895	4.93	481	7.92	441	23.9	281	05:18.1	540	2638
Women Under 18											
Emma Bellenger	28.2	682	4.63	765	7.61	471	17.70	398	02:42.0	615	2931
Liana Goodings	32.1	431	4.17	680	6.37	417	16.80	438	02:58.0	471	2437
Fiona Maudsley	29.3	625	4.40	768	5.37	334	12.53	305	03:02.0	432	2464
Jess George	28.7	670	4.59	843	6.87	460	12.94	317	02:56.0	491	2781

All Performances have been adjusted using Age-Graded Tables and points scored according to IAAF Tables
. Yvonne and Alan Glover receive the “gluttons for punishment” award as they were at Olympic Park for Interclub on Thursday, back on Friday for the Telstra A Series and were timekeepers/lap scorers for the one hour run which started at 09.00 Sunday morning. What would our club do without them!

At the conclusion of the competition all enjoyed a club BBQ organised by Tamika and Darren Watts and cooked by Peter Bellenger