

# ***THE WRAG***

*Waverley's Results and Gossip, Volume 34 No 1 May 2007*  
**OFFICIAL NEWSLETTER OF ATHLETICS WAVERLEY INC.**

## **ATHLETICS**

### **WAVERLEY Inc.**

*11 Morshead Av. Mount Waverley Vic.3149*

#### **President**

*Yohan Amerasekera (9511 4520) Secretary Yvonne Glover (9802 6564) Treasurer Darren Watts (9752 9379)*

## **YOEYS YAP**

As we all sit back and await the much needed rains the Waverley Juggernaut is certainly not being slowed down in the cooler weather.

The winter athletes are excelling in all age groups. With a huge increase in membership for the winter season we are seeing Waverley enter clubs in men, women and junior age groups. James Atkinson is overflowing with excitement as a usually low profiled competition is getting a huge boost from the Waverley faithful!!! Winter Cross Country is finally getting the recognition it rightly deserves.

A huge welcome to those new members who have signed up for Waverley. Hopefully we will see all of them back up during summer also.

Also please keep in mind anyone who is using the club for training really needs to be signed up again for insurance purposes.

Remember the rebate system now applies to winter folk as well

Winter: 75% of Cross Country runs plus Winter Cross country Presentation and Christmas Party gets \$30 rebate off 2008/09 season.

Or

Summer: 75% of interclub rounds and eligibility for finals plus summer Presentation and Christmas Party gets \$30 rebate off 2008/09 season.

Or

Combined 15 rounds of interclub and cross country runs, summer finals, one Presentation and Christmas Party gets \$40 off 2008/09 season.

The success of the summer is finally fading after Presentation Days, parties and media coverage. Unfortunately, I fell short on trying to get us a Tickertape parade through the streets of Waverley. However, there is no point achieving that level of success if we sit back on our laurels and wait for others to catch us. This is our time to strive even higher. Like the Australian Cricket team or The Brisbane Lions greatness is achieved from staying on top for an extended period of time.

My vision....

The winter folk achieve success on a weekly basis. There are no finals but to gain prominence in a winter competition is something we haven't done for many years.

Then in the summer, shoot for one step further. Open divisions to clean sweep men and women at the Venues...and then shoot for Div1 at both Men and women at the Shield Final.

For the lower open divisions to again match it with the other clubs who themselves may only strive for one or two flags.

Finally, the juniors to win the Region Final and then double up again at Shield.

Some of us have already started the onslaught with training for some groups starting in the last few weeks. For those of you who do not have a coach or a group to work with there is numerous coaches all-willing to help. Or just meet up with another Waverley athlete, as it is much easier when you are not by yourself.

Terry McGrath, Dazza McGee, Terry Baldwin, Greg Carstairs and myself are all available to help any athlete who needs a program or motivation.

Ladies and gents... Waverley athletics has now gone from the hunter to the hunted. We have to step up yet again to stay in front of our opposition.

My heart is still swollen with pride from the events of recent months, I hope we all can keep the momentum going and achieve success while having fun in the process.

IMPOSSIBLE IS NOTHING

YOHEY

### **LIFE MEMBERSHIP YOHEY**

As noted in the following minutes of the 2006/07 AGM our President Yohan Amerasekera was awarded life membership of Athletics Waverley, which is the highest honour the club can bestow on any member. Everyone would agree Yoey deserves it but only a few know of his long-term contribution to our club. So here is a summary of what he has done and achieved over the years. By the way, did you know he is a Scot!!!

1972 - Born in Stirling, Scotland (First "Chocolate" baby born in Scotland) Errol's words!

1975 - Migrated to Australia with his family

1979 - Joined Waverley Little Athletics

1984 - Joined Waverley Amateur Athletic Club (Mens)

1985 - Won the under 13, Discus and Shot Put at the Victorian Championships

1986-90- Won medals at Vic Champs in Under 14, U16 and U18 Shot and Discus

1990 - Captained St Kevin's College in Athletics and Rugby

Won APS Open Shot Put, breaking a 30 year old record

Won John Lethbridge Award for best student in sports and studies at St Kevin's

- Represented Athletics Waverley in the State League Competition in subsequent years.

1994-96 – Committee Member, Athletics Waverley

1999 – Won Bronze at the Australian Championships in Open Discus

Won Silver at the Victorian Championships in Open Discus

**Represented Australia at an International Meeting in Brisbane**

2000- Won Silver at the Victorian Championships in Open Discus

2005 - Elected President, Athletics Waverley

2006 - Re-introduced and Coordinated Running of “Waverley Gift”

Not a bad athletics CV!

**“TENTH ANNUAL GENERAL MEETING OF ATHLETICS WAVERLEY INC., HELD IN CLUBROOMS ON THURSDAY 26<sup>TH</sup> APRIL 2007, COMMENCING AT 7.45 PM.**

**PRESENT:** Y. Amerasekera, A. Glover, S. Farrell, E. Campbell, K. Amerasekera, E. Amerasekera, A. Baxter, M. Baxter, C. Knott, J. White, K.A. Carstairs, G. Carstairs, S. Carstairs, D. McGee, D. Watts, T. Baldwin, A. Glover and Y. Glover.

**APOLOGIES:** R. Goodings, N. Pollard, E. Carstairs, R. Carstairs and T. McGrath.

K.A. Carstairs moved previous Minutes be accepted. Seconded – G. Carstairs. Carried.

**BUSINESS ARISING FROM MINUTES.**

**Waverley Gift.** The Club made a profit of \$9,000 from the Waverley Gift.

**PRESIDENT’S REPORT.** A copy of the Annual Report was tabled. Yohan stated he was privileged to be President. The workload was less in some areas this past year, but he took on more in organising the teams during the season. This effort was rewarded with the on track performances. Full details of the President’s Report can be viewed in the Annual Report.

**TREASURER’S REPORT.** Tabled. Treasurer nominated that the Club had succeeded in producing another solid year. The Waverley Gift, handling properly, gives a good return. Treasurer was very pleased with the progress of increased funds – due to a club effort – an increase of 89% from last year.

A special thank you was extended to Julie White for her fundraising efforts.

Due to the great increase in funds, the club was able to outlay a large sum on a club marquee, which has become the ‘club mascot’. A number of Entertainment Books were purchased again this year, and all have been sold.

There is a balance of \$11,513.23 in the bank as at 31<sup>st</sup> March 2007, but keep in mind that \$9,000 was injected into the funds after the Waverley Gift.

The President thanked Darren Watts for the excellent job he had done as Treasurer over the last five years, and presented him with a small token of thanks on behalf of the Committee.

D. Watts moved that Treasurer’s Report be accepted, Seconded – E. Amerasekera. Carried.

**ELECTION OF OFFICE BEARERS.**

All positions became vacant and the President stood down. A. Baxter nominated Yohan Amerasekera for President, seconded by A. Glover. The following positions were then nominated and filled accordingly.

Treasurer - Darren McGee

Secretary - Yvonne Glover

Registrar - Kerry-Ann Carstairs (James Atkinson handles most of the winter registrations).

Committee - Alan Glover

Julie White

Andrew Baxter  
 Mark Baxter  
 Errol Amerasekera  
 Ross Goodings  
 Terry McGrath  
 Sonia Farrell  
 Simone Allibston  
 Ron Dempsey (Statistician)

The President would like to see a junior member recruited onto the Committee.

AV Delegate - AGM - Alan and Yvonne Glover  
 Summer AGM - Alan and Yvonne Glover  
 Winter AGM - James Atkinson and Yvonne Glover

**SUBSCRIPTION FEES FOR 2007/8 SEASON.** The Treasurer proposed the fees remain the same as last year. Seconded – A. Baxter. Carried.

**Rebates.** The President felt that the winter members should also be eligible for the rebate. Details will be discussed at the first Committee meeting. Fee structure for 2007/8 is as follows –

Open	\$185
U20	\$155
U18 and full time students	\$155
U16	\$125
Dual Registration VLAA	\$22
VMA (Masters)	\$145
VAL (Pros)	\$165
First year Open	\$175
First year U20	\$145
First year U18 (inc. free cap)	\$145
First year U16 (inc. free cap)	\$115
(First year means nor registered with AV in previous 3 years)	
Life Member (Club absorbs club cost)	\$120
Family discount	\$15
(Other members under 18 at same address)	
Club rebate	TBC
Associate member (covers for insurance)	\$50
Social Member	\$30

**LIFE MEMBERSHIP.** M. Baxter nominated Yohan Amerasekera for Life Membership. Darren McGee listed Yohan’s achievements from when he joined the club in 1979. The members voted unanimously to bestow Life Membership on Yohan, who humbly accepted this acknowledgment.

Meeting closed 8.45 pm.”

**WAVERLEY STAR SHINES IN USA.**

Madeline Pape has started her US tour in great style. Competing at the Payter Jordan Meeting last month in Stanford California Maddie not only won the 800metres but also set a PB of 2.01.17. Well done Maddie and it can only get better.

## WINTER SEASON

The winter season has started with a bang as you can see from James Atkinson's report:

### Cross Country Relays - Jells Park Sat 28 April

The first event of the winter season was the Cross Country relays around the beautiful but hilly Jells Park. Last year Athletics Waverley struggled to field one team in this event, but after a highly successful Summer Season and some effective off season recruiting, the club is now brimming with enthusiasm and seven teams were filled this year including three junior teams and two women's teams. The dramatic black, red and white Waverley tent and uniforms stood out well on the undulating cross-country course on a beautiful sunny afternoon, and Waverley teams featured well across a range of Divisions.

A highlight was 11year old Ganesha Muthia who ran faster than many of the open men with an impressive time of 12:37 over the challenging 3km course. Also making a striking debut was 14 year old Marcus Albiston who flew around in 11:05. Amongst the women, 15year old Anissa Muthia starred with 13:24. Our senior men's teams finished a solid 4<sup>th</sup> of 12 in Division 2 and 2<sup>nd</sup> in Divisions 5 and 7. For others, the times were not so important, it was finishing the tough course which brought the biggest smiles of the day.

Athletics Waverley welcomes new members in Steve Williams, Martin Spiteri, Ash Snowden, Tony George, Ganesha Muthia, Rhys Cook, Sally Atkinson, Shamila Muthia, Isabelle Hull, Anissa Muthia and Seema Muthia. Winter events range from 6km to 21km for open athletes and 3km to 10km for junior athletes. There is a mixture of road and cross-country runs. If you are interested in the winter season, please contact James Atkinson at [jamesandvic@optusnet.com.au](mailto:jamesandvic@optusnet.com.au).

Jells Park Results		Lap 1	Lap 2	Total
Div 2 Men	Steve Williams	10.03	10.08	20.11
4th	John Hand	10.38	11.01	21.39
	Martin Spiteri	10.27	10.52	21.19
	Michael Young	10.17	10.27	20.43
	Christopher Knott	10.51	11.25	22.16
	James Atkinson	9.51	9.42	19.33
Div 5 Men	Michael Harvey	12.26	12.35	25.01
2nd	Warren Holst	11.04	11.33	22.37
	Ash Snowden	11.05	11.32	22.37
	Matthew Minney (U18)	11.18	11.55	23.13
Div 7 Men	John Nolan	12.45	13.39	26.24
2nd	Ryan Camille	11.43	12.18	24.01
	Evan Pearce (U20)	?	?	27.23
	Tony George (U20)	?	?	25.46
U18 Men	Tim Albiston	13.00		
12th	Tim Hassett	14.00		
	Vincent Phan	12.23		
U16 Men	Rhys Cook	14.41		
7th	Ganesha Muthia (U14)	12.37		
	Marcus Albiston	11.05		
Div 3 Women	Sally Atkinson	13.32	14.30	28.02
8th	Shamila Muthia	16.29	17.21	33.50
	Uma Muthia (U18)	13.04	14.04	27.08
U18 Women	Seema Muthia (U14)	14.11		
13th	Jess George (U16)	15.00		
	Anissa Muthia (U16)	13.24		
	Isabelle Hull	15.35		



### Latrobe Uni Road Race - Sun 13 May

Congratulations to the 20 Athletics Waverley runners and supporters who made the trip across town on Mothers Day to far away Latrobe Uni. I apologise for getting the hopes up for an easy course. I may have mistakenly mentioned the word "flat" in an early email, but this was quickly upgraded to "undulating", and the undulations had a bite to them which shattered any hopes of fast times. Our results were:

<u>U14 Women 5K</u>	Seema Muthia	10th	23.26	<i>our youngest competitor with the biggest smile</i>
<u>U16 Women 5K</u>	Jess George	17th	27.34	
<u>U18 Women 5K</u>	Uma Muthia	9th	21:20	<i>our fastest female lap</i>
	Anissa Muthia	16th	23.56	<i>missed the start by a whisker with Uma, but made up for it by serving drinks in the open race</i>
<u>U16 Men 5K</u>	Rhys Cook	16th	22.03	
<u>U18 Men 5K</u>	Matthew Minney	16th	18.29	<i>cut it fine to even reach the start line - well done on no warm up</i>
	Vincent Phan	21st	21.59	
	Tim Hassett	22nd	25:57	
<u>U20 Men 5K</u>	Ryan Camille	16th	19.16	<i>another good run</i>
	Evan Pearce	DNF		<i>injured knee running to the start line - nomination for most bizarre injury of the season</i>
<u>Open Women 15K</u>	Sally Atkinson	55th	71.40	
	Shamila Muthia	79th	89.16	<i>a fantastic effort from someone who was worried about making 6K two weeks earlier</i>
<u>Open Men 15K</u>	James Atkinson	8th	49.27	<i>my first time in the top 10 for many years</i>
	Martin Spiteri	72nd	55.32	<i>a great run</i>
	John Hand	75th	55.50	<i>big improver, and straight afterwards ran 6k back to Heidelberg to coach his junior team</i>
	Michael Young	98th	57.08	
	Christopher Knott	106th	57.19	
	Warren Holst	162nd	61.13	<i>a big effort after driving up from Waratah Bay that morning (must have left in the dark)</i>
	Michael Harvey	196th	63.20	<i>kept the same pace as the 6k</i>
	Tony George	236th	66.25	<i>must have been melting in long tights and t-shirt</i>
	John Nolan	258th	69.46	<i>do some training</i>

Team results were a 3rd in Men's Division 2 behind Essendon and Peninsula (and not far ahead of Nunawading), and a 3rd in Men's U18 behind Keilor St Bernards and Doncaster. Overall a good morning out with three individual top 10 placings and two bronze medals in the teams events, and plenty of other tired but happy Waverley runners. A copy of the updated club points tally is attached.



### Coming Events

#### Sandown Road run **Saturday May 26** .

5k for U14 to U18 women and U14 to U16 men at 1:45pm,  
and 10k for open women and men U18 and U20 at 2:30pm

#### Geelong Cross Country **Saturday June 23**

16k for open men, 4k for open women, various distances for juniors

There is a big gap in the program between May 26 and June 23. I was proposing to hold a social function on **Saturday June 9**, then John mentioned he will be organising a fun run at Heidelberg, so now that will be our team social function. It will be on Saturday morning in Heidelberg along the Yarra with courses of 2.5km, 5km and 10km - ie. something for everyone, with a bbq afterwards. John will provide more details closer to the time. But keep it free and bring your family along.

### Athletics Waverley - 2007 Winter Fixture

Welcome to another Winter racing season with Athletics Waverley.

#### Athletics Victoria Club Events

Date	Event	Venue	Start Time		Melway
			M	W	
Sat 28 Apr	6K Cross Country Relays	Jells Park	1:30	1:30	71 K6
Sun 13 May	15K Road	Latrobe Uni, Bundoora	9:30	9:30	19 H6
Sat 26 May	10K Road	Sandown	2:30	2:30	80 C9
Sat 23 Jun	CC 16K(M), 4K(W)	Geelong	2:30	2:10	228 F3
Sat 7 Jul	Coliban Road Relay	Harcourt - Bendigo	12:55	1:35	609 D5
Sat 21 Jul	CC 12K(M), 8K(W)	Bundoora	2:45	1:55	19 F4
Sat 4 Aug	6K Road Relays	Sandown	1:30	1:30	80 C9
Sat 18 Aug	CC 8K(M), 6K(W)	Yarra Bend	2:45	2:10	2D D5
Sun 9 Sep	Half Marathon	Yarra B'vard, Burnley	8:00	8:00	59 B1
Sat 22 Sep	3.8K Tan Relay	Melbourne - Tan Track	8:00	8:00	2G A9

Other Events of Interest

Sun 1 April	Run for the Kids
Sun 6 May	Great Train Race
Sun 17 June	Run to the 'G
Sun 1 July	Gold Coast Marathon
Sat 25 Aug	Aust. Cross Country Championships - Perth
Sun 26 Aug	City to Surf
Sun 7 Oct	Melbourne Marathon

Please send registration monies payable to "Athletics Waverley" to me :

James Atkinson  
2A Holloway Close, Sandringham 3191  
9533 5712 (H) 8634 1656 (W) 0404 840 500  
email: [JamesandVic@optusnet.com.au](mailto:JamesandVic@optusnet.com.au)

**Registration Fees (2007)**

Group	Reg renewal	Season's ticket	Per race entry
Open	\$185.00	\$55.00	\$12.00
U20/Students	\$155.00	\$40.00	\$10.00
U18	\$155.00	\$30.00	\$10.00
U16	\$125.00	\$15.00	\$5.00
Dual VLAA	\$25.00		
Social Member	\$20.00		
Life Member	\$120.00		

**ATHLETICS WAVERLEY WEBSITE**

Don't forget to check the new club website regularly as much useful news and information is available on it.