

THE WRAG

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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

It is time to celebrate the winter season and embrace the coming summer season.

I had the pleasure of attending our winter presentation night on October 3rd. The humour and rapport shared amongst all the team members was very apparent and a great night was had by all. The perpetual trophies were awarded and the Waverley Brownlow count conducted with some very telling comments. Please see the results in James' report in this newsletter.

A highlight of the evening was the opportunity to hear Maddie Pape and Terry McGrath speak of Maddie's journey from a 14 year old who joined Aths Waverley 10 years ago to the dedicated athlete who competed at the Beijing Olympics. It was very inspiring and I have no doubt that when Maddie says she has set her sights on London that's where she will be in 2012!

Congratulations and a huge thank you to James Atkinson for your work throughout the season and the great job you did as compeered on Friday night. As always your preparation was spot on. I would also like to thank Simone and Sonia for arranging the Presentation Night. The room looked great and the food was delicious (thanks again to Steve and Nancy Machar for catering for the event).

Hopefully most of our winter stalwarts will continue on with the distance events as they did last summer.

Congratulations also to James Atkinson, for being one of only 6 males selected to represent Victoria in the National Road Running Championship to be held in conjunction with the Asics Half Marathon on Sunday 12th October. Good luck to him and all the other Waverley members competing in the Half Marathon.

It was great to see so many families represented at our Family Day on October 5th.

Sonia really provided a great spread for us all to enjoy. Thank you Sonia.

Thanks also to Simone for setting up our "uniform shop" on Sunday. If you have not been able to purchase what you need yet Simone will have stock with her at Frankston. She is taking orders for our smart new club polo top.

Welcome to our new members who have signed up for the coming season. I hope this is the start of many seasons to come. Unfortunately, there are still some athletes who intend to compete but have yet to register.

Due to the AV changes to the format this season it is imperative that everyone is signed up and able to earn points right from the first meeting at Frankston on October 18. This year an athlete will have to have competed in an event at least 4 times or 50% of the number of times the event is held, whichever is less, to qualify for the finals: hence our need to be ready right from the start of the season.

If you still need to register there are registration forms available in the Club rooms. Alternately, you can contact Evan, our registrar at kerryannc1@primus.com.au and he will email a copy to

you or phone him on 9803 6367 and he will post them out to you. Please register now! We also need to finalise our teams to submit them to AV.

We are delighted to have the services of Adam Lees, a student massage therapist, who is completing his work experience with us and will provide free massages for our members. Adam will be set up in the Waverley tent each week so please avail yourselves of this opportunity.

Let's make this another great season!
See you at Frankston on Saturday 18 October.

Kerry-Ann

WINTER

Our winter team manager and convenor James Atkinson not only provides the best pictures but also the most comprehensive reports. We won't mention the fact that his performances on the park are also at the top end of our team's ladder.



Winter 2008 Review

Athletics Waverley spent its first year in Division 1 for many years. The team was strengthened with the addition of Stephen Paine who had won the King Island 35km in the off season and later went on to win the Phuket marathon mid season (and was never quite the same again). Other regulars were James Atkinson, Steven Williams, Michael Young, Martin Spiteri and John Hand who all ran most of the races.



Tony George just kept on getting better as the season went on and also became a regular Div 1 runner. The team managed a great 6th out of 13 at Warragul, but unfortunately a few injuries late in the season saw Waverley edged back to the relegation zone and we'll be back in Div 2 next year.

Men's Div 5 were hot when we filled a full team with Michael Harvey, James McEniry, Christopher Knott, Matthew Minney and new talents Naveen Tenneti and Michael Rafferty all filling regular spots. The Div 5 team finished 2nd at Jells Park and Sandown and 3rd at the end of the season and were always on the brink of a win. Harvs kept popping up around the globe knocking off another marathon, often with a tale of how he had to stop for a coke in the second half.

Men's Div 7 featured new runner John Lavi alongside the experience of Warren Holst, John Nolan, Tim Hassett and Clyde Riddoch. Div 7 scored a win at Sandown and also finished 3rd for the season.

Our women's team featured a few new talents. Kylie Harris ran well at Jells Park, and Justine White was a regular strong performer. Jackie Attard appeared at Jells but Sally, Simone and Shamila were again our regular team with a tight tussle emerging between Simone and Shamila. Barely 10 seconds would separate them in most races with a 4 all tally at the end of the season so we'll call it a tie. Women's Div 3 also finished 3rd for the season.

Our juniors showed plenty of promise with Uma putting in another great season with a 4th place at Latrobe Uni. Anissa, Jess, Seema and Bridget all ran well, but it was new girl Georgia Brock who impressed us all with some great running in U16 culminating in a 10th place in the state final. Of the guys Marcus Albiston impressed every time he ran, and Ganesha Muthia was also good, but Rick Whitehead starred in the second half of the season with a 7th fastest time at Sandown.

Presentation night was a great finish to the season with club Olympian Madeleine Pape and coach Terry McGrath telling us about the preparations required to become an Olympic athlete, and some insight into the awesome Olympic experience. Madeleine also presented the club with a signed Olympic pennant from Beijing to remember the experience by. We wish Madeleine all the best for her quest for London 2012.

Trophy winners were:

10K	Stephen Paine for his awesome 31:35
Club points	James Atkinson – new record of 843.17
1 Hour Run	Michael Young (again) 15.60k,
Also women's	Sally Atkinson 12.577k,
Junior ½ hr	Rick Whitehead 7.645k
Brownlow	Tony George
Best 1 st Year	Michael Rafferty
Best Junior	Georgia Brock
Lake Handicap	Shamila Muthia

A big thankyou to Yvonne and Alan for officiating throughout the season, to John Hand and Simone Albiston for looking after the all-important club esky, and John for doing a great job as BBQ'er and looking after the club tent. He also impressed with a spectacular somersault finish at Geelong and entertained us again at presentation night by revealing his tattoos of Madeleine.



SUMMER

As our President Kerry-Ann said above a new season is about to begin and it is important our athletes hit the Track running-not only literally but also doing as many events as possible early. There are new qualifying rules this season for the finals so please talk to your team manager to make sure you have done sufficient races to qualify. This applies particularly to events that are not held every week like longer distances, 400m hurdles hammer etc.

Our supporters will also have to help out with the running of the meetings. We have specific club roster dates when we have to run particular events or be responsible for equipment and they come up regularly. We have 18/10, 25/10, 15/11, 22/11, 6/12, 13/12, 10/01, 22/01 and 31/01. Our small core of regular officials is not enough to meet our responsibilities so there will be a duty roster prepared for the new season. Our family day was well attended and the standard of the football match was of a high standard as were the sausages.

COMMITTEE MEETING

Our finances are sound and we are putting together a new sponsorship proposal to Bendigo Bank who have been supporting us for several years now. Andrew will be upgrading our website.

NEWS AND VIEWS

Gossip, tall tales, innermost secrets are all welcome in the Wrag. If you would like to add anything please contact Mark on: mbhrm@optusnet.com.au.