

THE WRAG

Waverley's Results and Gossip, Volume 34 No 3 September 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

Time seems to go so much quicker as you get older. At the time of writing this email spring is only a week away. Last spring only seemed like months ago. We are in the middle of the World Champs and Helsinki seemed like 12 months ago not 2 years ago.

I am certainly not getting as much sleep as I remember getting during the last World Champs. The Little fella who is now 8 weeks old is sleeping well but not as much as either Kath or I would ideally like. We have another 10-15 years to try to get used to it. Trying to watch some athletics, get the little fella to sleep and still try to have my eyes open for a day at work has proved a hard task thus far. The athletics only happens every two years so I will soak it up when I can.

My focus for the first week of the World Champs was on Scott Martin. Despite carrying a foot injury into the competition, I think he still will be disappointed not to make the final. I also watched with interest 'Waverley's own' Tamsyn Lewis. She didn't run as well as we would have liked her to but she still looked good in the process. I am still looking forward to Mottram in the 5000m, Deakes in the walk and Burgess/Hooker in the Pole who will be the others to watch who could reach the top of the Podium.

It was grounding to see the incredible bad luck of Benita Johnson (10km) and Donna MacFarlane (Steeple). They have dedicated so much of their life to compete at this level only to have it taken away by pure misfortune. It is a reminder of trials and tribulations of our great sport. We need to modestly enjoy success and be good sportsman in defeat because things can always happen out of our control.

Closer to home has seen great things happen at our athletics Track. We now have another training group, which has seen the return of Kylie Drew, Kahlia Chapman, Rob Carstairs, Josh Levy, and Greg Bruce all trying to get better prepared for the summer. Athletes at a loose end are more than welcome to join this group who will be overseen by Darren McGee and Alan Cook.

AND.....We will all need to be better prepared as our season focus will take a slight change of direction. Due to an astonishing decision by the regional committee, the South Eastern Region now have **no venue finals** and the top of the ladder at the end of the season will be Premiers and progress on to the Shield final. Here the winning clubs again compete against other venues whose Premiers **were** decided by Venue finals.

Yes, it is strange and a major problem for our venue that will not necessarily have a 'team' able to compete at Shield finals, as it is possible for just a small handful of athletes to get enough weekly points to win their division. **MAKE NO MISTAKE...WE WERE OUT**

VOTED ON THIS AS A DIRECT RESULT TO STOP THE SUCCESS WAVERLEY HAD LAST YEAR.

Our solution is simple...cover all divisions, in some chosen events, every week to get enough points to finish top of the ladder and again step up at Shield finals. This does mean that we need good turn out every week (FROM WEEK ONE) and we need enough athletes (at least 8 for men and 4 for women) to compete in certain field events to get points for the lower men's divisions and the lower women's divisions. Twelve men and six women will be required to score points in most track events.

I personally feel that the venue finals are a great day not only for our club but also for the atmosphere of athletics in general. Hopefully we can dominate regardless and then again step up next year and say lets bring back Venue finals!!!

It is even more important that all athletes register very shortly to make sure we are ready for round one!!!

Everyone please keep in mind that there are many upcoming club functions. Winter Presentation to celebrate our best ever Winter Cross Country Season will be on the 28th September and the Family Day will occur on Sunday 7th October. We will use the Winter Presentation to hand out more medals from summer so it will be great if we see as many there as possible.

The one-hour run was run on Sunday August 26th and was won by Michael Young for the second year running. Congrats also to Matt Minney who won the half hour run and Warren Holst for the Handicap winner in the one hour. Simone Albiston who took out the Women's hour run was an inspiration to all

Keep an eye on emails and the website. Let the momentum start to build for another onslaught to be the best club in Victoria...on and off the track!!!

Yours in good health,

Yoey

In the face of adversity there are some that use crutches and others who grow wings.

Athletics Waverley.... it is time to fly!!!

WAVERLEY GIFT

The club has decided not to run the Waverley Gift in 2008 despite the great success of the two held in 2006 and 2007.

- Our major sponsor had withdrawn and we therefore needed to find new ones
- The VAL was unable to give us any of our preferred dates. This was not because they were unhappy with the Waverley Gift-in fact they are delighted with it. They are, however, exporting the VAL franchise to New Zealand and will be holding the Wanganui Gift as part of a huge weekend of sport over there. Part of the arrangement was to guarantee no VAL meetings during that weekend which has unfortunately made the Victorian calendar very crowded.
- The date offered us was the weekend before the Stawell Gift that is not popular with top athletes for obvious reasons.
- The committee therefore felt the risk to hold our Gift on a relatively unpopular day with new sponsors would be too great.

- The VAL and the council have been advised and they accept our position. It is definitely our intention to hold the Gift again, probably in 2009 provided we have a suitable date.

COMMITTEE MATTERS

The following matters were discussed/agreed at the committee meeting held 21/06/07:

- Exercise bikes will be purchased to replace the old non-working ones. They will be stored in the first-aid room when not in use. Last person using them to ensure they are put away in locked room.
- After a meeting with Little A's we have reached the following agreements re track use. The official training nights for Little A's are Monday and Wednesday and for us Tuesday and Thursday. Both clubs agree we need to be flexible and all athletes can use the track on all four days. Nevertheless Athletics Waverley athletes, who train on Monday and Wednesday, therefore need to be aware Little Athletes have priority. We shall provide coaching for the Little A's "Southern Stars" group (U13-15)
- Winter Presentation Night will be Friday 25th September at the club rooms

WINTER UPDATE

Coliban/ Ekiden Relay – Saturday 7 July

Three Athletics Waverley teams travelled to Harcourt on Saturday to compete in the Ekiden/Coliban relay to Bendigo. For the first time silk sashes were trialled in keeping with the tradition of the Japanese Ekiden relay which attract some of the best runners in the world. The attached pictures show some of our Waverley athletes demonstrating their changeover technique with Steven Williams passing to me (moments before he crashed into the timekeeper) and Sally Atkinson passing to Uma Muthia more successfully.

Our Mens Division 2 team found some strong competition out on the Bendigo backroads. Youngy, Knotty, Stevie, myself, Handman and Ash propelled the Waverley sash along the course with Peninsula, Glenhuntly and Essendon all leading at various stages. Eventually Essendon prevailed with some of their gun junior athletes putting distance on us. Waverley finished a mighty second ahead of Glenhuntly and Peninsula, and the other 6 teams. Cumulative positions at the top of Division 2 are now pretty tight between these top 4 teams.

Our mens Division 5 team suffered a blow when Marcus Albiston suffered a hip injury halfway along the second leg, and he was forced to hobble the rest of it in true Waverley spirit, the last km in bare feet. Johnny Nolan, Holsty, Tony George and Tim Hasset combined with Marcus to take a solid 5th place in Div 5. Our womens team did well to field our first womens Coliban team for Waverley since 1997, the year Venus Williams debuted at Wimbledon. Anissa, Shamila, Sally, Uma and Simone combined well to take out a competitive 5th place in their division, and were within a minute of 3rd place.

Well done to all who ran or drove cars around or officialled or supported the Waverley teams. The event is a big logistics challenge but I think we only lost Tony and not for too long.

<u>Mens Division 2</u>		
1st	ATE	148.26
2nd	AWA	152.33
3rd	GHY	153.14
4th	PRR	153.46
5th	DIV	161.51
6th	ANW	162.01
7th	MAL	162.08
8th	BHA	163.50
9th	COL	167.36
10th	TRH	168.09

<u>Mens Division 5</u>		
1st	BER	121.50
2nd	KNA	129.13
3rd	COL	130.19
4th	BOH	130.50
5th	AWA	142.41
6th	COB	153.42
7th	IVA	154.12
8th	SSH	178.19

<u>Womens Division 3</u>		
1st	KNA	131.45
2nd	BER	153.06
3rd	WES	163.04
4th	SAN	164.02
5th	AWA	164.08
6th	GHY	173.38
7th	TRH	175.44



State Cross Country Championships – Saturday 21 July

It was a big day at Bundoora with state championship seeing strong fields in 14 events. The course, which was a little muddy after the week's rain, became a good old slippery mudbath by the end of the day. Waverley fielded a full team of Muthia's in the schools championships as well as Rhys Cook and it was great to see Uma placing 14th in the state in her best run of the year.

In the open womens race, Sally was held up in Frankston and missed the start leaving Shamila and Simone to do the Waverley team proud with plenty of support from the open mens team warming up and both doing better with every run. It was also good to see Waverley Gift ambassador Georgie Clarke take out the womens state title.

In the open mens race, the Waverley Division 2 team team was out at full strength riding on the back of 1st and 2nd team placings in the last 2 races. I managed to crack the top 20 in the state title for the first time in my career and at age 41. If at first you don't succeed try, try, try, try ... again. Stevie Williams finished like a house on fire to crack the top 50 in this strong field. Martin Spiteri showed that a couple of weeks holiday in Queensland have done him good and then there was a very close battle between Youngy, Knotty and Hand with all 3 Waverley singlets in the home straight together. Harvs just caught the tiring Ash who had gone out like a rocket and then battled to the finish with a foot injury. One of the biggest runs of the day was Tony George who should have been smashed by a couple of tough training runs with our lunchtime group round the tan, but instead came out with the improvement of the season giving him a massive pb in club points beating 40% of the field. Holsty was not far behind him and Johnny got his money's worth spending nearly an hour out in the mud.

In the all important team points, Our Div 2 team were unlucky to be beaten by a very hot Essendon team, but finished in a great 2nd place with daylight behind. Peninsula failed to fill a team and Glenhantly struggled, so Waverley are now a clear second in the progressive points behind Essendon and are now highly likely to be promoted to Div 1 next year. An outstanding result. And if this couldn't get any better our Division 5 team won. Yes, Athletics Waverley 'streeted' the field to take out the Div 5 premiership pennant in one of the most competitive races of the season. Well done guys.

Waverley results were:

	Time	Place
<u>Male Open 12K</u>		
James Atkinson	37.43	16
Steven Williams	40.36	47
Martin Spiteri	42.00	82
Michael Young	43.09	100
Christopher Knott	43.16	103
John Hand	43.31	108
Michael Harvey	46.05	171
Ash Snowden	46.19	177
Tony George	47.41	201
Warren Holst	48.10	214
John Nolan	55.20	289
Total Field		334
<u>Male U16 4K</u>		
Rhys Cook	17.02	82
Total Field		106
<u>Male U14 3K</u>		
Ganesha Muthia	12.34	136
Total Field		162

	Time	Place
<u>Female Open 8K</u>		
Shamila Muthia	44.26	110
Simone Albiston	48.13	118
Total Field		120
<u>Female U18 4K</u>		
Uma Muthia	16.36	14
Anissa Muthia	18.37	31
Total Field		41
<u>Female U14 3K</u>		
Seema Muthia	13.32	91
Total Field		132

Men Div 2 Team: 2nd

Men Div 5 Team: 1st

Sandown Road Relays – Saturday 4 August

Athletics Waverley smashed the big 7 team attendance from round 1 at Jells Park with a record 8 relay teams. This was an awesome turnout and it was fantastic to fill 4 junior teams and 3 women teams. The Waverley tent and tracksuits stood out beautifully and we had plenty of season debuts to boost our ranks. Welcome to Craig Couper, Peter Hannaford, Clyde Riddoch, Emma Baldwin, Dylan Cooper, Tara White and Danielle Trowell. It was particularly pleasing to see club life member and past president Craig Couper return to the club after a 10-year break, and still show some form.

Well done to everyone who ran or officiated or supported Waverley - and a special thanks to John Hand for cooking the bbq and supplying the drinks. It was great to see such a fantastic Waverley turnout. 8 teams was really special.

Waverley teams were competitive but missed out on a podium finish this time. Waverley is sitting 3rd in Men's Division 2 and is still a good chance of being promoted to Division 1 next year.

6.2k

Men Div 2: 4th

Steven Williams	20.28
Ash Snowden	22.43
Martin Spiteri	21.50
Michael Young	21.23
Chris Knott	22.34
James Atkinson	19.48



Men Div 5: 6th

Warren Holst	23.34
Craig Couper	24.39
Tony George	23.55
John Nolan	26.28



Men Div 7: 6th

John Hand	24.30
Evan Pearce	28.06
Peter Hannaford	30.45
Clyde Riddoch	29.59

Women Div 3: 8th

Sally Atkinson	27.44
Emma Baldwin	24.01
Shamila Muthia	32.57



3.1k

Men U18: 6th

Matt Minney	10.26
Tim Hassett	13.31
Tim Albiston	12.58
Vincent Phan	12.55

Men U16: 8th

Rhys Cook	12.57
Dylan Cooper	14.37
Ganesha Muthia	12.20

Women U18: 4th

Anissa Muthia	13.12
Tara White	15.02
Uma Muthia	12.37

Women U16: 8th

Seema Muthia	14.12
Jess George	14.42
Danielle Trowell	13.47

Yarra Bend Cross Country – Saturday 4 August

It was great to see plenty of Waverley singlets out doing well on a dry and sometimes sunny course at Yarra Bend and it was especially good to receive a surprise visit from Club President Yohan, wife Kath and new baby Lucas. We had a few injuries and illnesses with Emma Baldwin (sick), Johnny Nolan (injured) and myself (calf injury) out but welcomed the addition of Stephen Paine back for his first winter run.

Team results were: Men Div 2 = 6th, Men Div 5 = 4th, Women Div 3 = 7th

Individual results were:

MU14 2K	Ganesha Muthia	12th	7:43
FU14 2K	Seema Muthia	20th	9:18
MU16 3K	Rhys Cook	24th	12:47
FU18 3K	Uma Muthia	15th	12:35
	Anissa Muthia	22nd	13:42
MU20 4K	Evan Pearce	19th	17:28
M Open 8K	Steven Williams	41st	27:25
	Martin Spiteri	82nd	28:44
	John Hand	130th	30:22
	Chris Knott	143rd	30:40
	Stephen Paine	163rd	31:14
	Ash Snowden	171st	31:28
	Warren Holst	197th	32:15
	Michael Harvey	223rd	32:55
	Tony George	227th	33:00
	Clyde Riddoch	317th	39:33
F Open 6K	Sally Atkinson	85th	27:49
	Shamila Muthia	124th	33:41
	Simone Albiston	130th	36:02



One Hour Run – Sunday 26 August

It was good to see a strong field of both runners and spectators/ recorders in the One Hour Run this year. From the gun it was Matt Minney who surged to the lead and opened up a big gap on the rest of the field. He had about 50m at the end of the first lap. The second group of Youngy, Holsty, Tony George and Aaron Little plugged away and eventually caught Matt after about 15 minutes and they ran as a group. Slowly the pack whittled down as first Aaron and then Tony fell back. Youngy surged to a slight lead but Holsty pegged him back and Matt was close behind. As they lapped Rick Whitehead for the 2nd time, he clung on and a pack of 4 stayed together. With a minute to go, Rick bolted clear with Matt not far behind. Matt went on to win the U18 half hour run in a new club record of 7.588km. He was followed by Rick Whitehead, Ed Campbell and Liana Goodings.

The one hour run field continued with Youngy and Holsty staying together to the 10K mark in just under 40 minutes, then Youngy made his move and dropped the gallant Heapster. Youngy went on to win by about 100m from Holsty, then Tony George and Aaron. Completing the field were the evergreen Clyde Riddoch, and our female winner Simone Albiston and Rob Carstairs who had run with Simone nearly all the way complete with a helmet of plastic cups. But he couldn't resist sprinting ahead in the last minute. Final results were:

NAME	AGE	LAPS	PLUS (m)	DIST (Km)	PLACE Outright	AGE FACTOR	DISTANCE Age based	PLACE Agebased
Under 18s								(Km)
Rick Whitehead	14	17	25.7	6.826		0.9433	7.236	2
Liana Gooding	15	12	125.9	4.926		0.957	5.147	4
Edward Campbell	15	13	349.3	5.549		0.957	5.799	3
Mathew Minney	16	18	387.9	7.588		0.9685	7.835	1
Open (Women)								
Simone Albiston	41	23	0	9.200	1	0.9523	9.661	1
Open (Men)								
Rob Carstairs	24	23	36.9	9.237	6	1	9.237	6
Mick Young	27	37	215.6	15.016	1	1	15.016	3
Aron Little	31	36	8.7	14.409	4	1	14.409	4
Tony George	44	36	318.7	14.719	3	0.9437	15.597	2
Warren Holst	45	37	105.4	14.905	2	0.9368	15.911	1
Clyde Riddoch	54	29	308	11.908	5	0.8722	13.653	5



Next Events

AV Half Marathon at Burnley on Sunday 9 September at 8am.

Final Event: Tan relays around the Botanical Gardens on Saturday 22 September at 9am. We're looking to eclipse all records here with a massive final turnout.

We will be concluding the season with the winter presentation night, a spit roast that will be held at the clubrooms on Friday night 28 September at 7pm. This will be an affair for the whole family with adults \$15 and U12 \$10. Please let me know numbers in advance so we can co-ordinate the catering.

James Atkinson 9533 5712
jamesandvic@optusnet.com.au

RUGBY WORLD CUP

Just a note that now World Championships athletics are over there is another great athletic event to watch. From 9th September to 12th October the world's best rugby teams will be competing in France (mainly), Scotland and Wales. England are the holders, the Wallabies the only country to have won twice and New Zealand are the favourites.

REBEL SPORTS

Please note extract from Rebel Sports recent letter.

'Rebel Sport has introduced NEW plastic MVP member cards into all Rebel Sport stores.

As part of this change over from the existing paper cards, we ask that you communicate to all of your members that upon their next visit to any Rebel Sport store, they produce their current paper card in exchange for their NEW personal MVP card.

We understand that over time you may require additional paper cards to distribute to new members within your club. Please find enclosed an MVP membership card redemption template for circulation. For your members to receive their official MVP card they are required to present one of these templates to the register operator at any Rebel Sport store upon their next visit.

This official MVP card will then entitle your members to their 5% discount* and your club will start to earn valuable credits.

*The 5% discount is applicable to all full-priced merchandise at any Rebel Sport store and cannot be used on goods that are on sale, for gift card purchases or in conjunction with any other offer.

The Rebel Sport MVP website will be constantly updated, so keep an eye out for changes and new products.

Once again, we thank you for your support of the Rebel Sport Member Value Program and hope you and your members enjoy the benefits the program provides.'

Unfortunately, we have been unable to attach the blank cards to this newsletter, but will forward by separate email some of the blank cards that you can take to Rebel Sports to claim your new one. For those of you who are not on email please contact Yvonne Glover at phone 9802 6564 and some of these will be forwarded to you.