

THE WRAG

Waverley's Results and Gossip, Volume 35 No 3 August 2008
OFFICIAL NEWSLETTER OF ATHLETICS WAVERLEY INC.

ATHLETICS WAVERLEY Inc.

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Kerry's Sermon

Who could fail to be moved by the spectacular opening ceremony for the 29th Olympiad in Beijing? I read with interest of Sean Wroe's (400m and 4x400m relay) decision to attend the opening ceremony because he felt the inspiration it would give him would outweigh the benefits of an extra week's training in Hong Kong. Obviously he is still following a program in Beijing. Sean was so inspired by his participation in the opening ceremony for the Commonwealth Games that he was not going to miss the opening magic at these Olympics. Good luck to him and may the magic work!

My thoughts go to our own Maddie Pape and wonder how she is feeling as she approaches her big event.

Many of you may not be aware of our club's proud history of athletes competing at the elite level.

Thanks to Terry Baldwin for the information listed below.

- Michael Harvey - 1984 LA Olympics in 50km walk, plus represented Australia in 6 consecutive International walk events
- Lisa Lightfoot - 1996 Atlanta Olympics in 800m.
- Dean Kenneally - 1994 Commonwealth games 800m.
- Michelle Baumgartner - 1990 Commonwealth Games 1500m.

Our winter cross country runners may not be competing at the Olympics but are certainly doing their best to uphold Aths Waverley's fantastic reputation.

James Atkinson's reports after each event highlight what a wonderful "team culture" we have as well as our stars. Stephen Paine recently won the marathon in Thailand.

I recently spent 2 weeks at the Epworth Rehab Centre after spinal surgery.

One of my physios there was Tamara Hamond who won the Women's Waverley Gift a few years ago. When Tamara heard of my family involvement with Aths Waverley she told me what a wonderful facility/track we have. Tamara competes for Essendon Aths so does not often come up against our club. However she has friends who compete for Glenhuntly and has heard them remark on many a time what a great club Aths Waverly is, not only on the track but what a strong support team it has.

This is a reputation that we can be very proud of and continue to enhance!

I hope you all really enjoy the Olympic fortnight.

Kerry-Ann

FEES

Just a reminder!!

Fees for 2008/09 remain unchanged from last year as follows:

Open	\$185.00
U20	\$155.00
U18 & Full Time Student	\$155.00
U16	\$125.00
Dual Registration VLAA	\$25.00
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1 ST Year Open	\$175.00
1 ST Year U20	\$145.00
1 ST Year U18	\$145.00
1 ST Year U16	\$115.00
Life Member	\$120.00 (club absorbs club portion)
Family Discount	\$15.00 (covers U18 at same address)
Club Rebate	To be confirmed later
Assoc. Member	\$60.00 (covers insurance)
Social Member	\$30

WEBSITE

Don't forget to check on our website to catch up on news quicker.

OLYMPICS

The games are over and from an athletics view-point we must be thrilled with Box Hill Athletics Club's Steve Hooker. Not only a gold medal but, an Olympic record. Well done Steve. For Madeleine it was a learning experience and her sights will now be set on London in four years. The British, American and Jamaican ladies relay teams changed batons worse than Athletics Waverley manages every week. Usain Bolt has brought men's sprinting to another level and just think how much faster his 100metres time would have been without his celebrations from 70 metres. He is probably saving his next world record for a Grand Prix meet and a financial jackpot.

WINTER

Geelong Saturday 12th July was cold but pretty good conditions for cross-country running. Geelong seemed to have missed Melbourne's rain over the last week and it was a pretty dry track. The Waverley tent was again just beautifully positioned right on the finishing straight. First away were the U20 women where Uma did us proud with a fine 11th place. The U16 and U18 girls did well with Georgia Brock leading our girls in with a fine 11th place and Anissa just held out her younger sister Seems. Matt Minney was a solid 24th in the U20 men's race. But the biggest highlight of the day for Waverley had to be the big finishing kick of John Hand in the Open men's race. He was flying in toward the finish when the Traralgon runner ahead of him decided to take him on in a sprint for the line. Hand dug deep and found from somewhere and an extra gear and then in a final dive for the line he took the honours. Fighting hard to hold his feet after crossing the line, John was unable to stay upright and flew through the air for about 10 metres past some stunned officials managing a sensational somersault/ cartwheel through the barriers finally landing back on his feet. The Australian gymnastic team must surely find a spot for this man for Beijing.

Full Waverley results were:

Women U16 6K (24 finishers): Georgia Brock 11th 25:59; Seema Muthia 20th 30:01

Men U14 4K (30 finishers): Ganesha Muthia 20th 16:27

Men U20 6K (33 finishers): Matthew Minney 24th 22:33, Tim Hassett 32nd 31:06

Women U18 6K (18 finishers): Anissa Muthia 17th 29:48

Women U20 3K (18 finishers): Uma Muthia 11th 51:00

Men Open 16K (320 finishers): James Atkinson 14th 53:44, Steven Williams 79th 1:00:01, Michael Young 80th 1:00:01, Martin Spiteri 88th 1:00:38, John Hand 97th 1:01:23, Tony George 100th 1:01:39, Stephen Paine 111th 1:02:26 John Nolan 257th 1:16:35, Warren Holst 263rd 1:17:25, John Lavi 285th 1:21:51, Clyde Riddoch 298th 1:28:05.

Women Open 4K (124 finishers): Sally Atkinson 79th 17:41, Justine White 106th 19:32, Shamila Muthia 121st 22:34, Simone Albiston 122nd 22:51

Subject: Sandown Results

Well done to the 19 Waverley athletes and 3 officials who made the trip out to Sandown today. This was the first winter outing for Waverley without the Muthias for a while so our ranks were noticeably lighter. Note to Muthias - we missed you. Please come back for the tan relays. Our Waverley tent was the only club tent up, so stood out beautifully, and the smell of John Hand cooking the sausages must have made the other clubs envious (the bbq smell, not the smell of John - that would have made them the opposite of envious).

Our Division 1 team was entertained by the House on the first leg looking very shaky after a few big nights and he gave the other Division 1 teams a good head start. Fortunately the rest of the team pegged back Doncaster and Keilor and in the end were not far behind Essendon, APS and Collingwood.

Division 5 ran with the hopes of the club behind them. They were up there all day but in the end finished an impressive 3rd. Our 40+ team were solid but outclassed by a rampant APS team which finished 5 minutes clear of the next team and a minute ahead of their Div 1 team. Division 7 were shaken by the late withdrawal of John Lavi, so close look-alike Johnny Nolan covered the last leg for him after also running first.

In the women's team, a family crisis kept Justine away but Sally and Simone represented us well. The mixed U18 team all ran impressive times with Rick and Marcus running faster laps than most of our Div 1 team, and Georgia likewise running our fastest women's lap

Burnley Half

Our next run is the Burnley Half Marathon on Sunday week - ie. Sunday 7 September at 8am. If you don't have a season ticket and you would like me to enter you please let me know asap e.g. Michael Rafferty, Chris Knott, James McEniry, Peter Hannaford, Justine White.

Tan Relays

Our final run is the Tan Relays on Saturday 20 September at 9am. We are looking for a big Waverley presence here so please keep this free in your calendar. We will have the Waverley bbq in action for this one so it would be great if you can stay around for a little while afterwards.

Presentation Night

Our presentation night will be on Friday 3 October at the clubrooms. So please keep that free and bring your family or partners or entourage. We look forward to hearing about Beijing and some of the experiences of the Olympics from Madeleine and Terry. Many of you will have enjoyed seeing Madeleine run just over a week ago and shared in her anguish of going out in the first round in a heat with a sizzling last 200m. Madeleine conducted herself well in the post race interview and we look forward to a bright future for her.

One Hour Run

The club's traditional event, the one hour run (and the half hour run for juniors and those looking for a softer alternative) will be held in the lead-up to the Melbourne Marathon. We are toying with two dates at the moment and I'm interested in your feedback. The two alternatives are:

1. Sunday 28 September (2 weeks before the Melbourne Marathon)
2. Sunday 5 October (1 week before the marathon, but in conjunction with the family day and summer registration day)

Could you please let James Atkinson know your preferences e.g. He would prefer date x, either is fine, or he won't be running either way and you must be crazy.

He looks forward to seeing many of you on Sunday week for the half.

Our Current Position

8 of the 10 races down and 2 events to go. The tan relays in 2 weeks time and the Burnley half marathon this Sunday. The bottom 2 clubs in each Division at the end of the season get relegated down a Division. Waverley is comfortable in all grades except for the Division 1 Men's team which won promotion only last season. Waverley are currently sitting 3rd last. However Ballarat which are 1 point behind in 2nd last spot finished a strong 2nd in the Sandown road relays making up 9 points on Waverley and look likely to storm further up the ladder in the last 2 rounds. Keilor St Bernard's are a clear last and can lock in next year's plans around Division 2.

Other teams in the hunt:

Collingwood - 4 points ahead: traditionally strong in the half with captain Magnus

Michelsson keen for a big result, but beatable in the tan relay Doncaster - 4 points ahead: talented team which frequently goes missing - could well not field a team in the Half and then win the tan relay. APS - 4 points ahead: look strong in the half and will be hard to beat in the tan relay

The mighty Waverley team

No. 1 runner Atkinson - recovering from flu

No. 2 runner Paine - still recovering from Phuket marathon - will do well to make the top team

No. 3 runner Williams - likely stress fracture (unavailable)

Club mascot Hand - back trouble, achilles trouble, knee problems, the flu and has to work - unlikely to start

The chicken entrails are not looking ideal for a big Waverley performance on Sunday, but in the proud tradition of the Club, anything can happen. It could be the big moment for Michael Young and Martin Spiteri to stand tall. Michael Rafferty and Tony George could lift for the big occasion, and don't write off Paine and Atkinson just yet (but I would definitely write-off John Hand).