



Little Athletics Waverley

Cross Country Newsletter No. 7
31st May 2012

Olympic Fever – London 2012

Get ready everyone, the Olympics is just under 2 months away! Be sure you keep your eyes on the TV for all the highlights. You can find all the information on the Olympic Games via the [London 2012](#) website.

Sonia O'Sullivan will be competing in this year's Olympic Games. Her "category" as I'm sure everyone knows is the Long Distance & Marathon races. Good Luck [Sonia](#), we will keep a look out for you on the track and please keep us up-to date with your travels!!



Message from Sonia

I just want to thank all the boys and girls and parents that turned up each Monday night for training. I really hope that everyone has enjoyed these training sessions and have felt some benefit in there races with Waverley and also in their school competitions. Wendy will continue to oversee training and I really hope that they will be well supported in the coming weeks, hopefully the weather will continue to be kind, we have been very lucky, cold but no rain is a good combination. Best of Luck to all Waverley athletes in the remaining cross country season and I look forward to seeing everyone fitter and faster for track season.

Week 7 – 26th May, Jells Park South, Wheelers Hill

Well done to the ... athletes who competed in the wet conditions last weekend. I hope you all had fun!

Photos from last week (Jells Park South): [Knox Website](#)



Casey CC Open Day – Saturday 2nd June

This week is the Casey Open Day... Unfortunately, this event "clashes" with our weekly Saturday morning competitions... But, if you're up for a "challenge" and you would like to give the Open Day a go, you can find the registration form and all the information on our [Website](#). Late Entries will be accepted on the day for \$8.00, at Edwin Flack Reserve.

Geelong CC Open Day – Sunday 3rd June

Again, if you like a little bit of extra competition, or you just want to "give it a go", you can register for the Geelong CC Open Day. This year the Geelong Open Day is held at You Yang's Park, and late entries will be accepted on the day for \$5.00 and all details on our [Website](#)!!



DUTY Requirement

Parents, If you are able to do duty, please don't hesitate to come see me, or go and see the Knox people. On a weekly basis, if 2 parents volunteer to help, that would be great!

On Saturday morning, if you're able to help out please come and see me (if I'm there early enough, if not go see the Knox people). Knox do a great job doing all the behind the scenes work and supplying most of the officials. So this is a good way of showing our appreciation ☺

Duties will most likely be one of the following; **Course Marshal, Timekeeper, Recorder.**

If you do duty, you'll have a chance to WIN a voucher to the value of \$10 - \$15 to dine at



Or



.... Lovely !

Athletics Waverley (Seniors)

Please remember that training is available for Little Athletes from U12 to U16, on a Tuesday and Thursday nights, at the Clubrooms/Track.

AW competed at Flemington last Saturday. A "post" event report is at the end of the Newsletter ☺

For more information on Athletics Waverley, please contact myself or AW Cross Country Manager James Atkinson on waverley.jamesa@gmail.com or AW President Chris Knott on president@athleticswaverley.com.au



This Week – 2nd June, Nortons Park, Wantirna South

It has been a "mixed" week with the weather. Who knows what Mother Nature has in store for us on Saturday? Hope it's all good Weather! This weekend's competition is at Nortons Park. Remember, the car park is just off High Street Road... If you need to, please refer to [Google Maps](#) to check where Nortons Park is.

First event is at 9AM SHARP, so don't be late!!

Also, please remember you **MUST** wear your LAVic registration patch that has your name, age & number written on it. If you DON'T have it on you as of 2nd June, you will not be recorded. If you require a new one, please email me and I will write one out for you.

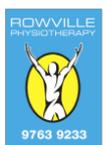
Please remember now it's almost winter weather... Ensure you wear your jumpers, track suit, beanie, gloves etc, to keep warm and avoid the flu. Bring with you a change of clothing if need be, an umbrella and rain coat just in case! You can never be too careful!

The running order will be as follows:

1000m (u7 & u8), 2000m (u11 & u12), 500m (u6), 1500m (u9 & u10), 3000m (u13 – u16)

NEXT WEEKEND – 9th June NO REGULAR COMPETITION!!

Due to the Queen's Birthday weekend, no Saturday Competition will take place. But do not fear the Benalla Open Day will be held on Sunday 10th June, at Reef Hills Park, Benalla. All the details are below under "Open Days & Special Events". I recommend this Open Day. It is a good challenge for everyone.



Results

Just a reminder to all, the weekly results are up on our website. Check under the [Cross Country](#) tab. These are kept up to date, and made available to everyone 😊 (I HAVEN'T DONE IT THIS WEEK YET, BUT PLAN TO TONIGHT!!!)

Online Survey

Have you completed the LAWav online survey? Would you like to tell us your feedback? It is important that all our members tell us what they think. This helps us come up with and to implement new ideas. The survey is free and will only take you a few minutes to complete! Please visit the [Survey Monkey](#) website.

Training

Training is going strong with numbers increasing each week. The group is led by Sonia & Wendy. It would be great to see the numbers keep growing! Don't forget training starts at **4.30pm SHARP! NO LATER!**

If it's cold, please make sure you wear your tracksuit to & from training, to keep as warm as possible. Don't want anyone to get sick 😊

If you have any questions on training you can contact me or Wendy Masters: delegate@waverleylittleaths.org

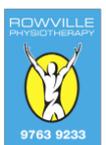
PARENTS, IF YOUR CHILD ATTENDS TRAINING, YOU ARE ADVISED TO STAY AT THE VENUE. THERE WILL NOT BE FIRST AID PERSONNAL ON HAND AT NORTONS PARK.

If anyone has items they'd like added to the newsletter, please drop me an email president@waverleylittleaths.org because it gets a little "dull" writing almost the same stuff every week!

Each week I try to "change it up"...

SMR Cross Country & Walks Challenge

Our first Waverley athlete has registered for this event, Jess Hepworth!! I strongly recommend as many athletes as possible, to register and support "our" Region event. It will be a fantastic "Open Day", SMR always do a great job!! This year the event is at Ballam Park, Frankston. The course is nice and "Strenuous", with the mixture of thick grass, hills and the track. You get to start on the running track, and make your way through Ballam Park, and the big finish will be on the grass area, inside the running track! And there will be Walks event on as well, either 1km or 2km, depending on your age. \$8 an event and registrations are via the SMR website or mail form (details are below)



Open Days & Special Events

Casey Cross Country Open Day: The Open Day is on Saturday 2nd June 2012. For those of you interested you can register for your event at a cost of \$6. Entries don't close, late entries accepted on the day.

[CASEY OPEN DAY FLYER](#)

Benalla Open Day: Will be held Sunday 10th June, in Benalla. Full details are on the website! I will also send the flyer to everyone. The Benalla Open Day is really worthwhile. On a "personal note", Benalla is a great country town, good place for a quiet weekend away. Also, it's a great day for all the "Country" athletes, to get some extra competition against some bigger "metropolitan" centres ☺ [BENALLA OPEN DAY FLYER](#)

Connect East Knox Open Day: Will be held 7th July, Nortons Park, Wantirna South. This is considered an "extra" event, (as opposed to our weekly Saturday events) and if you want to compete it will cost \$6 per event. All the details are on the [KNOX OPEN DAY FLYER](#), which can be found on the Waverley website. Knox also offer the 3km "Open" and Parents race.

Essendon Open Day: Will be held Saturday 28th July, Moonee Valley Athletics Track, Moonee Ponds. Cost \$6 per event, \$8 for late entries. Full details are available on the [ESSENDON OPEN DAY FLYER](#), which you can access from the Waverley website. You must print the form off and send it in the post, there is no on line entry system for this one!

SMR Cross Country & Walks Challenge: All the details and registration are now online!!! The date for this event is Saturday 16th June 2012 being held at Ballam Park, Frankston. It would be great to see as many athletes register for the event as possible to show our support to the region. Registrations can be done 2 ways: Online or via Snail Mail (paper entry form). The cost is \$8 per event. Please refer to the SMR website for the up to date information:



[ONLINE REGISTRATIONS](#)

[MAIL REGISTRATIONS](#)

State Cross Country: States will be held at Lardner Park, Warragul on Sunday 5th August 2012. Cost per event is \$10, if you register before Midnight, Sunday 22nd July. Entries close Sunday 29th July at Midnight. You can only enter online, so please follow the link to the [LAVic website](#). You will also find the timetable and all other relevant information via that link.

State Road Relays: LAVic offer the Road Relays to all Centres, to enter teams of 3 per race (as many teams as your Centre can form). The event was meant to be held at Sandown Racetrack, but at last minute the venue had to be changed. The event will now be held at Geelong Criterium Circuit. For more information please visit [LAVic Website](#). If anyone is interested in this "Team Event" please let me know. I will also try to make up some "Teams" if possible!

FOR ALL THE DETAILED INFORMATION, PLEASE CLICK ON THE SPECIFIC LINKS ABOVE TO DOWNLOAD THE PDF FLYER.

For all the upcoming Cross Country events, please refer to the website (and the booklet when you receive it) for all the details when / where / Melways reference etc. The calendar on the website will be the most accurate and up to date (if there are any additions or changes. The printed version is at the 1st April 2012)



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ATHLETICS WAVERLEY CROSS COUNTRY – FLEMINGTON 26th May 2012 RESULTS

Hi Waverley Winter runners

Well done to those who ran at Flemington on Saturday.

AV slightly changed the course which improved the 10km run a little with fewer bottlenecks resulting in a slightly quicker experience than last year. After a month's rainfall on Friday, conditions were pretty good with most runners finishing just before the rain came.

Harry Summers, fresh from a 64:26 minute half-marathon in Japan last week and Olympic marathoner Lisa Weightman took out the respective open men's and women's races fairly comfortably.

Despite missing a few big names and having a few others taking it a little easy due to recent marathons, half-marathons or niggles, there were some great results with Dave 'Smoothy' Venour, Shane 'Slips' Fielding and new recruit Greg Barton all placing in the top 3 in their age groups. The other great result came from Ewen Vowels who, in his first race in Waverley colours, slashed a couple of minutes from his 10km PB and just missed making the Waverley Div 1 team.

Well done also to Nick Paine (23km - 1:25:03 **14th place**) and Hugh Hunter (45km - 4:43:33 **200th marathon**) who got around Flemington after competing at the Great Ocean Rd last week!

Unfortunately the 3km race was totally botched - see AV statement at:

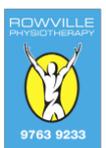
<http://www.athsvic.org.au/cache/NewsFile/6098AV%20statement%20-%20Big%20V%2010%20%28FINAL%29.pdf>

Well done to Georgia and May who competed in the re-run event after the 10km!

Apologies to anyone I've missed in the results below (and to those juniors who ran the 1st attempt at the 3km race):

Open Men 10K

Andrew Coles	54th	33:34	
David Venour	91st	34:46	(2nd 40-44)
Shane Fielding	100th	34:59	(3rd 45-49)
Greg Barton	109th	35:18	(2nd 50-54)
Stephen Paine	122nd	35:39	
Matt Zonneveldt	150th	36:20	
Ewen Vowels	153rd	36:23	
Martin Spiteri	166th	36:52	(13th 40-44)
Tony George	187th	37:16	(11th 45-49)
Glenn Goodman	210th	38:01	(14th 45-49)
Nick Paine	276th	39:58	
Warren Holst	369th	42:52	(36th 50-54)
Hugh Hunter	428th	47:09	(44th 50-54)
Clyde Riddoch	446th	50:04	(23rd 55-59)
Chris Dunne	481st	63:46	(53rd 45-49)



Open Women 10K

Janice Marston	158th	50:14	(16th 45-49)
Simone Albiston	195th	62:42	(21st 45-49)

U20 Women 3K

Georgia Brock	5th	11:49
May Teh	11th	13:14

Our team results are below. Sadly we were unable to fill a women's team this week but again it was our 40+ Men's team who flew the flag despite missing reigning 45-49 champ James Atkinson.

Team results

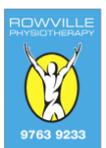
Men's Div1	12th	(would have come 2nd in Div 2)
Men's Div3	7th	
Men's Div 5	9th	
Men's 40+	2nd	
Men's 50+	11th	

All the best to those running at Ballarat in the next round. Unfortunately I won't be able to make it as I'll be running a marathon in Phuket. My brother Nick along with John Hand will be running the half-marathon over there and occasional Waverley runner Matt Sandilands will be running the 10.5km race.

Look forward to seeing you all at Brimbank!

Cheers,

House



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