Little Athletics Waverley

Cross Country Newsletter No. 9
5th July 2012

Special Presentation

I am pleased to announce that Waverley was awarded with the **Bronze** SMR Top Centre of the Year award at the SMR AGM in June. A fantastic effort from all of our past & present Committee Members and also all of our athletes and families for their continued support. The plaque will be placed on the clubroom wall ☺

Week 12 – 7th July, Nortons Park, Wantirna South

Hello to everyone hope you're enjoying the lovely warm weather! **Yeah, right!!!**
This weekend's competition will be held at Nortons Park and will start at 10am SHARP!
THIS WEEK IS THE KNOX OPEN DAY AND AS ADVERTISED IN RECENT NEWSLETTERS AND EMAILS, YOU MUST HAVE ENTERED TO COMPETE. IT IS NOT PART OF THE NORMAL WEEKLY ROUTINE. IT IS CONSIDERED AN EXTRA EVENT. YOU MAY ENTER ON THE DAY, UP TO 30 MINS PRIOR TO THE START OF THE RACE FOR $8-
Please remember to wear all your warm clothes as the real "winter" weather has kicked in now.

Knox Open Day Flyer: Knox Website

Sonia O'Sullivan – Olympic Journey

Like mother, like daughter. It must be one of the most famous sayings of all time. Well, it's certainly true. While Sonia is on her Olympic Journey, Sophie is making the headlines in the news!! Sophie took first place in a 5 mile fun run event in Ireland. Well done Sophie ☺
Please follow the LINK to read the full article. Thank you to Greg Burns for sending me the link to the newspaper article.

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SMR Cross Country & Walks Challenge

Well done to the 7 athletes who competed at the SMR Cross Country event on 16th June 2012. Waverley walked away with some very impressive results and well done to you all for participating, having a go but most of all having fun. **However,** it was very disappointing that only 7 out of 81 athletes from Waverley took part in the event. As a Centre, we need to show our full support to our region in all the events they put on offer. I hope for the future events we will boost our numbers.
Results for the SMR Cross Country:

1	**Tayla Cendamo - Female - Age: 12 - Comp#: 1024**		
	12 Girls 12 2000 Metre Run CC	8:26.85	11
2	**Nela Debicki - Female - Age: 12 - Comp#: 1034**		
	12 Girls 12 2000 Metre Run CC	7:55.62	7
3	**Jessica Hepworth - Female - Age: 12 - Comp#: 1067**		
	12 Girls 12 2000 Metre Run CC	7:23.09	1
4	**Jeremy Hird - Male - Age: 8 - Comp#: 2063**		
	17 Boys 8 1000 Metre Run CC	5:18.05	14
5	**Hamish Jones - Male - Age: 10 - Comp#: 2072**		
	21 Boys 10 1500 Metre Run CC	6:09.14	5
6	**Romin Kodikara - Male - Age: 10 - Comp#: 2077**		
	21 Boys 10 1500 Metre Run CC	6:00.88	3
7	**Jordan Roberts - Male - Age: 11 - Comp#: 2111**		
	13 Boys 11 2000 Metre Run CC	8:02.11	6

The under 12 girls also came away with the Gold medal for having a team! Well done to Jessica, Tayla & Nela.

Athletics Waverley (Seniors)

Please remember that training is avalibale for Little Athletes from U12 to U16, on a Tuesday and Thursday nights, at the Clubrooms/Track.
What are AW up to? Check it out 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

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"…

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Training

Training has stopped over the School Holidays. Wendy will advise once holidays are finished when training will start again. So over the next 2 weeks have a run at your local park or take your dog for a walk ☺
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.

Open Days & Special Events

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!

Western Metro Region Open Day: Will be held Sunday 29th July 2012 at Eastern Gardens, Geelong. The flyer will be up on the website under Open Days.

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. We will try to make up some "Teams" if possible! ***BUT YOU MUST LET ME KNOW!***

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 from the printed version at the 1st April 2012)

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Athletics Waverley Cross Country – Albert Park 5K Handicap

James Atkinson
Hi Winter Waverley runners

It was a good turnout to the 5K handicap around Albert Park Lake today with 10 runners vying for the Lake trophy. A special mention should be given to Simone Albiston who, before the event had started, witnessed a pram being blown into the Lake and in an instant dived in to save the drowning baby. Fortunately it turned out that there was no baby on board, but Simone did manage to rescue the pram and return it to its appreciative and bemused parents. Nice work Simone!

Simone then led the field away with Seema, Clyde and Anissa not far behind. We then had Uma and Niam starting together followed by Holsty and Knotty together then Cillian and Ewen the backmarkers. Anissa and Clyde moved up on Seema and Simone, and the backmarker Smurf started to plough his way through the field. However after a tailwind round the first half of the lake things started to get pretty tough as the field turned into a ferocious (pram lifting) headwind. Clyde managed to peg back Anissa who had passed him downwind, with the Smurf just flying through the whole field. As they neared the line it was Clyde who proved too strong from a fast finishing Smurf with Anissa taking the bronze medal position. Further back in the field there was an epic battle between Niam and her son Cillian with Cillian absolutely flying as he caught sight of his mum up ahead, and despite a huge finishing kick from Niam, managed to nail her just before the line. Well done to all runners, and it was great to see everyone staying around for a drink and a sausage afterwards (although I did undercater a bit on the sausage front).

Final results were:

Runner	Finish Time	Deduct	Handicap	Lap Time
Clyde Riddoch	30:04	5:00	25:04	
Ewen Vowels	30:19	12:45	17:34	
Anissa Muthia	30:28	6:00	24:28	
Simone Albiston	30:48	1:00	29:48	
Uma Muthia	30:56	9:30	21:26	
Warren Holst	31:10	10:00	21:10	
Christopher Knott	31:10	10:00	21:10	
Cillian Janssen	32:29	12:30	19:59	
Niam O'Reilly	32:31	9:30	23:01	
Seema Muthia	33:03	3:30	29:33	

There are some photos at Lake Handicap Pics Unfortunately we didn't manage to capture Simone's heroic dive on film, but there is a shot of her appreciative fans.

Bendigo Ekiden Relay
A big weekend ahead with the Coliban/ Ekiden relay - always a highlight of the program.

James Atkinson

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