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edited by Linda Butler

norths news

Official newsletter of North Canberra Athletic Club Inc
P.O. Box 1221, Belconnen, ACT 2616

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ACT's top pointscorer



Many of the trophy winners for North Canberra are being kept under wraps until the presentation night, but there is one that will come as no surprise.

Jeffrey Boreham is the top pointscorer, not just for NC, but across all athletes in the ACT. And Jeff's large tally has helped his Under 16 team mates - **James Schofield, Jeremy Reading, Michael Daly, Henry Hutchison** and **Michael Montgomery** - to take out the trophy for the top pointscoring club in their agegroup.

Under 14 North Canberra athletes also won the ACT agegroup trophy.

Congratulations to **Brandan Galic, Brendon Reading, Harrison Schofield, Thomas Hathaway, Keegan Ontong** and **Patrick Cape**.

The committee is keen to see a table of North Canberra juniors at the ACT presentation night, ready to receive their trophies.

Grant submissions

In the last two months, the NC committee has worked hard on the submission of two documents - one seeking a grant from the Active Australia Provider Grants Program for a development project targeting northside high schools and colleges.

The second document was an entry in Athletics Australia's Club Awards

2000. Our entry was in the information category - we hope that the creation of the NC web site and the recent redesign of the newsletter will catch the judges eyes.

As this edition of the newsletter went to press, no word has been received on the success of either of the two submissions, but you can be assured that if either is successful an announcement will be promptly put up on the NC web site.

Important dates

❖ North Canberra Presentation Night and AGM:

Thursday 13 April - Ainslie Football Club, 7.30pm

❖ ACT Athletics Presentation Night:

Friday 14 April - venue tba

❖ ACT Athletics AGM:

Tuesday 18 April - Sports House, Hackett, 7.30pm

Let's have a good turn-out by North Canberra members at these events, particularly the two presentation nights. It is unfortunate that the two functions are on consecutive nights, but this was unavoidable due to a very late Easter break and the desirability of holding these award nights as close to the end of the season as possible.

Ainslie Football and Social Club put on a very tasty light supper for those who attended last year, the first time our presentation night was held there. No doubt it will be just as good this year.

As mentioned before, it would be great to see a table of our under 14 and under 16 boys at the ACT presentation night so that those who won the trophies for the club can collect them personally.

Club correspondence

The club's secretary maintains a log of correspondence and other material sent to NC. Wherever possible we draw member's attention to items of interest in the newsletter, and at the end of the summer season we trialed the use of a noticeboard in the NC section of the grandstand (i.e. the end nearest the start of the 100m). We plan to continue this initiative next year.

The club regularly receives the Athletics Australia publication Clubs on Track, which can also be viewed at the newly re-designed AA web site:

<http://www.athletics.org.au>

Welcome

A warm welcome to new members of North Canberra. We hope your athletics is proving rewarding. If you have any queries, please don't hesitate to contact one of the committee.

Keegan Ontong U14

Matthew Bell U18

Goodbye



Ian Mackenzie

I would like to say goodbye -- at least for two years -- to my many North Canberra friends. I have recently accepted an offer to return to Papua New Guinea, to work on an Australian-funded aid project which aims to improve maternal and child health.

I have received great enjoyment from my involvement with Athletics -- both summer and winter seasons -- in the ACT over the past 12 years. I have

appreciated the companionship of the many athletes and officials, both North Canberra members and others.

When I was previously in Port Moresby there were active road-running and track & field competitions and, if circumstances permit, I hope to become involved in these again. If I do, I will try to send a paragraph or two for publication in North News about the athletics scene in PNG.

I am sorry to desert the hard working Club Committee, and I urge all members to consider what they might be able to do to help spread the load of running the Club.

I thank you all for your friendship over the past decade or so, and look forward to renewing acquaintances when I return to the ACT.

Editor – Ian's absence for the next two years will leave a big and unexpected gap on the committee. If you feel you have the time to take over Ian's role as secretary to North Canberra the committee would be very keen to hear from you. A nomination form is to be found at the end of this newsletter.

2000-01 fees

The fees payable to the ACT Athletics Association for the coming 2000-01 season have now been set, enabling NC to draw up a suggested schedule of fees for the club. The proposed fees will be put to the AGM on 13 April for approval. The bulk of registration fees are passed on to the ACTAA, with NC retaining only a small proportion — \$10 from junior athletes (U14-U18), \$15 from senior athletes (U20, Open, Vets), and \$20 from family memberships.

Where fee increases have occurred for the coming season, it has been entirely due to increased ACTAA dues resulting, for the most part, from the introduction of the GST.

| | Junior | Senior | Family |
|-----------|--------|--------|--------|
| Full year | \$55 | \$75 | \$140 |
| Winter | \$30 | \$45 | \$85 |
| Summer | \$45 | \$55 | \$105 |
| Officials | | \$10 | |

Don't forget - for those taking out full year or winter registration, the season commences on 1 April.

Close competition for awards

Many of the award winners who will receive their awards at our presentation night on 14th April select themselves. It will come as no surprise when **Jeff Boreham** is announced as the top pointscorer for the club! But a number of other awards posed real problems for the selectors.

I've listed below some of the contenders in the closely fought categories - the lists are alphabetic, so you can't read anything into the order! You'll have to come to the presentation night to see who the winners are.

Most outstanding, open men - **Paul Crake** (mountain runner and stair climber extraordinaire), **Shaun Creighton** (striving for Olympic selection in the marathon), **Rohan Walker** (the club's best all-round athlete, and 7th in his first open Australian decathlon championship)

Most improved - **Patrick Mossop** (200m and 400m, and keen relay runner), **Richard Nicholson** (in his second year of wheelchair athletics)

Most outstanding, U18 men - there is certainly strong competition for this award as **Nicholas Barton** (horizontal jumps), **Scott Crowe** (jumps and throws), **John Jakeman** (sprints), and **Connell O'Neill** (hammer) have all registered excellent performances throughout the season.

Two of the junior women's agegroups also have a number of athletes vying for the most outstanding award.

In the Under 16 agegroup: **Sian Macdonald** (high jump), **Holly Smith** (distance) and **Kate Shea** (sprints) were the stand-outs.

In the Under 18 agegroup: **Erin Cooper** (sprints and horizontal jumps), **Katrina Reading** (track and high jump), and **Marnie Ponton** (400m hurdles and distance) have all had a great season.

Another year, another record



photo courtesy AP

In February, **Paul Crake** won the Empire State Building Run Up in New York for the second year in a row. And once again it was a record. Paul slashed 18 seconds off the time he recorded in last year's win.

However, last weekend Paul had one of his own records taken away. He finished second to Tamworth's Daniel Green in the Australian Mountain Running Championships on Mt Coree. Daniel slashed a minute off Paul's record for the 7kms ascent of the mountain. **David Osmond**, also of North Canberra, was the fourth Australian runner home.

Carol Harding was fourth in the open women's championship in a personal best time, and in the junior women's race North Canberra registered the quinella - **Marnie Ponton** was first, with **Katira Davis** second.

ACT Champs results

North Canberra athletes produced a number of great results at the ACT Championships which brought to a close the 1999-2000 season for most competitors.

Winners at the championships were:

Kate Shea, U16 100m and 200m
Katira Davis, U16 high jump
Marnie Ponton, U18 400m hurdles
Brandan Galic, U14 100m and 200m
Jeff Boreham, U16 100m hurdles, long jump, shot put, discus
Connell O'Neill, U18 hammer

Second placegetters:

Erin Cooper, U18 100m
Michael Daly, U16 800m and 1500m
Henry Hutchison, U16 long jump
Jeremy Reading, U16 high jump
Jeff Boreham, U16 javelin
Scott Crowe, U18 high jump, long jump
Damien Burroughs, Open discus

Third placegetters:

Brooke Brosnahan, U14 1500m walk
Katrina Reading, U18 high jump
Erin Cooper, U18 triple jump
Marnie Ponton, U18 1500m
Fiona Daly, U18 javelin
Henry Hutchison, U16 800m
Ben Davis, U18 high jump
Scott Crowe, U18 shot put
Erwin McRae, Open 1500m
Damien Burroughs, Open shot put

The ACT Championships also saw a swag of personal bests as athletes enjoyed the good competition and weather. Seasonal PBs for interclub competition (restricted to electronic times in the track events) were recorded by:

Clinton Bebb - 200m 22.67
Jeff Boreham - 100m 14.73, long jump 5.86m
Brooke Brosnahan - 1500m 9:13.68
Erin Cooper - triple jump 10.15m
Scott Crowe - 400m 54.11, long jump 6.24m
Michael Daly - 800m 4:31.92, 1500m 4:31.92
Hillory Davis - 800m 2:42.00
Katira Davis - 800m 2:48.82
Brandan Galic - 200m 25.04
Amy Hathaway - triple jump 8.30m
Henry Hutchison - 800m 2:11.97
Erwin McRae - 1500m 3:48.16
Scott McTaggart - 1500m 3:57.26
Marnie Ponton - 400m 1:10.88, 1500m 4:59.48
Katrina Reading - 400m 1:02.77
Kate Shea - 100m 13.36, 200m 27.36

Well done to all athletes who competed on the day.

Coming Events

Saturday cross-country club races — U14 1km 1pm, short 1.15pm, long 2pm

Saturday, 1 April

Yacht Club 5km

Mariner Pl., Yarralumla

Sunday, 2 April

Women's and Girl's Fun Run

Stage 88 Commonwealth Park

Friday - Sunday, 7-9 April

Australian Disabled T&F Champs

AIS track, Bruce

Sunday, 9 April

Canberra Half Marathon

Mariner Pl, Yarralumla

Saturday, 15 April

Duffy Pines 1/4.5/8.1 kms

Eucumbene Dr, Duffy

Saturday, 22 April

Mt Tuggeranong 1/3/5 kms

Callister Cres, Theodore

Tuesday, 25 April

Anzac Relays (**jnr & snr pointscore**)

Northcote Dr, Majura

Saturday, 29 April

Rani Rd 1/3/5 kms

Rani Rd, Black Mountain

Sunday, 30 April

Host City Marathon

Sydney

Saturday, 6 May

Red Hill 1/4/8 kms

Gowrie Dr, Red Hill

Saturday, 13 May

Nara Peace Park 1/4/8 kms

Gowrie Dr, Red Hill

Saturday, 20 May

Lake Tuggeranong 1/3/6 kms

Anketell St, Greenway

Saturday, 27 May

Yarralumla 1/3/6 kms (**jnr pointscore**)

AIS track — 4pm Sat., 10am Sun.

Schools cross-country season starts

With a late Easter this year, there will be a later than normal start to the Northside schools cross-country season, run so ably each year by John and Carol Harding. Races will commence on the first Saturday after Easter - April 29. Races start at McDermott Place, Lake Ginninderra, from 9am. Once again this year we will endeavour to have the results posted to the NC website as soon as they become available.

NC web site

<http://www.angelfire.com/nc/NCAC>

David Osmond is maintaining our website while Martin Bye is in England for a few months, though we understand Martin is still keeping an eye on the pages. Don't forget that we really do appreciate any feedback you are able to give us on this site.

Good luck

The season may have ended for most of us, but our junior athletes are still heavily involved in school athletics carnivals - these competitions have been brought forward as a result of changes to the school sports calendar due to the Olympic/Paralympic Games in September/October.

We wish all athletes the best of luck and hope your performances continue to improve. To those who are then finally finishing off their season at the Pacific School Games in Sydney in May - all the best for this competition. The PSG is a great experience, with athletes from many other countries competing. The opening ceremony in the Olympic stadium will be a treat in itself. Compete well and enjoy the experience!

Outgoing committee, 1999-2000

| | |
|----------------------------------|---|
| <i>President:</i> | Dudley Scoullar 6253 5223 |
| <i>Vice-President</i> | Linda Butler 6254 2201 |
| <i>Vice President</i> | Owen Heness 6254 6332 |
| <i>Secretary</i> | Ian Mackenzie 6251 4263 |
| <i>Registrar & Treasurer</i> | Barbara Wagstaff 6251 6698 |
| <i>Committee</i> | Andrew Fiddian Shaun Creighton David Osmond Martin Bye |

North Canberra Athletics Club Inc. Committee Nomination Form

It's that time of year again! Nominations are called for the 2000-01 North Canberra Athletics Club Inc. committee. All positions will be declared vacant at the AGM on 13 April.

We, the undersigned, nominate _____

For the position of _____

Nominated by _____
name *signature* *date*

Seconded by _____
name *signature* *date*

Signature of nominee _____
signature *date*