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edited by Linda Butler

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# Norths news

Newsletter of North Canberra Athletic Club  
P.O. Box 1221, Belconnen, ACT 2616  
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## 2001 Club Awards

### *Most outstanding athletes*

*Most outstanding NC athlete:*  
**Shaun Creighton**

Shaun was an Australian Olympic representative in the 10,000m. He was also selected to compete in the 5000m, but gave up his place in that event to rising young distance star, Craig Mottram. He was the second-placed Australian in the world half marathon in November in 43<sup>rd</sup> place. In 2000, Shaun was ranked first in Australia in the 5000m (13:21.45) and in the 10000m (27:49.20)

*Open men:* **Scott McTaggart**

Scott started off the season with a 4<sup>th</sup> in the ACT cross-country championships and a 9<sup>th</sup> placing in the national championships. This was followed soon after by a 5<sup>th</sup> placing in the Olympic Trials in the 3000m steeple. Scott ended the season on a high note with a silver medal in the steeplechase at the national championships, in a time just shy of a pb: 8:54.86.

*Winter athlete:* **David Osmond**

David had a blinder at the World Mountain Running Championships in Germany in September. He came 23<sup>rd</sup>

and was first Australian home, just 4 minutes behind the winner.

*Under 20 men:* **Scott Crowe**

This season Scott has claimed ACT records for long jump in the U18 and U20 agegroups. He won a bronze medal at All schools as an U18 competitor, and was even more successful on the move up to the U20 agegroup, winning gold at nationals with a superb jump of 7.72m.

*Under 18 men:* **John Jakeman**

John is highly placed in ACT Rankings in his agegroup- 4<sup>th</sup> in 100m, 3<sup>rd</sup> in 200m and 2<sup>nd</sup> in 400m. He gained three medals at the ACT championships – two silvers and one bronze.

*Under 16 men:* **Brandan Galic**

Brandan had an excellent season spanning two agegroups – U14 and U16. He won the 100m and 200m Australian All Schools championships in U14's, establishing a new meet record in the 100m and equalling the 200m meet record. Those times also established new ACT residents' records, bettering marks previously held by Matt Beckenham. Now in the U16 agegroup, Brandan is ranked first in both the 100m and 200m in the ACT.



*Heat 1 of the sprint Gift, in finishing order: Patrick Mossop, Harry Guinness, Phillip McGilvray, Thomas Hathaway and Jan Legg.*

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**Under 14 men: James Southgate**

James went away to the Australian All Schools championships in December with the slowest time for the three ACT competitors in the 800m, but came home with the fastest. He ran a tremendous personal best of 2:13.87 in his heat. James won the U14 800m and 1500m at the ACT championships, and was second in the U16 2000m steeplechase. He is ranked first in both the 800m and 1500m in the ACT.

**Open women: Andrea Brackhuis**

Andrea transferred to North Canberra from Victoria at the start of this year. At the national championships, she represented Victoria in the 1500m. Andrea is currently ranked 14<sup>th</sup> in Australia in the 5000m, and during 2000 was also nationally ranked in the 10000m.

**Under 18 women Jan Legg**

Jan's ACT rankings in this agegroup are – 100m 5<sup>th</sup>, 200m 4<sup>th</sup>, 90mH 3<sup>rd</sup>, long jump 3<sup>rd</sup>, triple jump 3<sup>rd</sup>, shot put 3<sup>rd</sup> and discus 2<sup>nd</sup>.

**Under 14 women: Alice Coddington**

Alice is ranked 1<sup>st</sup> in the ACT in this age group in – 100m, 200m, 400m, 80mHurdles, long jump and triple jump. She is the ACT champion for 100m, 400m, 80mH, long jump and triple jump.

## *Leading pointscorers*

### **Summer:**

The leading pointscorer for the club this year was **Dean Folino**. Dean amassed nearly 600 points in his first season of interclub competition. The total would have been even higher if he hadn't been injured during a school swimming carnival in February, leading him to miss most competitions at the end of the season. Fortunately, Dean returned in time for the ACT Championships and the chance to earn double points in a few events.

**Open men:**

**Rohan Walker** – 379pts

**Under 20 men**

**Scott Crowe** – 411pts

**Under 18 men**

**Jeff Boreham** – 528pts

**Under 16 men**

**Dean Folino** – 597pts

**Under 14 men**

**James Southgate** – 328pts

**Open women**

**Andrea Braakhuis** – 148pts

**Under 18 women**

**Jan Legg** – 542pts

**Under 14 women**

**Alice Coddington** – 531pts

### **Winter:**

**Open male: Graham Burke** - 124pts  
(7 of the 8 pointscores)

**Veteran male: Graham Burke**

## *Marathon Champion*

**Open male: Phillip McGilvray**

Phillip was the first NC runner home (and 4<sup>th</sup> from the ACT) in the Sydney Host City Marathon, in 85<sup>th</sup> position in a time of 2:44.59. This race replaced the Canberra Marathon, not held in 2000, as the selection race for this award. Other strong performances by NC runners came from Peter Haynes and Graham Burke who both finished in the top 200.

## *Road Race Champion*

**Open male: Phillip McGilvray**

Phillip was the first NC runner home in the Canberra Half Marathon, which is the selection race for this award. Phillip came 16<sup>th</sup> in a time of 1:16.59.

## *Mountain Running Champion*

**Open male: Paul Crake**

Paul won the ACT Mountain Running Championships on 17 March this year. His time of 50 mins 31 secs for the 12 kms with an elevation gain of almost 700 m was the fastest ever run in Australia over an international standard course.

**Open female: Carol Harding**

Carol was 6<sup>th</sup> in the ACT Mountain Running Championships, and the only NC runner in the race,

## *Cross country champion*

**Open male: Scott McTaggart**

Scott was 4<sup>th</sup> in the ACT Cross-country Championships, and the first NC runner home, in a time of 38:30 for the 12km event.

**Open female: Kathy Southgate**

Kathy was 5<sup>th</sup> in the ACT Cross-country Championships, and the first

NC runner home, in a time of 32:28 for the 8km event.

## *Race Walking*

**Robert Mathieson**

Robert represented the ACT in the 1500m Walk at the Australian all schools championships last December. He came 10<sup>th</sup> in a time of 7:59.07. At the ACT Championships, Robert slashed this time to win the U16 title in a time of 6:59.22.

## *Most Improved Athlete*

**Scott Crowe**

Scott's pb in the long jump at the end of the 1999-2000 season was around 6.30m. At the end of this season, it stands at 7.72m. Nobody came close to challenging Scott for this award. He won a bronze medal with a leap of 7.13m at the All Schools Championships in December, breaking 7m for the first time. All six of his jumps at the the U20 national championships were valid and all were better than his previous pb. His winning leap of 7.72 had an illegal wind reading, but his second best leap of 7.47m will now be recognised as the ACT residents record.

## *Outstanding club person*

**Clinton Bebb**

Clinton "made things happen". Without his work on the draft strategic and development plans for the club, the Active Australia accreditation would never have been achieved. He was able to come up with new ideas, or egg us on to new directions.

## *Interclub Photos*

Once again a number of members will have received with this newsletter a photo taken at interclub. As with previous ones distributed, most have been taken by David Appleby.

David is a distance runner who's other hobby is photography. He takes lots of photos during the interclub competition (when he'd not competing), and has been giving me any of the North Canberra ones. I've been scanning them for use in newsletters, on the website, and on promotional material for the club. But once I've done that, I'll pass them on to the subjects. Have a look at our website to see some more of David's photos.

## North Canberra Gifts

The running of two inaugural handicap Gifts provided an exciting finish to the athletics season for the North Canberra. Back-marker **Brandan Galic**, off 5 metres, made it through the preliminary round but struggled to peg back those with more generous handicaps in the final. **Harry Guinness**, off 15 metres, took out the major prize money in the sprint, with **Patrick Mossop** coming second off 9 metres. **Phillip McGilvray** (off 22 metres), more known for his performances over marathon distances, picked up third place. The other finalists were **Megan Perry** (also Off 22 metres), and **Scott McTaggart** (off 18 metres).

In the longer event, back markers **Scott McTaggart** (30 metres) and **David Osmond** (5 metres) found the advantage given to the slower runners impossible to make up. The winner of the event was **Robert Clark**, off 276 metres. Coming in second and third were **James Southgate** and **Phillip McGilvray**, both off 285 metres. Also competing, even though she had just participated in the Women's and Girl's fun run, was **Ann Southgate**, off 400metres.

Prize money of \$50, \$30 and \$20 was awarded to the first three placegetters in each race.



*You can tell they're distance runners! Robert Clarke (L - 1<sup>st</sup>) and Phillip McGilvray (R - 3<sup>rd</sup>) finishing the 1500 Gift*

## Ron Clarke Fdn

Athletes wishing to apply for a grant from the R.W.Clarke Foundation should ensure their application reaches the Athletics Australia office no later than 30th April 2001. Applicants should list their recent performances and state the event(s) during the next

few months for which they are requesting assistance.

The R.W.Clarke Foundation may be used to assist young athletes (preferably under 23) to obtain competition at major domestic meets, and to participate in appropriate training camps. Preference will be given to (but not restricted to) those athletes not already receiving support (for example, from an Institute/Academy program).

Contact Linda Butler, or Ken Eynon in the ACT Athletics office for more information if you would like to apply.

## Cross country season

The first pointscore for the 2001 winter cross country season was on 8 April - the Canberra New Balance Marathon. Races will be held each Saturday through to the last pointscore - the Carillon Relays on 8 September.

The starting times for the Saturday races are -

Under 14's Race - 1 km - 12.00 noon.

Short race - 12.15 p.m.

Long race - 1.00 p.m.

The next pointscore for both the seniors and juniors is the Anzac Relay. We're relying on a strong turnout of all our distance runners so we can organise a number of teams. Lack of numbers at the pointscore races (or indeed any races) is an issue of major concern that has been raised with the committee. Let's see if we can turn that around this year and give the other clubs a bit of a fright.

Winter club captains, **Dave Osmond** and **Scott McTaggart** will be chasing members to organise teams, so expect an email or phone call from them.

## New committee members

From the old members to the new - a warm welcome to new committee members **Jeff Wray** and **Erwin McRae**. Both are teachers, but Jeff is more at home with the sprints, while Erwin is a distance runner.

## Coming Events

Saturday, 14 April

Lake Tuggeranong, 1/3/5k

*Cowlishaw St, Greenway*

Saturday, 21 April

Rani Rd 1/3/5k

*Rani Rd, Black Mountain*

Wednesday, 25 April

Anzac Relays (**Jnr, Snr Pointscore**)

*Northcote Dr, Majura*

Saturday, 28 April

Mt Taylor 1/5.4/6.8k

*Off Athlton Drive, near Torrens*

Saturday, 5 May

Dunrossil Drive 1/4.2k (**Jnr, Snr Pointscore**)

*Dunrossil Drive, Yarralumla*

Saturday, 12 May

Nara Peace Park 1/4/8k

*Flynn Dr, Yarralumla*

Saturday, 19 May

Australian Mountain Running Champs  
*Camp Mountain, Brisbane*

Sunday, 20 May

Canberra Half Marathon (**Snr Pointscore**)

*Mariner Pl, Yarralumla*

Saturday, 26 May

Mt Tuggeranong 1/3/5k (**Jnr Pointscore**)

*Callister Cr, Theodore*

Friday, 1 June

ACT Schools CC Champs  
*tba*

Saturday, 2 June

North Lyneham 1/3.2/6.2k (**Snr Pointscore**)

*Salkauskas Cr, North Lyneham*

Saturday, 9 June

ACT Cross Country Championships  
*tba*

Saturday, 16 June

O'Connor Ridge 1/2.5/5k  
*Tucker St, Bruce*

Saturday, 23 June

Longstaff/Pennington 1/4/8/16k (**Snr, Jnr Pointscore**)

*Weston Park, Yarralumla*

## 2001-02 fees

The AGM on 1 April ratified the proposed fee structure for NC for the coming season. Our strong financial position enabled us to reduce the 'club' component of the fee (i.e. that portion retained by NC). Winter only athletes and juniors will pay a \$5 club fee, full year and summer only athletes will pay \$10. Family registrations will be \$15 for full year and summer athletes, and \$10 for winter only.

As the fee payable to ACT Athletics is expected to remain the same as last year, our fees for this season will be:

|                       | Junior | Senior | Family |
|-----------------------|--------|--------|--------|
| Full year             | \$50   | \$70   | \$135  |
| Winter                | \$25   | \$35   | \$75   |
| Summer                | \$40   | \$50   | \$100  |
| Officials             |        | \$10   |        |
| 'Friends of the club' |        | \$5    |        |

*Junior = U14, U16, U18*

*Senior = U20, Open, Vets*

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

## Australian Sports Medal

Two life members of North Canberra were presented with Australian Sports Medals at the end of February – **John Harding** and **Jack Pennington**. These medals are commemorative awards in the Australian system of honors and awards and were only awarded during the year 2000. Our sincere congratulations go out to John and

to Jack. They deserve recognition for the tremendous amount of time and effort they have given to athletics over many years. John and Jack are two of only seven people from the ACT to receive a medal in recognition of their contribution to athletics.

## Changes to dual registration

It is expected that both ACTLAA and ACTAA will ratify proposed changes to the existing system of dual registrations. The proposal is outlined below

Any athlete who already belongs to a little athletics centre only pays the club component of the registration fee (\$5 for juniors) when they join North Canberra. Conversely, any junior member of North Canberra who subsequently joins a little athletics centre is only required to pay the LA club component of the fee.

The two associations will work together to ensure an equal sharing of the cost of this agreement. In effect, it means junior athletes pay a combined 'peak body' registration fee, but two separate 'club' fees.

The agreement covers all juniors who are members of both associations, whatever their agegroup.

If you have any queries about dual registrations, please talk to either Barbara Wagstaff or Linda Butler.

## New on the web

Our website continues to be updated, and it is worth visiting it every few weeks to check out what is new.

- The competition calendar is regularly updated, and now covers the cross-country season.
- Draft strategic and development plans have been posted in the Committee section of the site, and the final versions will also be placed there when completed.
- Two new sections being planned will cover records and awards. Over the winter season the committee will be compiling a historical list of all winners of the major annual NC awards, and will be creating a set of club records. As soon as these have been completed, they will be put onto the website.

## Late News

**Matthew Bell** had a very successful weekend at the national championships for athletes with a disability. He picked up one silver and two bronze medals, and recorded big pb's in both the 100m and 200m. **Damien Burroughs** took the bronze in his favoured event, the discus. In May, Damien is off overseas to a training camp in Hungary with Stuart Rendell. Have fun Damien, and we hope the training pays dividends!

**Phillip McGilvray** came 10<sup>th</sup> in the Canberra Marathon in a time of 2:38.34. Phillip was the 3<sup>rd</sup> ACT runner home - Congratulations!

## North Canberra Athletics Club Inc.

### 2001-02 Committee

|                                  |                  |           |  |
|----------------------------------|------------------|-----------|--|
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