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edited by Linda Butler



Northern news

Newsletter of North Canberra-Gungahlin Athletics
P.O. Box 1221, Belconnen, ACT 2616
<http://www.angelfire.com/nc/NCAC>

Inside this issue

- 1 New name: North Canberra-Gungahlin
Graphic artist needed

Welcome to new members

LA's selections

Norths gifts, annual awards, and AGM

New national champ
- 2 ACT Championships
25th Empire State Building run-up
- 3 Norths birthdays

Cross country starts

Coming events
- 4 ACT Sports Industry Awards success
Gungahlin meeting

Season extended

Noteworthy performance

Committee nomination form

NCGA, proudly sponsored by:



We have a new name:

North Canberra-Gungahlin

The special general meeting held on Saturday 2 March at the Bruce Athletics Track voted unanimously in favour of the motion to change our name to North Canberra - Gungahlin Athletics Club Incorporated. The club will commonly be known as North Canberra-Gungahlin Athletics.

..so a graphic artist is needed

Do we have any talented graphic artists in the club – or anyone handy with standard software programs who is willing to have a go? We need your help urgently. With the change in name, the club needs a new logo to use on the running top, on the website, on all club stationary, and on a new banner we will have made. Unfortunately none of the current committee have talents in this direction. We'd like to have the new logo as soon as possible, so please get in touch with me if you can help or know someone else who may be able to assist.

Welcome to new members

I'd like to extend a warm welcome to five new members who have joined the club recently:

Two additional athletes from Chris Timpson's AWD squad have joined us – **Samuel Turk** (U16) and **Lisa Allen** (Open). Also joining us are **Jon England** (U18), **Lucas Lodi** (U16) and **Ethan Gould** (U14).

LA's selections

Alice Coddington and Lucas Lodi are off to the Australian Teams Championships in April, representing the ACT. We wish both athletes the best of luck and hope you enjoy

yourselves and come back with a couple of pbs each.

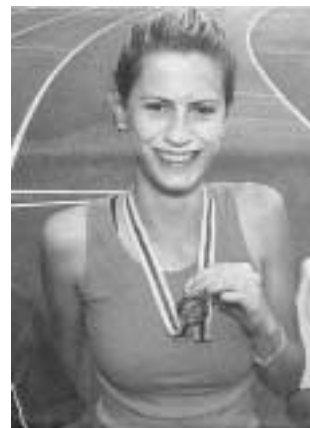
Norths gift, annual awards, and AGM

Following on the success of last year's event, we will be repeating the program for this year's end-of-season wrap-up. Things have been a bit delayed this year with the national titles not being held till mid-April, and we can't finalise all our awards until then. So we've set the date for **Sunday 28 April.**

We'll start off proceedings at 11.30am with the heats of the 100m races, then the 1500m race and followed by the final of the 100m. As was the case last year, these will be handicap races with prizemoney for the first three placegetters: \$50 for 1st, \$30 for 2nd and \$20 for 3rd. This year there'll be a change to the handicap system for the 1500m - we'll be using a time handicap rather than a distance handicap. Rob Hathaway will again be in charge of the handicaps.

Following the races we will be providing a barbecue lunch while we conduct the AGM, and will then finish up with the presentation of the awards for the season.

New national champ



Congratulations to **Sian Macdonald**, the new national U18 high jump champion. Sian took out the title with a pb of 1.70m. *Photo: Canberra Times*

ACT Championships

Club members had a successful couple of days over the Canberra Day long-weekend in March. Those who can now lay claim to the title of ACT Champion are:

Sian Macdonald: high jump (open)

Jeff Wray: 400m (open)

Erwin McRae: 1500m (open)

Lachlan Wilkinson: 5000m W (open)

Scott Crowe: long jump (U20)

David Wall: 100m, 200m (U18)

Stephanie Hudson: 90mH, 200mH (U16)

Brandan Galic: 100m, 200m (U16)

Matthew Parsons: shot put, discus, hammer, javelin (U16)

Amy McIlrick: 100m, 200m, long jump, triple jump (U14)

Amber Jarrett: Javelin (U14)

Other ACT placegetters were: **Jeff Wray** (3rd 800m open), **Robin Whyte** (3rd 5000mW open), **Jan Legg** (3rd discus U18), **Jon England** (2nd 100m, 3rd 200m U18), **Alice Coddington** (2nd 100m, 200m, long jump, triple jump U16), **Stephanie Hudson** (2nd 1500mW, 3rd 2000m St U16), **Chelsea Hosking** (2nd high jump U16), **Lucas Lodi** (3rd 400m, 2nd high jump U16), **Matthew Parsons** (2nd long jump U16), **Amber Jarrett** (3rd 100m, U14), **Eileen Baker** (3rd 400m, 2nd 80mH, 3rd triple jump U14) and **Amy McIlrick** (2nd high jump U14).

As with any state championships, athletes relished the competition and many pb's were produced on the day. It was great to see **Alice Coddington** back and running and jumping really well. Her times this year were a big improvement from last year's champs - 100m in 12.62 (last year 13.33), 200m in 26.42 (last year 27.45), long jump 5.13 (4.49) and triple jump 10.83 (10.05).

Brandan Galic equalled his new ACT U16 100m record of 11.13. His 200m time of 22.46 was just outside the new ACT record he set the previous weekend at the NSW champs - 22.22.

Matthew Parsons set a number of pbs over the weekend, the most impressive of which was his 39.07m in the javelin - considerably better than last year's 29.32m.

Patrick Mossop revelled in the strong competition with pbs in the 100m (11.49), over half a second faster than last year, and in the 200m (23.26).

It was great to see **Scott Crowe** back jumping after a long lay-off from injury. The Open/U20 long jump event did not start till after everything else had finished on the Sunday, but he still had a pretty impressive group of spectators. Jai Taurima was directing the tempo of the clapping during Scott's run-up, and others who stayed around to watch included Andrew Murphy and Matt Beckenham. Scott produced three jumps over 7 metres, his best two at 7.41 and 7.43, just shy of another world junior qualifier.

As this newsletter went to print, I had not yet found out the medallists in the events for AWD athletes, but will list those in the next edition - I'm sure we will have some more achievements to report once these have been finalised.

25th Empire State Building run-up

by Paul Crake

The preparation for this year's run-up didn't exactly go according to plan. Three weeks out I competed in the Crackenback Challenge in Thredbo, where I ran my slowest time since first competing five years ago. This race is always a good indicator of how I will run in Empire State. I realised immediately that training needed to be reduced and effort put into the stairs.

All was going well up until my departure for New York when I came down with a respiratory infection. The combination of the long flight (via London) and my state of health left me feeling rather tired and jet lagged upon arrival into New York. In the final days leading up to the race I was able to gain access to the stairs in Empire State Building and do a few trial runs. I ran well and importantly had my confidence back.

On arrival at the building, come race day, I chatted to various people I had not seen since last year. 30 minutes out from the race conversation ceased and I began my warm-up.

The women's field started five minutes in front of the males. This period seemed to take an eternity and too much of this is a recipe for grey hair - very stressful. I position myself on the start with about 1 minute to go. I note the starter is one of the race sponsors, so invariably the time between 'on your marks' and the gun is very difficult to predict.

The gun goes, I time it well and I'm on target to hit the stairwell in first place, however Sproule Love, an American manages to edge me out and take it into the stairwell. I've always said it's important to get through the stairwell cleanly, but that also applies to the first flight. I find I have one hand on the bottom of the rail and one on the steps heading up the first flight. I don't remember that happening before! Maybe someone pushed me from behind, who knows, everything happens so quickly. Thankfully I stay



The start of the race - Paul is no.25

on my feet.

Immediately the American disappears out of sight. I'm not concerned but remember he finished 3rd last year and I had given him a few training tips! Unlike in previous years the runners behind me patiently stay where they are and don't attempt any overtaking moves. I quickly find rhythm and shortly after we reach the 20th floor and change stairwells. To my surprise I catch a glimpse of the American – so much for those training tips!

At the 25th floor I make the overtaking move into first place. Sproule hangs on but by the 35-40th floor I am alone, apart from the women who I seem to be passing on a regular basis.

To maintain focus I avoid looking at the floor numbers too often. When I eventually look and see 50 I'm rather disappointed. I was hoping to be in the 60's, especially considering how the body was feeling. I begin playing the mental games and telling myself that there is not far to go. It is at this stage each year that I endeavor to pick up the pace and this year is no different. In another stair race last year I was overtaken and beaten in the closing stages, and that same runner was somewhere behind me in this field.

It is a great relief when I finally reached the 86th floor and onto the outside observation deck. Up go the arms and through the finishing tape. My official time was 9minutes 40seconds, only 3 seconds off my record set last year. Considering the challenges I was faced with in the weeks leading up to the race I couldn't have been happier.

This year's event had greater importance as a result of the September 11 attacks. The race, as in previous years, attracted competitors from New York's fire fighting and police departments. Many firefighters did the run-up in memory of friends they lost on September 11. The event demonstrates that Americans now have the confidence to move forward in life and regain some sense of normality.

Norths Birthdays

March and April seem to be big months for birthdays in the club. Only two with an '0' at the end though - Lisa Allan turns 20 on the 20th April, and Bronwyn Parsons celebrates a big one

on the 6th April. Other birthdays are (and I'll be kind and not mention ages for those who won't see 30 again!):

4th March - **Matthew Parsons** (14)

9th March - **Owen Heness**

16th March - **Jeff Wray** (26)

18th March - **Jaya Thursfield** (26)

20th March - **Erwin McRae** (26)

29th March - **Bob McFadden**

2nd April - **Dean Folino** (15)

2nd April - **David Osmond** (28)

3rd April - **Jon England** (17)

4th April - **Brooke Brosnahan** (14)

10th April - **Robert Clark**

17th April - **Visit Manyoun** (27)

26th April - **Cassie Wright** (13)

27th April - **James Schofield**

Hope I haven't missed anyone, and hope you all have/had a great day.

Cross country starts

ACT Cross Country Club

The 2002 cross country season kicks off on 6 April with a 4k run from Regatta Point. Race details can be found in the Coming Events column.

The race times for most cross country events held on a Saturday are:

12 noon	1km
12:15	short race
1pm	long race

We saw an increased number of Norths runners last year, and the aim this year is to have a full team from the club for each pointscore event.

Northside Schools Cross-country

Also starting on the 6th April is the Northside Schools cross-country competition, supported by our club and ably conducted once again by life member **John Harding** and his wife Carol.

Registrations will be taken on 6th April between 8 and 9am. Three races will be held on the day:

8.30am	1k for U11s
8.40am	1k for U7s and U9s, and 300m for U5s.
8.50am	2k for everyone else.

All competitors on the day will receive an Easter egg.

Northside Schools cross-country is sponsored this year by:



Project Management, Training and Project Support
Phone: 6254 3007

Coming Events

Saturday 6 April

Regatta Point 4km

Regatta Point, Commonwealth Park

11-14 April

Telstra A Open, U20 & AWD National Championships

ANZ Stadium, Brisbane

Saturday 13 April

Marathon Eve - 5km/10km

Telopea Park High School, 4pm

Sunday 14 April

Canberra Marathon - **snr pointscore**

Telopea Park High School, 7am

19-21 April

Australian Teams Championships-LAA

Adelaide

Saturday 20 April

Mt Tuggeranong 1/3/5km

Callister Cr, Theodore

Sunday 21 April

Australian Mountain Running Champs

Mt Buffalo, Victoria

25 April

Anzac Relays - **jnr & snr pointscore**

Northcote Dr, Majura

Saturday 27 April

Rani Road 1/3/5km

Rani Rd, Black Mountain

Sunday 28 April

Lest We Forget Run

Gallipoli Reach (off Wendouree Dr)

Saturday 4 May

Molonglo Gorge 1/3.5/7km - **snr points**

Sutton Rd

Saturday 11 May

Duffy Pines 1/4/8 km

Eucumbene Dr, Duffy

Sunday 19 May

Canberra Half Marathon - **snr points**

Mariner Place, Yarralumla, 9am

Saturday 25 May

Stranger Hill 1/3.5/7km

Pine Island Road

Saturday 1 June

Molonglo Reach 1/5/10km - **jnr & snr pointscore**

Moorshead Dr, Russell

ACT Sports Industry Awards success

One tangible benefit of undergoing the Active Australia accreditation process has been access to awards such as those given out by the ACT Dept of Sport & Rec. Michael Thomson and I represented the club at the 2001 ACT Sports Industry Awards presentation lunch. Norths won the club award in the organisational development category, for which we received a cheque for \$500, a plaque and a magnum of red wine. The committee is still deciding the fate of the wine!

Gungahlin meeting

There will be a public meeting at the Gungahlin Lakes Golf Club on **Tuesday 9 May at 7.30pm** to discuss the setting up of a Little Athletics club in the area. If you know of anyone who might be interested, please let them know. The meeting is the first step in the process to have the new centre up and running by the start of next season.

Out-going committee

A new committee will be voted in at the club AGM on 28 April. As always, there will be some vacancies and I urge anyone interested to fill out the form below.

I'd like to take this opportunity to thank the members of the out-going committee for all their work and support over the last twelve months. I

think we've all achieved quite a lot. The efforts mightn't always be obvious, but I believe we're in a sound position to take full advantage of our move into the Gungahlin area, and for this I take my hat off to each one. Any queries in the final month of the season can be directed to any one of us:

Linda Butler 6254 2201
Owen Heness 6254 6332
Barbara Wagstaff 6251 6698
Patrick Mossop 6255 2232
Andrew Fiddian 6258 6320
Rob Hathaway 6241 9556
David Osmond 6247 7662
Jeff Wray 6259 7502
Erwin McRae 6282 9446

Season extended

For those athletes competing in the National championships in Brisbane from 11-14 April, please note that your current (i.e. 2001-02) registration covers you for this competition.

Noteworthy effort

Talking of committee members, one performance leapt out at me when I was collating the results a few weeks ago. Couldn't resist putting a copy of it in this newsletter. I think I'll arrange for **Rohan Walker** to give **Jeff Wray** a few tips on technique. In a totally unrelated result on the same day, **Sian Macdonald** cleared 1.60m in the under 18 high jump.



ACT ATHLETICS RESULTS

EVENT POLE VAULT
DATE 12.2.2002

Order	Regist. number	Name	Club	Age Group	1.40	1.50	1.60	3.00	3.40
1 st	529	Nic Fox	WH	O				-	0
2 nd	341	Scott Danks	SET	O					
3 rd	320	Aiden Danks	SET	O					
4 th	420	Caitlin Warrad	WE	U14	0	0	xxx		
5 th	557	NIC KERBRIDGE	WH	D					xxx
6 th	126	JEFF WRAY	NC	O		x0			
7 th	572	Mk Bootes	VH	18				xxx	

North Canberra-Gungahlin Athletics Committee Nomination Form

It's that time of year again! Nominations are called for the 2002-03 North Canberra-Gungahlin Athletics committee. All positions will be declared vacant at the AGM on 1 April.

We, the undersigned, nominate _____

For the position of _____

Nominated by _____
name signature date

Seconded by _____
name signature date

Signature of nominee _____
signature date