



NORTHS NEWS

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

April 1999

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Ooops.....

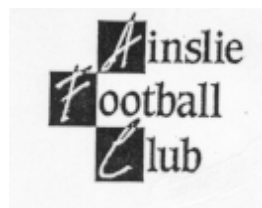
I made a bit of a mistake last newsletter!

The AGM and Presentation Night is on Wednesday 21st April

- not 28th April as I put in the last newsletter. However, I did get the venue right:

Ainslie Football Club
52 Wakefield Ave
7.30pm

After the AGM, when the new committee will be elected, awards for the 1998-99 summer and winter seasons will be presented. This will be followed by light refreshments.



And the nominees are

A number of the trophies to be awarded on the 21st April are based on winter and summer pointscores and did not tax the collective capabilities of the selectors too heavily. The "most outstanding" awards, however, were another matter. The selectors, Owen Heness, Linda Butler and Dave Osmond, faced some pretty hard decisions.

To be considered for the "most outstanding" award in a particular category, athletes have to be at or near national qualifying standard for their age group. For the juniors, this was a particularly tough call this year due to the change in age group calculations. We hope that Athletics Australia will

amend the standards to a more realistic level for next year.

The athletes considered for these awards were (listed alphabetically):

Senior male

Shaun Creighton
Adam Leane
Erwin McRae

Under 20 male

Martin Bye
Jason Scoullar
Rohan Walker

Under 18 male

Scott Crowe
Connell O'Neill

Under 16 male

Jeffrey Boreham
Nicholas Kouparitsas

Under 16 female

Sian Macdonald
Amy Martyn
Marnie Ponton

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Most improved

Erin Cooper
Adam Leane

Athlete with a disability

Damien Burroughs
Steve Eaton
Richard Nicholson

You'll have to come to the presentation night to see who wins!

Other athletes whose names featured prominently in deliberations over the various other awards were (again in alphabetical order):

Jennifer Beer
Graham Burke
Ben Crabb
Paul Crake
Carol Harding
Andrew Lees
Ian Mackenzie
Nicki Taws

Summer series double for North Canberra

The finalisation of the ACT Cross Country Club's summer series pointscore saw an impressive result for North Canberra. Our athletes topped both the mens and womens tables.

Congratulations to **Dave Osmond** who won the men's competition, and **Susan Hobson** victor in the women's. Tremendous to see Susan running back into great form after the arrival of her second son.

Off to world champs

Congratulations to **Shaun Creighton** who has been selected in the Australian team to run the marathon at the World Championships in Seville, Spain from August 20th - 29th.

Best of luck, Shaun - all at North Canberra hope you have a great run!

Athlete profile: *Erin Cooper*



School: Daramalan College

Favourite subject: PE

Most hated subject: Maths (original hey!) and commerce

When and where did you start athletics? I started athletics for Corroboree LAs in about U10s then I moved to Bel Wests.

Favourite events: 100m and triple jump

Best moment in athletics: Running my first sub 13s time. It was 12.96 – I know it's not that far under, but it had taken me so long to get it! I was so happy ☺.

Other sports: I play hockey and a little bit of touch footy

Sporting heroes:
♥Matt Shirvington♥ and Lauren Hewett.

Career goals, sporting or otherwise: OLYMPICS! One day I want to represent Australia at the Olympic Games. I want to go for athletics or hockey.

Favourite -

Pastimes: Learning to skate board

TV show: Dawsons Creek

Food: Chocolate. mmmmmmm

Music: Blink 182, The Living End

Erin is our Under 18 pointscore machine!

Proposed fees for 1999-2000

ACTAA has increased their registration fees for next summer season. The increase will cover the cost of providing each registered athlete with a copy of the summer handbook. Given the club's improved financial position, we expect to be able to absorb the increase and retain fees at last year's levels, which are detailed below, however these are still to be ratified at the AGM.

Winter Season Only:

| | |
|----------------------------|------|
| Senior & Under 20 athletes | \$45 |
| Under 18, 16 & 14 athletes | \$30 |
| Families | \$70 |

Summer Season Only:

| | |
|----------------------------|------|
| Senior & Under 20 athletes | \$50 |
| Under 18, 16 & 14 athletes | \$40 |
| Families | \$90 |

Full Year

| | |
|----------------------------|-------|
| Senior & Under 20 athletes | \$70 |
| Under 18, 16 & 14 athletes | \$50 |
| Families | \$120 |

Officials

\$10

And a timely reminder to all those distance runners in our ranks – registrations for the 1999-2000 season are now due. Registration forms, and a full supply of our new competition singlets, will be available at the Anzac Relays or from our Registrar, Barbara Wagstaff.

Northside schools cross-country

The Saturday morning cross-country races organised by John Harding will start on 17 April. Runners should gather at McDermott Place, Lake Ginninderra from 8.30am onwards. If John and Carol run true to form, there'll be plenty of easter eggs for the first couple of weeks.

Still king of the stairs

Paul Crake's excellent recent form has continued into 1999 with a major win recorded on Saturday 26 February. Paul won the highly prestigious stair race up the 1576 steps of the Empire State Building in New York. And he wasn't just content to win, but set a new record in the process, reaching the 86th floor observation deck in just 10 minutes and 15 seconds. This broke the previous record, also held by an Australian, Geoff Case, by 3 seconds.

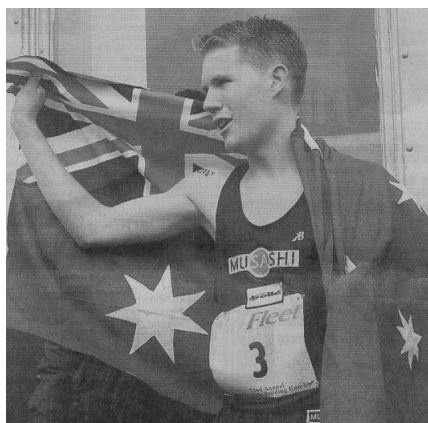


photo courtesy of Canberra Times

Results from nationals

A small contingent of North Canberra athletes went to the national titles this year, with some good results. Well done!

U20 Champs, Melbourne, 18-20 March

Martin Bye, 5000m 15:30.12, 5th
Jason Scoullar, 400m H 58.47s, 6th

U20 Multi-events Champs, Hobart, 25-26 February

Rohan Walker, Australian under-20 Champion. 6250pts (11.87(+1.3), 6.39m(+2.5), 9.30m, 1.80m, 51.12, 16.15(+0.9), 33.13m, 4.10m, 43.18m, 4:38.47)

Committee profile: *Owen Heness*



NC Position: Committee member

Where can you usually be found during interclub? Near the finish line

Your most embarrassing moment as an official: Forgot to turn off the watch to time the winner in an exciting close finish.

Weekday job: Police officer.

Were you an athlete when you weren't so old? Yes

Favourite events: 200m

Best moment in athletics: Gold medals in 100m, 200m and long jump at 1988 International Law Enforcement Olympics.

Worst moment in athletics: Paid \$160 entry fee and couldn't compete in Police and Fire Games, Melbourne 1995.

Sporting heroes: Pancho Gonzales and Rod Laver.

Favourite -

Pastimes: Gardening, athletics

TV show: Yes Minister

Food: Roast Pork

Music: Bagpipe

Owen is also president of ACT Athletics.

Coming Events

Saturday, 10 April

Marathon Eve 5/10k fun run
Telopea Park School – 4pm

Sunday, 11 April

New Balance Canberra Marathon
Telopea Park School – 7am

Friday – Sunday, 16 – 18 April

Australian Championships for athletes with a disability
Bruce Athletics track

Saturday, 17 April

Duffy Pines 1/3.1/8.1k – junior pointscore race

Wednesday, 21 April

North Canberra AGM and Awards Presentation night.
Ainslie Football Club – 7.30pm

Saturday, 24 April

Anzac Relays – junior and senior pointscore race

Tuesday, 27 April

ACT Athletics AGM
University of Canberra Sports Centre – 7.30pm

Saturday, 1 May

ACT Mountain Running Champs and ACT cross country club event
Rani Rd – CCC events - 1pm
Mtn. Running Champs - 2.30pm

Friday, 7 May

ACT Athletics Presentation Dinner
University of Canberra

Saturday, 8 May

North Lyneham – 1/3.1/6.2k – jnr pointscore race and trial for Australian cross country champs.

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Ron Clarke foundation grants

We have just received notice from Athletics Australia that the next round of grants (of up to \$500) from the R.W.Clarke Foundation close on 30 April. The foundation is used to assist young athletes (preferably under 23) to obtain competition at major domestic meets e.g. national championships, Grand Prix events. **Rohan Walker** obtained a grant last year.

Preference will be given (but not restricted to) those athletes not already receiving support from programs such as the ACT Academy of Sport.

Athletes should apply personally by **hand writing** their application and **mailing** it to Athletics Australia at Suite 22, Fawkner Towers, 431 St Kilda Rd, Melbourne, VIC 3004.

Athletes should apply for assistance to events conducted in the next few months - there will be no retrospective payments.

Contact Linda Butler if you require any further details.

NCAC Contacts

Outgoing committee for 1998/99:

| | | |
|-----------------------|---|---|
| <i>President</i> | Dudley Scoullar 17 Chandler St, Belconnen | 6253 5223 (h and w) 6254 7624 (fax) scoullar@clover.com.au |
| <i>Secretary</i> | Ian Mackenzie 6 Erskine St, Macquarie | 6251 4263 (h) 6205 1164 (w) 6205 1095(fax) ian_mackenzie@dpa.act.gov.au |
| <i>Registrar</i> | Barbara Wagstaff 8/27 Crisp Circuit, Bruce | 6251 6698 (h) 6205 7801 (w) 6205 7789(fax) |
| <i>Vice President</i> | Linda Butler | 6254 2201 (h) |
| <i>Treasurer</i> | Adam Leane | 6251 5639 (h) |
| <i>Committee</i> | Andrew Fiddian David Osmond | Owen Henness Greg Webster |

Postal Address:

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

Committee Nomination Form



It's that time of year again! Nominations are called for the 1999-2000 North Canberra Athletics Club Inc. committee. All positions will be declared vacant at the AGM on 21 April.

We, the undersigned, nominate _____

For the position of _____

Nominated by _____
name signature date

Seconded by _____
name signature date

Signature of nominee _____
signature date