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

World student cross - country champs

Jena, Germany, 23-26 March

by Scott McTaggart

uneven grass made it a deceptively hard course.

The race didn't really go according to plan. I did not get a good start and ended up near the back of the pack after the first 200m. I moved through the



Scott (no 218) and Australian team-mates at the start of the race

My trip to Jena began early Friday morning. I managed to get on one of the last flights from Canberra to Melbourne to meet up with other members of the team before I embarked on my first overseas trip representing Australia. I was excited and eagerly looking forward to arriving in Europe.

We spent the first couple of days after arriving in Europe at St Gallen, a pleasant little town in Switzerland. In St Gallen we were able to relax and get over the jet-lag while enjoying some sightseeing and a chance to see snow in the middle of March. The highlight of the stay there was a trip to Mount Santis where we rode a Gondola to the summit.

After our short training camp in St Gallen we made our way across to Jena, Germany for the Championships. The 12km course consisted of 6 laps of 2km. The construction of three grass mounds on the course, one of which was followed by 30 metres of soft sand and tight curves of soft and slightly

pack over the first three laps but found by 6 km my legs were very tired and facing another 6km on this course was going to be very tough. I fell back through the pack and finished in 90th place. I was very disappointed with my performance, as it did not reflect my pre-race performance or indicate the sort of result that I had expected to deliver. However, I did learn a lot from the trip and will approach my next overseas competition much wiser as a result of the experience.

I completed my trip with a week in Milan catching up with friends. The trip to Venice and the delicious home cooked Italian meals were most appreciated.

I would like to thank the ACT Government, ACT Athletics and North Canberra Athletics Club for the subsidy of my trip to Jena. The grant was much appreciated as it made affording the trip that much easier.

ed.: a photo of Scott during the race appears on page 4 of this newsletter.

John Harding's leg of the Torch Relay

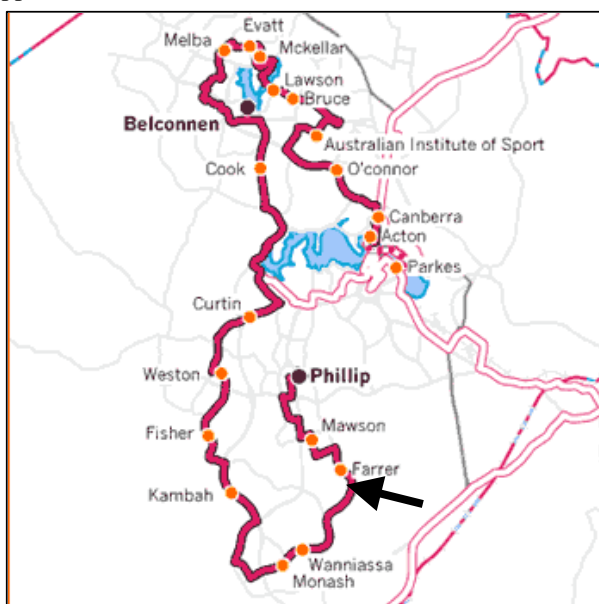


John Harding, a life member of both North Canberra and ACT Athletics, has been selected to carry the Olympic Torch at 5.51pm on Wednesday 6th September along Yamba Drive at Farrer. The Torch Relay rules say that you cannot run with John for the 400m he has been allocated, though you can run along the bike path and footpath adjacent to the road.

We hope that the presentation of the \$1000 cheque for our Athletics Australia club award can be made soon after John's leg of the relay. AA is currently organising publicity for the award, and we will keep you posted via email and on the North Canberra website of further details as soon as they become available. In any event, we hope to see a big turnout to cheer on our club member who certainly deserves the honour of carrying the torch.

A map of the route taken by the torch, with an arrow to the approximate location of John's leg, is shown below.

John has warned that it's likely to be one of the slowest "runs" he'll ever do. As he only gets to run 400 metres, he's going to make it last as long as he can.



Olympics quiz

Here's a quiz to get you in the Olympic spirit. There's a french flavour, as it is one of the two official languages of the Olympic Games -you'll hear it quite a lot at Stadium Australia. The answers are given on page 4.

1. What is the French for:
 - a. Start
 - b. High jump
 - c. Hammer
 - d. Stadium
 - e. Fosbury flop
2. Match the following English and French terms:

Take off	le saut à la perche
Shot put	la barre
Long jump	les montants du sautoir
Pole vault	le saut en longueur
Crossbar	le lancement du poids
Uprights	l'apel
3. Which three current or former members of North Canberra have competed in the Olympic Games?
4. What is the Paralympics mascot?
5. The Olympic motto in Latin is "Citius. Altius. Fortius". What is the english translation?
6. When was the first Paralympic Games held, and in which city?
7. What is the earliest games of the Ancient Olympics for which records survive?

Australian Selections

Once again North Canberra has two representatives in the Australian mountain running team – **Paul Crake** and **David Osmond**. The world championships will be held at Bergen, Germany, on 9 September.

News from ACT Athletics

This column has been introduced to provide a summary of the main items coming from ACT Athletics that may be of interest to the club and its members. These are presented in summary form, but more detail on any point can be obtained by contacting committee members or Carly at the ACT Athletics office (ph: 6247 1504).

- The summer track and field season for 2000-01 will commence with the Sunsmart Games, to be held at the AIS track on the first two Saturdays in October – 7th and 13th (i.e. in between the Olympics and Paralympics)
- A St Johns First Aid Level 2 (Sport) Certificate course will be conducted on October 14 and 15 at the St Johns Training Centre at Deakin. This is available to people over the age of 16 and is suitable for athletes, coaches, officials and parents. (contact: 6282 2399)
- ACT Athletics has a new web address:
<http://www.sportnet.com.au/athletics/act/state/>
- Day registration fees for unregistered athletes are expected to be set at \$8 for seniors and \$5 for juniors, so it's well worth joining a club!
- Coaches who are current financial members of the ACT Track and Field Coaches Association will be admitted to the AIS track free on competition days.
- Under 14 athletes already registered with a Little Athletics club may register with a senior athletics club for free. If they do not register, then day registration fees will apply.
- Older junior athletes (i.e. under 16) registered with Little Athletics clubs must either pay to join a senior club or pay a day registration fee in order to compete at interclub.
- Members of the ACT Veterans club must join an ACT Athletics club or pay a day registration fee in order to compete at interclub.
- Entries for the Australian half marathon championships close on Monday 14 august, and must be forwarded through the ACT office.

Chris Cook would be proud - a call for support

from Danny O'Dea

A little over a year since Chris Cook's death and members may have noticed that (now) 14 year old Daniel Cook is no longer a regular athletics competitor. Rest assured Dan is not veging out in front of the TV or computer, rather he is training hard with the AIS junior road cycling squad.

The AIS talent identification team came to Queanbeyan High School last year and singled out Dan as having an aptitude for the sport (wouldn't Chris have been bursting with pride!). While Dan loves his running, he decided to give the cycling program a go, and is enjoying it and performing well. Chris's wife Amelie is giving Dan all the support possible: driving from Queanbeyan to Canberra three times a week for the 6am training sessions (and getting in an hour plus walk in the cold and dark while waiting for Dan) and there's training and races (sometimes far afield) on the weekend. Amelie has made sure Dan has the required gear eg made to measure bike, all the clothes required for cycling in minus 5 degrees etc.

As many will be aware and others can imagine, cycling is an expensive sport. In Chris's memory, various people have suggested giving Amelie an unsolicited helping hand with Dan's cycling expenses. While many fund raising options were bandied about we've settled on what we think is the most efficient (and something that will happen rather than just be talked about). An account has been opened with the Belconnen Mall branch of the Commonwealth Bank, the "Daniel Cook Cycling Fund" (branch & account number: 2913 10374852), with myself and Phil Aungles as authorised operators. People can support Dan by making a deposit directly into the account (ie simply fill out a green deposit slip at any branch of the Commonwealth Bank). We'll publicise the fund raising account in the obvious ways eg Canberra runner, direct emails to likely donors etc. (any other ideas?). We'll keep the account open for a few months, then close off and publicise the result and hand the funds over to

Amelie in a suitable public forum (eg at a cross country club event).

The account details are summarised below. It doesn't matter how small individual donations are, they all add up to support for Dan and Amelie in the absence of Chris. If you have any queries or suggestions please give me (H: 6247 0632, W:6252 5336) or Phil Aungles (H: 6285 2270) a call.

"Daniel Cook Cycling Fund"
Commonwealth Bank branch &
account number: 2913 10374852

Simply fill out a green deposit slip at any branch of the Commonwealth Bank

Thanks

News from the committee

This the second new column for the newsletter which is planned to appear on a regular basis. In it I will be reporting any major decisions or items of interest to come out of the previous two meetings.

- At its June meeting, the committee set subsidy levels for the coming year. The club will continue to subsidise athletes for half their travel costs to all national championships conducted under the auspices of Athletics Australia.
- The subsidy level for overseas travel was set at \$400 for those athletes representing Australia at a recognised IAAF meet (in this context, New Zealand is not regarded as "overseas").
- Photos required. Does anyone have any photos of athletes competing in North Canberra uniform that I could scan to use for the promotional poster being developed by Martin Bye? We'd like to cover a range of events. If you have some, please get in touch and I will arrange pickup and return.

Soccer skills put to good use

Club member, Utah Jared Nirvana, is going to put his soccer skills to good use on 3 August in a fund-raising exercise at Kaleen Sports Club. Starting at 10pm, he will attempt to keep a ball in the air for 10 hours and break the Australian record, at the same time raising money for the University of Canberra soccer club and ACT Camp Quality.

Coming Events

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

Saturday, 5 August
Molonglo Gorge /4.5/9kms - **Chris Cook Memorial**
Sutton Road

Saturday, 5 August
Australian Cross Country Champs
Melbourne

Saturday, 12 August
Coolleman Ridge 1/3/6km (Turkey Handicap)
Kathner St, Chapman

16-19 August
International Selection Meet
Stadium Australia, Sydney

Saturday, 19 August
Eucalypt Trail 1/3.4/6.8 kms (**jnr & snr pointscore**)
Purdie St, Bruce

Saturday, 26 August
Pinnacle 1/4/8 kms – Novice (women 4kms, men 8 kms)
Springvale Dr, Weetangera

Sunday, 27 August
Australian Half Marathon Champs
Noosa

Sunday, 3 September
Canberra Times Fun Run
Phillip

Saturday, 9 September
Carillon Relays 4 x 3kms (**jnr & snr pointscore**)
Wendouree Dr, Parkes

22-30 September
Olympic Games Athletics
Stadium Australia, Sydney

Saturday, 7 October
Sunsmart Games
AIS track, Bruce

Saturday, 14 October
Sunsmart Games
AIS track, Bruce

20-28 October
Paralympic Games Athletics
Stadium Australia, Sydney

Recent Results

Two North Canberra runners performed with distinction in the recent City to Surf. **Scott McTaggart** was 12th in 43:46, while **Trent Harlow** was 17th in 44:41. Former Norths member, **Susan Hobson**, won the women's race. Also competing were **Geoff Sims**, who came 3225th in 68:03, and Geoff's wife **Kathy**, who competed the course in 98:20.

I missed a couple of results from the Pacific School Games in the last newsletter. **Patrick Cape** did a PB in the 13 yrs boys triple jump. Patrick was rather impressed by the size of one of his 13year old opponents – 6'4"! **Scott Tomlinson** came 6th in his heat of the 800m in 2:16.86, and 10th in the final of the 1500m in 4:45.21.

With just two pointscore races of the cross country season left, **Graham Burke** has a clear lead in our distance runner of the year contest. Graham is on 86 points, ahead of **David Osmond** on 76 and **Peter Haynes** on 73.

A number of our athletes were selected in ACT teams to compete in the Australian cross country championships being held in Melbourne on the 5th August - **Kathy Southgate** (open), **Ruth Kennedy** (U20), **Marni Ponton** (U18), **Scott McTaggart** (open), **David Osmond** (reserve, open). Competing in the All Schools championships are: **Scott Tomlinson**, **Patrick Cape**, **Michael Daly**, **Marnie Ponton**, **Katira Davis** and **Holly Smith** (secondary), **Anne Southgate**, **Luke Davis** and **Hillory Davis** (primary). **Michele Davis** is coach.

The Harding family had a successful orienteering campaign over the school holidays. **Heather Harding** is the W12 Australian and Asia-Pacific

champion. **Mathew Harding** is the Australian resident champion for his age group, and the Asia-Pacific short-course champion. Congratulations Heather and Patrick.

Olympic/Paralympic volunteers needed

Michael Thompson has sent an email to say there are still some Olympics and Paralympics volunteer positions to be filled. There are five positions as training site attendants (could be positioned at Bankstown, Blacktown, Campbelltown, SIAC1 or SIAC2). These positions will be rotated thru the venues, working 4 days on, 1 day off.

There are also positions in Stadium Australia, working in the Print Distribution area (delivering results to the media).

The Paralympics also has some 25 positions still to be filled. If anyone is interested in becoming a volunteer, then give me a call on (6254 2201 – home), or drop me a line by email at linda.butler@anu.edu.au. I'll fill you in on more details and pass your contact information onto Michael.

Olympic selection trials

We wish the three North Canberra athletes competing in the Olympic Trials at Stadium Australia the best of luck. Competing will be **Shaun Creighton** (5000m and 10000m), **Irwin McRae** (1500m) and **Trent Harlow** (5000m). Unfortunately, **Rohan Walker** has had to pull out of the decathlon with stress fractures to both legs. The good news is that the damage is minor (if anything like that can be!), and Rohan hopes to be back training in 4 to 6 weeks.

Answers to quiz

1a. le départ, b.le saut en hauteur, c. le lancement du manteau, d. le stad, e. le Fosbury flop

2. take off = l'apel, shot put = le lancement du poids, long jump = le saut en longueur, pole vault = le saut à la perche, crossbar = la barre, uprights = les montants du sautoir.

3. Susan Hobson (1992 and 1996), Shaun Creighton (1996), Ken Lorroway (1980 and 1984).

4. Lizzie the frill-necked lizard

5. Faster. Higher. Stronger.

6. 1960 in Rome, Italy

7. 776 BC

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