



NORTHS NEWS

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

December 1998

Inside this issue

- 1** Mixed fortunes at the Street Mile
- 1** Early season successes
- 1** New design for running singlets
- 2** Any volunteers?
- 2** Reunion Island report
- 3** A piece of trivia
- 3** From the President
- 4** Travel subsidies
- 4** In the next issue
- 4** Club pointscore
- 4** NCAC Contacts

Mixed fortunes at the Street Mile

When NC was offered the drinks catering at this year's Actew Active Australia Street Mile, the committee thought it would be a good way to round off the season's fund-raising activities. Unfortunately, over the 6 hours we manned the Coke van we only managed to sell 35 cans and 2 bars of chocolate! \$24 was not much reward for the amount of time put in. Perhaps once the word spreads that Anzac Parade is a terrific venue for a street mile, with the whole course easily visible to spectators, then the effort will be more profitable next year.

However on a personal note, a number of North Canberra athletes found the afternoon quite profitable. The professional event at 2.30 was billed as the richest mile race in Australia, with prizes of \$3000, \$1500 and \$1000 to the first three placegetters, and \$300 for all other top-ten finishers. **Dave Osmond**, who had come to help at the drinks van, made a quick dash home to Kambah on his mountain bike to grab his running gear when he realised there were only 11 entrants and that the race was handicapped. Not the ideal "warm-up", and there were a few more late entrants, but he finished 7th and was not too displeased with his reward. **Erwin McRae** was given the second back mark of 50m by the handicapper (Dave was off 120m) and pulled in most of the field to finish just outside the major placings in fourth. **Ben Crabb** was another top ten finishers.

Two new North Canberra members (they actually joined on the day) were also in the money in the wheelchair event. **Richard Nicholson**, more

well-known around town for his power lifting than his wheelchair racing ("it's my fun event"), came third. **Stephen Eaton**, a regular out at Bruce last season, was fourth.

Early season successes

Eight North Canberra Athletes were selected in the ACT team to compete at this year's All Schools championships to be held at Bruce from 10 to 13 December. The successful athletes were: **Marnie Ponton**, **Jeffrey Boreham**, **Sian MacDonald**, **Nick Kouparitsas**, **Jason Scoullar**, **Scott Crowe** and **Connell O'Neill**. Good luck to all, and let's hope the hometown advantage weaves its magic for you.

In the senior ranks, **Erwin McRae** has been in scintillating early form, and no doubt relished a decent bit of competition at the Coca-Cola distance meet. **Adam Leane**, at the same meet, ran a great 3000m race to nearly catch Olympian Darren Wilson on the line. Both were outclassed, however, by **Shaun Creighton** in superb form.

New design for running singlets



With the final decision on the club logo now having been made, new stocks of running singlets will be ordered incorporating the design. The singlet will remain white, with a screen printed hoop on the front:

Any volunteers?

Are there any parents or grandparents willing to act as the club contact point in the stand at Interclub? It's always good to have a focal point for the club each week, but unfortunately the committee members are heavily involved in officiating during competition – up in the tower, on the track, hunched over the computer, etc. It doesn't have to be every week. If there are a couple of willing volunteers we could share the load. If you can help out, even for just one day, please give Ian Mackenzie a ring.

Reunion Island report

by David Osmond

On September 20, Paul Crake and myself participated in the open men's event of the 1998 World Mountain Running Trophy. The race was held in Reunion Island, a small island in the Indian Ocean near Madagascar. 1998, being an even year, meant that the race was predominantly uphill, as opposed to the odd years where the

The race was held in the middle of some of the most amazing scenery I had ever seen in my life. The mountains and gorges were incredible, and in some places the narrow track on which we were running was right next to very steep drops where we would have fallen a few hundred metres to the bottom had we strayed off the path.

In the first few kilometres of the race the pace was quite sensible, as I think most of us were a bit worried about blowing up over what was a very tough run. Unfortunately there was a narrow singletrack climb

about 2km into the race and there was still a sizeable pack when we got to it. I was in a pretty good placing of around 30th (of about 130 starters), but even that close to the front there was a terrible bottleneck as everyone tried to push through at once. A few hundred

was pretty hot at this stage and threw a cup of water over my head, but realised I should have been a bit more careful, as a lot went into my eyes, and my vision was all blurred for a while, not what you want as you start to go down a steep windy track with



Paul Crake and Dave Osmond - 1998 Australian mountain running representatives

big drop-offs to the side. It was to be the beginning of a bad patch for me, as people started overtaking me quite regularly. One of them was Paul, who seemed to be running quite well, as he promptly overtook a few other runners also. The next 3km contained a lot of flattish running, with the occasional very steep descent and climb out of a gorge. I was running badly and lost about 20 positions in this section. I was starting to think I was going to have a shocker, and was almost giving up on placing in the top 50 (which is where we had to finish to get IAAF funding for next year).

About 10k into the race we reached the beginning of the steep section. Suddenly people stopped overtaking me, and I even started to catch some of those who had passed me earlier. For the next 4km I overtook about 10 people, most of whom had blown up on the steps, and my spirits lifted considerably. There was a flattish 1500m to the finish at the top, and while I had been hoping the steps would go on for another few kilometers, my confidence was running pretty high and I overtook another couple of runners.



The finish (at the top of that mountain!) viewed from the start

start is at the same point as the finish, and thus has the same ascent as descent. This year the course was a bit longer than usual, with close to 1500m of altitude gain over the 16km of the race. The finish was at 1770m above sea level, so there was not too much problem with thin air at the top.

meters later when we got back onto the road, I saw the leaders had gained about 100m on us through that section, but at least I had had a bit of a rest.

A couple of kilometres or so later, we arrived at the first of the descents. I

The end result was 39th, which I was quite happy with, as I was relieved to have picked myself out of the bad patch I went through midrace, though before the race I was hoping for a little bit better. Paul came 26th, but he had bad stomach cramps for a few kilometres during the race, and although he was reasonably happy with the placing, he couldn't help but think he could have run a bit better.

So I guess you could say there was some mixed feelings from the two of us.

A Kiwi, Jonathon Wyatt won the race, beating the second placed Italian, and overwhelming race favourite, by a bit over a minute, who had been the. Although Jonathon was a finalist in the 5000m at the Atlanta Olympics, he was a complete unknown in this type of event. Other than for the Kiwis and ourselves (as the Kiwis had confided in us), his win was completely unexpected.

Results:

1. Jonathon Wyatt NZL 1:25:19
2. Antonio Molinari ITA 1:26:47
3. Guido Dold GER 1:28:26
13. Aaron Strong NZL 1:30:27
(5th 96, 4th 97)
26. Paul Crake AUS 1:32:56
35. Marco De Gasperi ITA 1:34:08
(last years winner)
39. David Osmond AUS 1:34:31

A piece of trivia

Q. Which club has provided all members of an Australian senior men's team for the past four years?

A. North Canberra – **Paul Crake** and **David Osmond** in 98, David and **Chris Cook** in 97, David in 96, and David and **Adam Leane** in 95.

From the President

Dudley Scoullar

We are now well into the 1998-99 summer season and I hope that all of you are enjoying the various competitions so far. I'd like to

provide a brief update on a number of things that I referred to in our September newsletter.

After very positive responses from members to the offer from Ainslie Football and Social Club for a sponsorship agreement with NCAC, I have indicated to AFSC our Club's acceptance of the terms of their offer. Many thanks to AFSC for their assistance. Your Committee expects to use the sponsorship proceeds to subsidise NCAC athletes who incur expenses in representing the ACT at national and international athletic competitions. I encourage all eligible NCAC members to show their appreciation to AFSC by joining that Club (at a very minimal cost of \$5 per year) and patronising it as much as possible.

Following positive feedback on the proposed rugby-style top in club colours, an initial order was placed with POM Sportswear. The bulk of this order has already been purchased by "early-bird" members and looks good - you may have seen several members wearing them during interclub competitions at Bruce Athletic Track. A second order has just been filled and, at a cost to members of just \$31, represents great value as well as helping to identify people as NCAC members.

Your Committee has also, after great deliberation and some feedback from members, decided on a logo (actually a couple of logos for different things – see elsewhere in this edition) for placing on various NCAC items. One of our members - Carol Harding - has agreed to develop an appropriate silk screen with these logos for use in screening both the rugby tops and future orders of NCAC athletic singlets. I hope members will be happy with the outcome, and I congratulate Committee members for putting in a substantial effort to develop designs which will uniquely identify NCAC for years to come.

Last but not least, I take this opportunity to wish all members a happy, healthy and safe Christmas. May all your endeavours, both athletic and otherwise, bear fruit throughout the New Year.

Coming Events

Thursday 10 – Sunday 13 December

Australian All Schools T&F Championships

Bruce Athletics Track

Tuesday, 15 December

National Schools Knockout final

Bruce Athletics track – 4pm

Saturday, 19 December

Fun night imperial competition and Christmas BBQ

Bruce Athletics track – 4pm

Tuesday, 5 January

Interclub 5 - first round of multi events

Bruce Athletics track – 6pm

Tuesday, 12 January

Interclub 6 - second round of multi events

Bruce Athletics track – 6pm

Tuesday, 19 January

Special night of athletics (NZLA, ACTLA, ACT Athletics) featuring ACT 3km and 5km championships

Bruce Athletics track – 4pm

Saturday, 30 January

Interclub 7 – third round of multi events

Bruce Athletics track – 4pm

Saturday, 30 January

Optus Grand Prix and regional competition

Bruce Athletics track – 4pm

Travel subsidies

Any North Canberra athlete seeking assistance towards the cost of travelling to National championships this season should contact the secretary, Ian Mackenzie, with a request in writing. The committee's efforts in fund-raising this year have been quite successful (apart from the Street Mile!) and we are better-placed than last year to provide assistance. It is timely to remind everyone, though, that those who benefit from our fund-raising efforts are the ones we expect to help out in these activities.

In the past, we acknowledge that the committee has been a bit tardy in getting subsidies out to athletes. This year we will make every endeavour to ensure that cheques are dispatched promptly.

Club pointscore to 21 November

Female

	<i>Under 14</i>	<i>Under 16</i>	<i>Under 18</i>	<i>Under 20</i>	<i>Open</i>	<i>Vets</i>	<i>Total</i>
CU	912	1220	424	306	548	0	3410
SCT	595	956	983	86	312	0	2932
WH	327	889	929	97	200	80	2522
NC	249	315	0	37	0	0	601
WC	0	105	173	0	250	0	528
QUE	0	223	0	215	0	0	438

Male

	<i>Under 14</i>	<i>Under 16</i>	<i>Under 18</i>	<i>Under 20</i>	<i>Open</i>	<i>Vets</i>	<i>Total</i>
SCT	699	1872	1405	0	365	179	4520
WH	1077	853	451	739	466	260	3846
NC	502	1068	244	413	246	50	2523
CU	0	52	178	44	1481	347	2102
WC	556	453	86	0	217	62	1374
QUE	0	0	0	96	604	214	914

Total

	<i>Under 14</i>	<i>Under 16</i>	<i>Under 18</i>	<i>Under 20</i>	<i>Open</i>	<i>Vets</i>	<i>Total</i>
SCT	1294	2828	2388	86	179	677	7452
WH	1404	1742	1380	836	340	666	6368
CU	912	1272	602	350	347	2029	5512
NC	751	1383	244	450	50	246	3124
WC	556	558	259	0	62	467	1902
QUE	0	223	0	311	214	604	1352

In the next issue

As this goes to press, Shaun Creighton is busy preparing an article on his athletic endeavours over the last 12 months, which have taken him on many circuits round the world. It promises to be a great lead article.

As the person responsible for getting the newsletter together every couple of months, it's really great to have some enthusiastic correspondents. I hope you enjoy reading them as much as I do.

NCAC Contacts

Committee 1998/99:

<i>President</i>	Dudley Scoullar 14 Florina Pl, Hawker	6254 7671 (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(fa ian_mackenzie@dpa.act.gov.au
<i>Registrar</i>	Barbara Wagstaff 5 Hammett Pl, Spence	6258 5054 (h) 6205 7801 (w) 6205 7789
<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.