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edited by Linda Butler

norths news

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P.O. Box 1221, Belconnen, ACT 2616

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Seasons greetings

We'd like to take this opportunity to wish all our athletes, officials, coaches, parents, and the wider athletics community a happy Christmas, and hope that you have a great time welcoming in the new millenium.

And for those who are looking for an alternative to the traditional, heavy Christmas pudding – try for a change, an old-fashioned “summer pudding” full of red and black currants, raspberries and cherries. Or if that doesn't appeal, then take a smaller slice and run an extra couple of kms on your next training run!

Flippers, anyone?

by Dave Osmond

During the bleakest months of Canberra's winter I was lucky enough to be enjoying glorious summer days while studying at Cape Cod in the USA. The training faded to the background as I concentrated on my

friends when I returned to Australia. The main draw card in the men's field was Kahlid Khannouchi, who a couple of months later went on to break the world record for the marathon with a time of 2:05:42. He had won the Falmouth race the previous two years, and was keen to repeat the process.



The three placegetters at the 10km mark

studies, however in an effort to not loose my fitness completely, I managed to get myself an entry into the prestigious Falmouth Road Race. This race is one of the most hotly contested road races in America, and I figured that competing in the best field that I've ever encountered would give me the motivation to at least do a bit of training so that I wouldn't be too embarrassed to show the results to

After many weeks of hot humid weather I was hoping for a cool day, but I should have chosen my wishes more carefully. It was certainly cool, but the humidity shot up to 100% as the heavens opened on the morning of the race day. I was lucky enough to live about 300m from the start line, and as the start time grew closer and closer, I kept on putting off my warm-up longer and longer in the hope that the rain

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would ease off. Thirty minutes before the start, I could put it off no longer, and the instant I stepped from under shelter I was drenched. This was no mere drizzle, this was rain by the bucket load.

I ran down to the start line, and as the organisers had been kind enough to give me a seeding, I joined up with the 500 other runners who got to start in front of the 7,000 or so other runners. The gun went off, and we proceeded to sprint for a couple of hundred metres till things became a little less chaotic, when we were able to settle into a more comfortable pace. I had got to know a few of the best local runners, and we settled into our own private battle as the race progressed.

Fortunately the rain had eased to a mere cats and dogs kind of downpour, and we managed to avoid the worst of the puddles on the road by running a bit wide around some of the corners. But then at 4 km, it appeared as if the Atlantic Ocean had encroached onto the race course, as we splashed our way through an ankle high puddle that lasted over a hundred metres. I heard after the race that the wheelchair athletes complained that their seats were underwater getting through this puddle. Fortunately I had been practising my wading technique whenever I went to the beach, although I found it a bit harder to do it midway through an 11.3km race, with shoes that were considerably heavier than they were when I put them on in the morning.

Soon after my lack of training started to become evident as I fell off the pace of my friends, and the lead women also surged off into the distance. Luckily the markers are all in miles, so I was able to remain in blissful ignorance of how slow I was running, although they had a clock up at 10 km which I passed in 34 minutes, indicating I wasn't quite in pb shape.

With a surge over the last mile I managed to pass a couple of athletes near the end, and splashed across the line in a time of 38 minutes and 20 seconds, to finish in 85th place. I found out that John Korir of Kenya had managed to out-sprint Khalid in the closing stages of the race, winning by 2 seconds in the time of 32:08. The Kenyans seem to have a bit of a strangle hold on this race, as not only did they gain 17 of the top 20 male

placings, but they also won the women's race with Catherine Ndereba victorious in a time of 36:32

Return thanks

- from Amelie Cook

Daniel, Heidi and I would like to thank everyone for the overwhelming support by so many of you coming to Chris' Funeral, all the phone calls, cards, flowers and all the tributes to Chris in all the running newsletters & local newspapers.

All the tributes people so kindly wrote, serve as a great record for Dan as he gets older to remember what a great person Chris was and what great respect other people had for his Dad.

I thank you all again

Laurel wreath winners

26 laurel wreath registration numbers were awarded to ACT athletes based on their performances in the 1998-99 season. 5 North Canberra athletes were rewarded for their outstanding results from last season:

Shaun Creighton was awarded no.3 for his outstanding performances, particularly at the 1998 World Cup in South Africa.

Rohan Walker, winner of the Australian U20 decathlon championships in March, was awarded no.7.

Paul Crake, Australian rep in the World Mountain Running champs and a tower runner of immense talent, was given no.12.

Damien Burroughs, winner of a silver medal at the world disability champs, was awarded no. 20.

Martin Bye, one of the leading U20 cross-country runners and 5th in U20 national 5kms, was awarded no.27.

Congratulations to all five athletes.

Paralympic officials

Five NC members have been appointed technical officials for the Paralympic games – Owen Henness, Hugh McGowan, Dudley Scoullar, and Don and Heather Jones. We're sure the athletes will appreciate their dedicated expertise.

Committee profile:

Dudley Scoullar



NC Position: President

Interclub job: Usually timekeeping - manually at finish line or electronically in tower

Job when not otherwise occupied: part-time economics and statistics consultant

Most memorable moment

- *as an athlete:* do they keep records back that far?
- *as an official:* timing the mens' open 100m at the Canberra Grand Prix several years ago, before electronic timing was introduced (boy, do they come through fast!)

Worst moment

- *as an athlete:* being hit in the chest by a wayward shotput at school
- *as an official:* standing all day in biting wind and rain at Bruce while timekeeping for the 1991 Little Athletics Australian Team Championships

Sporting heroes: Rod Laver, Herb Elliott, Betty Cuthbert, Carl Lewis, Don Bradman, Pele

Favourite -

- *athletic events:* sprints and relays
- *pastimes:* watching sport and good movies, keeping fit, enjoying the sunshine
- *TV show:* Yes Minister, LA Law, The Avengers
- *Food:* freshly-picked juicy fruit on a hot day; hot chicken and corn soup on a cold winter's night
- *Music:* baroque and easy listening rock

Recent results

For those of us who have been involved in ACT athletics for some time it was a strange trip back to the grass oval of Jamison for the first half of the 1999-2000 season. Even stranger for those who, like me, had spent many years there helping run little athletics competitions - large bodies pounding round the track just didn't seem right.

But one athlete who took to the grass track like "a duck to water" was **Erin Cooper** who remained unbeaten over the shorter 60m and 80m sprints. It was great to see an U18 North Canberra name at the top of those lists.

Clinton Bebb, a recent "recruit" to North Canberra after attempts to set up a Defence Forces athletics club were unsuccessful, featured strongly in the 400m. He registered a big improvement from 55.2 in his first outing to 52.3 at the last Jamison meet - perhaps the improvement was spurred on by relief at an injury proving less serious than first imagined.

Scott Crowe (U18) and **Patrick Mossop** (U20) seemed at times to be having their own private battle - I was intrigued by the number of times their names appeared together when all results were listed, rather than by agegroup. Scott appeared to have the upper hand over 200m, but Patrick had the edge over the shorter 100m.

Nick Barton has been posting some pb's at the AIS throws field in long and triple jump. On the 26 November he recorded a leap of 12.57 in the triple which bettered the All Schools qualifying standard by 27cm, and on 16 October leapt 6.11 in the long jump, missing the qualifying standard in this event by only 9cm.

The **Kouparitsas** brothers, **Nick** and **Kosta**, have also been posting pb's out at the AIS throws field. Nick achieved a pb in the shot put of 15.01, well over the qualifying standard of 13.50 for U16 athletes. Kosta bettered the U14 qualifying standard of 13.00 by 80cm. Both boys were also very close to the qualifying standards in discus and javelin.

As we have come to expect, North Canberra athletes have been to the fore in the distance events at interclub. **Ben Crabb** posted wins in the 1500m

(4:19.7) and 3000m (9:18.7) on the heavy grass track, and **Marni Ponton** also had some strong wins over distance. **Adrian Coogan** was a bit disappointed at leaving his run too late during the last 1500m at Jamison, even though his time was a respectable 4:41.1. However he seemed to enjoy the move to the new track at Bruce and brought his time down to 4:35.65.

Sue Hobson's attempt at an Olympic qualifying time in the Melbourne marathon last month came oh-so-close. She crossed the line in a time of 2:33.28, less than half-a-minute outside the standard. Only two faster times have been set by an Australian woman in Australia - both by Susan.

A very competitive field contested the steeplechase at the Zatopek meet in Melbourne, with **Scott McTaggart** coming a very creditable 6th in a new pb of 8:54.91.

A full report from this weekend's All Schools titles will appear in the next edition of Norths News.

We're here to help

The committee would like to emphasise that we regard helping North Canberra athletes, parents, coaches and officials as one of our main tasks. If there are any aspects of your athletic experience that are concerning you, please talk it over with one of the committee. We may be able to intercede on your behalf with the relevant athletics authorities. In any activity, there is bound to be the odd hiccup and rather than trying to resolve it on your own, try tapping into the experience that exists among committee members.

With the summer season in full swing, we'd also like to remind athletes that travel subsidies are available for those selected to compete at national championships. A number of winter athletes have already received support and with the renewal of our sponsorship by North Ainslie Football Club expected, we will be able to continue with the subsidies throughout the summer season. Requests for a subsidy, which usually covers half the air fare to the relevant competition, should be made to the secretary, Ian Mackenzie.

Coming Events

ACTAA competitions returned to the AIS track on 4 December

Tuesday, 7 December

Parliament House Relays

Enid Lyons St, Parkes - 6pm

9-12 December

Australian All Schools Championships

SIAC, Homebush, Sydney

Tuesday, 14 December

Schools Knockout National Final

Sydney - venue tba

Tuesday, 4 January

ACTAA Interclub no.1, program 1

AIS track - 6-9.30pm

6-9 January

NSW Combined Events Championships

SIAC, Homebush, Sydney

Tuesday, 11 January

ACTAA Interclub no.2, program 2

AIS track - 6-9.30pm

Saturday, 15 January

Canberra Grand Prix

AIS track - 3-8pm

Tuesday, 18 January

ACTAA Interclub no.3, program 1

AIS track - 6-9.30pm

Tuesday, 25 January

ACTAA Interclub no.4, program 2

AIS track - 6-9.30pm

Tuesday, 1 February

ACTAA Interclub no.5, program 1

(multi events championships, option 1)

AIS track - 6-9.30pm

Saturday, 5 February

Perth Grand Prix

Perth - evening

Tuesday, 8 February

ACTAA Interclub no.6, program 2

(multi events championships, option 2)

AIS track - 6-9.30pm

1999-2000 registrations overdue

Registrations for the summer season are well and truly overdue. The season has been a bit disjointed so far, but we're now all back at the AIS so there are no longer any excuses. Either Barbara Wagstaff or Ian Mackenzie will be at the track each competition day and will be able to take registration, sell competition singlets, etc. Fees for the summer season are:

Summer Season Only:		
Senior & Under 20 athletes	\$50	
Under 18, 16 & 14 athletes	\$40	
Families	\$90	
Officials	\$10	

We still have a limited number of club rugby tops.

Vale Peter Tesseyman

John Harding

Former Norths member Peter Tesseyman, aged 71, passed away on 1 October. Peter was an enthusiastic veteran distance runner in Norths and in the ACTVAC for several years during the late 1970s and early 1980s when he lived in Kaleen. His son Mark also ran for the club for a couple of years. Peter then retired to Broulee and still came up regularly for events for a few years before injury channelled him into cycling. From time to time he would pencil a letter to the Canberra Times on a cycling issue and he regularly sent letters to the ACT Vets Club newsletter. I remember Peter as a real gentleman; a quiet, dignified person who always seemed to be pleased to see you and have a chat about training, races, how you were going and so on.

Sun-smart strategies

With the summer track and field season now in full swing and the hot temperatures finally arriving, it's timely to remind you to make sure you "Slip, slop, slap" every time you're out training or competing.

Gossip column

Seen in the OZTRACK newsgroup postings: an interview with American marathon runner and 92 Olympian, Shelly Steeley, in which she announced her engagement to Shaun Creighton. Our congratulations and best wishes to Shaun and Shelly.

NC web site

<http://www.angelfire.com/nc/NCAC>

David Osmond and Martin Bye are continuing to update our web page. Comments and suggestions are most welcome.

1999-2000 NCAC committee

<i>President:</i>	Dudley Scoullar	6253 5223
<i>Vice Presidents:</i>	Linda Butler	6254 2201
	Owen Heness	6254 6332
<i>Secretary:</i>	Ian Mackenzie	6251 4263
<i>Registrar and treasurer:</i>	Barabara Wagstaff	6251 6698
<i>Committee:</i>	Andrew Fiddian	6258 6320
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