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Club captain



The Norths committee are very pleased that Scott McTaggart has agreed to take on the role of club captain for the remainder of the 1999-2000 season. Scott hopes to provide a focal point for Norths athletes at the track, and you will probably find him chasing after you to join a relay team. Take the time to have a chat with Scott. In particular, let him know of any suggestions, queries or worries you have regarding the club and/or your athletics.

Club person award

As the end of the season approaches, the committee's thoughts turn to the annual awards. One highly valued award goes to the **Club person of the**

Year. This year we're seeking the views of club members on who should receive the award. Please forward your nomination to one of the committee members – we're keen to hear who you believes has done most to promote the interests of North Canberra this year.

Relay members wanted

North Canberra has started the "business end" of the season quite well, but our pointscore position could be considerably improved if we could put together a few relay teams. We know most of you enjoy taking part in relays, so don't hang back! Scott and Ian are there to help organise things, Patrick is keen to participate, so let's see a few more joining in.

Relays score double points, so from the club point of view they're a real winner – one team can easily pick up 50 points. And we'd really like to see a few teams flying the North Canberra flag. You don't need four from the same age group in order to score points, though you do need to separate the sexes – ACT Athletics rules, not ours!

Current pointscore standings – to 25 January

	CLUB						INDIVIDUAL	
Female								
	U14	U16	U18	U20	Senior			
CU	118	428	477		683	Jeff Boreham	217	
NC	145	63	563			James Schofield	189	
QUE	320	68	320	65	154	Rohan Walker	176	
SCT	375	881	901	209	191	Erin Cooper	175	
WC	8	103		135	387	Marnie Ponton	170	
WH	201	227	490	112	307	Alice Coddington	145	
						Patrick Mossop	134	
						Bramdan Galic	130	
						Scott McTaggart	100	
Male						Erwin McRae	101	
	U14	U16	U18	U20	Senior	Thomas Hathaway	90	
CU			164	136	788	Harrison Schofield	73	
NC	293	440	174	134	607	Kate Shea	71	
QUE	76	14	281		278	Clinton Bebb	70	
SCT	436	1295	1826	494	989	Amy Hathaway	57	
WC	68	228	369	212	926	John Jakeman	52	
WH	229	909	758	502	1025	Nicholas Schofield	50	

Welcome

A warm welcome to new members of North Canberra. We hope your athletics is proving rewarding. If you have any queries, please don't hesitate to contact one of the committee.

Jennifer Webster	Open
Philli McGilvray	Open
Heather Harding	U14
Anne Southgate	U14
Alice Coddington	U14
Mark Gaykema	U16
Joel Pearson	U18
Henry Hutchinson	U16
Jeremy Reading	U16
Adrian Coogan	U18
Utah Nirvana	Open
Amy Hathaway	U18
Thomas Hathaway	U14
Bramdan Galic	U14
Katrina Reading	U18
Fiona Daly	U18
Clinton Bebb	Open
Nicholas Schofield	Open
Kate Shea	U16
Harrison Schofield	U14

Farewell

It is with regret that we farewell long-time member **Susan Hobson**, who moved to Perth with her family at the end of 1999. We wish Susan all the best as she strives for Olympic selection and we'll all be cheering her on if she makes it.

Also a temporary farewell to **Nick Barton** who is heading off to New York for a couple of years, thanks to an Australian government posting his mum is taking up. Have a great time, Nick!

Some reminders

• subsidies

With the renewal of our sponsorship from Ainslie Football Club again this year, the financial footing of the club remains strong. The committee has decided to extend its sponsorship this season to cover athletes who chose to go to either the national underage

championships or to the Pacific School Games.

NC does not normally provide sponsorship to school events, but we know a number of athletes are choosing the PSG in preference to other competitions as it comes around only once every four years.

While our financial position may be good, we believe it fair that athletes receive only one subsidy for underage events this summer – either the underage nationals or the PSG. The exact level of subsidy will be determined when we know how many members are likely to request support. So please let Ian Mackenzie or one of the other committee members know fairly soon if you will be seeking support.

• agegroup change

Like racehorses, junior athletes have an official birthday! Horses have 1 August, athletes have 1 January. If you were born in an even year (1980, 1982, 1984, 1986) you have just moved up an agegroup. This doesn't matter too much on the track, except in hurdles events, but it does in the field where it is possible you should be throwing a heavier weight.

• ACT Championships

Entries for the Act championships close on 29 February. Late entries will be accepted, where fields permit, but will attract an additional fee.

• Wearing uniforms

Officials at interclub are showing distinct signs of coming to life and clamping down on athletes not wearing the correct club uniform. Some athletes in the long and triple jump competitions have already lost their points for incorrect attire. So be warned – rampaging officials are likely to crack down even harder as the ACT championships approach.

Life members

As a relatively new member on the Norths committee I was curious to know the names of all our life members. Ian Mackenzie (the latest in the line) came up with the list which I thought others may be interested to know:

Jack Pennington
Graeme Small

Terry Monroe
Robyn Whyte
Geoff Moore
Michael Thompson
Nigel Crewe
John Harding
Ian Mackenzie

In future issues of Norths News I will endeavour to bring you a short article on each of these members who have all given a considerable amount of their time and energy to our club.

Member profile:

Patrick Mossop



School: Hawker College

Favourite subject: Marketing

Most hated subject: Maths

When & where did you start athletics?

I started Athletics in October 1998 with North Canberra and Bob Perry running 100m-200m. Have since switched to 200m-400m.

Favourite event: 200m

Best moments in athletics: Running a PB 23.84 into a 1.2 headwind. Winning the 1999 ACT U20 200m title after 5 months of training.

Worst moments in athletics: Achilles tendonitis and shin splints. Tearing my right quad mid-race.

Other sports: Volleyball

Sporting heroes: Patrick Johnson and Patrick Dwyer

Career goals: Short term – break 23 for the 200m and 52 for the 400m. Long term – keep training hard.

Favourite -

• *pastimes:* Movies, swimming, coaching Little As

• *TV show:* The Simpsons

• *Internet site:* www.sub10.dk

• *Food:* Pasta and pizza

• *Music:* Jamiroquai, Beastie Boys and Prodigy

From the President

- *Dudley Scoullar*

Despite my best intentions, the current summer season is almost over and yet I haven't managed to catch up with many NC members this time round.

However, as many of you will know, we as a Club are obliged to provide a certain number of officials for each interclub competition. To help fulfill this commitment (and to help me keep fit in view of my spectator status), I am usually to be found (that is, if you want to climb a lot of steps) in the photofinish tower above the finish line. But those of you who avidly read the last issue of Norths News will at least know what I look like together with a little bit of my background.

As noted elsewhere in this issue, the committee has appointed Scott MacTaggart as club captain. I thank Scott for taking on this important role, which we see as a focal point for members who are competing on particular days and want a friendly word of advice, encouragement or information. It should also help athletes who want to form relay teams competing under the NC banner and generally help improve club spirit.

One thing I would like to remind all members about – we do get significant sponsorship funding from the Ainslie Football and Social Club each year. I encourage NC members to return that support by visiting their premises, at either Ainslie or Gunghalin locations, for dining or other social outings whenever possible. And, if you haven't yet taken out a membership at a nominal annual fee, I also encourage those of you who are eligible to do so.

Despite the appointment of a club captain role within NCAC, I still hope to meet as many members as I can during the remainder of this season. One way you should be able to catch up with me is by attending this year's Club presentation night and AGM - planned for Thursday evening, 13 April at the Ainslie Football Club premises.

I wish you all good running, jumping, throwing and walking, with hosts of PB's, during the loads of events coming up over the next couple of months.

Recent results

As promised in the last edition of Norths News, the results of North Canberra athletes at the December All Schools championships are included in this edition. **Holly Smith** (U14) came 6th in her heat of the 800m in a time of 2:25.74, then followed this up with an excellent 5:06.76 to finish halfway up the field in the 1500m. **Marnie Ponton** (U16) ran the 1500m in 5:07.6 and clocked a time of 10:57.52 in the 3000m. **Sian Macdonald** (U16) jumped 1.60m in the high jump for 17th place, but when you consider 8th place in the event jumped 1.64m, Sian was pretty competitive. **John Jakeman** (U16) competed in the 100m, 200m & 400m for times of 11.74, 23.68 and 52.97. We had two other Under 16 boys competing – **Nick Barton** jumped 5.89m in the long jump and 12.17m in the triple jump – not Nick's best jumps, but we're sure the experience will help him in the future. **Jeff Boreham** threw 41.96m in the javelin. **Connell O'Neill** had one of his best national championships, coming 7th in the hammer with a throw of 54.81m.

Rohan Walker had his best-ever decathlon competition, coming second in the NSW championships with a final tally of 6722. A great effort just 6 months after knee surgery.

NC runners dominated the ACT 5000m championships held on 25 January, taking out 3 of the top 4 placings. **Scott McTaggart** won in a smart time of 14:29.94, with **Erwin McRae** 3rd and **Adam Leane** 4th. Louis Young was the fourth NC athlete home in 8th place. **Marnie Ponton** was winner of the U18 women's 3km title in a time of 11:45.87.

A number of athletes have been participating enthusiastically and registering some good times and distances, and their efforts are bringing in the points – the leading pointscorers to date are noted on the front page of the newsletter.

Stop Press

In great news just to hand as this column is being typed (isn't the internet a wonderful thing!) – **Susan Hobson** has run an Olympic qualifying time for the Marathon, coming 10th in the Osaka Marathon on 30 January in a time of 2:32.37. Fantastic!!

Coming Events

Tuesday, 1 February

ACTAA Interclub no.5, program 1
(multi events championships, option 1)

AIS track – 6-9.30pm

Saturday, 5 February

Perth Grand Pix

Tuesday, 8 February

ACTAA Interclub no.6, program 2
(multi events championships, option 1)

AIS track – 6-9.30pm

Friday, 11 February

Brisbane Grand Prix

Sunday, 13 February

IAAF Permit Meet

Sydney - SIAC

Tuesday, 15 February

ACTAA Interclub no.7, program 1

AIS track – 6-9.30pm

18-20 February

NSW Open and Under 20 Champs

Sydney - SIAC

Saturday, 19 February

ACTAA Interclub no.8, program 2

AIS track – 4-7.30pm

24-27 February

Australian Open and U20 Champs

Sydney – Stadium Australia

Saturday, 26 February

ACTAA Interclub no.9, program 1

AIS track – 4-7.30pm

Saturday, 4 March

ACTAA Interclub no.10, program 2

AIS track – 4-7.30pm

Saturday/Sunday, 11-12 March

ACT T&F Championships

AIS track – 4pm Sat., 10am Sun.

Saturday, 18 March

Australian Mountain Running Champs

Mt Coree, Canberra

23-26 March

National underage championships

Hobart, Tasmania

AGM and awards night – 13 April

The annual awards presentation night, following the AGM, will be held at the Ainslie Football Club at 7.30pm on Thursday 13 April. We'd like to see a really good turnout this year, and to that end the committee promises to see the formalities of the AGM completed efficiently.

Last year's season wind-up proved very successful with AFC putting on a very tasty light supper for those who attended. This year, in addition to presenting season awards, we also plan to present subsidies to those athletes who have just returned from national championships or are about to go to the Pacific School Games.

Torch bearer

Congratulations to John Harding, who very deservedly, has been chosen to carry the Olympic Torch on its journey through Canberra. When John has final confirmation of the leg of the relay he will be running, we will let you know where to see him. That will be one great photo-opportunity for the Olympic feature edition of North News. More about that in the April newsletter!

It's catching!

In October we were congratulating Cade McTaggart on his wedding; in December Shaun Creighton's engagement was announced. This time it's **Adam Leane** who has announced his engagement to Liz Hickey. Who will be next? Sports TAB are thinking of running a book on us. We wish Adam and Liz all the best for their future together.

Request for assistance

There are two matters on which members may be able to provide the committee with some assistance:

- **Auditor** – the treasurer, Barbara Wagstaff, is preparing our accounts for audit prior to the AGM. At this stage we do not have an auditor, so if any club member is able to undertake this for us, or knows of someone who may be willing, please let Barbara know.
- **Member information** - the Active Australia process we are undertaking has highlighted one area of information on which we are deficient. We do not know the precise coaching and officiating qualifications held by all our members, so please let us know. We'd also like to keep a list of the people coaching our athletes – we're keen to help support those who help our members.

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.

Outgoing committee, 1999-2000

<i>President:</i>	Dudley Scoullar 6253 5223
<i>Vice-President</i>	Linda Butler 6254 2201
<i>Vice President</i>	Owen Heness 6254 6332
<i>Secretary</i>	Ian Mackenzie 6251 4263
<i>Registrar & Treasurer</i>	Barbara Wagstaff 6251 6698
<i>Committee</i>	Andrew Fiddian Shaun Creighton David Osmond Martin Bye

North Canberra Athletics Club Inc. Committee Nomination Form

It's that time of year again! Nominations are called for the 2000-01 North Canberra Athletics Club Inc. committee. All positions will be declared vacant at the AGM on 13 April.

We, the undersigned, nominate _____

For the position of _____

Nominated by _____
name *signature* *date*

Seconded by _____
name *signature* *date*

Signature of nominee _____
signature *date*