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Welcome to new members

We welcome a number of new members who joined North Canberra in January. **Cassie Wright, Brendan Roycroft** and **Mathew Parsons** have added competition at interclub to their Little Athletics events – Cassie and Brendan have joined us from Corroboree, and Mathew from Belwests.

Also joining us in the last month are **Gary Martin**, orienteerer **David Brickhill-Jones**, and **Andrea Braakhuis** who has transferred from Victoria.

Enjoy your time with the club, and don't hesitate to contact us if you have any queries.

Awards presentation bbq

The date of this year's AGM and Awards Presentation has been set for Sunday 1 April and this year we've gone for something totally different. Rather than a nighttime event, we will be holding a lunchtime bbq. We've organised with Ainslie Football Club to use the oval at the back of their premises. We're planning to arrange a few fun events on the day – left hand discus throwing has been suggested!

We're also going to approach Ainslie about sponsoring two handicap 'gifts' – between the goal posts for the sprinters,

and three times around the oval for the distance runners. We'll let you know if we are successful in attracting a cash prize for these events.

Full details will be provided on the club website, put up on the noticeboard at Interclub, or emailed to you as they are finalised.

Recent Results

North Canberra members have been very active since the last edition of this newsletter hit the streets. Here's an overview of some performances:

All Schools

Katira Davis competed out of her agegroup in the U18 2000m Steeplechase and recorded a time of 8:40.19.

James Southgate recorded the fastest time of the three ACT competitors in the Under 14 800m, with a time of 2:13.87. This excellent time took nearly 5 seconds off his pb.

Brandon Galic had a tremendous championships, setting two meet records in the Under 14 100m and 200m with times of 11.58 and 23.40 in the finals. In both events Brandon was second in the heats to Victorian Christopher Costanzo, but turned the tables to win the finals. His times also set new ACT Residents Records, eclipsing the previous marks (11.7, 23.57) of Matthew Beckenham, which have stood since 1990.



Brandon (far right) at the start of the 100m final

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Robert Mathieson competed in the Under 16 1500m walk and recorded a time of 7:59.07.

Scott Crowe had a great series of jumps in the U18 long jump competition. He went into the second series in second place after a leap of 7.08m in round 2. Scott improved on that with 7.13m in the 4th round, but was pipped for the silver medal by a Victorian leaping 7.14 in the final round. Scott's best leap of the day was wind-assisted, but his second-best jump of 7.08 was wind-legal and has added 12cm to the ACT Allcomers record previously held by Rupert Sakora.

Joel Pearson has whittled his 400m time down from 57.99 to 55.82, and another impressive improver was **Kosta Kouparitsas** who has now thrown the hammer 37.94m, up from his previous best throw at interclub of 34.60m.

The special Centenary of Federation meet on 25 January proved fruitful for a couple of Rob Hathaway's squad – **Harry Guinness** did a 400m pb of 56.63, and **Bradán Galic** did a pb of 11.54 in the 100m.

Interclub

With only 5 weeks of interclub left before the ACT Champs, the pointscore competition is hotting up. In spite of missing a couple of weeks over the holiday period, **Jeff Boreham** still has a healthy lead on 528 points, but **Dean Folino** is putting a spurt on and now has 411. **Jan Legg** is the leading female pointscorer on 319 points. Four others have now topped 200 – **Jeff Wray** (240), **Brandán Galic** (239), **Alice Coddington** (210) and **Brendan Watt** (205).

Runner's Week

The annual runner's week at Thredbo in January once again proved a fruitful venue for North Canberra distance runners. **Paul Crake** was in tremendous form, winning the Crackenback Challenge for the third successive year. He smashed the record by 40 seconds, running the 2km ascent of Mt Crackenback from Thredbo Village in a time of 17mins 39 seconds. Paul's form augers well for his attempt this month to win the Empire State Building Run Up for the third successive year on February 7th. Fellow club member, **David Osmond**, was second, while **David Brickhill-Jones** was 7th and life member **John**

Harding came in 26th. **Carol Harding** came 6th in the women's challenge.

A week later **David Osmond** successfully defended his Kosciuszko Classic title, winning the 5km race from the Snowy River Bridge to the summit of Mt Kosciuszko in 20 mins 51 secs. In the women's race, **Carol Harding** came in 5th.



Brandán with his two gold medals from All Schools

NC Improvers

We're well into the second half of the track and field season and it is very encouraging to see the improvement being made by several of our members. I have been highlighting pb's set regularly on the club noticeboard that is put up each week. I'd like to draw attention to a number of the more impressive achievements so far this season.

New member **Dean Folino** has reduced his 400m time by nearly 3 secs and has added 40cm to his long jump pb. **Pepe King** has returned to athletics after a few years break, and is rapidly reducing his times. Pepe's been doing pb's nearly every time he runs, and so far this season has reduced his 1500m time by 13secs and his 400m time by 3 secs.

A couple of our star performers from December's All Schools have also shown marked improvement in their favoured events. **Scott**

Crowe increased his long jump pb from 6.73m at the Pacific School Games last May to 7.13m. Between the same two competitions, **Brandán Galic's** time in the 100m came down from 11.97 to 11.58, and his 200m from 24.12 to 23.31. Esa Peltola invited Brandán to join a training session with Patrick Johnson and Kyle Vander Kuyp. Brandán must have been inspired as he went out the next day and reduced his 100m pb again, down to 11.54.

There have been many other pb's set already this season, and I will continue to highlight them on the club noticeboard each week. Congratulations to all those who continue to improve.

Interclub Photos

A number of members will have received some photos taken of them at interclub with their December newsletter, and more will receive photos with this newsletter. No doubt you've been wondering where they come from. A few were taken by Patrick Mossop towards the end of last year – we were trying to put together a collection for the website. But most have been taken by David Appleby.

David is a distance runner who's other hobby is photography. He takes lots of photos during the interclub competition (when he's not competing), and has been giving me any of the North Canberra ones, like this of Michael Wain in action. I've been scanning them for use in newsletters, on the website, and on promotional material for the club. But once I've done that, I'll pass them on to the subjects. Have a look at our website to see some more of David's photos.



Olympics Photos



I received some Olympics photos from Michael Thomson just a bit too late to include in the special December edition of Norths News. However, these ones were too good to pass over, so I've included them in this issue. Michael was the manager of the warm-up facility at SIAC, and saw some pretty famous faces during his time there. He has provided a couple of his favourite shots. The one above shows Michael's brother Anthony (on the left) and brother-in-law Mick Reyn with Maurice Green; the one to the right is of Anthony with Haile Gabrselassie.

- changes to the Interclub no.2 program have been made and detailed on the web page. the changes will take effect from Tuesday 12 February. the main changes are to bring the 800m forward by 5 minutes (7.10pm), and have the long hurdles starting 25 minutes later (7.50pm). Two distance events are now schedule for the end of the program – a 3000m race for those taking longer than 10 minutes at

8.30pm, followed at 8.45 pm by a combined 5000m/ 3000m (for sub-10 minutes runners).

ACT Championships, Uniforms

Just a reminder that the full club



uniform **MUST** be worn at the ACT championships on 10 and 11 March. If officials stage a crack-down on the day, you can't say you haven't been warned! So guys – leave the coloured shorts behind and dig out your black running gear. We have a full supply of club running singlets available for any of the juniors who have not yet purchased them, and we also now have a full supply of crop tops in club colours. The running singlets can be purchased for \$22, and the crop tops for \$28.

A revised program for the championships and a copy of the entry form have now been loaded onto the ACT Athletics website.

News from ACT Athletics

- Entry forms for the ACT Track and Field Championships are now available each competition day at the track, and can also be printed off the ACT Athletics website, at:

www.sportnet.com.au/athletics/act/state

Entries close on 24 February, after which late entries will only be accepted where there are spare places in a field.

Coming Events

Tuesday, 13 February
ACTAA Interclub no.12, program 2
AIS Track – 6-9.30pm

Saturday, 17 February
ACTAA Interclub no.13, program 1
AIS Track – 4-7.30pm

Sunday, 18 February
Grand Prix Meet
AIS Track – 1-5pm

23-25 February
Australian Youth Champs (U16/U18)
Bendigo, VIC

Saturday, 24 February
ACTAA Interclub no.14, program 2
AIS Track – 4-7.30pm

Thursday, 1 March
Melbourne Track Classic
Melbourne, VIC

Saturday, 3 March
ACTAA Interclub no.15, program 1
(incl. ACT 3/5 km championships)
AIS Track – 4-7.30pm

Sunday, 4 March
Perth Grand Prix
Perth, WA

Saturday & Sunday, 10-11 March
ACTAA Track & Field Championships
AIS Track – 4-7pm (Sat), 11-2pm (Sun)

Sunday, 11 March
Hobart Grand Prix
Hobart, TAS

23-24 March
Aust Open & U20 Multi Events Champs
Brisbane, Qld

23-25 March
Australian Open & U20 Championships
Brisbane, Qld

6-8 April
Aust Champs for Athletes with Disability
AIS Track

Sunday, 8 April
New Balance Canberra Marathon
Telopea Park High School, 7am

Farewell

Dudley Scoullar, who has been president of North Canberra for the last three years, has left for the warmer climes of Queensland – though after the weather we've had in Canberra the last couple of months, some might question that. No doubt we'll be envying him mid-winter.

Dudley's term as president saw the club restored to a sound financial footing. His efforts in obtaining on-going sponsorship from Ainslie Football Club is something for which we are in his debt. I know Dudley will continue to take a close interest in the club's activities and we'll probably see him officiating at a number of national meets in the coming years.

Good luck for the future, Dudley, and thank you for all your efforts on our behalf.

Active Australia accreditation

As you may have guessed from the additional logo appearing at the top of the newsletter, North Canberra has completed the Active Australia accreditation process and is now a fully-fledged Active Australia provider. The process of obtaining accreditation has proved extremely useful in focussing our minds on the strengths and weaknesses of our club. It was also instrumental in providing us with the confidence to submit an entry to the Athletics Australia Club Awards competition.

I'd like to put on record my thanks to Clinton Bebb, Dudley Scoullar and Andrew Fiddian who have all put in considerable time on the project, and my thanks also to the other members of the committee who gave us advice and commented on the various drafts that were prepared.

New on the web

Our website has been updated with quite a bit of new material being placed there in the last couple of months, including:

- An updated competition calendar covering the rest of the track and field season, and the preliminary schedule for the cross country season
- A photo gallery, with many snaps taken at the Olympics and Paralympics, at interclub, and various other photos of North members that have come my way.
- A committee section on the web where we have posted a number of documents prepared by Clinton Bebb during our Active Australia accreditation process. Items posted so far include drafts of the NC strategic plan, development plan, and codes of conduct. Comments on these drafts to any of the committee members would be greatly appreciated.

North Canberra Athletics Club Inc. 2000-01 Committee

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North Canberra Athletics Club Inc.

Committee Nomination Form

It's that time of year again! Nominations are called for the 2001-02 North Canberra Athletics Club Inc. committee. All positions will be declared vacant at the AGM on 1 April.

We, the undersigned, nominate _____

For the position of _____

Nominated by _____
name *signature* *date*

Seconded by _____
name *signature* *date*

Signature of nominee _____
signature *date*