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edited by Linda Butler



Newsletter of North Canberra Athletic Club
P.O. Box 1221, Belconnen, ACT 2616
<http://www.angelfire.com/nc/NCAC>



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2001-02 committee

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Special general meeting

A special general meeting has been called for Saturday 2 March at the Bruce Athletics Track at 3.45pm. The meeting is being called to amend the club's constitution. The motion to be put to the meeting is that Section 1 of the constitution be amended to read:

"The Club shall be known as the North Canberra - Gungahlin Athletics Club Incorporated. The business name of the club shall be North Canberra-Gungahlin Athletics."

The committee is keen to secure the long-term future of the club through expansion into the fast-growing Gungahlin area. Ainslie Football Club has pledged continuing support to the club, and has increased our annual sponsorship grant by \$500 to assist in our move into the Gungahlin area.

The meeting will take place immediately before the start of competition on the day and should not take much time. We urge as many members as possible to come to the meeting and have their say about the proposed change.

NC/Little A's grant

The joint application from North Canberra and the ACT Little Athletics Association to the ACT Department of Sport and Recreation was successful. We have been given an equipment grant of \$5000 to be used in establishing a Little Athletics Centre in Gungahlin.

We will assist LA's in getting the centre up and running for the next season. Work on the new sports facility in Nicholls is well underway, and a track, long jump pits, and throws cages have been included in the site plans.

The committee's aim is to foster stronger links with local Little A's clubs, both through the new centre and with Belconnen Wests and Corroboree

Welcome to new members

I'd like to extend a warm welcome to four new members who have joined the club since the start of the year:

Two of Chris Timpson's AWD squad have joined us in recent weeks – **Michael Armstrong** (U16) and **Rhys Hill** (U18). Also joining us are **Sofia Piscioneri** (U18), and distance runner **Chris Brown** (Open).

Norths birthdays

This is a new segment for the newsletter which I'll try to remember to include regularly.

There were quite a few birthdays celebrated last month, and a few coming up in February, including two with an 0 at the end: life member **Robin Whyte** turns 60 on 24 Feb, and **Ryan King** turns 30 three days later – hope you both have a great day.

The January birthdays were **Chelsea Hosking**, 14 on the 1st, **Wee-Sian Woon**, 14 on the 15th, and **Phil McGilvray**, 31 on the 27th.

Looking forward to birthdays in February are **Thomas Bush**, 16 on the 26th, and **Scott McTaggart**, 25 on the same day.

AGM

This year's AGM will be later than usual – Sunday 28th April. The Australian open/U20/AWD champs will not be held until mid-April and some of our trophy winners cannot be chosen until after this competition.

We will repeat the successful format of last year, with the second running of the North Canberra Gift followed by a bbq and the meeting. We will again be running two handicap races over 100m and 1500m. More details about the time and place of the meeting will be in the April newsletter.



We assume the guy behind the glasses is Shaun, though it's not that easy to tell!

A cold start to 2002

In what must have been one of the first major races in the world in 2002, **Shaun Creighton** was victorious in the New York Midnight Run covering 4 miles in Central Park. Shaun, currently based in Albuquerque, had been visiting his wife Shelly Steely's parents in nearby Philadelphia. He won the Runner's World Midnight Run that heralded in the new year in Central Park, New York, setting a new record of 19:20 for the four-mile route. In second place, seven seconds behind, was Paul Mwangi of Kenya, running for the Westchester Track Club. More than 5000 entrants braved -6°C temperatures in a race that has been a yearly rite of passage since 1978. Dancing and a costume parade made the Midnight Run as festive as ever, although there no fireworks in Central Park this New Year's Eve.

All Schools results

There were wide grins on a couple of North Canberra faces at the completion of the Australian All Schools championships, held in Melbourne from 6 to 9 December.

Brendan Watt pulled out a massive pb in the U14 400 metres to come 5th in the final in a time of 55.19 - which also broke the existing NC record which had previously stood at 56.48.

Brandon Galic competed in his first U16 national competition, progressing

through two preliminary rounds to make the final of the 100m. He finished 5th in a very creditable time of 11.42, run into a -3.0 headwind. Brandon also made it through to the semi-finals of the 200metres event.

Wee-Sian Woon was one of six ACT athletes competing in the U14 100m, coming 6th in his heat.

Scott Crowe put together a great series in the U20 long jump. Scott was leading at the end of the fifth round, but was relegated to second place after the final jumps. However, his best leap of 7.51 was a qualifying performance for the World Junior Championships this year, as well as a new ACT record, so he was still pretty happy.

Ashleigh Lascelles had a busy meet, competing in three events - the U14 100m (5th in her heat), the 200m (7th in her heat), and the 80m hurdles (5th in her heat).

Chelsea Hosking also ran in the two U14 sprints, coming very close to her pbs in both events, with a 4th in the heats of the 100m, and 5th in the heats of the 200m.

And finally, commiserations to **Sian Macdonald** who was the victim of transport problems and missed out on competing in the U18 high jump.

ACT 5k Champs

Norths athletes finished second and third in the ACT 5km Championships

held during the twilight interclub meet on 29th January. Congratulations to **Erwin McRae** who just failed to hold the winner at bay, coming second in a time of 14:46.00. **Scott McTaggart** was 3rd in a pb of 14:50.74, and **Ryan King** came home in 13th place in a time of 17:42.50.

Four in a row

At the beginning of this month, **Paul Crane** made it four in a row with a win in the Empire State Building stair climb in New York. Paul climbed the 1576 stairs from the lobby to the 86th floor observatory in 9 min 40 secs, just 3 secs shy of his record winning time last year. Second placegetter Rudolf Reitberger of Austria, was nearly 1 minute behind.

After the race, Paul announced his next goal is to compete in a major marathon, possibly as early as the Paris Marathon in April.

Pro running

A number of athletes have found some good pickings on the pro running circuit organised by the New South Wales Athletics League.

John Jakeman has made a lucrative debut on the circuit. He won the novice 120m at the Queanbeyan Gift off a handicap of 8m, and followed that up with a 5th and a 3rd in Gilgandra, 5th and 8th placings in the Vikings Gift, and a 4th in Temora.

Chris Butler was also in the money at the Queanbeyan carnival with a 3rd in the mile off the backmark of 60m. He was less successful in the Vikings carnival. Chris found that 25 competitors in an 800m race with tight corners, plus a 'tough' handicap (a common lament on the pro circuit!), a bit too much to overcome and finished out of the money. But he was pleased that he held off **Jeff Wray**, who he felt had a much more generous handicap, until that last corner.

Jeff Wray had a successful day down south of the lake, coming second in the scratch mile event. Another three of our members were in the money in the Paralympians 100m in that carnival - **Neil Fuller** won from the backmark of 5.5m, **Michael Armstrong** was second off 15m, and **Matthew Bell** was 5th off 20m.

New email group

A new free email discussion group has been set up for runners and joggers throughout Canberra. The group is called Canberra Runner and borrows its name from the ACT Cross Country Club's newsletter.

The aim of the group is to encourage more people into running for health and enjoyment and to assist social runners make the transition to competition in a friendly, supportive environment.

The email group is designed to be used for:

- * Organising group runs in your part of Canberra (there are already several regular lunchtime groups running in the city);
- * Discussing current running issues or seeking advice from more experienced runners;
- * Advertising upcoming races and/or social events.

To subscribe, to this group, send an email to:

CanberraRunner-subscribe@yahoo.com

The pbs keep coming

About once a month I've been listing the pbs achieved by our athletes on the club noticeboard at the track. There isn't sufficient space here to include every performance, but I'd like to mention a few that have been achieved since the last edition of the newsletter came out:

Bede Richardson has taken nearly 2 secs off his pb in the 800m since November, bringing his time down from 2:23.29 to 2:21.71.

Brandan Galic continues to reduce his times in the sprints, and at interclub on 22 January set a new U16 ACT (and NC) record in the 100m of 11.15.

Eric Haakonssen started the season with a 59.10 in the 400m, and by 29 January had reduced his time to 56.20. He's also succeeded in bringing his 800m time down from 2:25.84 to 2:19.34.

Patrick Mossop's sprint times have taken a dive this season. His 100m time has come down from 11.97 at the start of the season to 11.71, and his 200m time from 23.90 to 23.42.

Matthew Parsons has been setting pbs regularly at interclub across the full range of events, but one performance that caught my eye from a couple of weeks ago was in the javelin. At the start of the season he threw 33.03m, but on the 29th January improved that to 36.82.

Dean Folino pulled out a good 200m at the last interclub before the Christmas break with a time of 25.60, knocking 1.31secs off his pb from last season (26.91).

Competition pointscore

The pre-Christmas individual pointscore competition finished with some high placings for a number of our athletes. In the women's competition, **Ashleigh Lascelles** finished in 5th place with 285 points, and **Chelsea Hosking** in 11th with 229 points.

In the men's competition, **Wee-Sian Woon** was our highest placed athlete in 7th place with 315 points, and **James Schofield** was 9th with 308 points.

We're almost halfway through the 2001-02 Interclub pointscore competition, which this year all takes place in the second half of the season. The U16 boys are maintaining a slight lead in their division with 751 points, 41 ahead of West Belconnen. Great work boys, and by each doing an extra event or two over the next few weeks, and putting together a couple of relays, we've got a great chancing of winning this trophy.

At the individual level, **Brandan Galic** is our leading pointscorer to date with 151, followed closely by **Matthew Parsons** with 145 and **Jan Legg** on 141. Also topping the century are **Erwin McRae** (125), **Joshua Parsons** (102) and **John Jakeman** (100).



Don't forget that the Runners Shop (Dundas Court, Phillip) supports North Canberra. When you buy your next pair of running shoes there, let them know you are a member of Norths, and a small percentage of the sale will come to us in the form of sponsorship

Coming Events

Tuesday 12 February
ACT Interclub No. 6 (program 2)
AIS Track, Bruce

Tuesday 19 February
ACT Interclub No. 7 (program 1)
AIS Track, Bruce

Saturday 23 February
Telstra A Series Newcastle

Tuesday 26 February
ACT Interclub No. 8 (program 2)
AIS Track, Bruce

Saturday 2 March
ACTAA PB Meet; **NC Special General Meeting**
AIS Track, Bruce

2-3 March
NSW Youth Championships
Sydney Athletics Centre

Thursday, 7 March
Telstra A Series Melbourne
Olympic Park

Saturday 9 March
ACT / NSW combined meet
Campbelltown Track, Sydney

15-17 March
ACT Track & Field Championships
AIS Track, Bruce

Saturday, 16 March
Telstra A Perth
Perry Lakes Stadium

22-24 March
IGA Australian Youth Championships
Santos Stadium, Adelaide

Saturday 23 March
Telstra A Adelaide
Santos Stadium, Adelaide

29-31 March
Australian Masters Championships
Santos Stadium, Adelaide

11-14 April
Australian Open, U20, Multi, AWD Championships
ANZ Stadium, Brisbane

A look back in time

The committee has been making a considerable effort in the last year to assemble as much historical data as possible. One day someone may be inspired to write a brief history of our club (perhaps in the lead-up to our 50th anniversary in 2006), and at least we'll be able to provide them with a starting point. Our first step was to draw up the club records, which were published in the June newsletter and are now up on the website. This month, with many thanks to **Andrew Fiddian**, we have the start of a list of office bearers of the club. The list is certainly not complete, so if any of our long-time members can fill in the gaps, we'd love to hear from you. In the next newsletter, we'll bring you a list of all the winners of the club's perpetual awards. There are some great names engraved on those trophies.

<i>Year</i>	<i>President</i>	<i>Vice President(s)</i>	<i>Secretary</i>	<i>Treasurer</i>
1974/75	Nigel Crew	J. Parker, H. McGuiness	K Paine	A. Wrigley
1975/76	Nigel Crew	E. Clark	P. Scott	Graeme Small
1976/77	K. Paine	Nigel Crew, E. Clarke	Geoff Sims	Graeme Small
1977/78	Geoff Moore	Norma Smith, Nigel Crew	Charlie Robinson	Graeme Small
1978/79	Geoff Moore	Norma Smith, Joe Tennant	Doug Roser	Marg DeCosta
1979/80	Garry Lavers	Norma Smith, Geoff Moore	Doug Roser	John Keen
1980/81	Garry Lavers	Gillian Pratten, Dave Preston		John Keen
1981/82	Wendy Davidson	Chris Cook, Gillian Pratten	Dave Preston	Phil Aungles
1982/83	Wendy Davidson	Geoff Moore, Paul Rudkin	John Keen	Phil Aungles
1983/84	Wendy Davidson	John Stanhope	Vacant	Phil Aungles
1984/85	John Harding	Jenni Eason, Bruce Cook	A. Miller	J. Johnson
1985/86	John Harding	J. Johnson, Bruce Cook	Wendy Davidson	Colin Bridge
1986/87	John Harding	Bruce Cook, Di Fielding	Bill Dent	Colin Bridge
1987/88	John Harding	Ian Dalziel, Brian Whinnen	Dale Chatwin	Colin Bridge
1988/89	John Harding	Ian Dalziel, Brian Whinnen	Dale Chatwin	Colin Bridge
1990/91	Ian Mackenzie		Trevor Vogler	Colin Bridge
1991/92	Ian Mackenzie		Trevor Vogler	Andrew Fiddian
1992/93	Dennis Mace	John Harding, Owen Heness	John Leane	Andrew Fiddian
1993/94	Dennis Mace		Di Stanger	
1994/95	Andrew Fiddian		Ian Mackenzie	
1995/96				
1996/97	Andrew Fiddian		Ian Mackenzie	
1997/98	Andrew Fiddian	Owen Heness	Ian Mackenzie	Adam Leane
1998/99	Dudley Scoullar	Linda Butler	Ian Mackenzie	Adam Leane
1999/2000	Dudley Scoullar	Linda Butler, Owen Heness	Ian Mackenzie	Barbara Wagstaff
2000/01	Dudley Scoullar	Linda Butler, Owen Heness	Robyn Coddington	Barbara Wagstaff
2001/02	Linda Butler	Owen Heness	Patrick Mossop	Barbara Wagstaff

North Canberra Athletics Club Inc. 2001-02 Committee

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Another photo from the archives – life member Michael Thomson at 16, on his way to a new ACT sub junior 800m record of 1:58.4s at an interclub athletics meet at Woden Park on 3/2/77