



NORTHS NEWS

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

February 1999

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All Schools successes

There were some pretty pleased North Canberra athletes at the end of the Australian All Schools Championships held in Canberra in early December. Perhaps the home ground advantage helped – there were plenty of PBs recorded.

The hot weather took its toll on both athletes and officials – just ask **Jason Scoullar**. The ACT's assistant publicity officer (alias NC distance runner **Chris Butler**) was so impressed by Jason's effort that he included it in his press release and it made it into the Canberra Times: "Jason .. finished fifth in his event, only just behind the third placegetter, before breaking down with dehydration. He took over an hour to re-hydrate after the race...".

Results for North Canberra athletes were:

Amy Martyn – 5th in U14 800m final (2:23.24) and 8th in the 1500m final (5:10.1)

Sian Macdonald – 6th with a pb in the U14 high jump (1.54m)
Marnie Ponton – 12th in the U16 3000m final (10:38.78)

Jeffrey Boreham – 5th in his heat of the U14 90m hurdles (14.24), 7th in the Javelin (44.23m) and 14th in the shot put (11.52m)

Scott Crowe – 8th in his heat of the 200m hurdles (30.39) and 9th with a pb in the long jump (6.22m)

Connell O'Neill – 11th in the U16 hammer (42.34m) and 23rd in the Discus (43.56m)

Nick Kouparitsas – 22nd in the U16 shot put (13.35m)

Jason Scoullar – 5th in the U20 400m hurdles (58.27).

There were big fields in a number of events, with many of the field events having over 30 competitors. The meet saw a new record set for the number of competitors and the officials deserve thanks for a great competition in trying conditions.

Officials off to Nationals

It's not just the athletes at North Canberra who are making their mark. Many of the clubs officials are also gaining recognition for their efforts and have been accepted as officials for the National Open and Under 20 championships in Melbourne in March – a stepping-stone to officiating at the Olympics. **Owen Heness, Dudley Scoullar, Hugh McGowan, Heather and Bob Jones and Linda Butler** will be heading off to show the southerners how to run a good athletics meet.

Travel subsidies

If any North Canberra athlete are planning to compete at national championships this season and would like assistance towards the cost of travel, please contact the secretary, Ian Mackenzie, as soon as possible.

As we mentioned in the last newsletter, the committee's efforts in fund-raising this year have been quite successful, and it is well placed to provide assistance.

New running singlets

New stocks of running singlets have now been ordered. Carol Harding has the screen printing in hand, and we should have a full range of sizes available in time for the ACT Championships. We'll ensure some extra large sizes are ordered to cater for the powerlifting fraternity.

We opted for a uni-sex design which remains similar to the existing one. It will have a round neck with poly-cotton knitted fabric to the base of the hoops, and a mesh fabric below. The new logo and club name will be screen printed in between hoops of black and red.

At this stage it is not expected that the cost of the singlet will change significantly.

From powerlifting to the track

by Richard Nicholson

At the Paralympic mascot launch in Sydney in late 1997, World Champion wheelchair racer Louise Sauvage "cornered" me and asked if I would like to give racing a go. Always keen for a new challenge I responded "I would, but I don't have a chair". Two weeks later Louise had sent one of her chairs to my front door. So I no longer had an excuse and am now training an extra three sessions a week out at the AIS track. It is good to be back on a learning curve again, but trying to transfer my power from a benchpress action to the wheels of my chair has proved more difficult than I first expected. I am concentrating on the sprint events 100's, 200's and 400's, so I need to be perfect with my technique to be competitive. I am hoping to be competitive at this years Nationals in April. Realistically I don't think I will

be competitive on an International level until sometime after the 2000 Paralympics. My main focus is still Powerlifting but the racing is great for some cross training and a welcome change.

My only real success in road racing came last November in the ACTEW street mile along ANZAC Parade where in a small field of competitors I managed to place third and collected a cheque for \$700.00. I recently competed at an international track meet at Homebush on 28 and 29 January in a 100m and 200m events. These races attracted a very strong field and were a good reminder of how much work I have to do if I really want to be competitive at that level in the "chair".

I'm really enjoying my time spent at the track and the great people I have met, trained with and become friends with. However after the "reality check" of the recent races held in Homebush where the world record was broken in my 200m heat, I think as a wheelchair racer I make a great weightlifter.

King of the mountains

Paul Crake continues to taste success in mountain races, this time somewhat closer to home. In December, Paul was victorious in the annual Black Mountain 5km "Fun" Run. He won in hot conditions from Grant Bluett with another North Canberra athlete, **Ben Crabb**, in third place. It was Paul's second victory in this event.

Then in early January during the annual runners' week at Thredbo, Paul won the Crackenback Challenge from club-mate **David Osmond**. That course was a 2km run, incorporating a 600m climb, starting at the rear of Valley Terminal and following the chairlift to Mt Crackenback summit.

Paul's next major challenge will be the Empire State Building stair race on February 25. Good luck!

Short notes

Houston marathon:

Shaun Creighton had a great start to 1999 with a fourth in the Houston marathon on the 17th January. Shaun recorded the smart time of 2:15.30, less than one minute behind the winner, Kenyan Stephan Ndungu. The only Australians to post faster times in the last twelve months were Steve Moneghetti (2:11.41) and Sean Quilty (2:15.19).

NSW multi events championships:

Rohan Walker posted a win in the New South Wales under 20 decathlon championships held in Sydney in January.



Rohan Walker in action at the pole vault

Return to competition

Discus thrower **Damien Burroughs** has made a welcome return to competition after recent knee surgery. A first up throw of 38.14m on 5 January augurs well for a quick return to top form.

Australian cross-country trials:

Adam Leane ran a strong race to place 14th out of 51 in the Australian cross-country trails held in the Parliamentry triangle on 7 February. Fellow NC athlete **Trent Harlow** was 27th, while **Martin Bye** came in 7th of the juniors.

New arrival

Congratulations to **Sue Hobson** on the recent arrival of son number two, Cassidy.

From the president

Dudley Scoullar

I hope that everyone has recovered from the spirit of Christmas and New Year celebrations, and that you are all "getting set" for the fast-approaching climax to the summer season.

There's a feast of athletics coming up over the next 2 months or so, from events as varied as the Canberra Grand Prix to the World Cross Country selection trials, from the few remaining interclubs to the ACT Championships, and from the Australian open and underage nationals to the Australian Championships for athletes with a disability.

With all these events being staged over a relatively short period, many of them within Canberra, there should just about be enough for all to get their athletics "fix" for a while, even without travelling outside the national capital!

As this issue of Norths News goes to press, an order is being placed for the new NCAC athletic singlet. A silk screen with the new Club logo is also being prepared, and I expect that the screened singlets will be available in time for the ACT Championships in early March. My apologies to those of you who wanted a singlet earlier (and I know that a couple of new members have been challenged at interclub entry for not having the appropriate gear), but our stocks of the old singlets have deliberately been run down during the season in view of the Committee's decision to develop the new logo and singlet design. Don't forget that we also have stocks of the Club's long-sleeved rugby top available.

I look forward to catching up with you during the remainder of the season. And an early reminder for your diaries - this year's Club presentation night and AGM is being planned for Wednesday evening, 28 April at the Ainslie Football Club premises.

Individual points to 30 January

With only the final round of interclub on 13 February and the ACT Championships to go, a number of North Canberra athletes feature prominently in the individual pointscore tables (see page 4 for how the club is going as a whole).

Currently in the top 20 in their agegroup are:

Women:

Open:

12 **Sharon Thompson** 77pts

Under 14:

10 **Joella Williams** 52pts

Under 16:

9 **Amy Martyn** 151pts

13 **Marnie Ponton** 102pts

Under 18:

2 **Erin Cooper** 378pts

Under 20:

15 **Danielle Pring** 37pts

Men:

Open:

5 **Andrew Lees** 280pts

14 **Ben Crabb** 170pts

Under 16:

3 **Jeffrey Boreham** 447pts

14 **Joey Hamilton** 193pts

15 **Nicholas Kouparitsas** 185pts

Under 18:

3 **Scott Crowe** 392pts

9 **Connell O'Neill** 237pts

19 **Andrew Sutherland** 83pts

Under 20:

5 **Jason Scoullar** 216pts

8 **Patrick Mossop** 175pts

10 **Bryn McFadden** 144pts

11 **Rohan Walker** 129pts

14 **Joel Kelly** 92pts

15 **Martin Bye** 77pts

20 **Martin Greenhalgh** 37pts

Vets:

9 **Robin Whyte** 62pts

13 **Ian Mackenzie** 47pts

Coming Events

Saturday, 13 February

Interclub 8 and last round of Multi Events competition

Bruce Athletics Track – 4pm

Saturday, 20 February

PB Meet

Bruce Athletics track – 4pm

Saturday, 27 February

PB Meet

Bruce Athletics track – 4pm

Saturday, Sunday 6,7 March

ACT Championships

*Bruce Athletics track –
Saturday 4pm, Sunday 11am*

Saturday, 13 March

Season Finale

Bruce Athletics track – 4pm

Thursday, 18 March – Saturday, 20 March

Australian Open and Under 20 Championships

Melbourne

Sunday, 21 March

Inaugural National Clubs Championships

Melbourne

Thursday – Sunday 25-28 March

National Age Championships (Under 14, Under 16, Under 18)

Perth

Friday - Sunday, 9 - 11 April

Australian Disability Champs.

Bruce Athletics Track

Club pointscore to 30 January



**North Canberra
AGM and Awards
Presentation Evening**

28 April, 1999

The 1999 Annual General Meeting for the North Canberra Athletics Club will be held at the Ainslie Football Club, starting at 7.30pm. After the AGM, awards for the 1998-99 season will be presented, and following the awards light refreshments will be served.



Female

	<i>U14</i>	<i>U16</i>	<i>U18</i>	<i>U20</i>	<i>Open</i>	<i>Vets</i>	<i>Total</i>
SCT	1285	1700	1599	517	520	94	5690
CU	1187	1300	716	653	778		4634
WH	419	1600	1107	630	423	100	4279
QUE	90	557	233	58	686		1624
NC	321	429	69	37	77		933
WC			364		475		839

Male

	<i>U14</i>	<i>U16</i>	<i>U18</i>	<i>U20</i>	<i>Open</i>	<i>Vets</i>	<i>Total</i>
SCT	1053	3029	1714	157	823	489	7265
WH	1417	1250	959	1142	1166	532	6466
NC	651	1269	458	863	585	138	3964
CU		104	361	118	2293	777	3653
WC	645	692	224	64	729	134	2488
QUE	122	39	140	96	1085		1482

Total

	<i>U14</i>	<i>U16</i>	<i>U18</i>	<i>U20</i>	<i>Open</i>	<i>Vets</i>	<i>Total</i>
SCT	2338	4704	3313	674	1343	583	12955
WH	1836	2850	2066	1772	1589	632	10745
CU	1187	1404	1077	771	3071	777	8287
NC	972	1698	527	900	662	138	4897
WC	645	692	588	64	1204	134	3327
QUE	212	596	373	154	1771		3106

NCAC Contacts

Committee 1998/99:

<i>President</i>	Dudley Scoullar 17 Chandler St, Belconnen	6253 5223 (h and w) scoullar@clover.com.au
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<i>Vice President</i>	Linda Butler	6254 2201 (h)
<i>Treasurer</i>	Adam Leane	6251 6416 (h)
<i>Committee</i>	Andrew Fiddian David Osmond	Owen Henness Greg Webster

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