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

Athletics Australia Club Award Winner

Last newsletter we told you that we had entered the AA Club Awards scheme, and we are extremely pleased to announce that we were successful. North Canberra won the \$1000 award in the information category. The judges obviously approved of the steps we had taken to improve our service to members in this area, and it is certainly great to have our efforts rewarded. But we are not resting on our laurels, and have already come up with a number of suggestions for using the award:

- moving our web pages to a site that does not have such aggressive advertising – I bet I'm not the only one sick of seeing an ad on each new link opened. We're investigating signing up with Cool Running.
- a good, colour cover for our information brochure
- the production of some colour posters about the club for distribution to local high schools and colleges
- a bumper Olympics issue – more on that later in this newsletter

If you have any other ideas, please let us know.

NC award winners for 1999-2000

Most outstanding NC athlete

Shaun Creighton – 1999

Australian marathon champion

Most outstanding athletes, agegroups:

Open men: **Paul Crane** – 2nd in 1999

Australian mountain running championships and won the Empire State Building climb in record time for

competed in these events as an U16 in Australian All Schools.

Under 16 men: **Jeffery Boreham** – 1st in 100m, long jump, shot put and discus at ACT champs; competed in Australian All Schools and PSG.

Under 14: **Brandan Galic** – ranked 1st in ACT in 100m and 200m; silver medal in 200m at PSG, 4th in 100m final.



Dave Osmond, Dudley Scoullar and Owen Heness on presentation night

the second year

Under 20 men: **Patrick Mossop** – ranked 2nd in the ACT in the 200m and 3rd in the 400m

Under 18 men: **John Jakeman** – ACT ranking of 5th in both the 100m and 200m;

Under 18 women: **Erin Cooper** – 2nd in the 100m at ACT Champs; competed in 100m, 200m and triple jump at the PSG.

Under 16 women:

Kate Shea – 1st in 100m and 200m at ACT championships

Under 14 women:

Alice Coddington – ranked 4th in ACT in 100m and 200m; winner of bronze medal in long jump at PSG.

Leading pointscorers, summer:

Overall Men:

Jeff Boreham – 990 pts. Jeff was also the top pointscorer in the ACT.

Overall Women:

Katrina Reading – 522 pts

At this point, I'd also like to make special mention of two other U18 athletes who earned a tremendous number of points for the club, but were just outscored by Katrina – Erin Cooper with 510 pts and Marnie Ponton with 455 pts.

Open men:

Rohan Walker – 323 pts

Under 20 men:

Patrick Mossop – 290 pts

Under 18 men:

Scott Crowe – 451 pts

Under 14 men:

Brandan Galic – 317 pts

Under 16 women:

Holly Smith – 394 pts

Under 14 women:

Alice Coddington – 257 pts

Distance runners of the year:

Open male:

Greg Webster – 115 pts

Veteran male:

Graham Burke – 80 pts

Veteran female:

Carol Harding – 40 pts

Junior male:

Daniel Cook – 60 pts

Marathon Champion, male:

Graham Burke – 5th ACT runner in the Canberra Marathon, and 29th overall in a time of 2:46.3.

Road Race Champion, male:

Greg Webster – 3rd in the Canberra half marathon in a time of 1:11.5.

Mountain running, male:

Dave Osmond – 5th in the Australian mountain running championships in March.

Mountain running, female:

Carol Harding – 4th in the Australian mountain running championships in March.

Cross country champion, male:

Ben Crabb – 5th in the ACT open men's 12km championships.

Cross country champion, female:

Carol Harding – 7th in the ACT open women's 8km championships.

Most Improved Athlete

Richard Nicholson – in his second year of wheelchair athletics, Richard's times improved in the 200m from 34.64 last year to 27.49 this year; and his 100m time from 17.82m down to 15.70.

Outstanding club person:

Linda Butler

For those of you who are curious about the selection of award winners, two factors selectors must take note of when conducting their deliberations are:

- i. By long-standing tradition, athletes are not given two major awards. Hence, for example, after being selected for the most outstanding athlete award, Shaun Creighton was not considered for the most outstanding open men's award.
- ii. Not all awards will be presented each year - athletes must attain a pre-determined standard e.g. in the summer pointscore, a minimum of 250 pts; in "outstanding athlete" categories, being at or near national qualifying standard.

ACT award winners

A number of North Canberra athletes also received awards at the ACT Athletics annual presentation dinner. Congratulations to the following:

Most outstanding winter runner:

Shaun Creighton

Outstanding summer athlete, U16 men:

Jeff Boreham

Outstanding summer athlete, U14 men:

Brandan Galic

Encouragement award, athlete with a disability:

Richard Nicholson

Brian Gleeson Award, coach of junior athletes:

Rob Hathaway

Pointscore champion:

Jeff Boreham

Under 16 mens pointscore champions:

North Canberra

Under 14 mens pointscore champions:

North Canberra

Laurel Wreath Winners:

Shaun Creighton (3)

Paul Crake (7)

Report from the PSG

by Scott Crowe



Recently I spent a little over a week in Sydney competing at the 2000 Pan Pacific School Games (PSG). Having competed at various national level competitions, the PSG at the Olympic Site was my first international athletics meet. Competitors at the Games comprised all the Australian States, a number of island nations from around the Pacific Rim region, and also a few countries from as far away as South Africa, China, and Canada, forty countries in all.

The events that I was selected for were the long jump, triple jump, and high jump. I was particularly focused on the long jump, but the experience in the high and triple jump could do me no harm.

My training in the last couple of months prior to the competition was almost entirely taken up by the technical aspects of the events. With the high jump, I had to become familiar with the event again with the help of John Hunt, after having a break from the event for a few years. With long jump, my personal best of 6.30m was set in the previous season, and during the 1999-2000 season I seemed to be stuck on consistently jumping around the 6.20m mark. After a bit of consultation with my father, Martin Crowe and Ken Lorraway, we gambled on making some radical changes to my technique in the hope it would be the key to further distances.

The Games started on the Sunday, and my first event was on the Monday. It

was the preliminaries for the long jump, another thing I had never come across before, having to qualify for the final in a jumps event. Just another sign of the level of standard to look forward to in competition at this level. I was the first jumper in the second pool of 15 athletes. Only the top twelve from both pools would go into the final. Making that final was the goal that I had set myself. After the first jump I was in a comfortable situation. I had jumped 6.60m and all the alterations to my technique had paid off. This jump had ranked me third in my pool and fifth overall going into the final.

The final was held on the following Saturday and once again my first jump was a new personal best 6.68m. Going into the last jump I needed a 6.80m jump to get into the medals. I ended up just short with 6.73m which was a 43cm P.B. into a recorded 3.9m/s headwind. This jump put me in fourth position, third place jumping 6.78m, second 6.81m, and first 6.89m.



My other events were also personal best performances, 12th in triple: 12.66m, and 1.80m in high jump. Overall it was a very good competition for myself and for the other competitors in the ACT team. The Games as a whole were a great experience, not just to compete at that kind of level, but also a chance to meet up with past friends that you have met in previous national comps, and to also start relations with other competitors, especially those from other countries.

Special Olympics issue of Norths News

I'm planning a special edition of our newsletter for December, following the Olympics and Paralympics. So I'm giving you fair warning that I'll be contacting **everyone** for some input! Not just the Norths athletes who are likely to compete - Shaun Creighton and Susan Hobson in the Olympics, Damien Burroughs Stephen Eaton and Richard Nicholson in the Paralympics - but all officials, volunteers and spectators (whether at the stadium or in front of the tv). So that means **everyone**! I'd like to collect tales from those taking part, favourite moments from those watching, best television "bloopers", etc, etc. I'd also like to borrow as many photos as possible to scan in for the newsletter. So file any interesting, funny, quirky or moving moments in an accessible place in your memory, so that I can call on them in October.

2000-01 fees

The fees for the coming season are:

	Junior	Senior	Family
Full year	\$55	\$75	\$140
Winter	\$30	\$45	\$85
Summer	\$45	\$55	\$105
Officials		\$10	

Don't forget - for those taking out full year or winter registration, the season commences on 1 April.

IMPORTANT!!!!

Little Athletes should note that the free registration with ACTAA that has existed in recent years is under discussion. Early indications are that U14 athletes (ACTAA agegroup) will continue to be registered at no cost, but that all older athletes must pay to join a senior club; any Little Athlete not registering with a club will be required to buy a one-day registration (\$3 for juniors last season).

Members of **ACT Vets** may also be required to purchase a one-day registration if they are not a member of an ACTAA club (\$5 last season).

We will keep you informed on the outcome of these discussions.

Coming Events

*Saturday cross-country club races —
U14 1km 1pm, short 1.15pm, long 2pm*

Saturday, 10 June

ACT Cross Country Championships
(**snr pointscore**)

Weston Park (junior events start 11pm)

Saturday, 17 June

O'Connor Ridge 1/2.5/5kms
Masterman St, Bruce

Sunday, 18 June

Terry Fox Fun Run
Forster Cr, Yarralumla

Saturday, 24 June

Longstaff/Pennington 1/4/8/16 kms (**jnr & snr pointscore**)
Weston Park, Yarralumla

Saturday, 1 July

Mt Majura 1/4.5/9 kms
Phillip Ave, Hackett

Sunday, 9 July

Gungahlin 5/10mi (**snr pointscore**)
Diddams Cl, Belconnen

Saturday, 15 July

Urambi Hills 1/4.5/9 kms
Rani Rd, Black Mountain

Sunday, 16 July

City to Surf
Sydney

Saturday, 22 July

Mt Taylor 1/5.4/6.8 kms
Off Athlon Dr, behind Torrens

Sunday, 23 July

Sri Chinmoy Half Marathon
Telopea Park, 9am

Saturday, 29 July

Molonglo Reach 1/5/10km (**jnr & snr pointscore**)
Moorshead Rd, Russell

Saturday, 5 August

Molonglo Gorge 1/4.5/9 kms :**Chris Cook Memorial**
Sutton Rd

Saturday, 5 August

Australian Cross Country Champs
Melbourne

Recent Results

Shaun Creighton and **Susan Hobson** (we still regard Susan as a NC athlete!!) have both been in tremendous form leading up to the Sydney Olympics and we hope to see both named in the Australian team. Susan won the Host City Marathon, which was a selection trial race. With a qualifying time already to her credit, she is an almost certain selection for the team. Shaun had great run in the Stanford University track meet on Friday 5 May, coming 2nd in the 10,000m race and posting a time of 27:49.2, 20.8secs inside the A qualifying time. Shaun followed this up on 3 June with a 13:21.45 in the 5000m, 7.15secs inside the A qualifying time for this distance. Our congratulations to both athletes - North Canberra will be behind you in Sydney.

Congratulations also to **Paul Crake** who has been named in the Australian team to contest the 2000 World Mountain Running Trophy in Bergen, Germany in September. Paul also had a good result in the KL International Towerthon, where he finished second behind New Zealand's world mountain running champion, Jonathon Wyatt. The race attracted 200 competitors from 22 countries over a course comprising an 800m uphill run followed by 2,058 steps up the KL Tower, the 4th highest building in the world.

Heather Harding had a successful Easter, winning her 4th successive Australian orienteering championship, this year in the W12 age group, with brother **Matthew** successful in the M10 championships.

Down at Lake Ginninderra, **Patrick Mossop** has been setting a cracking pace in some of the open schools cross country 2km and 3km races. John Harding comments "The tall and lanky Patrick really looks the goods to be a fabulous 800m runner if he puts in the work."

PACIFIC SCHOOL GAMES

There were a lot of personal bests set at the PSG held in Sydney from 1-7 May, in spite of the less than perfect conditions. The added competition from New Zealand, South Africa, China and our other Pacific neighbours certainly spurred on the locals.

North Canberra results were:

Alice Coddington (12 yrs girls):
5th in heat 5, 100m - 13.63 (PB)
4th in heat 4, 200m - 28.68
3rd (on a countback!) in long jump - 4.74m (huge PB)



Alice phoning her Dad with the news

Hillory Davis (12 yrs girls)
5th in heat 1, 800m - 2:35.58
4th in heat 2, 1500m - 5:14.92
9th in final, 1500m - 5:09.83 (huge PB)

Erin Cooper (16-17 yrs girls):
6th in heat 3, 100m - 12.90 (PB)
6th in heat 2, 200m - 27.15
22nd in triple jump - 9.84m

Marnie Ponton (16-17 yrs girls):
5th in heat 1, 800m - 2:26.69
16th in 3000m - 11:06.25
6th in heat 2, 400mh - 1:11.67

Brandon Galic (13yrs boys)
2nd in heat 1, 100m - 12.02
4th in final, 100m - 11.97 (PB)
2nd in heat 3, 200m - 24.48
2nd in final, 200m - 24.12 (PB)

Jeff Boreham (14-15 yrs boys)
21st in shot put - 11.17m
15th in javelin - 43.14m

Scott Crowe (16-17 yrs boys)
16th in high jump - 1.80m (PB)
4th in long jump - 6.73m (huge PB)
12th in triple jump - 12.66 (PB)

Congratulations to all those who were selected in the ACT Team. A special congratulations to **Alice Coddington** and **Brandon Galic** for their medal winning performances, to **Hillory Davis** for her 12 secs PB in the 1500m, and to **Scott Crowe** for his great jump into a 3.9m headwind. What would he have done with a tail-wind!

Chris Cook memorial race

The cross country club is running a race in the memory of Chris Cook on Saturday 5 August. Let's see a big Norths turn-out to this event. The committee will organise something special for the day - either a soup kitchen or a hot dog "stand", both of which proved popular last season.

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