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edited by Linda Butler



Norths news

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



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ACT Awards

Congratulations to the North Canberra members who were awarded ACT Athletics trophies for their achievements during the 2000-01 season. Presentations were made at an awards evening on April 27th.

Senator Margaret Reid Trophy for most outstanding junior athlete **Scott Crowe**

This season Scott has claimed ACT records for long jump in the U18 and U20 age groups. He won a bronze medal at All schools as an U18 competitor, and was even more successful on the move up to the U20 age group, winning gold at nationals with a superb jump of 7.72m

Most Outstanding Athletes Summer Competition

Under 20 men: **Scott Crowe**

Under 16 men: **Brandan Galic**

Brandan had an excellent season spanning two agegroups – U14 and U16. He won the 100m and 200m Australian All Schools championships in U14's, establishing a new meet record in the 100m and equalling the 200m meet record. Those times also broke ACT residents' records previously held by Matt Beckenham.

Under 14 men: **James Southgate**

At the Australian All Schools Championships in December, James ran a personal best of 2:13.87 in his heat. He won both the U14 800m and 1500m at the ACT championships, and was second in the U16 2000m steeple.

Under 14 women: **Alice Coddington**

Alice is ranked 1st in the ACT in this age group in – 100m, 200m, 400m, 80m hurdles, long jump and triple jump. She is the ACT champion for 100m, 400m, 80m hurdles, long jump and triple jump.

Canberra Medal – **Shaun Creighton**

Canberra Medals are awarded to athletes who equal or better pre-

determined standards in an event. Shaun achieved this in both the 5000m where his time of 13:21.45 was well under the standard of 13:56; and the 10000m, with a time of 27:49.20, well inside the mark of 29:03. Shaun has already put his name on one for next year with his time in this year's Paris Marathon (see Recent Results)

Laurel wreath awards

No. 3: **Shaun Creighton** – Australian representative, Sydney Olympic Games and World half-marathon champs.

No. 16: **Paul Crane** – Australian representative, World Mountain Running Championships

No. 17: **David Osmond** – Australian representative, World Mountain Running Championships

No. 18: **Scott Crowe** – Australian champion, men's under 20 long jump.

Brian Gleeson Trophy for outstanding junior coach

Rob Hathaway – Rob's success with his squad of ten juniors, including many of Norths promising junior athletes, was recognised in this award.

[ncac] email group

Dave Osmond has set up a NC Yahoo email group to make it easier for committee members to send out any important information as soon as it comes to hand. We will keep the number of postings to a minimum, but find this a very effective way to get important information to you quickly.

You will recognise any messages received this way as they have [ncac] at the start of the subject line. If you have not been receiving any messages so far, and you do have access to email, then please send a message to either Dave Osmond or Linda Butler, and we will make sure you are added to the list.

Members who do not have access to email will continue to be contacted by phone if any urgent information needs to be passed on.

Strategic Plan

The North Canberra Strategic Plan was endorsed by the committee at its meeting of 26 April, and it will soon be placed on our website. We'd appreciate receiving any comments or suggestions on the document. Some of the main features of our plans for the coming season are:

- o liaising closely with Little Athletics in the development of their new centre at Gungahlin. We are currently working with them on an application for a development grant from the ACT Dept of Sport & Rec.
- o raising the profile of the winter cross country competition and actively encouraging members to participate
- o increasing the club's profile in the local media through the use of a club publicity officer. **Chris Butler** has volunteered to take on this role, so if you have any news items, please get in touch with him on 6254 2201.
- o recognising and acknowledging the achievements of members. To this end, we have already established a set of club records which appear on page 4 of this newsletter. They will be placed on the website, along with an historical list of committee members and award winners. We will also be creating a 'roll of honour' to detail the efforts and achievements of our life members.
- o strengthening our financial position – we will have another tilt at the AA Club Awards in 2002.

Comments on summer competition

Tony Kerr has taken over as the new summer competition director for ACT athletics, and will be conducting a review of the competition on 24 June. Prior to that meeting, he's calling for any comments and suggestions from athletes, coaches, officials and parents, about any aspect of interclub competition.

At its last meeting, the committee came up with a number of ideas to pass on to Tony, including:

- o re-scheduling the 4x400m relays so that they did not come immediately before the 800m races

- o bringing forward the 3k/5k races during the twilight meetings
- o ensuring that events do not start before the time given in the program schedule
- o having at least two high jump events during an interclub meeting, not just one.
- o the re-introduction of a relay meet, with the last December competition being suggested as a suitable date

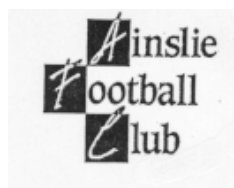
If you have any ideas you would like to propose to Tony, he can be contacted by email at:

tonykerr@au.gateway.net

Or alternatively, you can contact one of the committee and we will pass them on to Tony.

Additional AFC sponsorship

We'd like to make special mention in this newsletter of the support given to us by Ainslie Football Club. In addition to their on-going yearly sponsorship of \$1500, which enables us to provide travel subsidies for athletes, they have recently given us



an extra \$700. We sought this additional sponsorship to underwrite our first North Canberra Gifts

and to assist Rob Hathaway in meeting the costs of his Level 2 coaching course.

We are grateful for this support and urge all Norths members to show their appreciation by supporting AFC. We seek to make the association a two-way process, and to this end Rob has offered to take some sprints clinics for Ainslie's junior footballers.

Recent results

Dave Osmond has been doing a great job of rounding up the NC troops to compete at cross country races through the use of timely email reminders.

Canberra Marathon

The ACT winter cross country season kicked off with the return of the Canberra Marathon on 8 April. **Phillip McGilvray** was the first NC runner home in 10th position (and 3rd ACT runner) with a time of 2:38. Life member Graham Small came home in a time of 3:48.

Canberra Half Marathon

We had a few more starters in the shorter, half marathon distance on 20 May. NC had a very strong showing in this event with **David Osmond** coming second in 1:13.03, **Peter Haynes** 8th in 1:15.43 and **Phillip McGilvray** 16th in 1:19.21. Our life members were well to the fore with **Geoff Moore** completing the course in 1:32.07, and **Graeme Small** in 1:39.18.

Australian Mountain Running Championships

Paul Crake had a great run in the Australian Mountain Running Championships in Brisbane on 19th May. Paul held off a fast-finishing Ross Hudson to win the 11.5k race in 43:10. His run was all the more impressive as he'd only commenced running again a week earlier after 6 weeks out of action with a stress fracture. Fellow North Canberra runner **David Kilham** came 5th in a time of 46:47.

Anzac Relays

the three teams we put in this year was certainly a vast improvement on the single entry last year, even if the composition of a couple were a bit suspect. Our 'A' team acquitted themselves particularly well, coming in 2nd. **Scott McTaggart** had the fastest time of the day, and he was ably supported by two of our mountain runners, **David Osmond** and **David Kilham**, and 800m runner **Jeff Wray** who questioned the whether the course markers had got the distance right! The NC 'B' team ran particularly well to come in 5th. **Phillip McGilvray** ran the first and last legs for this relay, and found that the first 3.6k was the best way to warm up for a decent run for his second 3.6k which was nearly half a minute faster - the hallmark of a true marathon runner!

North Lyneham

The best turn-out for the cross country season so far this year was for the 6k pointscore event on 2 June. We saw a great run from **Scott McTaggart** to take the event out in a time of 19:28, with **Erwin McRae** in 5th and **David Osmond** in 6th. Then followed **Peter Haynes** (15), **Chris Butler** (19), **Danny O'Dea** (26), **Graham Burke** (47), **Geoff Moore** (53) and **Geoff Sims** (75). It was good to see so many carrying Norths colours around the course. Not to be outdone, **Andrea**

Braakhuis was 3rd home in the women's event in 24:15.

Little A's nationals

Five Norths juniors competed in the Little Athletics Australian Teams Champs in Melbourne on 28 April.

Jan Legg and **Harry Guinness** competed in the Under 15 multi events championships, capping off their final year in Little A's.

Jan finished in 7th position overall with 3197 points – a great result given her battle with injury leading up to the event. The highlight was recording a big pb in the long jump with a leap of 5.13m, her first time over 5 metres.

Harry came home in 9th position in his event with 3936 points. His highest scoring event was the 800m in which his time of 2:09.7 equated to 930 points. Harry also had an excellent 100m hurdles race, going well under the time he normally records at interclub in 14.1.

Brendan Watt set pbs in both the 200m and 400m in the Under 13 age group. Brandon was 3rd in the consolation final of the 200m in a smart time of 26.6. His 4th placing in the heats of the 400m saw him progress through to the final. Brandon came 6th in a time of 57.5.

Matthew Parsons competed in all three throws events in the under 13 age group. Matthew's best results was an 8th placing in the discus, with a throw of 33.68m. He also achieved 10.82m in the shot put, and 30.22m in the javelin.

Patrick Cape also competed in three events – all the jumps. He had a great long jump, coming 8th in a tightly packed field with a jump of 5.34m.

Patrick was 6th in the high jump with 1.55m, and leapt 10.15m in the triple.

2001 Paris Marathon

Just prior to a short trip back to Canberra, **Shaun Creighton** took part in the 2001 Paris Marathon.

Congratulations to Shaun who came home in 17th place in a time of 2:17.25.

Registrations due

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

	Junior	Senior	Family
Full year	\$50	\$70	\$135
Winter	\$25	\$35	\$75
Summer	\$40	\$50	\$100
Officials		\$10	
'Friends of the club'	\$5		
	<i>Junior = U14, U16, U18</i>		
	<i>Senior = U20, Open, Vets</i>		

We have enclosed registration forms for those distance runners we have not yet caught up with. You can either hand the completed forms to one of the committee members at a cross country event, or post it to Barbara Wagstaff at: 27 Crisp Cct, Bruce, ACT 2617.

Sports grant for Scott

Congratulations to Scott Crowe, who has just learnt that he will receive a grant from the Ron Clarke Foundation. With the demise of the track and field program from the ACT Academy of Sport, it's great to see that local athletes still have some access to funding support for their continuing development. Scott, we hope it helps in your aim of making it to the world junior champs in Jamaica next year. Need any bag carriers? I'm sure you'd have plenty of willing takers!

North Canberra Athletics Club Inc.

2001-02 Committee

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Erwin McRae 6282 9446 ezza1976@hotmail.com

Coming Events

Saturday, 9 June

ACT Cross Country Championships
(**Snr Pointscore**)

Weston Park, Yarralumla

Saturday, 16 June

O'Connor Ridge 1/2.5/5k

Tucker St, Bruce

Sunday, 17 June

Terry Fox Fun Run

Forster Cr, Yarralumla

Saturday, 23 June

Longstaff/Pennington 1/4/8/16k (**Jnr, Snr Pointscore**)

Weston Park, Yarralumla

Sunday, 24 June

Gold Coast Marathon

Gold Coast, Queensland

Saturday, 30 June

Duffy Pine 1/4.5/8.1k

Eucumbene Dr, Duffy

Saturday, 7 July

Black Mt Peninsula

John Cardiff Cl, Black Mt

Sunday, 14 July

Gungahlin 5k/10mi

Diddams Cl, Belconnen

Saturday, 21 July

Urambi Hills 1/4.5/9k

Learmonth/Athlon Dr, Kambah

Saturday, 28 July

Molongolo Reach 1/5/10k (**Snr and Jnr Pointscore**)

Moorshead Dr, Russell

3-12 August

World Athletics Championships

Edmonton, Canada

Saturday, 4 August

Molonglo Gorge **1/4.6/9/2j**

Sutton Road

Saturday, 11 August

Gungahlin 1/4/6k

Gundaroo Rd, Gungahlin

Sunday, 12 August

City to Surf

Sydney

North Canberra club records – preliminary listing

Patrick Mossop and I have been making use of the 'quiet' time since the end of the summer season to go back over old ACT handbooks, AA handbooks, and other ancient material to draw up a preliminary list of records for the club. We're still missing quite a few. For example, we haven't yet found any Norths women pole vaulters. And senior men's sprinters also appear to have been fairly thin on the ground. However, our source material only goes back to the early 1980's, so if anyone can remember the names of some of our earlier athletes, we may be able to delve into some of the "all time" rankings lists we have to come up with some updates to the listed performances. Some points to keep in mind when looking through the performances – implement weights and hurdle heights have often changed, and we have yet to verify the records were done under the current specifications. The method of calculating ages for the juniors has undergone a couple of changes over time. We eventually aim to compile a list using the current definition, though it may take some time to verify dates of birth and identify the best "legal" performance. If you believe you know of any better performances, please contact Pat Mossop (women's records) or Linda Butler (men's records).

MEN

	OPEN			UNDER 20			UNDER 18			UNDER 16		
100m	11.07	Neil Donlan	1995	11.07	Neil Donlan	1995	11.07	Neil Donlan	1995	11.33	Ross Gareffa	1992
200m	22.47	Neil Donlan	1995	22.47	Neil Donlan	1995	22.47	Neil Donlan	1994	23.1	B. McFadden, A. Fyffe	1995
400m	50.1	Rohan Walker	2000	50.25	Rohan Walker	1998	51.3	Bryn McFadden	1996	53.39	Rohan Walker	1996
800m	1:50.5	M. Trinca	1986	1:57.31	Scott McTaggart	1997	1:58.96	Chris Butler	1997	2:08.27	Harry Guinness	2000
1500m	3:41.85	Shaun Creighton	1995	3:53.29	Scott McTaggart	1997	3:54.9	Michael Thompson	1977	4:13.6	Greg Webster	1984
3000m	7.41.60	Shaun Creighton	1995	8:23.2	Michael Thompson	1997	8:23.2	Michael Thompson	1977	9:06.94	Martin Byne	1996
5000m	13.17.76	Shaun Creighton	1995	14:45.5	Greg Webster	1987						
10000m	27:31.92	Shaun Creighton	1996									
110/100m Hur	15.72	Peter Doherty	1985	15.72	Peter Doherty	1985	15.3	Peter Doherty	1984	14.77	Bryn McFadden	1996
400m Hur	55.2	P.Carr	1981	54.81	Bryn McFadden	1998	54.81	Bryn McFadden	1998	26.15	Bryn McFadden	1994
3/2000m Steeple	8.45.20	Gary Briggs	1984	9.09.18	Scott McTaggart	1997	6:06.88	Chris Butler	1997	6:23.57	Simon Foxhill	1994
1500m Walk	5.45.3	Garry Vogler	1992	5.45.3	Garry Vogler	1992	5.45.3	Garry Vogler	1992	6:18.45	Gary Vogler	1990
3000m Walk	12:36.8	B.Cook	1982	12:41.2	M.deClifford	1982	12:36.69	Dan Andrikis	1988			
5000m Walk	21:09.78	Dan Andrikis	1994	21:09.78	Dan Andrikis	1994						
High Jump	2.10	Michael Dick	1979	2.10	Michael Dick	1979	2.02	Damien Feehan	1988	1.83	Rohan Walker	1994
Pole Vault	4.30	Rohan Walker		4.10	Rohan Walker	1998	4.20	Rohan Walker	1997	2.70	Clyde Williams	1998
Long Jump	7.47	Scott Crowe	2001	7.47	Scott Crowe	2001	7.09	Scott Crowe	2000			
Triple Jump				15.41	John Howell	1970	14.66	John Howell	1969	12.77	John Howell	1967
Shot Put	15.74	Greg Mace	1994	15.74	Greg Mace	1994	18.04	Greg Mace	1993	18.25	Gregory Mace	1991
Discus Throw	46.26	M. Kemp	1987	33.13	Rohan Walker	1999	48.15	Connell O'Neill	1998	41.74	Nick Kouparitsas	1999
Hammer Throw							49.43	Connell O'Neill	1998	44.99	Connell O'Neill	1998
Javelin Throw	49.2	Rohan Walker	2000	49.38	Rohan Walker	1999	65.88	Adam Read	1988	52.62	Gregory Mace	1991
Decathlon	6853	Rohan Walker	2000	6487	Rohan Walker	1998	6713	Rohan Walker	1997			

WOMEN

	OPEN			UNDER 20			UNDER 18			UNDER 16		
100m	12.3h	S.Haigh	1991	12.96	Erin Cooper	1999	12.96	Erin Cooper	1999	13.20	Kate Jones	1998
200m	25.20	Nicole Muir	1994	25.20	Nicole Muir	1994	25.20	Nicole Muir	1995	25.78	Nicole Muir	1994
400m	56.97	S.Haigh	1991	59.43	Marissa Prebble	1996	59.43	Melissa Prebble	1996	59.43	Melissa Prebble	1996
800m	2:16.76	Kylie Sherwin	1997	2:19.1	Nicole Muir	1992	2:19.1	Nicole Muir	1992	2:19.1	Nicole Muir	1992
1500m	4:17.66	Sue Hobson	1992	4:36.35	Miriam Bankovsky	1993	4:36.35	Miriam Bankovsky	1993	4:47.86	Miriam Bankovsky	1991
3000m	8:56.48	Sue Hobson	1992	10:12.46	Miriam Bankovsky	1991	10:12.46	Miriam Bankovsky	1991	10:12.46	Miriam Bankovsky	1991
5000m	15:33.29	Sue Hobson	1992									
10000m	31:54.57	Sue Hobson	1996									
100/90m Hur	14.84	Nicole Muir	1995	14.84	Nicole Muir	1995	14.82	Nicole Muir	1995	13.90	Nicole Muir	1994
400m Hur	1:10.88	Marnie Ponton	2000	1:10.88	Marnie Ponton	2000	1:10.88	Marnie Ponton	2000	29.39	Kate Jones	1996
3/2000m Steeple				8:09.73	Simone Reynolds	1991	8:25.41	Dior Foxhill	1994	8:25.41	Dior Foxhill	1994
1500m Walk	6.10.8	Sue Cook	1984	7:06.9	D.Colman	1978	7:06.9	D.Colman	1978	7:06.9	D.Colman	1978
3000m Walk	12.42.1	Sue Cook	1984	13:51.3	Jantien Saltet	1990	14.09.46	Jantien Saltet	1989			
5000m Walk	22.04.42	Sue Cook	1984	23.15.25	Jantien Saltet	1990						
High Jump	1.64	Nicole Muir	1995	1.64	Nicole Muir	1995	1.65	Nicole Muir	1995	1.60	Sian McDonald	1999
Pole Vault												
Long Jump	5.62	Nicole Muir	1996	5.62	Nicole Muir	1996	5.59	Nicole Muir	1995	5.29	Cassandra Crowe	1996
Triple Jump	10.96	Cassandra Crowe	1995	10.96	Cassandra Crowe	1995	10.96	Cassandra Crowe	1995	10.96	Cassandra Crowe	1995
Shot Put	16.14	Lisa-Marie Vizaniari	1988	16.14	Lisa-Marie Vizaniari	1988	16.14	Lisa-Marie Vizaniari	1988	14.92	Lisa-Marie Vizaniari	1987
Discus Throw	60.44	Lisa-Marie Vizaniari	1990	60.44	Lisa-Marie Vizaniari	1990	57.92	Lisa-Marie Vizaniari	1989	48.56	Lisa-Marie Vizaniari	1987
Hammer Throw	42.4	Keiran Moss	1992	42.4	Kirran Moss	1992	42.40	Kirran Moss	1992	32.54	Lisa Horvath	1995
Javelin Throw	45.60	Susan Read	1991	45.60	Susan Read	1991	45.94	Susan Read	1991	37.92	Atika Kirkman	1995
Heptathlon	5090	Nicole Muir	1995	5090	Nicole Muir	1995	5090	Nicole Muir	1995	5044	Nicole Muir	1994

MEN

	UNDER 14			WOMEN		
100m	11.58	Brandon Galic	2000	13.33	Alice Coddington	2001
200m	23.31	Brandon Galic	2000	26.80	Melissa Prebble	1997
400m	56.48	John Jakeman	1998	59.43	Melissa Prebble	1996
800m	2:13.87	James Southgate	2000	2:23.24	Amy Martyn	1998
1500m	4:27.17	Chris Butler	1993	5:02.0	Naomi Wagstaff	1996
90m/80m Hur	13.08	Bryn McFadden	1994	13.16	Kate Jones	1996
200m Hur	27.47	Bryn McFadden	1994	31.39	Kate Jones	1996
1500m Walk	6:47.0	G.Yeo	1985	7:25.58	Naomi Wagstaff	1996
High Jump	1.80	Chris Butler	1994	1.46	Sian McDonald	1998
Long Jump	5.71	Bryn McFadden	1994	4.61	Rebecca Tassell	1995
Triple Jump	12.37	Bryn McFadden	1994	10.05	Alice Coddington	2001
Shot Put	19.7	Gregory Mace	1990	12.40	Susan Read	1989
Discus Throw	39.40	Connell O'Neill	1997	36.26	Susan Read	1989
Javelin Throw	38.10	Connell O'Neill	1997	33.78	Susan Read	1989



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.

