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New President

At the end of the 2002-01 AGM we were still without a president for the coming season. With a little bit of persuasion (and not too much arm twisting) **Jeff Wray** has agreed to take on the role. Most of you will already know Jeff as he is a very visible face out at the track and occasionally at cross-country events. I'm sure the club will benefit tremendously from having an enthusiastic athlete at the helm.

ACT Award Winners

Several Norths athletes won ACT Athletics awards. Not surprisingly, the athletes also won NCG awards - you can read about their achievements in that section. Congratulations to:

Paul Crake: Most outstanding winter athlete

Sian Macdonald: Most outstanding U18 female

Amy McIlrick: Most outstanding U14 female

Brandon Galic: Most outstanding U16 male

Scott Crowe: Most outstanding U20 male

Shaun Creighton - Canberra medal - 10000m and marathon

Australian representatives

Congratulations also to three of our athletes who have been selected in Australian teams:

Damien Burroughs - IPC World Championships, France - discus and shot put

Shaun Creighton - Commonwealth Games, Manchester - marathon

Scott Crowe - World Junior Championships, Jamaica - long jump

2002 Club Awards

Most outstanding NC athlete:
Shaun Creighton

Shaun started the season with a 7th place in the 10000m at the Goodwill Games in Brisbane in August. He won a spot on the Australian Commonwealth Games team with an 'A' qualifier in the Marathon of 2:11.54, a time achieved in coming 11th in the 2001 Chicago Marathon. Shaun is currently living in the US, but returned to Australia in April this year to win his fourth national 10km championships



Shaun after winning the national 10k championships

Most outstanding open male:

Scott McTaggart

Scott started off the season with a 5th in the ACT cross-country championships. At the national champs, he was a pivotal member of the North Canberra team which won the Australian club championships, being the first club member home in 7th place. Scott won the bronze medal in the ACT 5000m championships in early March, then finished off the season with a run in the national 3000m Steeplechase, unfortunately suffering an injury early in the race.

June 2002

Most outstanding under 20 male:

Scott Crowe

Scott's season got off to a great start, with second place and a World Junior qualifying jump of 7.51m in the u20 long jump at the Australian All Schools championships. Scott missed most of the next three months through injury, but came back as strong as ever to snare 2nd spot in the national U20 championships, and a spot in the Australian team for the World Junior Championships in Jamaica in August.

Most outstanding under 18 male:

David Wall

David ended the season on a high note, winning both the 100m and 200m titles at the ACT Championships, and finishing well on top of the rankings for these two events. He was nearly a second faster than the next ranked ACT athlete over both distances.

Most outstanding under 16 male:

Brandan Galic

Brandan started the season well with a 5th place in the Australian All Schools U16 100m championships. At the NSW underage championships in March he set two new ACT residents records - 11.13 in the 100m, breaking his own record; and 22.22 in the 200m, taking 0.41 off the time set by Matt Beckenham in 1992.

Most outstanding under 14 male:

Brendan Watt

Brendan posted a big pb in the U14 400m at the Australian All Schools championships in December, coming 5th in the final in a time of 55.19. This was also a new Norths record for the event. Brendan also obtained national qualifiers in the 100m and 200m.

Most outstanding under 18 female:

Sian Macdonald

Sian returned to competition this year after a break, and quickly reaped the benefits of John Hunt's jumps coaching and some speed work help from Nicole Boegman. Sian won the national U18 high jump title in March with a pb of 1.70m, and also competed in the U20 title in Brisbane.

Most outstanding under 16 female:

Alice Coddington

Alice missed much of 2001-02 with injury, but came back in fine style at the business end of the season. She

came away from the ACT Championships with 4 silver medals - in the 100m, 200m, long jump, and triple jump.

Most outstanding under 14 female:

Chelsea Hosking

Chelsea competed in the Australian All Schools championships in December in the 100m and 200m. During the season she set two new club records - 12.80 in the 100m, and 26.71 in the 200m.

Most outstanding senior AWD athlete:

Damien Burroughs

Damien had a very consistent season in discus with eight throws over 40m. He left his best till last - a throw of 42.55 in the national championships in April, ensuring him continued top level support from AA. Damien was selected in the Australian team to contest the IPC World Championships in Lille, France, from 21 to 28 July.

Most outstanding junior AWD athlete:

Michael Armstrong

Michael joined Norths this season and has shown great promise in 100m, 200m and long jump. Chris Timpson, coach of the ACT's junior AWD development squad, of which Michael is a member, has great wraps on Michael who he reports jumping around 5m in training. Unfortunately, Michael was another Norths athlete to succumb to injury and miss the ACT championships.

Most outstanding winter athlete:

Paul Crake

Paul won the 2001 Australian mountain running championship and had his most successful tilt to date at the world crown. The race was held at Arte Terme, Italy, on 16 September with Paul finishing in 17th position.

Most improved athlete:

Patrick Mossop

Patrick finished last season with pbs of 12.09 for the 100m and 24.14 for the 200m. His times in both events improved progressively through the season, and at the ACT championships he recorded his best times of the season - 11.59 in the 100m and 23.26 in the 200m.

Summer pointscore, female:

First: **Stephanie Hudson** 353 pts
Second: **Amy McIlrick** 292 pts
Third: **Alice Coddington** 224pts

Summer pointscore, male:

First: **Matthew Parsons** 449 pts
Second: **Brandan Galic** 351 pts
Third: **David Wall** 231 pts

Winter pointscore:

Male: **David Osmond**

Female: **Andrea Braakhuis**

Junior: **Daniel Cook**

Athlete Profile

John Jakeman



John in action at the AIS

Date of birth: 17/6/1984

Height: 183cm

Occupation:

Student at Dickson College

Place of birth: Canberra

Residence:

O'Connor, Canberra

Coach/previous coach (es):

Adrian Faccioni

Events: 100m, 200m, and 400m

PBs: 11.09, 22.72, and 50.10

Year started athletics:

I've competed in school carnivals since 1992, but only over the last six months have I started training seriously

Greatest moment in athletics:

I always enjoy running

Worst moment in athletics:

Straining my left hamstring six weeks after straining my right hamstring.

Short term goal(s) in athletics:

I take everything day by day

Long term goal(s) in athletics:

To run as fast as I possibly can

Other athletes you admire:

Darren Lockyer, a great footy player

Your chance to have a say in things

ACT Athletics is offering you several opportunities to contribute towards the development of the 2002/2003 Track and Field competition program.

Opportunity 1.

A Review of the 2001/2002 Track and Field Season will be held prior to the ACT Athletics Management Council Meeting on Tuesday evening June 18 commencing at 7.30pm.

Opportunity 2.

A planning meeting for the 2002/2003 season will be held in the Commonwealth Room at the A.I.S. Athletics Field on Sunday 30 June 2002 commencing at 11am.

Opportunity 3.

E-mail/write your thoughts to the ACTA T&F Competition Committee anytime between now and the 30th of June 2002, or catch up with Greg at the track most evenings throughout the week or at the Southside Schools Cross Country on Saturday mornings.

ACTA T & F Competition Committee

Greg Gilbert -
0412 209 219 or 62880355
gstech@austarmetro.com.au

Michael Thomson -
0414 733339, onerun@tpg.com.au
Mail: 2 Roope Cl, Calwell ACT 2905.

Opportunity 4.

A Separate meeting will be held later in the year to review the ACT Championships program and Competition Rules.

Opportunity 5.

A report/draft competition program will be distributed shortly after we have had time to digest all of the above input and come up with a draft plan for the year ahead.

Opportunity 6.

ACTAA still needs a third member on the T&F Competition Committee, contact Greg or Michael to put your name forward or for further information.

Some points to consider when reviewing last year and looking ahead to the coming year.

1. ACT Championships

- combining with Veterans

- 2 Day (Sat and Sun) or 3 Day (Fri evening, Sat and Sun)
- ACT Multi's hold our own or combine with NSW.
- timing - hold them early or late to attract interstate athletes?
- relay championships ?

2. ACT v's NSW

- combined meet at Campbelltown
- other meets held regionally such as Wagga Wagga, Cooma, Goulburn either early in the season or late.

3. Interclub

- Pointscore - all year, after Xmas, double points at Champs
- Tuesday evening, Dec, Jan
- Christmas break - longer, shorter?
- Time of day, start/finish?

4. Competitions

- Imperial day
- registration day at regional centres Calwell, Woden, Dickson,
- relay day
- multi event comp before Xmas
- special events leading up to All Schools, Nationals
- ACT Schools Champs, combine with ACTA comp.
- Schools Knockout
- new/novel events
- separate competitions for jumps, throws, sprinters, distance runners?
- separate jumps competitions

5. Telstra A Series

- do we want a full weekend of events, e.g. Sat comp and A Series on Sunday, A Series Saturday and Tuggies Gift on Sunday,

6. Development program - are you interested in the development weekend planned for 14-15 September at Bundanoon for Coaches, Parents and Officials?

7. Anything Else

- did something stop you competing last year?
- did something encourage you to compete?
- would something encourage you to compete more?

Don't restrict yourself to the list of ideas above, remember if you don't ask for it, you probably won't get it.

Rules for comments. Please give us the good, the bad and the Ugly. Please don't personalise your comments, and remember the purpose behind this exercise is to improve the ACTA T&F Competition Program for you and every other athlete.

Coming Events

Friday 7 June

ACT Schools Cross Country Champs

Saturday 8 June

Rani Road 1/3/5km

Rani Road Black Mountain

Sunday 9 June

Lake Burley Griffin Walks Carnival

Weston Park

Saturday 15 June

Yarralumla Bay 1/3/6km

Alexandrina Drive, Yarralumla

Saturday 22 June

Mt Ainslie 1/3/9.5km - **jnr pointscore**

Phillip Avenue, Hackett

Sunday 23 June

Terry Fox Fun Run 10km

Forster Crescent, Yarralumla

Saturday 29 June

Longstaff/Pennington 1/4/8/12/16km - **snr pointscore**

Weston Park, Yarralumla

Saturday 6 July

O'Connor Ridge 1/2.5/5km

Masterman Street (east), O'Connor

Sunday 19 May

Canberra Half Marathon - **snr points**

Mariner Place, Yarralumla, 9am

Sunday 7 July

Gold Coast Marathon 42.2kms

Saturday 20 July

5km / 10 miles

Black Mountain Peninsula

25 July - 4 August

Commonwealth Games

Manchester, UK

Saturday 27 July

Dunrossil Drive 1/4.2km - **jnr & snr pointscore**

Dunrossil Drive, Yarralumla

Saturday 3 August

ACT Cross Country Championships **snr pointscore**

Weston Park, Yarralumla

Saturday 10 August

Yacht Club 5km

Mariner Place, Yarralumla

Sunday 11 August

City to Surf, Sydney

Norths Birthdays

May and June saw/will see a few big birthdays for club members. **Susana Arai, John Jakeman** and **Megan Perry** all turn 18 - Susanna on 8 May, John on 17 June and Megan on 30 June. **Pat Mossop** turned 21 on 7 May. Other birthdays are (and I'll be kind and not mention ages for those who won't see 30 again!):

6 May - **Alex Palezevic** (15)
 11 May - **David Wall** (16)
 11 May - **Ashliegh Lascelles** (14)
 20 May - **Stephanie Hudson** (14)
 30 May - **Sam Turk** (14)
 12 June - **Chris Brown**
 13 May - **Shaun Creighton**
 21 June - **Trent Harlow** (29)
 21 June - **Chris Butler** (23)
 24 June - **Ethan Gould** (11)
 29 June - **Eileen Bake** (13)
 30 June - **Richard Nicholson** (26)
 Hope I haven't missed anyone, and hope you all have/had a great day.

Recent results

ATC Little Athletics Championships

Two club members finished off their 2001-02 track and field season by representing ACT in the Australian Little Athletics Australian Teams Championships. **Alice Coddington** really finished on a high note, winning a silver medal in the 100m, a bronze in the triple jump, and 4th place in the long jump. **Lucas Lodi** also had a couple of very good results, finishing 4th in the triple jump and 8th in the high jump. Congratulations and well done to both athletes.

Australian Mountain Running

Paul Crake blitzed the men's field in the championships held at Mt Buffalo. He broke away after 1.5kms and quickly built up a commanding lead. His winning time of 55 mins 53 secs for the gruelling 11.2km uphill climb was four minutes clear of the runner-up. **Dave Osmond** was third in 61:05.

Carol Harding came 7th overall in the women's 10km event in 81.07, which also gained her 2nd place in the W40 category.

Heather Harding was 3rd in the junior women's 7km championship in a time of 70:50.

Cross-country season

The 2002 winter cross-country season kicked off in traditional style with the Canberra Marathon. Our sole competitor, life member **Graeme Small**, finished in the top half of the field in a time of 3:42.44. The next senior pointscore race was the Anzac Relays where our team of **Dave Osmond, Scott McTaggart, Danny O'Dea** and **Chris Butler** took out second place behind Weston Creek.

The Molonglo Gorge race was the next senior pointscore race, and **David Osmond** and **Scott McTaggart** were again well to the fore, taking second and third places behind Australian Olympian Martin Dent. Dave was again second to Martin in the next major race on the calendar - the Canberra Half Marathon - completing the 21km in 1:12.43.

Last Saturday's Molonglo Reach race was a junior and senior pointscore

event. **Daniel Cook** was the eighth junior home in the 5k event, while in the 10km race **Scott McTaggart's** came in second, ahead of **Dave Osmond** in fifth and **Danny O'Dea** in 10th. **Graeme Small** completed the Norths quartet.

Second Norths Gift

The second running of the Norths Gift took place on Sunday 28 April, prior to the start of the AGM and awards presentation. The first heat suggested the handicapper (**Rob Hathaway**) knew what he was doing - we had a real 'blanket finish'. It was not quite so close in the second heat, but the scene was set for an exciting final. Those in the money were:

1st **Joshua Parsons** (\$50)
 2nd **Amber Jarrett** (\$30)
 3rd **Brandan Galic** (\$20)

We still think Amber may have won the big money if she hadn't been so concerned about losing her hat, but it would have been a pretty close thing as Joshua was steaming home really fast - not as fast as backmarker, Brandan, but Brandan just had too much distance to make up.

There were some surprise participants in the 1500m handicap race, no doubt attracted by the possibility of a cheque at the end of the 4 laps. We also had an enthusiastic recruiter in **Jeff Wray**.

The final result was:

1st **Stephanie Hudson** (\$50)
 2nd **Patrick Mossop** (\$30)
 3rd **Amber Jarrett** (\$20)

North Canberra-Gungahlin Athletics

2002-03 Committee

<i>President</i>	Jeff Wray	0414 491 676 (mob)	johnny_castle49@hotmail.com
<i>Vice Presidents</i>	Owen Heness	6254 6332	diawen@bigpond.com
	Linda Butler	6254 2201	linda.butler@anu.edu.au
<i>Secretary</i>	Bronwyn Parsons	6278 4354	parsons5@tpg.com.au
<i>Registrar & Treasurer</i>	Barbara Wagstaff	6251 6698	barbara.wagstaff@higginsps.act.edu.au
<i>Committee</i>	Andrew Fiddian	6258 6320	fidfam@bigpond.com.au
	Rob Hathaway	6241 9556	rob.hathaway@cbr.defence.gov.au
	Patrick Mossop	6258 8312	pat_mossop@hotmail.com
	Erwin McRae	6282 9446	ezza1976@hotmail.com