

NORTHS NEWS

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

July 1998

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Mountains and towers

David Osmond

In news from the field of mountain and stair climbing, North Canberra athlete **Paul Crake** has been dominating nearly all the headlines over the past year. Last October Paul won the race up the stairs of the Rialto skyscraper in Melbourne. His prize was a trip to New Zealand to run up the 1081 steps of the Skytower in Auckland, held on April 4.

That race featured a strong field including this year's winner of New York's Empire State Building run-up, Terry Purcell of Geelong, and one of the top mountain runners in the world, Aaron Strong from NZ (in the top 5 in the last two world champs). Against such a talented field, Paul produced a sensational performance to win by over half a minute from Aaron, with Terry third. He was rewarded with \$NZ 1,000 for his sub 6 minute effort.

Paul's performance in New Zealand convinced Aaron to make the trip across to Australia in May to gain some tough competition at the

Australian mountain running championships. Paul was joined by fellow North Canberra athletes **David Osmond** and **Carol Harding** in running up the huge 1270m Mt Wellington overlooking Hobart. Aaron wasn't expected to be troubled in his preferred running discipline, however Paul once again came out victor to win the 12km race in a time of 66:26, with a narrow 8 second victory over Aaron. David finished in 3rd place in front of the Frenchman Jean-Michel Coulombex, currently of South Australia, to round out the medal winners.

Carol finished 7th in another highly



competitive field, won by Tasmanian Louise Fairfax. Unfortunately for the women, their 6.5km course included the same finish on top of the mountain as the 12km men's course. While

conditions at the start and throughout most of the race were quite reasonable, the final 2km involved a very rocky track through ice and snow which, together with freezing temperatures and a gale force wind, resulted in the fastest cool-down that most of the athletes have ever experienced.

Both Paul and David are now destined for Reunion Island to represent Australia in the World

Mountain Running Championships in September (*see map on p1*).

In November Paul also won the popular race up the stairs of Telecom tower, again defeating David to end his 3 year winning streak in the race. Another North Canberra athlete **Liam Stakelum** also ran well to finish 3rd, while **Dana Williams** produced a quality performance to come 5th in the women's event.

Paul also won the Black Mountain challenge in November, finishing ahead of the undefeated 5-time victor, Gerard Ryan. **Anthony Scott** ran a solid race to finish in 4th place, while **Michelle Davis** and **Carol Harding** came 5th and 6th respectively amongst the women.

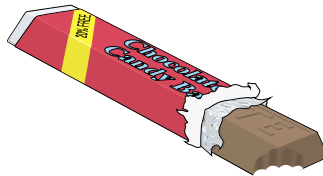
David gained revenge on Paul in January at National Running Week at Thredbo. In Australia's steepest mountain race, he produced a huge PB and race record in holding off Paul to win the 2km race which follows the chairlift up Mt Crackenback. David also took out the Kosciuszko Classic the following weekend while Paul remained in Canberra. Other North Canberra Athletes featuring at this week of running were the **Williams** family (**Kent, Lauren** and **Dana**), **Carol Harding** and **Peter Haynes**.

Fund-raising

That dreaded word! In the past North Canberra has raised additional funds through providing members to assist with the organisation of several triathlons during the summer months, for which the club was paid. This source of fundraising has now dried up and we have been forced to explore other avenues.

As an interim measure, the committee decided to have an initial foray into selling fudge. Thanks to the efforts of committee members and some willing helpers, the first two boxes were disposed of quite rapidly with \$160 being added to the coffers. With this success behind us, we moved up from \$1 fudge bars to \$2 chocolate bars. We stand to make another \$320 from the sale of these.

These fundraising efforts are directed almost entirely towards enabling us to provide travel subsidies to NCAC athletes who gain State or National representation. The drying-up of funds from triathlon fees has meant that our ability to do this in the last summer season was severely limited. Selling chocolates is a start, but we are also exploring other avenues, particularly in relation to attracting a major sponsor for the club. If



anyone has any good ideas on any fundraising activities we would be pleased to hear from you.

Recent Cross-Country Results

The 1998 Cross Country season kicked off in the traditional way with the Anzac Relays, held at Campbell Park on 25 April. The rain may have been welcome for Canberra's gardeners, but not for the runners. With a relatively small turnout, the women were the performers for North Canberra on the day, with our team coming second to Woden Harriers. **Jennifer Beer** had the 3rd fastest time and Louise Fox came in 8th.

NC's stalwart of the Marathons, **Graham Burke**, improved his time by nearly 1 minute on last year's, and climbed up five places to 28th. Another competitor was **Jason Stalker**, a new member to the club in 1997 and not to be confused with Jason Chalker!

Duffy Pines, on 2 May, was the first of the individual junior pointscore races for the season, and **Jennifer**

It was easier without the bikes!

A couple of North Canberra's older junior distance runners have been trying their hand in duathlon races recently, though not all has gone according to plan. **Matt O'Dwyer** and **Chris Butler** had the brilliant idea that as their first ACT duathlon race was so short (2km run, 10km bike ride, 2km run) they wouldn't bother with the bike shoes and would just stick to their runners. They realised their mistake as they noticed the reduction in pedal power – and the number of people passing them. In their second race, all seemed to be going well until Chris became a bit over-enthusiastic with his gear changing and the chain came off – 45 seconds lost!

In spite of these problems the boys posted some creditable times and headed off to the Australian championships outside Ipswich in June. Chris misjudged the heat of Queensland and the effects of such a long race (10km run, 40 km bike ride, 5 km run) and suffered from severe cramping, losing over 60 secs, while Matt had a slow leak in one of his tires. But they still finished a creditable 8th (Chris) and 12th (Matt) in times that compared favourably with those posted at last years world championships. And – they're still eligible for the Australian junior team next year and they'll be in there trying!

Beer was in scintillating form in the girls race posting a win by nearly 1 minute. In the senior men's 8.1km race **Anthony Scott** came in a strong second, with **Ben Crabb**, **Steven Nelson** and **Danny O'Dea** also featuring strongly at the finish.

Jason Stalker was obviously more suited to the "shorter" half marathon distance, coming in 8th, one place ahead of **Greg Webster**. **Peter Haynes** in 13th and **Graham Burke** in 26th also performed well.

There was a strong NC presence in the 15th Bilga Bash held on 30 May. **Greg Webster**, **Chris Cook**, **Anthony Scott**, **Peter Haynes**, **Danny O'Dea**, **Stephen Nelson**, **Graham Burke**, **Graham Burke**, **Ian Mackenzie**, **John Harding** and **Daniel Cook** all made the trip out to Bilga.

The club pointscore competition sees **Grahame Burke** with a good lead but with **Peter Haynes** starting a mid-season surge. The women's competition is wide open – no-one has posted any points yet! Competition amongst the juniors is also very open, with more turning up to non-pointscore days.

A message from the president

Dudley Scoullar

This is the first of what I hope will be open, two-way communication between myself and members of NCAC, after being elected as President of the Club at the AGM held in early May.

First, let me tell you a little about my more recent background. While I am a relative newcomer to NCAC, and

mainly involved as an official and as father to Jason who has competed with the Club for the past three seasons, before that I was involved with Little Athletics for 8 years. I was with Belwest Little Athletics Club, mostly as a Committee member and for two years as president. Throughout this time, it remained one of the most successful Little A's clubs in the region (some might say despite, rather than because of, me!). There were a number of factors at work in achieving that success and space is too short to go into them in any detail here. But I bring with me an underlying philosophy that these factors stand on their own no matter what the environment and can be translated across organisational boundaries.

During my term, I hope to remain deserving of the confidence you have shown in electing me as president. But I am only one of a number of members on the new committee and, indeed, only one of over 100 members of the Club as a whole. As newly-elected president and, in fact, a relative newcomer to the Club, I will be looking to the committee and indeed to all members to promote the Club as one committed to both its athletes and the sport; to seek new and continuing sources of funding; and to arrest - and hopefully turn around - the declining membership of the sport that has been so evident in recent years. Last but not least, I hope to get to know personally as many members as possible.

These goals will be no easy task, but I look forward to taking up the challenge over the coming season. (They say that fools rush in where angels fear to tread ah well, let's just get on with the job at hand and see where that takes us.)

Coming Events

ACT Cross Country Club

Saturday, 4 July
Mount Tuggeranong
1 / 4 / 8 km

Saturday, 18 July
Dunrossil Drive
1 / 4.2 km

Saturday, 25 July
Mount Ainslie
1 / 3 / 9 km

Saturday, 1 August
ACT Cross Country
Championships

Saturday, 8 August
Eucalypt Trail
Turkey Handicap
1 / 3.4 / 6.8 km

Saturday, 15 August
Powerhouse
1 / 5 / 10km

Saturday, 22 August
Hawker Pinnacle
1 / 4 / 8 km

Other Canberra Events

July 5 Sunday
Women's and Girl's Jogalong

Sunday, 26 July
Deek's Recreation Area
ACT Veterans Handicap
4 / 8 km

Other Events

Sunday, 12 July
Gold Coast
Australian Marathon
Championships

To begin with, we hope that you like the look and content of this edition of Norths News. Linda Butler, our new vice president, has been trying her hand as editor and, I think, has done a great job on it. We hope to produce the newsletter on a regular basis over the coming 12 months, bringing news of the athletic and other personal achievements of individual NCAC athletes. We really do want to personalise the newsletter as much as possible so, if you are aware of achievements by club members, please let Linda know.

Amongst other things the committee will be reviewing in the near future will be the identification of appropriate coaching resources and facilities. We will also be trying to come up with a design for a logo for use on club uniforms, letterheads, newsletters, etc. There are also a number of moves afoot at the State and national level that should have a positive impact on the sport over the next 12 months or so. Another area that particularly concerns me, and I know many of you out there, is what funding we can offer our athletes who achieve selection as State or national representatives. Our efforts in this regard are noted elsewhere in this newsletter. We are very aware of the need to encourage our athletes and help them achieve their full potential in the sport. At the same time, we have to look at the situation realistically and recognise that we are, in the overall scheme of things, a small club with a small revenue base. We also want to preserve a club that caters for those who don't share the same goals, but still have their own goals of personal fitness, achieving their personal bests in events of their choosing or just participating for the love of it.

Enough from me for now. Whatever

your reason for being in athletics, I want to wish you every success for the coming winter and summer seasons, and look forward to meeting all of you some time during 1998-99.

Future ACT Athletics Directions

The new Summer Competition Director, Heather Jones, will hold a meeting to review the past season and discuss future directions for the 1998/99 track and field season. This is your chance to air your views on future directions for athletics in the ACT. The meeting will be held at 7.30pm on Wednesday 8 July in the Heritage Hotel, Jerrabomberra Ave, Narrabundah

1998-99 Fees

For the 1997-98 season the ACT Athletics Association imposed a small increase in registration fees with a resultant increase in North Canberra fees for this season.

Winter Season Only:

Senior & Under 20 athletes	\$45
Under 18, 16 & 14 athletes	\$30
Families	\$70

Summer Season Only:

Senior & Under 20 athletes	\$50
Under 18, 16 & 14 athletes	\$40
Families	\$90

Full Year

Senior & Under 20 athletes	\$70
Under 18, 16 & 14 athletes	\$50
Families	\$120

Officials	\$10
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NCAC Contacts

Committee 1998/99:

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