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

Award winners

The winners of awards for the 1998-99 season are listed below, together with a brief outline of their achievements. Also included in this issue is a number of photos from the presentation night.

1. Most Outstanding Awards

Most Outstanding Athlete: **Shaun Creighton**

- 1998 World Cup 5,000 m - 2nd
- 1998 C'wealth Games 5000m - 4th
- 1998 World Cross Country Championships - 22nd
- 1999 Houston Marathon - 4th
- Selected to represent Australia in the marathon at the 1999 World Champs



Shaun receiving his award from Ainslie Football Club's Kevin Grace

Under 18 Male: **Connell O'Neill**

- Competed at 1998 All Schools
- Qualified for Nationals with a throw that would have placed him 5th, but unable to go.

Under 16 Male: **Nicholas Kouparitsas**

- Bettered nationals qualifying distance of 13.50m for the Shot Put - on two occasions achieving 14.17m.
- Close to qualifying in the discus.
- Competed at 1998 All Schools

Under 16 female: **Marnie Ponton**

- Competed at All Schools in December, finishing 12th in the 3000m.
- Only 10 days previously she smashed the qualifying standard by 17 seconds.

Senior Male: **Adam Leane**

- A great run in 3km at the CocaCola Distance Classic in November
- Zatopek - 12th (8th Australian) – ranking 11th in Australia this season.
- ACT 5k champs time ranked him 29th in Australia
- Gold Coast half marathon time ranked 10th in Australia

Under 20 Male: **Rohan Walker**

- Won the Under 20 Decathlon title in Hobart in February
- Won the Decathlon at the Australian University Games

Athlete with a disability: **Damien Burroughs**

- Threw a world record in the discus at the World Champs in Birmingham, only to loose it to the eventual winner - won the silver medal
- A new PB of 41.52m and a gold medal at the National Championships
- Silver medal in the Shot Put at Nationals

Winter Athlete: **Erwin McRae**

Won the ACT Cross Country 12km title in 37.01, just beating Adam Leane to the line by 1 sec.

2. Leading Pointscorers

Summer season

Senior men: **Andrew Lees**: 403 pts

Under 20 men: **Jason Scoullar**: 290 pts

Under 18 men: **Scott Crowe**: 407 pts

Under 16 men: **Jeffrey Boreham**: 605 pts – most points for North Canberra

Under 18 women: **Erin Cooper**: 603 pts, 2nd in NC

Winter season - Distance Runner of the Year awards

Senior male: **Graham Burke**: 118 pts, competed in all pointscore races



Graham Burke and Susan Hobson

Senior female: **Nicki Taws**: 60 pts

Junior male: **Martin Bye**: 60 pts

Junior female: **Jennifer Beer**: 60 pts

Veteran male: **Graham Burke**: 160 pts

3. Other Winter Awards

Marathon Champion - male

Graham Burke: 28th overall

Cross Country Champion - male

Erwin McRae: winner of ACT champs

Cross Country Champion - female

Nicki Taws: winner of ACT Champs

Mountain Running Champion - male

Paul Crake: winner of the Australian and ACT mountain running champs

Mountain Running Champion - female

Carol Harding: 3rd in ACT champs

4. Most Improved Athlete

Adam Leane

It is not often that an athlete already competing in senior ranks at an elite level manages to win this award. The selection committee was particularly impressed by the improvement in Adam's 10km time. In the 1997 Zatopek, Adam was 21st in 30:15.18.

In 1998, he was 12th (8th Australian) in 29:29.51.

Recent results

North Canberra athletes have been posting some great results in the first weeks of the winter season.

- A good turn-out for the traditional season starter, the Anzac Relays. NC's team of **Susan Hobson, Jo Bailey, Kathy Southgate and Amy Martyn** posted an easy win in the women's event, with Susan recording the fastest individual time. NC's team of **Martin Bye, Greg Webster, Chris Cook and Peter Haynes** came second in the men's race. Greg backed up again to run for NC's B team, only running 40 secs slower the second time around!
- A double victory in the marathon eve 10km event on 10 April, with **Shaun Creighton** winning the men's event (breaking the record by 17 secs) and **Susan Hobson** the women's.
- Also on 10 April, but in New Zealand, **Paul Crake** was 2nd in the race up Auckland's Sky Tower, with fellow NC athlete **Dave Osmond** in 4th.
- **Graham Burke** may have dropped one place in this year's Canberra Marathon, coming in 29th, but he improved his time by a massive 4min 18 secs. NC pundits believe this to be his best for some considerable time, if not a PB.
- **Paul Crake** and **Chris Cook** have been selected in the ACT mountain running team. **David Osmond** won the ACT Champs, but will miss the Australian titles after taking up a scholarship to study in the USA for a few months.
- **Greg Webster** came 3rd in the Canberra Half Marathon, 6 places better and nearly 3 mins faster than last year.
- The Sugden 4km race on 22 May saw the return of **Louis Young** to the winner's list, while Adam Leane came 2nd in the Clohessy 8km race.
- NC athletes came third in both the men's and women's events of the Sydney half marathon. **Shaun Creighton** came in behind two Kenyan runners, while in the women's event it was a race of the mums – Liz Miller winning from Krisna Stanton and **Susan Hobson**.

Athlete profile: Jeffrey Boreham



School: Campbell High

Favourite subject: PE

Most hated subjects: English, science and maths.

When and where did you start athletics? Corroboree LA's at age of 6 years

Favourite events: Javelin

Best moment in athletics: When I heard I had broken the ACTLA championship record for Javelin as an U13 – a PB of 5 metres.

Worst moment in athletics: Having to do long runs

Other sports: soccer, tennis

Sporting heroes: No-one!

Career goals, sporting or otherwise: To become famous as a sportsman.

Favourite -

Pastimes: Playing soccer, training at athletics

TV show: action movies

Food: Chocolate.

Jeffrey was the top pointscorer for NC in the 1998/99 season.

New committee

The incoming committee for 1999/2000 elected at the AGM is:

President: Dudley Scoullar (6253 5223)

Vice Presidents:

Linda Butler (6254 2201)

Owen Heness (6254 6332)

Secretary: Ian Mackenzie (6251 4263)

Registrar and Treasurer:

Barbara Wagstaff (6251 6698)

Committee:

Adam Leane (6251 5639)

Andrew Fiddian (6258 6320)

Shaun Creighton (6247 0471)

David Osmond (6251 2303)

Martin Bye (6242 7034)

World cup campaign

by Shaun Creighton

In early 1998 I'd set myself the goal of winning a medal in both the World Cup and the Commonwealth Games 5000m events. The World Cup has only 8 in the race, with one athlete from each region, and thus only one African athlete, but each of the other seven are fine competitors. In the Commonwealth Games, conversely, the depth isn't so great, but there are 3 Kenyan athletes.

The World Cup was held in Johannesburg, with an altitude of 1700m. The "thinner air" favoured the sprinters, but made it very difficult for distance running. It is still not clear whether training at high altitude benefits performances at sea level, but there is no doubting that to compete at high altitude, you need to prepare at high altitude. As such, my final 8 weeks of preparation for the World Cup consisted of 3 weeks at Boulder Colorado, the city where 'Deek' trained for many years, then one week in the altitude chamber at the AIS, and finally 4 weeks at altitude in South Africa.

Training at Boulder was a terrific experience and something I had wanted to do for some time. On several occasions a group of us drove further into the mountains to do our long run at an elevation of 10,000 feet around a lake with snow capped mountains in the background. Even though gasping for air, the runs were always pleasurable and were followed with an "icing" of our legs in the freezing stream running off the lake.

The South African altitude training experience was entirely different to Boulder. Australian women's 5000m & 10,000m champion Natalie Harvey and I trained with local athletes in Pretoria. Unfortunately the nicest places to run were all deemed to be too dangerous, so most of the running was through the streets. At one stage we had a local African guy run with us for a few miles, complete in his long pants and leather shoes. Eventually I decided to see just how serious he was and picked the pace up. He looked over at me, smiled and said "I think I will complete my journey now" !

I entered the 5000m event at World Cup with terrific confidence as I'd

essentially had 8 weeks of altitude training and was arguably in my best ever 5000m form, as evidenced by a very comfortable 13.34 to win the Commonwealth Games / World Cup trial a few weeks beforehand. Apart from glory and pride, there was significant prizemoney on offer at the World Cup this year (as with all IAAF World events these days). Prize money went \$US50,000, \$US20,000, \$US10,000 for 1st, 2nd., and 3rd, with a 'thanks for coming' for 4th place. I knew a top three placing was possible but would require a very good run. After a mile, the African representative, 1997 World 5000m Champion Daniel Komen surged. The 1992 Olympic 5000m Champion Dieter Baumann immediately responded and covered Komen's move. Pueblo, the South American champion from Mexico, then followed and I followed Pueblo. One lap later I looked up on the big screen and realised the race was now down to the four of us. Komen surged one lap later but we soon regrouped. One lap further on Komen produced a surge which finally split us into single file. Baumann attempted to stay with Komen and I passed Pueblo and tried to regain contact with Komen and Baumann, but remained 50m adrift by myself. With 4 laps to go, Baumann started to tire and dropped off Komen. With 3 laps to go I realised I was catching Baumann and the adrenalin from this realisation brought me closer still. With 750m to go, I caught Baumann, but was very fatigued. Baumann has a devastating last lap, so I decided to go as fast as I possibly could past him so he wouldn't attempt to stay with me. I'd decided to make myself pretend there was only 300m to go rather than 700m, and let the last lap take care of itself. The tactic worked as I got to the bell 50m clear of Baumann and held that break to the line to collect the silver medal, which is arguably my best performance in 10 years of international competition.

Dunrossil get-together

On 17 July Owen Heness is organising a get-together for North Canberra athletes over a hot cup of soup at the end of the Dunrossil Drive cross-country races. This is a pointscore race for both seniors and juniors so we're hoping for a strong NC showing.

Coming Events

Saturday, 12 June

Lake Tuggeranong 1/3/6k – **junior pointscore race**

Anketell St Greenway

Saturday, 12 June

Australian Mountain Running Champ.

Brisbane

Saturday, 19 June

Red Hill 1/4/8k

Gowrie Dr Red Hill

Saturday, 19 June

Australian Cross-Country Champ.

Brisbane

Sunday, 20 June

Terry Fox Fun Run

Forster Cres Yarralumla

Saturday, 26 June

Oakey Hill 1/3/6k – **junior and senior pointscore race**

Esk Pl Lyons

Saturday, 3 July

Longstaff/Pennington 1/8/16k – **senior pointscore race**

Weston Park Yarralumla

Sunday, 11 July

Gungahlin 5k/10miles

Diddams Cl Belconnen

Saturday, 17 July

Dunrossil Drive 1k/4.2k – **junior and senior pointscore race**

Dunrossil Drive Yarralumla

Saturday, 24 July

Mt Majura 1k/4.5k/9k

Phillip Ave Hackett

Saturday, 31 July

ACT CC Championships

venue TBA

Life membership to Ian Mackenzie

By John Harding

It is a great pleasure to propose life membership of North Canberra Athletic Club for Ian Mackenzie. I have known Ian now for 20 years and I believe that his involvement in athletics goes back more than 30 years.



Ian Mackenzie and Rob Martyr

Soon after arriving in Papua New Guinea in 1979 I went down to the Sir Hubert Murray stadium to have a run and discovered that Ian was the track and field meet organiser, and a very efficient one at that. All events were expeditiously conducted with a view to finishing the program in one hour because the Port Moresby Athletic Association only had enough money to pay for an hour's hire of the stadium with lights. I soon discovered that Ian was not only the President of the Port Moresby Association and of the PNG AAU but also a tremendous athlete in his own right. Later that year he represented PNG at the South Pacific Games in Fiji and won a bronze medal in the 1500m in a time of 4:01.

As well as organising the track and field competition, Ian also organised a program of cross country events during the off season. This usually went for several weeks and then stopped but I persuaded Ian to keep it going for much longer. Before we knew it the Saturday afternoon race had around 120 runners, double the number who had been competing in ACT Cross Country Club races back in Canberra in 1978.

I have three great memories of Ian from these races. The first is of Ian giving his all in races and finishing exhausted. Ian has a unique running style; my best description of it is that he lurches to the finish line. My second recollection is of

watching Ian finishing the Port Moresby marathon and collapsing with exhaustion at the end drenched in perspiration. My third, and most vivid memory, is of a PNG national cross country championship about 35kms inland from Port Moresby on the Sogeri plateau. The first half of the course was through a rubber plantation; the second downhill through a village and then up a long, steep hill. At this stage of the race, Ian was running third and I was fourth, trying to catch him. One of Ian's running traits is that he hates hills, especially steep ones. I couldn't believe my luck when Ian reached this steep hill and started to walk. I closed the gap and then tried to put as much distance as I could between us before the final 800 m downhill run where I thought I would have trouble

matching Ian's fearsome finishing speed. I managed to hold on for the bronze medal and Ian finished 4th or 5th.

At the end of 1981 I returned to Canberra, and a few years later was President of North Canberra at the time Ian and his family moved back to Canberra. I recommended to Ian that he join North Canberra. Before too long I asked Ian if he would stand for the committee, and after a few years of this to become secretary. In 1991 I became Secretary of the ACT Athletics Association. To facilitate this occurring, Ian took over the Presidency of North Canberra and, despite preferring more of a support role, did a fine job until a replacement was found.

Ian's contribution to the club for more than a decade has been immense. First and foremost, Ian has been the behind the scenes helper who has provided the support to get a number of things done when they needed doing. Things like:

- Organising club members to do fund-raising activities;
- Organising relay teams at the track and during the winter season;
- Doing the registrations when no-one else was available;
- Organising the schools cross country competition when Carol and I had to be away;
- Helping out with registrations at the start of the schools cross country

season and with the presentations day at the end;

- Representing the club at ACT Athletics meetings;
- Being the telephone contact for enquiries about the club;
- Writing, producing and distributing the club newsletter for many years;
- Helping out at drink stations for annual events such as the North Canberra Three Peaks race;
- Helping organise the weekly fun run at the track;
- Encouraging newcomers at various events and chasing up coaching and other needs.

These were in addition to his bread and butter duties as secretary of the club. In fact, when you list down all the things Ian has been doing for so long, you realise that Ian has been the back bone of the club for a considerable time. You also appreciate that the club has been overloading him. What any club needs is to have at least half a dozen people like Ian who really chip in and do their bit to spread and lighten the load. However, it is times like this when we step back and reflect on how fortunate we have been to have had Ian as a member of the club, and to recognise his long years of outstanding service. It is indeed a pleasure to recommend him for life membership.

1999-2000 fees due

Registrations for the coming year are now due. Fees have been kept at last year's levels, as follows:

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

NC web site

Our website is currently under construction, thanks to the great work of David Osmond and Martin Bye. Watch its progress at:

<http://www.angelfire.com/nc/NCAC/>