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edited by Linda Butler

# norths news

Newsletter of North Canberra Athletic Club  
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## Inside this issue

1

Paralympians

Osmond conquers the mountains

Special Norths News Olympics issue

2

The Kenyan athletics scene

3

R.W.Clarke Foundation

News from ACT Athletics

Coming events

4

Recent results

Athletics Australia Club Award

2000-01 committee

## Paralympians



Congratulations to **Richard Nicholson** (below), **Damien Burroughs** (left) and

**Stephen Eaton** who have been selected in the Australian paralympic team. Damien and Richard are pictured above on a recent visit back to their old stamping ground at Hawker College. Richard will be competing in the power lifting on Wednesday 25 October. The draft competition schedule for the Paralympics has Stephen competing in the discus on Saturday 21 October at 7pm, and Damien in his discus category on Tuesday 24 October, also at 7pm..



## Osmond conquers the mountains

**David Osmond** was in top form in Bergen, Germany on 9 September, being the first Australian to finish in the world mountain running championships. Fellow North Canberra runner, **Paul Crake**, was third Aussie home. David is staying on in Europe for a while, but filed a report on the race via email —

Well, I had a great race in Bergen. I finished 23rd out of 140 starters - my best result yet! The race went exactly according to plan. I went out conservatively, probably around 80th for the first flattish 2km. Then I slowly moved through the field, catching Paul Crake and about 30 others in the next 3kms, then another 20 or so through the middle section, and finally another half dozen in the closing kms including Daniel Green.

Both Greeny and Crakez had disappointing races, finishing 40th and ~54th respectively. Greeny was with the leaders for the first few kms, but started feeling ordinary soon after. Ben Rattray and Gareth Candy finished 89th and 113th respectively. We finished 11th of 22 teams.

Jonathon Wyatt won the men's race pretty comfortably, with a 2minute gap to 2nd. He won in a bit under 48 minutes. I ran 52.48 to be just behind two Kiwis, Aaron Strong and Simon Mauder. It is certainly the closest in terms of time that I have been to the top three.

The course was fantastic. A nice wide fire trail for the opening kms, then some beautiful steep single track up to midway, a bit more fire trail before the final very steep and rocky section which contained lots of steps. I felt pretty good the whole race, and was thinking I should have been able to catch a few more people in the closing kms (which is pretty much where my overtaking days stopped), but when I reached the finish I felt really tired, so perhaps I did a good job of blocking out the pain during the race. The view at the top was incredible. Snow capped mountains in the distance, green valleys way down beneath us, and some rocky peaks in between. Definitely the most scenic finish I've ever seen.

## Special Norths News Olympics issue

As I foreshadowed in the last newsletter, I'm planning a bumper issue for December with all your stories and pictures from the Olympics and Paralympics. Sue Hobson has already promised an article and I'll be chasing all our other competitors for their stories. I also want lots of items from Norths spectators, officials and volunteers as well, so have those photos and stories ready — you will hear from me!

# The Kenyan athletics

scene by Dudley Scoullar



*Introduction of competitors to the Kenyan president before the 5000m*

Having spent June and July 2000 in Kenya on consultancy work for the International Monetary Fund, I thought it might be interesting to give club members some of my observations on the athletics scene in that country, famous for producing some of the world's best middle and long distance runners. While I was there, I had the opportunity to witness first hand the Kenyan national athletics championships and Olympic selection trials. These were held over three days in late July at the Moi International Sports Centre in Nairobi.

The Centre is a large stadium named after the current president and situated on the northern outskirts of Nairobi. This capital city of over 2 million is situated in a central highland region some 5500 feet (about 1800 metres) above sea level, which may go some way to explaining why Kenyan athletes perform so well at low altitude. Kenyans take great pride in the success of their athletes, and the last day of the trials was attended by President Moi (Prime Minister, where are you?) together with 20,000 cheering spectators.

The lineup in many events read like a who's who of world-class distance running. However, the trials also represented something of a changing of the guard, at least in some major events. Unfortunately, I had to rely on newspaper reports to get final results, as I could not locate a program listing competitors' names, announcements over the stadium's loud speaker system were almost inaudible (even though they were generally in English) and names were not shown on the large

electronic scoreboard (although they did manage to have some less important announcements come up, after years when apparently the scoreboard did not

function at all!).

In the men's 5000 metres, for example, relatively-unknown Julius Gitahi beat home a number of more fancied rivals including 1998 Commonwealth Games bronze medallist Richard Limo, five times world cross-country champion Paul Tergat, Sammy Kipketer, 1999 world silver medallist Benjamin Limo and 1997 world champion Daniel Komen (who failed to finish). In the 10000 metres, John Korir led home a

*March past at the start of the Kenyan athletics trials*



strong field in the smart time of 27m49s, followed by David Chelule, Wilberforce Talel and Paul Kosgei.

Noah Ng'eny, who has lived and trained in Australia for the past three years, won the men's 1500 metres in 3m38.3s from Bernard Langat and Laban Rotich. He declared afterwards

that he would be gunning for Algeria's El Geurrouj in Sydney.

The women's 10000 metres was won by world marathon record holder Tegla Loroupe in the time of 32m13.5s.

As was to be expected, a class field started in the men's 3000 steeplechase, won by Rueben Kosgei in 8m17.6s followed closely by Bernard Barmasai and Wilson Boit. Some well-fancied marathoners, such as Boston marathon winners Elijah Lagat and Moses Tanui, missed selection for Sydney. Chosen ahead of them were Rotterdam marathon champion Kenneth Cheruiyot, Atlanta bronze medallist Eric Wainaina and former Chicago marathon winner Ondoro Osoro. As happens more widely in Kenya, tribalism and politics, including within the Kenya Amateur Athletics Association, play a part in the selection process for athletes.

Some of the sprinters, especially in the 200 and 400 metres, were disadvantaged by a breakdown in the electronic timing equipment part way through the meet, resulting in hand timing of all events, which does not satisfy IAAF rules in qualifying for international competitions. A number

of their athletes therefore had to seek qualifying times on the European circuit. Eveready Batteries of Kenya has offered a bonus of 200,000 Kenya shillings (about \$A4400) to each Kenyan athlete who achieved a gold medal in Sydney. While this may not sound much for Australians, it represents a small fortune for Kenyans.

## R.W.Clarke Foundation

The next review of applications for a grant from the R.W.Clarke Foundation will take place shortly. Athletes wishing to apply should ensure their application reaches the Athletics Australia office no later than 31<sup>st</sup> October 2000. Athletes should list their recent performances and state the event(s) for which they are requesting assistance. These events must be in the next few months, as there will be no retrospective payments.

### Criteria

The R.W.Clarke Foundation may be used to assist young athletes (preferably under 23) to obtain competition at major domestic meets, ie: Grand Prix events, National Cross Country Championships and international Espoirs competitions, and to participate in appropriate training camps, if considered essential.

Preference will be given to (but not restricted to) those athletes not already receiving support under the Olympic Athlete Program (OAP), Australian Commonwealth Games Association's Junior Grants Program, or Institute/Academy Scholarships.

Athletes are instructed to apply personally by **hand writing** their application and mailing it to Athletics Australia (faxed applications are not acceptable). Applications will be determined by the R.W.Clarke Foundation Selection Panel, consisting of Ron Clarke (Chairman), Athletics Australia's High Performance Manager and Athletics Australia's Chairman of Selectors.

Mail applications to:

R.W.Clarke Foundation  
Athletics Australia  
Fawkner Towers  
Suite 22, 431 St Kilda Road  
MELBOURNE VIC 3004  
Tel: (03) 9820 3511

## News from ACT Athletics

- The 2000-01 Summer Handbook has been printed and will be distributed to clubs shortly. All members registered for the summer season are entitled to a free copy.

- The **ACT 10km Championships** will be held on November 4 at AIS, beginning at 5.30pm.
- A limited number of officials will be at the AIS track on the Wednesday evenings of 8, 15 and 22 November, between 6 and 7.30pm, to assist any athlete attempting to obtain a qualifier for the Australian All Schools championships in December. Track events will be hand-timed, but this will be acceptable to Athletics Australia.
- The Bega Athletics Carnival will be held on Sunday, October 29 at the Bega Athletics Field. Any queries can be directed to Nadine Sheehan on (02) 6492 5226
- The Wagga Wagga Athletics Club will be holding a carnival on Sunday, November 19 commencing at 8.30am. The carnival will cater for all ages from little athletes through to an open division. Entry is \$3 per event. Registrations close on Sunday 29 October. For further details, contact Wendy Kendall on (02) 6931 1246
- The first day of Interclub competition will be combined with day one of the SunSmart School Games on 4 November (day two will be on 5 November).
- Some dates further into the season that can be covered by the 'Coming Events' column:
  - \* after breaking for Christmas on 9 December, competition recommences with twilight meetings on January 2 (start time – 6pm)
  - \* the ACT multi-event championships will be conducted over two interclub meets – 23 and 30 January
  - \* the ACT 3km/5km championships will be on 3 March, commencing at 6.45pm;
  - \* the ACT Championships this year will be held on March 10 and 11
  - \* the Australian Youth championships are on from 23 to 25 February in Bendigo, Vic.
  - \* the Australian Open and U20 championships are from 23 to 25 March in Brisbane

## Coming Events

Thursday, 12 October  
ACT Schools Knockout  
*Woden – 4pm*

17-22 October  
World Junior Athletics Championships  
*Santiago, Chile*

20-29 October  
Paralympic Games  
*Sydney Olympic Stadium*

Saturday, 4 November  
ACTAA Interclub no.1, program 1  
(incorporating Day 1, Sunsmart Games and **ACT 10km Championships**)  
*AIS Track – 2-6pm*

Sunday, 5 November  
Day 2, Sunsmart Games  
*AIS Track – 2-5.30pm*

Wednesday, 8 November  
All Schools qualifying meet  
*AIS Track – 6-7.30pm*

Saturday, 11 November  
ACTAA Interclub no. 2, program 2  
*AIS Track – 2-5.30pm*

Wednesday, 15 November  
All Schools qualifying meet  
*AIS Track – 6-7.30pm*

Saturday, 18 November  
ACTAA Interclub no. 3, program 1  
*AIS Track – 2-5.30pm*

Wednesday, 22 November  
All Schools qualifying meet  
*AIS Track – 6-7.30pm*

Saturday, 25 November  
ACTAA Interclub no. 4, program 2  
*AIS Track – 2-5.30pm*

Saturday, 2 December  
ACTAA Interclub no. 5, program 1  
*AIS Track – 2-5.30pm*

7-10 December  
Australian All Schools Championships  
*Adelaide*

Saturday, 9 December  
ACTAA Interclub no. 6, program 2  
*AIS Track – 2-5.30pm*

## Recent Results

We had many competitors in the Australian cross country championships held in Melbourne on 5 August. **Scott McTaggart** finished 9<sup>th</sup> in the open men's race in a time of 38:13.3 and was part of the ACT team that took out second place in the state teams trophy. In the U14 men's event, **Scott Tomlinson** was 19<sup>th</sup> in 10:44.7 and **Patrick Cape** 30<sup>th</sup> in 11:12.8.

Kathy Southgate was third ACT competitor home in the open women's event in a time of 32:16.9 and contributed to the ACT's 3<sup>rd</sup> place in the teams event. **Eloise Kelly** came home 29<sup>th</sup> in the U20 event in a time of 26:34.5 with **Ruth Kennedy** not far behind in 26:56.7 in 32<sup>nd</sup> place. In the U18 event, **Marnie Ponton** was the second ACT runner home, coming 16<sup>th</sup> in a time of 15:22.8 and helped the ACT to third in the teams event. **Holly Smith** came 39<sup>th</sup> in the U16 girls race in a time of 16:40.2 with **Katira Davis** in 49<sup>th</sup> position with a time of 17:46.8.

The All Schools cross country championships were held in

conjunction with the Athletics Australia championships, and North Canberra had a number of members competing in the Primary School categories. **Luke Davis** came 10<sup>th</sup> in the 10yrs boys race in a time of 7:23.5 while sister **Hillory Davis** was 13<sup>th</sup> in the 12yr girls race in a time of 11:51.6. **Anne Southgate** was 16<sup>th</sup> in the 11yrs girls race in a time of 12:22.0.

Well done to all competitors.

At the Australian half marathon championships, held at Noosa in Queensland on 27 August, **Trent Harlow** came in 9<sup>th</sup> in a time of 1:08.29.

Prior to the Olympics, a couple of North Canberra members enjoyed the opportunity to compete at Stadium Australia in the International Selection Meet. **Erwin McRae** competed in the 1500m, coming 11<sup>th</sup> in the second heat in a time of 3:50.88. **Scott McTaggart** had a strong race in the 3000m steeplechase, coming 5<sup>th</sup> in a time of 8:56.91. **Shaun Creighton** gained two third placings – the 5000m in a time of 13:36.09 and the 10000m in a time of 28:31.88.

Then of course there were the Olympics. We hope to be hearing more from Shaun and Susan in the Olympics issue of Norths News, but just for the record:

**Shaun Creighton** finished 14<sup>th</sup> in the first heat of the 10000m in a time of 28:52.71. **Susan Hobson** battled injury to come in 35<sup>th</sup> in the marathon in a time of 2:38.44.

## Athletics Australia Club Award

Originally we had expected that our Club Australia award would be presented during the Olympic torch relay celebrations. However, due to the unavailability of Bill Stefaniak, this has been delayed until the first day of interclub, which also coincides with day one of the Sunsmart Games – Saturday 4 November. Let's try for a big turnout. I'm sure most of you will be there anyway, inspired by the feats of the marvellous Olympic athletes.

## North Canberra Athletics Club Inc.

### 2000-01 Committee

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