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# orths news

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

## Extending our readership

We'd like to say a warm welcome to our new readers. Copies of Norths News are now being distributed to older athletes who belong to the northside Little Athletics clubs – Corroboree, Ginninderra and Belconnen Wests. We hope you enjoy this edition of the newsletter, and begin to get a feel for what "seniors" (or "interclub", as some call it) can offer you. And just a reminder that with a dual registration agreement between ACT Athletics and ACT Little Athletics, you can register with a senior club at no extra cost. We'd certainly put out the welcome mat for any of you who are interested in joining North Canberra.

## Two years as a Texas longhorn

by Scott McTaggart

Spending two years in Austin, Texas at the University of Texas, has been one of the most rewarding experiences of my life. I had been told by many people that going to the United States isn't a great thing for an up and coming

With nearly 50,000 students the University of Texas is one of the largest schools in the United States. The football stadium has seats for 80,000 people; the basketball stadium 12,000 and the baseball stadium has seats for 6,000 people. Football games were amazing. The school has a marching band of about 200 people, 20 dancing girls and about 40 Cheerleaders. Most



*Maurice Green thanking Scott McTaggart for those useful tips!*

athlete. However, I believe, having spent two years in the United States I learnt much more than I would have learnt by staying in Australia. It was good to see how the Americans train and also experience University life in another country.

of the home games I attended were played in a packed stadium. College (University) sport has an amazing following in the United States. People have so much loyalty for their team and they will travel across the country to see their team play.



*Scott competing in the Penn Relays – a PB resulted*

On the athletics track I didn't have as much success as I had hoped for, but I did improve my steeple personal best to 8.56 and my 5000m time to 14.46 on an indoor track. I had a lot of success in my first cross-country season qualifying for the prestigious NCAA Cross-Country Championship. I got the opportunity to travel to track meets all over the United States. Some of the cities in which I competed included San Francisco, Gainesville (Florida), Philadelphia, Indianapolis, Furman (South Carolina), Columbia (Missouri), Oklahoma City, Manhattan (Kansas), San Antonio, Houston and Dallas. My track team won the Big 12 Indoor and Outdoor conference meets. It was great to be a part of this. The conference championship is of a similar competition to the World Cup of Athletics, where each continent has a representative in an event. They score the meet with first place getting 10 points for first down to 1 point for 8th place.

A big difference I faced when arriving in the United States was the structure of their University degrees. All university courses in the U.S.A. take 4 years to complete. The first two years students study a wide range of subjects; these include a foreign language, government, drama, maths, english, psychology, sciences, history and geography. In the final 2 years they specialise in the subject area they wish to major in. When arriving in the U.S.A. I had all my specialised subjects done from University of Canberra so I spent two years doing classes similar to

what we would study in year 11 and 12. Overall my time in the USA was a truly rewarding experience. I would recommend it to anybody even if you just go for a semester; it is something you can't experience in Australia.

## World Champs reports

### • track and field

**Shaun Creighton** was North Canberra's representative at this year's world track and field championships in Seville, Spain. Shaun was having another crack at a Sydney qualifying in the marathon. Unfortunately, a herniated calf muscle ended his race at the half-way stage. Latest intelligence has Shaun recovered and planning to race over some shorter distances in the coming weeks.

### • mountain running

On 19 September, **Paul Crake** competed in the world mountain running championships in Malaysia. Paul reports at the conclusion of the race: "Unfortunately yesterday was not my lucky day. I finished 37<sup>th</sup> out of a field of 100 runners from 30 countries. I am not disappointed as there was a very strong field and it was a tough course. I suspect the glandular fever may have decided to come back and haunt me. The race began very fast as I had suspected it might do. It consisted of 4 laps with approx 7 major ups and

downs. I didn't start to make up positions till the start of the 2<sup>nd</sup> lap. By the time we were onto the 3<sup>rd</sup> lap I was within the top thirty but starting to feel the affects of the continuous climbing and descending. My strength has always been the climbing and the downhills a weakness, but yesterday was totally the opposite as I seemed to be getting passed on the ups but overtaking on the downs. All that downhill work the last 6 months has paid off.

The major upset of the day was Jonathan Wyatt who was last years world champ. He was regarded as the number 1 favourite after his outstanding form in Europe in the past 2 months. With half a lap to go and a couple of hundred metres lead, the affects of dhydration began to show and he stumbled to the line in 7<sup>th</sup> place. He was immediately put on a drip and taken to hospital. Fortunately he was up and about later in the afternoon."

Prior to the world champs, Paul had had considerable success in lead-up races in Europe. , with 2 second placings in fields of 250 runners. On 17<sup>th</sup> July in France he competed in the Proral 14kms run, which included a very tough climb with a 1,150m elevation gain, followed by a 600m descent. Following that was a 6.5km uphill race in Switzerland which finished in snow at 2,250m altitude!

## Recent results

North Canberra athletes have been very active since the last edition of the newsletter hit the streets. Results from recent competitions are:

### *31 July – ACT Cross Country Championships*

The under 12 girls 2km race proved very close with only 14 secs separating the first 4 placegetters. **Anne Southgate** was 2<sup>nd</sup> in 9:34 and **Heather Harding** 4<sup>th</sup> in 9:49. In the under 14 girls 3km, **Hillory Davis** was 4<sup>th</sup> in 12:14 and **Katira Davis** 8<sup>th</sup> in 12:47. **Marnie Ponton** came in 2<sup>nd</sup> in the under 16 girls 3km in a time of 11:40, just 10 secs behind the winner. The under 14 boys 3km saw **Partick Cape** coming 3<sup>rd</sup> in 11:46, Daniel Cook 4<sup>th</sup> in 11:49 and **Robert Mathieson** 6<sup>th</sup> in 13:00. **Jeremy Reading** was our sole representative in the under 16 boys 4km, coming 11<sup>th</sup>. In the open

competition, **Carol Harding** was 7<sup>th</sup> in the women's 8km event. Only three senior men competed in the 12kms event, but all finished in the top 10 – **Ben Crabb** was 5<sup>th</sup> in 42:28, **Peter Haynes** 9<sup>th</sup> in 42:50 and **Greg Webster** 10<sup>th</sup> in 43:15.

*14 August - Australian All Schools Cross-Country Champs, Darwin*  
Results of North Canberra athletes competing in the championships were: **Hillory Davis** - 14<sup>th</sup> in the 11 years girls race in a time of 12:18  
**Katira Davis** - 26<sup>th</sup> in the 3kms under 14 girls race, in a time of 12:49.6  
**Marnie Ponton** - 13<sup>th</sup> in the 4kms under 16 girls race, in a time of 15:43.4  
Congratulations to all three girls, and to Michelle Davis who was coach of the ACT team.

*15 August – Sydney City to Surf*  
Four Norths runners made the trip to Sydney for the 1999 City to Surf. Great to see **Erwin McRae** back running well again. Erwin came in 10<sup>th</sup> in 42:57. Second of the Norths contingent was **Adam Leane**, coming 25<sup>th</sup> in a time of 44:37. **Scott McTaggart**, in his first run after returning from America, came in just behind Adam in 27<sup>th</sup> place in a time of 44:44. The fourth Norths competitor was **Ben Crabb** who came 97<sup>th</sup> in a time of 48:18. Apologies to any Norths runners I may have missed.

*21 August - O'Connor Ridge*  
A win to **Peter Haynes** in the 5km event in a time of 17:11. Also competing was **Ian Mackenzie**, who came home in 22:24.

*27 August – Pinnacle*  
**Heather Harding** paced it with her mother **Carol** around the 4km course, recording times of 20:10 and 20:08 respectively. Then Carol doubled up to run the 8km race, **coming home third female in 37:39**. **Nicki Taws** was the first woman home in 32:04. **Ben Crabb** was our only men's competitor, having a strong race to come in 2<sup>nd</sup> in a time of 29:12.

*7 September - Carillon Relays*  
Two teams from North Canberra contested the final event of the cross-country season. New member **Adrian Coogan** had a great first run for the club in the 'B' team, taking just 11:59 mts and just pipping **Danny O'Dea**, the first runner of the 'A' team, who clocked 12:02. **Greg Webster** ran 2<sup>nd</sup> in the 'B' team and backed up again to

run the 4<sup>th</sup> leg for the 'A' team. Other competitors in the 'B' team were Daniel Cook and Adrian's father, **Terry**. The 'A' team, which also had running for it **Ben Crabb** and **Scott McTaggart**, finished 3<sup>rd</sup> overall. Scott registered the fastest leg of the day - 9:29. Great to see you back and in such good form, Scott!!

At the end of competition on the day, awards were presented, and our congratulations go to **Graham Burke** who won an award for most improved runner of the year

*19 September - Canberra Times Fun Run*

I've searched the official results for North Canberra athletes (including the odd parent and a few who haven't registered this season yet - hint, hint!). Apologies to any I have missed - easy to do with 2000+ to look through.

3	30:13	Erwin McRae
12	32:53	Chris Butler
13	32:56	Peter Haynes
15	33:18	Greg Webster
19	33:41	Ben Crabb
20	33:46	Andy Kringas
85	38:05	Adrian Coogan
185	41:28	Daniel Cook
325	44:11	Vanda Quinn
451	46:07	Terry Coogan
662	49:16	Jeremy Reading
1346	62:33	Heather Harding
1347	62:34	Carol Harding
1403	64:39	Amelie Cook

## R.W.Clarke foundation grants

The R.W.Clarke Foundation was set up by Ron Clarke to assist young athletes (preferably under 23) obtain competition at major domestic meets. Applications have been called for the coming summer season's round of grants, with applications closing on 31 October. In past years, two North Canberra athletes have been successful, with Chris Butler obtaining a grant for \$500 in 1998 and Rohan Walker one for \$400 last summer.

If you are interested in applying, call Linda Butler on 6254 2201, or ring Cheryl Daw in at the ACT Athletics office on 6247 1504 for more details on the format for the application, and the selection criteria details.

## Coming Events

*For ACTAA competitions held in 1999, track events will be held at Jamison Oval; throws and jumps will be held at the AIS Throwing Field*

### Saturday, 9 October

ACTAA Competition  
Macquarie Oval - 2-4pm  
AIS Throwing Field - 4.30-6pm

### Saturday, 16 October

ACTAA Competition  
Macquarie Oval - 2-4pm  
AIS Throwing Field - 4.30-6pm

### Saturday, 23 October

ACTAA Competition  
Macquarie Oval - 2-4pm  
AIS Throwing Field - 4.30-6pm

### Sunday, 24 October

Weston Creek Fun Run  
Irish Club

### Sat / Sun, 30 or 31 October

Wagga carnival - LA's to vets  
Wagga (in place of ACT competition – date to be confirmed)

### Saturday, 6 November

ACTAA Competition  
Macquarie Oval - 2-4pm  
AIS Throwing Field - 4.30-6pm

### Saturday, 13 November

Wollongong meeting  
**Wollongong (in place of ACT competition)**

### Saturday, 20 November

ACTAA Competition  
Macquarie Oval - 2-4pm  
AIS Throwing Field - 4.30-6pm

### Saturday, 27 November

Sydney interclub  
SIAC, Homebush

### Saturday, 4 December

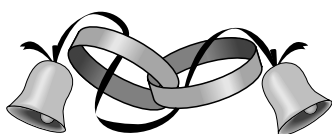
possible opening date for the new AIS track



## 1999-2000 registrations due

Just to make it easy for you, we've enclosed registration forms for those summer athletes yet to surface from their winter hibernation. Fees for the summer season are:

Summer Season Only:	
Senior & Under 20 athletes	\$50
Under 18, 16 & 14 athletes	\$40
Families	\$90
Officials	\$10



Congratulations to **Cade McTaggart**, tying the knot with Jeanette Wilson on 18 September. Our best wishes to you both from all at North Canberra.

## Uniform supplies

The club also has a full supply of our new competition singlets for \$22. There is also a limited number of club rugby tops available for \$32. Contact Ian Mackenzie if you would like/need either of the above items.



## Sun-smart strategies

With the summer track and field season just around the corner, it's timely to remind you to make sure you "Slip, slop, slap" every time you're out training or competing.

## Car pool for ex-Canberra meets

With the re-laying of the synthetic track at the AIS, alternative venues had to be found for the first two months of the ACTAA's interclub competition. For the first half of the summer season, competition will be held at two separate venues – Macquarie enclosed oval for the track events, and the AIS throwing field for field events.

In order to give junior athletes the chance to post All Schools qualifying times on a high-quality track, ACTAA has arranged for local athletes to attend 3 interstate meetings. The first will be at Wagga on the weekend of 30/31 October. Wagga boasts one of the best grass tracks in the country. Then on 13 and 27<sup>th</sup> November, athletes will be encouraged to compete at the Sydney interclub competition at Homebush. No ACT interclub competition will be conducted on these three weekends.

North Canberra will organise a car pool for any athletes wishing to make these trips away. If you wish to go to one or more of these meets, please ring either Linda Butler (6254 2201) or Ian Mackenzie (6251 4263).

And if you are planning to take your own car and have a spare seat or two, would you please let Linda or Ian know so they can get the car pool operating effectively.

## AIS track update

The latest word (as at 9 September) from ACT Technical Director, Greg Gilbert is:

"The site meeting at the AIS went well today, and progress is really being made. About to lay the second layer of hotmix and the Mondo is due to arrive in two weeks, to be laid in October. Painting and curing in November will lead to a opening in late November. We (ACT Athletics) plan a gala day (all events) on 4 December to give our All Schools team a workout on the new surface. The movable water jump is just about finished and discussions and estimates for the new hammer cage are underway. Things are really a lot better than I could have hoped. The engineers estimate that the AIS track will be as good as, if not " fresher", than the Stadium Australia surface."

## NC web site

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

Check out our site for:

- NC information booklet
- Committee contact details
- Calendar of events (cross country, summer interclub, national, international)
- articles from back issues of Norths News

## 1999-2000 NCAC committee

<i>President:</i>	Dudley Scoullar	6253 5223
<i>Vice Presidents:</i>	Linda Butler	6254 2201
	Owen Heness	6254 6332
<i>Secretary:</i>	Ian Mackenzie	6251 4263
<i>Registrar and treasurer:</i>	Barbara Wagstaff	6251 6698
<i>Committee:</i>	Andrew Fiddian	6258 6320
	Shaun Creighton	6247 0471
	David Osmond	6251 2303
	Martin Bye	6242 7034