

New year greetings to all members. Hopefully you all had a great Christmas and relaxing break. For those in training, hopefully the heat has not been too extreme.

The next three months promises plenty of action with the following events to be held:

## **CANBERRA PRO-AM TRACK CARNIVAL- Saturday 16th January**

The Ken Lorroway Memorial Gift Canberra Pro-Am Track carnival will be held this Saturday 16<sup>th</sup> January. The meet will take place between 2.00pm and 8.00pm at the AIS Athletics stadium.

Entries will be taken from noon on Saturday in the Commonwealth Room, and up to 30 minutes before start times of each series of scratch races. See Athletics ACT website for more information.

Ken and his family were NCGA stalwarts for many years.

The **2010 Australian Cup** will be staged on Saturday 30th January 2010 at the AIS Athletics Track. In 2010 this event will be hosted by Athletics ACT with support from Athletics Australia. The Australia Cup will be the first event of the new Australian Athletics Tour.

The Australian Athletics Cup will be a team competition over 10 individual events.

The Team events to be contested in 2010 are:

Men: 100 metres, 400 Metres, 800 metres, Triple Jump, Javelin Throw, 4 X 100.

Women: 100 metres, 400 metres, 1500 metres, Long Jump, High Jump, 4 X 100.

Invited teams will be:

- |            |                         |
|------------|-------------------------|
| 1. QLD     | 5. TAS/SA               |
| 2. NSW     | 6. WA/NT                |
| 3. VIC     | 7. New Zealand          |
| 4. ACT/AIS | 8. Jump start to London |

## **AUSTRALIAN Under 14- Under 20 CHAMPIONSHIPS**

An ACT team will participate at the inaugural Australian U14-U20 Championships in Sydney from 11-14 March 2010 with a number of selection events to be held prior to the end of February.

## **SCHOOLS CHAMPIONSHIPS - DECEMBER 2009 HOBART**

Junior members of NCGA were outstanding representatives of the Club at the all-schools championships in Hobart in early December 2009. A number of medals were won and personal bests achieved by our representatives who included Erika Vredembregt, Nick Vecchi, Lachlan Calvert, Christian Fobister, Vincent Vu, Angus Gould and Sophie Greig. Congratulations to all.

Attached below is an article from Lachie Calvert on his experiences

I travelled to Hobart Wed 2/12 with Erika, her family and Nick Vecchi. We had a look over the track at the Queen's Domain on Wednesday afternoon. I wanted to check out where the water jump for the Steeplechase was and how the track felt. On Thursday we spent the day visiting Port Arthur and unwinding before the competition. My day on Friday was spent watching and cheering on fellow ACT athletes until my 2km Steeplechase event at 6.45pm.

I started my race strong and felt I was going to do well. I finished the race with a PB of 12 seconds, which I was happy with. My sore toe had become worse when a competitor landed over a steeple on it during the race. On Saturday I felt good getting ready for my 800m heat despite the problem toe. I ran really well with a time of 2.05, just missing a place in the final, but it was another PB. As I had finished my events, Sunday and Monday were my rest days, free to cheer the squad on and enjoy the rest of the events.

I enjoyed being at the competition with many of my training partners and ACT athletes, we did well bringing home a number of medals. I'm glad to have had the opportunity to attend All Schools this year, and hope to improve even more at U14-U18 Championships in Sydney next March.

Lachie Calvert

### **North Canberra's McTaggart stars as records fall in Hobart**

The racing was fast and furious for the 27th running of the **Cadbury Marathon** on Sunday 10 January, where two course records were set on a big day of action on the Apple Isle.

Australian Flame representative **Mark Tucker** (Vic) and NCGA's **Scott McTaggart** each posted course record times to secure comfortable wins in the half marathon and marathon events and etch their names into the race history books.

While the rest of the country sweltered, some of the nation's best distance runners took advantage of ideal conditions along the Hobart course to post strong performances in what is rapidly becoming one of the fastest marathon courses in the country.

Running his first marathon in two years, Scott McTaggart set out with the goal of bettering **Colin Oliver's** course record of 2:23.59, set back in 1995. Despite the strong field, which included former winners **David Criniti** (2009) and **Jarrold Shaw** (2008), McTaggart went straight to the lead and never looked back.

McTaggart's winning time of 2:23.40 was the fastest time by an Australian in Australia since the Gold Coast marathon in July last year.

"The fact that I ran by myself from the gun and went that fast is really pleasing," McTaggart said.



The 32-year-old has a personal best time of 2:21.19 and yesterday's result has invigorated hope that his ultimate marathon goal of running under 2:20.00 is still achievable.

"I'm glad that I pushed myself hard and it's a good omen that I might one day break 2:20," he said.

Criniti took out second place in 2:29.57, just two seconds shy of the time he ran to win last year's race. Sydney's **Anthony Faruggia** claimed third, with Jarrold Shaw the first Tasmanian home in 2:36.40.

Well done Scott!



## Runners shop sale

It's that time of the year again with the Runners Shops January Sale with many models on sale at significant discounts.

For example men's and women's Kayanos (were \$259, on special for \$199) and GT2140s (were \$199, on special for \$149). There may be a few sizes missing.

### Helpers wanted Sunday 24 January

The organisers of the Canberra Challenge Triathlon Festival are seeking strong young people on 24 January to assist in packing up the triathlon site after the completion of the day's events (11-4 pm). 5 hours work for \$50. Please contact Alex if interested on 0414258745 or alex.gosman@gsk.com

**NCGA Uniform – all club members are encouraged to purchase and wear our club uniform of a black/red/white singlet or crop top at all Interclub meets and when representing the club interstate. New stock of crop tops are now available. Call Barbara on 6251 6698 to organise the purchase of your uniform.**

### NCGA: 2009-10 Committee

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Be sure to check the Athletics ACT website –

<http://www.athleticsact.org.au>

for competition dates, programs and results.