

Greetings

A quick update to all NCGA members of the clubs' performance at the recent Athletics ACT Awards night and also the recent NSW Cross Country Championships.

Volunteers are still required for the Cross Country Championships this Saturday at Weston Park. Please contact me if you can provide assistance for an hour or so. It should be a great competition.

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ATHLETICS ACT ANNUAL AWARDS

The Annual Athletics ACT Award ceremony was held on Friday 26 June and celebrated a season of exceptional achievements in 2008-09 by ACT athletes and coaches, both locally and in the international arena.

NCGA was very successful with quite a number of winners including

Ex stadia

Under 14 – Male: Lachlan Calvert

Under 16 – Female: Sophie Grieg

In stadia

Under 20 – Male: Michael Reading

Open Female: Lauren Boden

Under 16 – Female: Sophie Grieg

Under 14 – Female: Erika Vrendenbregt

Christine Wolf (formerly of NCGA) won the Mick Dowling Trophy - Outstanding Athlete with a Disability award, whilst William O'Neill was awarded the Encouragement Award for an Athlete with a Disability.

A new award, created this year to award the Official of the Year was initiated to recognise

the outstanding work carried out by AACT Officials and it was fantastic to see Dianne Calvert of NCGA win this award in recognition of her great assistance at the track during summer, at winter cross country events, as well as High Noon meets.

Erika Vredenbregt also won for the second year the Individual Interclub Point Score Summer Perpetual Trophy.

In regard to the Athletics ACT Interclub Age Group Club Champions NCGA won the following categories: Female – Under 14, U18 and Open and for Male, Under 14, U16, U18, U20 and Open.

Congratulations also to the many NCGA athletes nominated for awards as well.

Athletics ACT Award for the Most Outstanding Athlete, the Globe Award, was awarded to Weston Creek/ACTAS distance runner, Martin Dent.

The Senator Margaret Reid Trophy for the most outstanding junior club athlete was awarded to young talent, Emily Brichacek.

The ACT's talent in the Australian Athletics' arena was exposed in the achievements of both the male and female senior and junior category award recipients. Jackie Fairweather, Lauren Boden Melissa Breen, Brendan Cole, Michael Reading and Brett Robinson joined Dent and Brichacek in being awarded top honours for In-stadia and Ex-stadia performances.

In the junior categories, Liam Dwyer, Andrea Comer, Peter Hosking, Declan Wilson, Sophie Greig, Lachlan Calvert and Rebekah Sawkins were named for their strong performances throughout the season.

Matt Beckenham, whose stable includes Brendan Cole, Lauren Boden, Brandan Galic and Melissa Breen, was awarded the Daryl Cross Trophy - Coach of the Year.

Alan Bishop and John Hunt were awarded the Brian Gleeson Trophy - for their success and consistency with junior athletes.

Coach of Athletes with a Disability was won by AIS coach Iryna Dvoskina who coached ACT/AIS athlete Christine Wolf to victory at the Paralympic Games.

NCGA was also well represented in the Laurel Wreaths which rank the top 25 athletes in the ACT (not an easy task).

A big thanks must also go to NCGA stalwart Neil Boden, a member of the Board of Athletics ACT for his hard work in running the selection process and maintaining the highest degree of integrity.

NSW Cross Country Championships

The NSW Cross Country Championships were held at Nowra on the weekend 20/21 July and NCGA athletes excelled (with thanks to Kathy Southgate for this info)

Sarah Lonsdale - 5th in the U18G
Reuben Caley - 8th in the U14B
Rebecca Collis - 13th in the U18G
Emma Neuman - 14th in U18G
Niluka Karunasekara - 16th in the U14G
Reilly Shaw - 18th in the U16B
Laura Baynes - 22nd in the U14G
Kathy Southgate - 14th in the Open Women,
1st W50

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Be sure to check the

ACT Athletics website: <http://www.actathletics.org.au/>

for the latest Athletics ACT news.



Don't forget that the Runners Shop (Dundas Court, Phillip) supports North Canberra. When you buy your next pair of running shoes there, let them know you are a member of NCGA, and a small percentage of the sale will come to us in the form of sponsorship

Save the date – Sunday 9 August 2009 –

NCGA AGM and Presentation Awards evening.

Details to follow.