slog

I know there's no need to remind you but it is exam time people and that means late nights, cramming, stress and irregular meals for most of us. On top of everything else, Winter has decided to settle in, it seems, and so we now have early sunsets, wind, rain and overcast skies to contend with as well. Couple this with the State of Origin debacle, the Wallabies loss to England and the news that Martina and McEnroe might actually be forming a mixed doubles combination and June is not proving to be high on my list of good months!

On the bright side, the Sport and Rec office has welcomed a new face - Helene O'Neill has taken up Kylie McLean's reins as the Sport and Rec Officer and we profile her in this month's edition.

Lindy Burns

engineering student wins karate title

Congrats to 21 year old engineering student, Peter Carson, who won the NSW 70 - 80 kg men's as well as the Open division of the NSW Open Karate Championship recently; a win that looked all but impossible last September when the former under 18 world champion broke his foot in three places during a touch footie match. (Remind me to speak to you, Peter, about things like pursuing suitable training methods!)

Remarkably though, the injury and the resultant necessary changes to his fighting style, led to Peter developing moves that have proved even more effective than before. Those new moves resulted in him gaining first place at the Australian University Games last year, his comeback tournament, before going on to his excellent effort at the State titles.

His sights are now set on a world title in 1996 and hopes to start the drive toward that by successfully defending his title at the AUG in Darwin later this year. (Oh, and let's not forget, there's that other matter of engineering exams to be faced then as well!)

inter-collegiate results

The blue ribbon events, netball and rugby, were recently contested with the usual "friendly" rivalry remaining evident. Initially, the rain was the winner in the last week of May just when Evatt House had conducted a hard training session in preparation for the big event.

Evatt had earlier picked up vital points in the badminton comp, and showed that racquet sports are really their forte by also winning the squash. To further consolidate matters, they then went on to win the netball and finish runners-up in the rugby.

Not surprisingly, Evatt leads the table, followed by Edwards Hall and International House.

social sport

The Wednesday netball comp reached its climax on May 31 with minor premiers Evatt Tadpoles taking on Spherics in the grand final. Spherics made it through to the GF by defeating Phenomenology, 23 goals to 2. (Perhaps filling in their name at the top of the scoresheet took all the latter's energy.) Spherics must have gained great confidence in this game, however, as they fought back to win the grand final by 23 points, denying the Tadpoles who had raced to a first half lead. In the final of the Tuesday netball comp, Ultimate Violations (PE) took on Special (Evatt House) with Special winning a hard fought match, 26-24.

The presentation BBQ on 7th June proved to be a very successful affair with over 100 people turning up (who said free food wasn't an attractive offer any more?) to witness the presentation to the winners by sponsors, Eagle Boys Dial-a-Pizza. Final winning teams were:

Wednesday netball - Spherics
Tuesday netball - Special
Tuesday Touch - Fig Jams
Wednesday Touch (12 - 1 pm) - Burn Sweats
Wednesday Touch (1 - 2 pm) - Cuddly Koalas.

If you can come up with a better name than Burn Sweats and you're interested in competing in the Social Sport comp during Semester 2, please contact Helene O'Neill in the Sport and Rec office asap.
foreing links with sydney 2000

Given the close proximity of the University, Newcastle itself and the Hunter to Sydney, it is almost inevitable that the region will benefit from the 2000 Olympics. I say "almost" because we certainly can't expect to sit here and wait for training squads, administrators and sporting media to flock to our doorstep - there's some work to be done first. The Hunter Regional Association of Councils has recognised this and has established a peak body comprising key people from the Region in the fields of business, sport, government and culture to co-ordinate our efforts in this matter.

The group was announced at a function at the Monte Pio, Maitland on 20 April and we were delighted to hear that Mr John Peschar, member of the University Council and the Council's representative on the Sports Union Executive, has been appointed Chairman of the peak body.

rugby league season

The Rugby League Club has progressed steadily during Season '95 with the U/19s (competing in the local junior competition) becoming a very disciplined outfit. "They have the ability to win the comp," says Club PR man, Lucky Carathanassi, who no doubt should know. His comments are backed up, however, by some recent results including a 50-0 win over Kotara, 28-22 over Booragul and a close three point loss (25-22) to the strong Wallsend team.

2nd Grade competes in the 2nd Division of the NSW Universities Competition and is undefeated this season. Their wins have included a 36-0 drubbing of UTS, an annihilation of Sydney Uni (60-6), a strong win over North Sydney Teachers College (30-20) and a 26 all draw with ACU-Castle Hill.

The 1st grade side is taking part in the 1st Division of the University league and has enjoyed a mixed season to date. At full strength, they have provided stunning results including a 66-0 win over Sydney and a 40-10 defeat of State Rail TRG College. However, other results have not been as rewarding.

Congratulations should go to player/coach Matt Sharman on gaining selection in the recently selected NSW Tertiary Student Team.

And finally, if the promises of Superleague and a non-salary capped ARL competition looks too good to resist, perhaps you'd like to pull on the old boots. Any players interested in playing for the Uni U/19s should phone coach Craig Hubbard on 69 4688 during business hours but remember, don't sign anything until you know the facts.

super staff

With only four or so weeks until the Sydney ECG, the Women's Touch Footie team is being put through their paces by coach (and Sport and Rec. staff member), Lisa Bradley. During the recently held Regional Championships held in Tamworth, Lisa captained the U/20 Newcastle side to victory. As a reward for her outstanding performance, she was then selected in the NSW Country side to play City on the 5th and 6th August.

Lisa and her Uni Touch team are currently training on Thursday nights at No 1 Oval at 5.15pm for the ECG where Lisa will also act as Assistant Manager for all the Uni teams.

Lisa's knowledge and love of the game has enabled her to successfully promote Touch as a lunchtime activity for both students and staff. Indeed, if you would like to be a part of these lunchtime contests, you can contact Lisa on 21 5583.

major aerobic changes

As if you weren't already aware, it's exam time and on top of the usual stress and strain associated with this event, comes the news that the aerobic timetable has had to be severely pruned as a result. As both aerobic halls are being used as exam halls, we are only able to run circuit classes until they finish on 14th July. But we promise that these will be the biggest and brightest classes we've ever had!! Therefore, the aerobic timetable from 6th June to 14th July will be:

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radio sport

The University's 2NUR-FM, has added an excellent new program to its already high quality schedule, this time of a sporting nature. Well known sports administrator, Ken Clifford, the Executive Officer of the Hunter Academy of Sport, teams with the Sport and Recreation Office's own Helene O'Neill to take a weekly look behind the scenes of some of our favourite recreational past-times.

"It's not a traditional sports program in the usual sense," explained Helene. "We will be concentrating more on health, fitness and general well-being issues." Given the wealth of experience and understanding both Ken and Helene have of sport and fitness in this region, however, this is an excellent opportunity for you to hear some wise words from two of the best. You can catch the latest from them between 1.00 and 2.30pm each Friday on 2NUR (103.7 FM).
The Rule Book puts it rather succinctly. "Rogaining, like orienteering, is a sport of long distance cross country navigation in which teams of two to five members locate checkpoints in order to compile the highest possible score during a fixed time period." Sounds fine. What it fails to note is that the events are regularly held in rugged bushland, complete with punishing hill climbs, barely discernable checkpoints and atrocious conditions. The book goes on to explain: "One feature of most rogains is the opportunity for night navigation and the extra challenges that this involves. And, although rogains can be of any duration, the "classic" rogain is a 24 hour event."

Newcastle students, Shane Trotter and Anthony Darr, are two of Australia's most accomplished sportsmen who have been competing individually at the elite level of orienteering and rogaining for some years, now. Their main success has come, however, as a team, recently winning the Australian Championships held in the Buttaaways, south east of Goulburn.

"The Australian Champs were pretty tough," said Anthony. "It was a 24 hour event and we covered some 85 kms. To top it off, it was rainy and wet on the Saturday evening and we failed to bring any wet weather gear." In the end, they spent most of the night walking, anyway - not only to keep warm but to make up for some lost time. "A lot of teams treat rogains more like orienteering, running from point to point," explained Anthony. "But we've found that if we walk steadily and forgo any sleep, that we are more successful in the end." Not only successful in terms of the placings, it seems, but also in terms of health and well-being. One of the other competitors at the nationals had to withdraw with hypothermia.

Since taking the Australian title, Shane has teamed up with Newcastle Architecture Lecturer, Arthur Kingsland and Sydney colleague, Michael Burton, to win the NSW Paddy Palin Rogain held at Kurrajong on 4th June. A six hour event, the team scored 1140 points, only 10 ahead of the runners-up. "We did expect to win a little more easily," Shane commented. "We did have a pretty strong team."

Anthony, meanwhile, is preparing to leave for Europe on 5th July for six weeks in the UK and Scandinavia. With financial help from the Newcastle Orientering Club, he will therefore be able to compete in two orienteering events in Scotland, and one each in Sweden and Norway.

I guess the final point that we should also note is that neither Anthony nor Shane look what might be termed as "physically robust". But their slight frames are accompanied by a sense of teamwork, determination and inner strength that enable them to succeed in a sport that could potentially devastate the toughest footballer or powerlifter. Oh, and one more thing they have in their favour - a sense of direction. If challenging both your mind and body to this level appeals to you, I suggest that you invest in a compass and give the Newcastle Orientering Club a call on 57 1486 or contact Brendan Berghout from the Mountaineering Club on 21 5893 (w).
A Broadmeadow girl, Helene (which incidentally is pronounced Helen) first came to many people's attention when she became Newcastle's first female rugby league conditioning coach, a position she held for two years with Souths. It's a credit to both the club and Helene's own straightforward personality, that neither South's administration nor the players saw anything unusual about letting a woman into their ranks. In the end, the club improved its ranking, reaching the semi's last year. "I enjoy the Souths experience. But working with football teams is very different to other fitness training that I've done. The thing that stands out is how often footballers need to spit! It's a very wet sport," she laughed.

Despite it's dampness, Helene loves football, especially the Touch variety. In fact, she was a State rep in this form of the game as well as being a member of the NSW women's hockey team, an Australian Junior Badminton champion and a long serving Newcastle squash representative. Since moving into "Masters" ranks (it happens to all of us, eventually) Helene wins selection in hockey, badminton, touch and squash teams with monotonous regularity.

In her spare time, she teaches classes for the TAFE Advanced Certificate in Health & Fitness course as well as the Fitness Leader Course. And her method of travelling to all of these commitments? Bicycling, of course! She doesn't own a car; her own way of trying to combat some of our major environmental problems. Again, this is testimony to Helene's spirit - whether it be an unfit person or the slow deterioration of the planet, there's always something more that she can do.

Married to surfer and Physics staff member, Mick O'Neill, Helene is hoping that her four days a week with the Sport and Rec. office will help the two see a little more of each other. Still, you get the impression that she has already set herself a cracking pace in the new position and that her "hands on" approach will leave little time to "indulge" in social chats with such people as husbands.