



# Jogalong Jottings



February 2010

Volume 22, Issue 1

*Newsletter of the ACT Cross Country Club (ACTCCC)*

*Women's and Girls' Jogalong*

*Distributed by the ACTCCC to participants of the Jogalong, the kids mini-jog and ACTCCC events*

## **JANUARY JOGALONG**

There was an excellent turnout for the January event with more than 150 people taking part.

The winner of the 6 kilometre handicap event was newcomer Vivienne Thom in a personal best time of 39 mins 48 secs. Vivienne first competed in September last year and her win came in her 5<sup>th</sup> event. Second place went to long time participant, Emma Fielder. Emma's time of 31 mins 53 secs was her fastest for 15 months and it was the first time she has been placed in 70 events. Marilyn Bassett came in third in 46 mins 16 secs. It was the fourth time Marilyn has been placed in the event since March last year.

The fastest time of the day of 26 mins 27 secs was recorded by Kate Vandenberg, closely followed by Jessica Robson in 26 mins 42 secs.

In the 3 kilometre mixed event Max Graham recorded the fastest time of 13 mins 52 secs. Nelson Towler and Carolina Dolan came in second and third respectively.

There was a good turn out in the Minijog with 23 children taking part. The winner on handicap was Matthew Apps followed by Rebecca Sargent and Jack Hermans.

## **A WORD FROM OUR COORDINATORS**

Hello fellow joggers and walkers,

We hope you all had a great xmas and are sticking to some of your new years resolutions.

We would like to say a huge thankyou to the wonderful people who took over the reigns for us when we were all away during the January Jogalong. We hear that it all went well and a good amount of people participated.

Congratulations to Julie Rey on the birth of Olivia on 6/01/10. Thankyou also to Julie for her efforts over the years in leading the warm up aerobics. With Julie's move abroad, we welcome Michelle Wells into this role.

## **POINT SCORE**

In order to maintain the excitement in the annual pointscore competition, the table has not been updated to reflect the November results. The top 15 placegetters after the October event are as follows -

POS	NAME	TOTAL PTS
1	Vivienne Thom	100
2	Emma Fielder	99
3	Marilyn Bassett	98
4	Mary Ann Busteed	97
5	Patricia Lee	96
6	Mary-Anne Apps	95
7	Jessica Robson	94
8	Madeleine Kaye	93
9	Josephine Hermans	92
10	Lorna Burdon	91
11	Linda Miles	90
12	Jacqueline Millard	89
13	Marilyn Banfield	88
14	Mary Johnstone	87
15	Michelle Morgan	86

This year we are going to trial a new way of presenting the Barrell prizes, we hope you like it.

Just a reminder that Jogalong fees have increased for non-members - Adults now \$6. Children now \$4. Have you considered joining the ACTCCC? As a member you dont pay the monthly Jogalong fees.

We are still in need of volunteers each month, please put your name down if you can help out.

Happy Jogging,

Julie, Di and Eva  
Jogalong Co-Ordinators

## WITH MANY THANKS TO OUR SPONSORS

Thanks to our sponsors for their ongoing support of the Jogalong

- The Runners Shop—2 x \$30 vouchers; 1 x \$60 & running gear
- Massage by Maria—Voucher for 1 hour massage
- Bakers Delight, Cooleman Court—value pack of bread/buns
- Mary Kay Cosmetics (Gabrielle Wright)—\$40 product voucher—skin care and cosmetics
- Kingston Physiotherapy—ACTCCC members receive 15% discount off standard rates.
- Heritage Nursery Yarralumla—Voucher
- Pasha Patisserie, Mawson—Voucher
- The Investors Club—'Get started investor' bag

Don't forget that our support of the Jogalong sponsors is as important as their sponsorship of us. Do your bit and support our sponsors!

## EVENTS TALLY

### Leaders

Linda Richardson	218
Linda Miles	203
Norma Lindemann	194
Maria White	179
Rosemary Parker	177
Lorna Burdon	166
Jennifer Morris	165
Gabrielle Wright	156

### Nearing 150 (regular runners)

Joan Mallory	149
Diann Bramwell	148
Judi Edwards	142
Mandy Doherty	130

Jeni James	130
Fran Heikkonen	126
Jenny Hefford	123
Therese Kercher	118
Val Bland	115
Sandy Stevens	115

### Nearing 100 (regular runners)

Kerrie Tanner	98
Cilla Chapman	97
Mary Ann Busteed	97
Karen Daniels	95
Judy Blake	93
Fiona Heikkonen	93
Linda Mackay	92
Rita Raizis	89
Monica Lindemann	88
Susannah Hiron	88

### Nearing 50 (regular runners)

Wanda Stewart	48
Cathy Montalto	48
Joy Hilhorst	47
Michelle Boyle	45
Kim Burgess	44
Debbie Cowell	43
Jessica Faulks	43
Consie Larmour	43
Annette Hrast	42
Joan Glover	41

Congratulations go to Julie Rey who despite being heavily pregnant completed her 100th Jogalong in January. Julie first competed in September 1998 and has been placed on seven occasions including three wins in October 1999, December 2004 and February 2006. She recorded her fastest time of 33 mins 52 secs in June 2007. Congratulations also go to Josephine Hermans who completed her 50th event in December. Josephine first competed in February 2004 and was one of the winners of the Handicapper's Encouragement Award last year. Julie and Josephine will be presented with their commemorative T shirts shortly.

Published by  
**Lexicon Secretariat**  
26 Howitt Street Kingston ACT 2604  
Phone 02-62959995  
Email [lexicon@bigpond.com](mailto:lexicon@bigpond.com)

## JANUARY JOGALONG RESULTS

**Jogalong 6 km:** 1 Kerrie Tanner 28:31 \* 2 Meredith Boroky 32:16 \* 3 Jenny Hefford 30:36 \* 4 Maria Brady 34:01 \* 5 Nerida Dyne 46:28 \* 6 Bridgit Ooi 31:37 \* 7 Linda Shillington 37:47 \* 8 Kate Vandenberg 26:27 \* 9 Ann Smith 47:00 \* 10 Evelyn Sommer 42:08 \* 11 Sophie Bagnall 44:45 \* 12 Susannah Hiron 29:15 \* 13 Alexandra Hunter 50:10 \* 14 Debbie O'Donoghue 54:11 \* 15 Clare Lonergan 28:11 \* 16 Mandy Doherty 52:16 \* 17 Paula Hurle 33:35 \* 18 Hannah Williamson 43:38 \* 19 Beth Lonergan 39:01 \* 20 Shawanah Tasneem 39:01 \* 21 Karina Scott 39:19 \* 22 Frances Heikkonen 56:38 \* 23 Josephine Kulesz 58:07 \* 24 Robyn McClelland 32:08 \* 25 Amelia Fielden 58:16 \* 26 Lorraine Jansen 58:30 \* 27 Annie Lowry 32:43 \* 28 Anne Baynes 45:47 \* 29 Jo Williamson 46:05 \* 30 Kirsten Wehner 37:42 \* 31 Diann Bramwell 53:48 \* 32 Leanne Newman 31:49 \* 33 Nyree Mason 29:37 \* 34 Jessica Faulks 31:48 \* 35 Jennifer Turini 50:45 \* 36 Jenny Shannon 50:46 \* 37 Karen Walker 42:59 \* 38 Michelle Herridge 43:00 \* 39 Nicolee Martin 36:04 \* 40 Mami Iwashita 35:19 \* 41 Vivienne Thom 39:48 \* 42 Emma Fielder 31:53 \* 43 Andrea McDonald 44:07 \* 44 Robyn Shannon 39:14 \* 45 Merilyn Bassett 46:16 \* 46 Mary Ann Busteed 32:19 \* 47 Lorraine Stevens 34:51 \* 48 Patricia Lee 1:00:24 \* 49 Mary-Anne Apps 38:29 \* 50 Kim Bartle 35:30 \* 51 Siobhan Mackay 59:32 \* 52 Fiona Heikkonen 59:33 \* 53 Joan Mallory 45:36 \* 54 Carolynne Yates 51:41 \* 55 Jessica Robson 26:42 \* 56 Madeleine Kaye 36:44 \* 57 Cecilia Shlegel 38:55 \* 58 Christine Zygadlo 32:27 \* 59 Josephine Hermans 39:08 \* 60 Lorna Burdon 48:11 \* 61 Lisa Deck 40:14 \* 62 Lynn Johnson 51:22 \* 63 Sue Rymer 34:23 \* 64 Linda Miles 38:28 \* 65 Catherine Hanley 30:01 \* 66 Jacqueline Millard 34:31 \* 67 Clare Wall 30:32 \* 68 Marilyn Banfield 39:35 \* 69 Anne Holmes 38:37 \* 70 Mary Johnstone 57:40 \* 71 Michelle Morgan 28:20 \* 72 Laura Baynes 27:50 \* 73 Allison Duncan 34:22 \* 74 Colleen North 40:57 \* 75 Angela Southwell 39:02 \* 76 Beryl Lowry 41:12 \* 77 Judi Edwards 31:43 \* 78 Linda Mackay 32:44 \* 79 Jane Smith 36:45 \* 80 Josephine Farrugia 39:17 \* 81 Clare Pritchard 37:21 \* 82 Sara Toscan 34:57 \* 83 Anne McNeill 37:32 \* 84 Myra Young 55:34 \* 85 Narelle Brownette 59:48 \* 86 Narelle Harrison-Heard 41:58 \* 87 Kathleen Bleakley 32:03 \* 88 Michele Boyle 39:17 \* 89 Beverley Forbes 39:19 \* 90 Cathy Levan 44:22 \* 91 Julianne Quaine 32:28 \* 92 Thea Zimpel 31:08 \* 93 Glenis Hiron 40:49 \* 94 Yumiko Clifton 38:32 \* 95 Alice Jones 35:03 \* 96 Nina Gallop 46:08 \* 97 Anne Parrett 49:19 \* 98 Vicki Compton 59:23 \* 99 Wendy Read 37:38 \* 100 Megan Haylock 36:26 \* 101 Jeni James 49:09 \* 102 Kate Porter-Smith 38:44 \* 103 Cilla Chapman 51:15 \* 104 Kim Scott 45:33 \* 105 Wanda Stewart 46:55 \* 106 Natalie Perry 41:11 \* 107 Sandy Stevens 54:24 \* 108 Karen Daniels 36:26 \* 109 Irena Costmeyer 48:29 \* 110 Margaret Tuckwell 54:43 \* 111 Annette Clark 57:45 \* 112 Judy Forbes 49:58 \* 113 Gwen Gleeson 56:13 \* 114 Adele Yates 40:33 \* 115 Tammie Moore 47:24 \* 116 Val Bland 1:05:56 \* 117 Julie Rey 1:21:25 \* 118 Bronwyn Pearson 1:21:25.

**Midjog 3 km:** 1 Max Graham 13:52 \* 2 Nelson Towler 14:42 \* 3 Carolina Dolan 15:33 \* 4  
*(Continued on page 3)*

(Continued from page 2)

Vanessa Towler 15:34 \* 5 Lily Apps 16:46 \* 6 Maria Navarro 17:15 \* 7 Natahsha Zygadlo 20:02 \* 8 Amanda Zygadlo 20:12 \* 9 Fiona McKenna 20:21 \* 10 Angie Shillington 21:05 \* 11 Andrea Twell 25:00 \* 12 Gerri Shillington 29:19 \* 13 Kasey Alchin 35:14 \* 14 Amanda Roccisano 35:15 \* 15 Angela Rymer 40:55 \* 16 Narelle Blackaby 41:30.

**Minijog:** 1 Ingrid Hausknecht 10:00 \* 2 Matthew Apps 7:46 \* 3 Rebecca Sargent 7:29 \* 4 Eddy Bartle 10:04 \* 5 Brady Priddle 10:40 \* 6 Jack Hermans 8:42 \* 7 Henry Gallop 9:13 \* 8 Adrian Dwight 8:55 \* 9 Andrew Miller 9:36 \* 10 Georgina Hermans 9:10 \* 11 Maia Apps 10:00 \* 12 Cooper Morgan 9:11 \* 13 Sam Dyne 9:44 \* 14 Erica Dwight 12:27 \* 15 Lily Parrett 11:07 \* 16 Lachlan Priddle 12:47 \* 17 Katya Zygadlo 10:31 \* 18 Pippa Graham 11:02 \* 19 Melanie Gray 12:07 \* 20 Emily Shillington 12:19 \* 21 Madeleine Dyne 12:22 \* 22 Nina Hausknecht 13:44 \* 23 Michael Shillington 14:23.

## Runners' email list

If you would like to receive regular email advice of items of interest and forthcoming events on the Canberra running scene, feel free to email Doug Fry at [dfry@pcug.org.au](mailto:dfry@pcug.org.au) to be placed on the general runners' email list.

## HOW DOES THE POINTSCORE SYSTEM WORK?

The pointscore system started again in January for 2010. You will receive points for every Jogalong you take part in as long as you are eligible. However, only your best 6 events will be counted towards the annual pointscore competition.

To be eligible for points, you must be a member of ACT Cross Country Club, you must compete in 2 events **and** compete from the start group specified on the board. If you miss 2 consecutive events, you must compete in 2 more before you are eligible again.

100 points are awarded to the first eligible participant, reducing by 1 point for each eligible participant thereafter. Ineligible participants, including those who start in the wrong group, do not receive points.

## FORTHCOMING EVENTS—

### February 2010

**(C) Tues 9** – ACTCCC Boat House East 2/5km 6:15 pm, Molonglo Reach, Menindee Drive Parkes Map 59 P13.

**(C) Tues 16** – ACTCCC North Curtin 2/5km 2/5km, 6:15pm, Dunstan Street Curtin Map 68 D3.

**Fri-Sun 19-21**—Stromlo Running Festival Stromlo Forest Park, Uriarra Road just off NW corner of Map 67

**(C) Tue 23**—ACTCCC Stromlo Forest Park 2/5km 2/5km, 6:15 pm, Uriarra Road. Just off NW corner of map 67

**(M) Sun 28**—ACTVAC Run/Walk Handicaps North Curtin 6.5km/3km 8:30 am.

### March 2010

**(C) Tue 2** – ACTCCC Weston Park 2/5km 2/5km, 6:15pm, Weston Park, Yarralumla Map 58 H8.

**(C) Sun 7** – ACTCCC Women's and Girls' Jogalong 6 km, Weston Park, Yarralumla, starts 8.30 for 9.00 am.

**(C) Tue 9** - ACTCCC Acton Ferry Terminal 2/5km 2/5km, 6:15 pm, Barrine Drive, Acton. Map 59 E5

**Sun 14**—25th Annual Weston Creek Half Marathon. Starts at the end of Garryowen drive on Black Mountain Peninsula.

**(M) Sun 28**—ACTVAC Run/Walk Handicaps Stromlo Forest Park 8km/4km 9 am

*Organisations which regularly conduct running and related events or coaching for running are listed as follows*

**(C) ACT Cross Country Club events:** The ACTCCC conducts almost 90 events each year. This includes the Jogalong which is held on the first Sunday of each month except for the month of April. The ACTCCC open races year starts off usually with the first event on the last Tuesday in January with the Hobson Summer Series. The year normally ends with the Parliament House Relays which are held on the second Tuesday in December.

A calendar of events is posted to each member at the time of membership renewal and is also available at all races. Changes to race start venues are announced at races when known or listed on our website.

During a calendar year events are conducted as follows:

**Hobson Summer Series** - End January to Mid March each year. Tuesday evenings 6pm at various locations. Normally a series of eight open races ranging in distance from 5km to 8km and eight races of 2km for junior athletes and those just starting a fitness program.

## JOGALONG CONTACT NUMBERS

### General Jogalong information

Julie Triggs 0438-002518 [julietriggs@hotmail.com](mailto:julietriggs@hotmail.com); Eva Karakotas 0439-947752 [ekarakot@hotmail.com](mailto:ekarakot@hotmail.com); Dianne McDean 0434-914155 [dianne@mcdean.id.au](mailto:dianne@mcdean.id.au)

### Information about the handicapping system

Ivan Neville ph 0411-651313 email [ivan.neville@deewr.gov.au](mailto:ivan.neville@deewr.gov.au)

### Articles for 'Jogalong Jottings'

Gabrielle Wright Phone 6295 9995

Email [lexicon@bigpond.com](mailto:lexicon@bigpond.com)

**ACTCCC Winter Season** - Last weekend in March/first weekend in April finishing mid September. Mainly Saturday afternoon with major events like Marathon, Half Marathon and Women and Girls Fun Run held on Sunday. Three races each Saturday starting with a 2km for juniors at mid-day a 3-5km races at 12.15pm and the longest race 8-12km at 1pm. The 12.15 pm race and the 1pm race are open races.

**Graeme Small Spring Series** - First Tuesday in November (Melbourne Cup Day) until and including the first Tuesday in December. Five 5km open races and five 2km junior races. 6pm Tuesday starts at various locations.

**ACTCCC Details** - Further information on all ACTCCC events can be located at our website [www.canberrarunner.com.au](http://www.canberrarunner.com.au) or from Bryan McCarthy on 6286 5556 (AH) or Ken Eynon 0407-201078.

**General** - The ACTCCC is a not for profit organisation and fosters participation and enjoyment above all else. All members are expected to help in the organisation of events when asked or rostered to do so. You can assist by volunteering your services rather than waiting to be asked.

ACTCCC equipment and manpower assist at all the major fun runs for charitable organizations in the ACT.

**(M) ACT Masters Athletics Club:** All ex stadia races except the Half Marathon are handicap races (in a similar

(Continued on page 4)

## March 2010 Duty Roster

NAME	DUTY	TIME	PHONE NO
Helen Larmour	Registration	8.30am	6288 0088
Consie Larmour	Registration	8.30am	6247 7329
Cathy Levan	Registration	8.30am	
Janet Perfrement	Registration	8.30am	6268 8125
Lorraine Jansen	Registration	8.30am	6262 2120
Fran Heikkonen	Fruit Cutting	8.30am	
Fiona Stewart	Fruit Cutting	8.30am	
Rhonda Blackman	Fruit Cutting	8.30am	
Linda Mackay	Fruit Cutting	8.30am	6231 9399
Oneeka Robb	Recording	9.30am	6290 0400
Kay Austin	Recording	9.30am	6251 2454
Teri Hobbs	Recording	9.30am	6231 0938
Irena Costmeyer	Recording	9.30am	0400 747 344
<u>One Volunteer</u>	<u>Recording</u>		



Contact the experts  
76 Dundas Court  
Phillip ACT 2606  
**6285 3508**  
Support the shop that supports  
ACT athletes



Are you ready for financial independence?  
**Let us help you make the first move!**

Next Free Investment Workshop:  
**Tuesday 9 February - 7:30-9:00pm**

**Contact:** Eva Karakotas 0439-947 752  
eva@investclub.net.au  
www.invest.tic.com.au

### BAKER'S DELIGHT

Coolleman Court  
**WESTON**  
Hot bread and buns  
Value Pack

### MASSAGE BY MARIA

Sports and Swedish  
massage available  
Normal price \$55 for 1 hr  
massage  
\$5 off if you mention this ad  
Phone Maria White on  
**6231 4168**

**The 2010 Roster Board is now on display at Jogalong. If you are a regular Jogalong participant you should put your name on the roster at least once during the year. The ongoing success of the event relies on volunteers.**

(Continued from page 3)

format to the Jogalong). All monthly handicap races, including the walk, start at 9.00am except those in November, January and February which start at 8.30am. The Veterans also hold weekly Tuesday runs starting at Black Mountain Peninsula at 9.15am sharp. All abilities (including walkers) are catered for. For further information on any Veterans activities contact Alice Scott 6254 9460 (h), or 0407 005506 (mobile).

**(W) ACT Walkers** hold walks for all levels of walkers weekly, summer & winter. Varied courses, various times. For further information contact Val Chesterton on 62928994 email valches@optusnet.com.au or visit website at www.actwalkers.org.au.

**(M) ACT Mountain Running Club:** Holds a variety of runs and races over hills and mountains surrounding Canberra. For further information contact John Harding on ph. 6248 6905.

**(T) Triathlon ACT (TACT)** has summer triathlon and winter duathlon programs. Enquiries TACT Office 62572230.

**Females in Training (FIT)** provides a fun and supportive environment for women to learn and train in the triathlon disciplines of swimming, cycling and running. Weekly coached sessions available with all levels most welcome. For more details, enquiries@fitact.org.au or visit www.fitact.org.au.

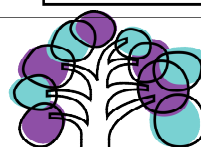
**(O) ACT Orienteering** Orienteering is a running sport where competitors navigate round a city or bush course using a map and compass. Events usually take between 30 and 90 minutes. The web link for ACT events is: <http://act.orienteering.asn.au/>. Summer events on Wednesday evenings starting between 5 and 6.30 pm. Contact Chris Mill / Anita Scherrer ph: 6255 7933.

**Note for users:** Please watch Saturday's *Canberra Times* or contact appropriate club officers to confirm the listings.

**KINGSTON  
PHYSIOTHERAPY  
& SPORTS INJURY CENTRE**



**UNIT 1, 4 KENNEDY ST  
KINGSTON 6260 8244**



**HeritageNursery**  
YARRALUMLA

Banks Street  
Weston Park  
Yarralumla ACT  
2600



Specialising in  
Traditional Turkish  
Sweets Cakes &  
Baklava  
Unit 7, Mawson Pl  
Mawson (Southlands)  
Phone 6290 0450

**MARY KAY**  
Enriching Women's Lives<sup>SM</sup>

**Gabrielle Wright, Independent skincare consultant**  
Phone: 6295 9995 Email: lexicon2@bigpond.com

www.marykay.com.au  
Skin care with sun protection • Makeup • For body • Products for men • Fragrances • Phone or email for catalogue • Gift lines