



# Jogalong Jottings



March 2010

Volume 22, Issue 2

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

## FEBRUARY JOGALONG

The final Jogalong for summer proved to be very popular with more than 250 people taking part across the three events. The Minijog, in particular, proved to be a great success with 51 children taking part.

The winner of the 6 kilometre handicap event was Kasey Alchin in 50 mins 42 secs. Kasey's win was her first placing in the event after 28 starts stretching back to February 2007. Second and third place went to two Jogalong stalwarts, Anne McNeill and Mary Ann Busteed. Anne first competed in March 1988 and she was taking part in her 129th events. It was Anne's first placing in the event and her time of 34 mins 46 secs was her fastest for nearly four years. Mary Ann Busteed was third in 31 mins 34 secs and it continued her recent very consistent form, having come in the top 10 in her last six events. Mary Ann has now competed in 98 events.

The fastest time of the day of 25 mins 08 secs was recorded by Betsy Anderson-Smith.

In the 3 kilometre mixed event Ben Watson recorded the fastest time of 11 mins 24 secs. Ben's younger brother was second, while Max Graham came in third.

The winner of the Minijog and first across the time was Henry Gallop. Second place went to Oliver Fox while Charlie Daniell came in third. Congratulations to Jack Hermans and Lana Wurtz who were the winners of the respective pointscore competitions in 2009.

## A WORD FROM OUR COORDINATORS

Hello fellow Joggers and Walkers,

Welcome to Autumn. Hopefully it will bring some more pleasant weather for us to be exercising in.

We would like to extend our thanks to Glenn Smith who has kindly offered to help set up the Jogalong course each month.

### A few reminders about upcoming events:

- There will be a Jogalong in April this year, held on Easter Sunday. There will however be NO CHILDCARE at this event.
- The Women's and Girl's Fun Run will be on 11th April at Stage 88 and childcare will be provided for those

## POINT SCORE

After two very consistent performances, Mary Ann Busteed has opened up a good early lead in the annual pointscore competition. January's winner Vivienne Thom is coming second, 12 points behind Mary Ann. The top 15 placegetters after the February event are as follows -

POS	NAME	TOTAL PTS	NET PTS	LOW PTS
1	Meryllyn Bassett	558	558	83
2	Susannah Hiron	723	553	88
3	Fiona Johnstone	625	548	79
4	Lorna Burdon	734	541	77
5	Diann Bramwell	602	526	78
6	Norma Lindemann	590	522	75
7	Nerida Clarke	522	522	64
8	Des Butler	572	510	73
9	Mary Johnstone	696	507	76
10	Glenis Hiron	616	507	68
11	Sarah Williams	504	504	56
12	Linda Miles	674	503	68
13	Lorraine Jansen	698	495	74
14	Jacqueline Millard	611	493	75
15	Teresa Barker	493	493	73

who book.

- There will be NO JOGALONG IN MAY due to the Canberra Road Running Festival being held on that weekend, for details of this event see the ACTCCC website.

Please remember to keep to the left of the path to allow other runners and cyclists to pass safely.

It has been great in the last few months to see some partners and children coming to the Jogalong and cheering their mothers/daughters etc. on along the course. It is very encouraging when you are on that last incline to the finish and you are cheered on by excited little people, who you may not even know!

Happy Jogging/Walking

Di, Eva and Julie

## 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	204
Norma Lindemann	195
Maria White	180
Rosemary Parker	177
Lorna Burdon	167
Jennifer Morris	166
Gabrielle Wright	157
Joan Mallory	150

#### Nearing 150 (regular runners)

Diann Bramwell	149
Judi Edwards	143
Mandy Doherty	131
Jeni James	131
Anne McNeill	129
Fran Heikkinen	127
Jenny Hefford	123
Therese Kercher	119

Sandy Stevens	116
Val Bland	115

#### Nearing 100 (regular runners)

Kerrie Tanner	99
Cilla Chapman	98
Mary Ann Busteed	98
Karen Daniels	96
Judy Blake	94
Fiona Heikkinen	93
Linda Mackay	92
Rita Raizis	89
Monica Lindemann	89
Susannah Hiron	89

#### Nearing 50 (regular runners)

Cathy Montalto	49
Wanda Stewart	48
Joy Hilhorst	47
Jenny Holmes	46
Michelle Boyle	45
Kim Burgess	44
Consie Larmour	44
Debbie Cowell	43
Jessica Faulks	43
Teri Hobbs	42

Congratulations to Joan Mallory who last month became just the 9th person to complete 150 Jogalongs. Joan first competed in February 1987 and she recorded her fastest time of 32 mins 32 secs in June 1989. Joan, who has been placed three times over the years, will be awarded her commemorative T shirt shortly.

### Invitation

Race Patron, Rob de Castella and the ACT Cross Country Club invite all runners and their families to Canberra for a weekend of running on 1st and 2nd May. Come and experience running in your nation's capital and take the opportunity to visit some of our great attractions. The Marathon and Half Marathon will start and finish at Manuka Oval. The Fun Run and Mini Jog will start and finish just outside the Manuka Oval.

#### National Capital Marathon Ultra Marathon

41st Annual Rex Foulkes Half Marathon  
5km Fun Run  
2km Mini Jog (under 10 ONLY)

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## FEBRUARY JOGALONG RESULTS

**Jogalong 6 km:** 1 Oneeka Robb 28:42 \* 2 Samantha Wright 39:49 \* 3 Kerrie Tanner 39:50 \* 4 Stefanee Lovett 39:01 \* 5 Julie Triggs 37:16 \* 6 Justine Kennedy 37:17 \* 7 Nerida Dyne 40:40 \* 8 Serina Kelleher 42:41 \* 9 Lyn Witheridge 45:48 \* 10 Cathy Butler 45:09 \* 11 Kerry Taylor 43:57 \* 12 Brenda Ford 48:04 \* 13 Cara Galea 40:07 \* 14 Katrina McColl 40:12 \* 15 Patricia Church 47:12 \* 16 Anna Fox 32:23 \* 17 Debbie O'Donoghue 50:48 \* 18 Katherine Sheppard 33:15 \* 19 Kay Austin 46:22 \* 20 Mandy Doherty 50:45 \* 21 Sally Eldridge 38:50 \* 22 Evangelia Karakotas 43:54 \* 23 Annegret Ludwig 44:04 \* 24 Ann Smith 45:46 \* 25 Monica Harley 37:05 \* 26 Shireen Sekhon 42:10 \* 27 Anna Hyslop 37:12 \* 28 Lindsay Patterson 32:56 \* 29 Linda Shillington 38:03 \* 30 Lorraine Anderson 51:15 \* 31 Catherine Watson 36:15 \* 32 Angela Rymmer 52:24 \* 33 Melanie Callaghan 34:25 \* 34 Mandy Savery 34:26 \* 35 Bernadette Hurley 36:32 \* 36 Jennifer Morris 57:43 \* 37 Cate Byrne 35:02 \* 38 Jolene Laverty 43:08 \* 39 Ingrid Kimber 43:08 \* 40 Anna Byrne 45:20 \* 41 Katrina Wotton 50:37 \* 42 Kylie Pietrukowski 38:47 \* 43 Joanne Purcell 37:54 \* 44 Belinda Fry 39:56 \* 45 Tu Pham 53:58 \* 46 Lucy Boom 40:16 \* 47 Frances Heikkinen 54:20 \* 48 Rachel Yates 40:25 \* 49 Holly Smith 31:41 \* 50 Leanne Newman 30:18 \* 51 Annie Lowry 31:55 \* 52 Christina Parasyon 37:03 \* 53 Clare Lonergan 25:08 \* 54 Emily Canning 39:11 \* 55 Vidya Singh 36:12 \* 56 Kim Sainsbury 36:13 \* 57 Sophie Bagnall 41:34 \* 58 Dawn Casey 33:36 \* 59 Beth Lonergan 45:40 \* 60 Meera Rajendran 54:49 \* 61 Sharene Hurnen 48:54 \* 62 Melissa Jaques 42:57 \* 63 Emma Campbell 42:57 \* 64 Shawanah Rasneem 36:04 \* 65 Eleanor Hensley 43:17 \* 66 Inge Stokkel 36:19 \* 67 Kerry L Smith 28:25 \* 68 Kasey Alchin 50:42 \* 69 Anne McNeill 34:46 \* 70 Terree Olive 42:54 \* 71 Karina Scott 37:58 \* 72 Therese Kercher 44:59 \* 73 Kirsty McMaster 39:00 \* 74 Georgia Kearney 29:33 \* 75 Mary Ann Busteed 31:34 \* 76 Wendy Read 33:05 \* 77 Annette Mellick 34:12 \* 78 Narelle Brownette 57:12 \* 79 Rowena Milliken 1:02:17 \* 80 Emily Kennedy 29:19 \* 81 Natalie Archer 25:51 \* 82 Evelyn Sommer 40:24 \* 83 Michelle Wells 26:26 \* 84 Sarah Harley 40:28 \* 85 Maria White 33:59 \* 86 Ruth Richards 35:31 \* 87 Erin Palisi 34:32 \* 88 Kate Palisi 34:34 \* 89 Jennie Clarke 43:36 \* 90 Fiona Wheeler 43:37 \* 91 Yumiko Clifton 35:10 \* 92 Kym Ireland 28:43 \* 93 Robyn Mathers 40:50 \* 94 Lauren McDean 40:52 \* 95 Robyn McClelland 30:54 \* 96 Carolynne Yates 50:56 \* 97 Bridget Carrick 1:02:59 \* 98 Monica Lindemann 1:03:00 \* 99 Karen Paton 49:01 \* 100 Joan Mallory 45:02 \* 101 Colleen North 40:04 \* 102 Karen Daniels 31:37 \* 103 Sue Archer 27:37 \* 104 Lauren Stevens 34:40 \* 105 Nerelle Harrison-Heard 40:12 \* 106 Robyn Booth 34:44 \* 107 Kristen Walker 36:15 \* 108 Judi Edwards 30:47 \* 109 Christine Zygadlo 32:52 \* 110 Annette Clark 53:23 \* 111 Rhonda Blackman 45:30 \* 112 Jenny Davies 44:32 \* 113 Clare Pritchard 36:33 \* 114 Emily Whitten 33:04 \* 115 Susannah Hiron 34:35 \* 116 Madeleine Kaye 36:38 \* 117 Vivienne Thom 38:42 \* 118 Nerida Clarke 33:49 \* 119 Josephine Farrugia 38:55 \* 120 Beryl Lowry 41:00 \* 121 Alice Moore 30:01 \* 122 Marilyn Banfield 40:03 \* 123 Lorraine Jansen 36:04 \* 124 Belinda Farrelly 28:05 \* 125 Jessica Robson 28:12 \* 126 Jacqueline

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line Millard 35:13 \* 127 Anne Holmes 39:15 \* 128 Maree Roughton 40:16 \* 129 Linda Miles 39:18 \* 130 Julia Anderson 33:18 \* 131 Megan Haylock 33:51 \* 132 Sandy Stevens 51:22 \* 133 Trish Phillips 34:25 \* 134 Beverley Forbes 38:28 \* 135 Carole Rowe 51:29 \* 136 Norma Lindemann 36:30 \* 137 Kathleen Bleakley 31:30 \* 138 Jane Smith 37:05 \* 139 Sara Adler 31:40 \* 140 Kim Bartle 37:11 \* 141 Marianne Eynon 1:01:43 \* 142 Josephine Kulesz 1:02:44 \* 143 Sue Rymer 35:18 \* 144 Fiona Johnstone 34:21 \* 145 Julianne Quaine 31:56 \* 146 Caroline Campbell 34:26 \* 147 Jane Burndred 37:58 \* 148 Lorna Burdon 50:07 \* 149 Sara Toscan 35:41 \* 150 Cilla Chapman 49:14 \* 151 Anne Parrett 48:19 \* 152 Consie Larmour 45:26 \* 153 Glenis Hiron 40:46 \* 154 Judy Blake 55:48 \* 155 Patricia Finkel 38:49 \* 156 Angela Payne 38:50 \* 157 Jeni James 48:06 \* 158 Carly Nelson 38:13 \* 159 Mami Iwashita 33:21 \* 160 Kim Scott 44:30 \* 161 Alexandra Hunter 52:46 \* 162 Denise Cardew-Hall 43:50 \* 163 Nina Gallop 46:52 \* 164 Linda Craig 46:53 \* 165 Des Butler 38:27 \* 166 Alice Jones 54:01 \* 167 Cathy Montalto 34:15 \* 168 Patricia Lee 59:25 \* 169 Carmel Lynch 51:46 \* 170 Margaret Tuckwell 55:53 \* 171 Mary Johnstone 1:03:00 \* 172 Adele Yates 40:03 \* 173 Gabrielle Wright 54:12 \* 174 Kathryn Bond 42:20 \* 175 Lorraine Stevens 57:47 \* 176 Teri Hobbs 57:47 \* 177 Emma Fielder 38:52 \* 178 Tammie Moore 47:05 \* 179 Margaret Latham 1:05:32 \* 180 Diann Bramwell 57:09 \* 181 Josephine Hermans 51:25.

**Midijog 3 km:** 1 Ben Watson 11:26 \* 2 Jack Watson 12:29 \* 3 Max Graham 13:12 \* 4 Nelson Towler 15:09 \* 5 Meredith Boroky 15:41 \* 6 Aisha Strutt 16:02 \* 7 Vanessa Towler 16:09 \* 8 Maria Navarro 17:06 \* 9 William Strutt 17:56 \* 10 Cameron McDonald 17:57 \* 11 Natahsha Zygadlo 19:22 \* 12 Amanda Zygadlo 19:34 \* 13 Fiona McKenna 19:43 \* 14 Shanti Sumartojo 20:20 \* 15 Dianne McDeane 22:36 \* 16 Judy Falls 23:07 \* 17 Caroline Sayers 24:54 \* 18 Paris Raynes 26:11 \* 19 Chara Reynolds 28:10 \* 20 Sara Hurnen 31:20 \* 21 Alana Hurnen 31:22 \* 22 Barbara Pini 36:20 \* 23 Louise Gordon 36:21 \* 24 Elissa Gallop 36:21 \* 25 Gemma Gordon 36:22.

**Minijog:** 1 Henry Gallop 7:53 \* 2 Oliver Fox 7:33 \* 3 Charlie Daniell 8:04 \* 4 Neve James 9:05 \* 5 Roger Harley 8:47 \* 6 Richard Brady 7:22 \* 7 Lachlan Bartle 6:53 \* 8 Eddy Bartle 8:55 \* 9 Andrew Miller 8:28 \* 10 Jack Hermans 7:31 \* 11 Sophie Sheppard 9:34 \* 12 Cameron Allnutt 10:37 \* 13 Hayley Bullas 10:09 \* 14 Nicholas Allnutt 7:41 \* 15 Isobel McDonald 8:13 \* 16 Maggie Nagel 9:16 \* 17 William Dyson 8:53 \* 18 Ben Daniell 7:58 \* 19 Adi Wellings 10:11 \* 20 Quinn Dyson 10:43 \* 21 Darcy James 11:14 \* 22 Rebecca Sargent 7:15 \* 23 Georgina Hermans 8:46 \* 24 Erica Dwight 11:20 \* 25 Adrian Dwight 8:56 \* 26 Jayden Hayes 11:27 \* 27 Kieran Savery 10:18 \* 28 Emily Honeyman 10:53 \* 29 Josie Robertson 11:11 \* 30 Melanie Gray 11:13 \* 31 Mion Kirk 12:19 \* 32 Lily Parrett 10:56 \* 33 Mikayla Brady 10:28 \* 34 Nicholas Honeyman 12:12 \* 35 Alex Tomanovits 11:45 \* 36 Pippa Graham 10:49 \* 37 Ingrid Hausknecht 12:28 \* 38 Neve Savery 11:16 \* 39 Katya Zygadlo 10:57 \* 40 Nina Hausknecht 12:58 \* 41 Emily Watson 14:12 \* 42 Teah Hayes 13:50 \* 43 Sofia Jensen 14:22 \* 44 Olivia Jensen 16:12 \* 45 Kye Broadhurst 16:32 \* 46 Mirabel Wilson 16:49 \* 47 Ayu Hancock 16:02 \* 48 Zachary Harley 17:53 \* 49 Luke Harley 18:29 \* 50 Liam Bullas 22:00 \* 51 Callum Robertson 23:00.

## FORTHCOMING EVENTS—

### March 2010

**(C) Tue 9** - ACTCCC Acton Ferry Terminal 2/5 km, 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.

**(C) Tue 16** - ACTCCC Lake Ginnindera 2/7.1 km, 6:15pm, McDermott PI Belconnen Map 37 N10.

**(C) Tue 23** - ACTCCC Stromlo Forest Park 2/5 km, 6:15pm, Uriarra Rd Just off NW corner Map 67.

**(C) Sat 27** - ACTCCC Dunrossil Drive 2.1/4.2 km, 12:15pm, Dunrossil Drive Yarralumla Map 58 G16.

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

### April 2010

**(C) Sun 4** - ACTCCC Women's and Girls' Jogalong 6 km, Weston Park, Yarralumla, starts 8.30 for 9.00 am.

**(C) Sat 10** - ACTCCC Regatta Point 2/5km 12 noon, Barrine Drive Map 59 F7.

**(C) Sun 11** - ACTCCC Women's and Girls' Fun Run 0900 am, 5 km, Stage 88 Commonwealth Park. Map 59 H6.

**(C) Sat 17**—ACTCCC Stromlo Forest Park, 2/5/7.5 km. 12 noon. Uriarra Road just off NW corner of Map 67.

*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 6.15 pm 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 pro-

## JOGALONG CONTACT NUMBERS

### General Jogalong information

Julie Triggs 0438-002518 julietriggs@hotmail.com; Eva Karakotas 0439-947752 ekarakot@hotmail.com; Dianne McDeane 0434-914155 dianne@mcdean.id.au

### Information about the handicapping system

Ivan Neville ph 0411-651313 email ivan.neville@deewr.gov.au

### Articles for 'Jogalong Jottings'

Gabrielle Wright Phone 6295 9995

Email  
lexicon@bigpond.com

gram.

**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. 6.15 pm 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

(Continued on page 4)

## April 2010 Duty Roster

We do not have a volunteer roster for the April Jogalong on 4 April (Easter Sunday) for printing in this month's Jottings.

If you can assist please put your name down on the roster board for the following tasks:

- Registration at 8.30 am
- Fruit cutting at 8.30 am or
- Recording at 9.30 am

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.



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### 24th Annual Women and Girls' Fun Run and Walk - 11 April - Entries now open

The ACT Cross Country Club invites women and girls of all ages to join in the ActewAGL Women and Girls' 5km Fun Run/Walk. Entrants may walk, jog or run the 5km course from Stage 88 in Commonwealth Park to just past the Carillon and return on a traffic free loop through Commonwealth and Kings Parks.

Fiona Jorgensen - Race Director

**When:** 9am Sunday 11 April 2010.

**Entry Dates:** Entries received after Friday 2 April 2010 incur a \$5 fee. Entries accepted at stage 88 on Saturday 10 April 2010 from 1.30 - 3.30pm and on race day prior to 8.30am. Online entries accepted to 6.00pm on 10 April 2010.

**Entry Fees (GST inclusive):** \$17 per adult (\$15 for ACTCCC Members), \$10 under 20 yrs, \$25 for family (mother & daughter/s or sisters).

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ex stadia races except the Half Marathon are handicap races (in a similar 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.

### BAKER'S DELIGHT

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Value Pack

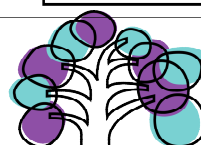
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