



Jogalong Jottings



June 2010

Volume 22, Issue 4

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

APRIL JOGALONG

The April Jogalong coincided with the Easter weekend so the number of participants was down on recent months. Nonetheless, there was still a good turnout across the three events.

The winner of the 6 kilometre handicap event was one of the Jogalong's youngest participants, Sarah Harley. Sarah, who is only 11, joined the Jogalong community in December last year and her time of 37 mins 24 secs was a personal best. Another newcomer, Robyn Mathers, who also first participated in December last year, was second, again in a personal best time of 38 mins 41 secs. For the third consecutive month Kasey Alchin was amongst the placegetters, having finished third. Kasey's time of 44 mins 13 secs knocked more than three minutes off her previous personal best time and is more than six minutes faster than her winning time in February. Having a personal trainer is clearly paying off for her

Fiona Jorgensen who has not participated in the Jogalong for 5½ years made a welcome return to the event and recorded the fastest time of the day of 26 mins 50 secs clearly showing that age has not

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A WORD FROM OUR COORDINATORS

Hello fellow Walkers/Runners,

This year was the first time we have held a Jogalong in April. It was a novelty having it over the Easter Long Weekend. We had a great turn out and would like to say a big thankyou to everyone for your help during this event. The kids loved the Easter Egg hunt, thankyou for your efforts Lauren.

Welcome back after having having no Jogalong in May. Unfortunately, some keen people turned up in May and were disappointed to find it not on. Any upcoming changes to Jogalong events will always be in the mentioned in the Jottings—in hardcopy and online, and announced during presentations at each event.

Congratulations to the people who have been awarded t-shirts this month, what a great achievement for you all. Your continual participation is encouraging to everyone.

Several months have passed now with the new system of barrel prizes. We have not had any comments, so hope

POINT SCORE

After three very good performances, Vivienne Thoms has jumped into the lead in the annual pointscore competition. Mary Ann Busteded has dropped back to second place, six points behind Vivienne. Wendy Read, after being in the top five in the last two events, has moved into third spot, 10 points further back. The top 15 placegetters after the March event are as follows -

POS	NAME	TOTAL PTS	NET PTS	LOW PTS
1	Vivienne Thom	375	375	83
2	Mary Ann Busteded	366	366	77
3	Linda Miles	326	326	76
4	Mary Johnstone	325	325	60
5	Nerelle Harrison-Heard	320	320	76
6	Jeni James	314	314	63
7	Beryl Lowry	311	311	59
8	Yumiko Clifton	31	310	71
9	Kasey Alchin	297	297	98
10	Sara Toscan	286	286	68
11	Sandy Stevens	282	282	55
12	Kim Scott	282	282	62
13	Cilla Chapman	275	275	64
14	Glenis Hiron	263	263	53
15	Wendy Read	262	262	69

you are happy. Please pass on any comments to us or changes you would like to see.

Once again we are calling for volunteers. It would be really nice to have someone - or a few people, to coordinate the volunteers as this is extra work for us on top of what we are already doing. Please see us if you are interested in helping out.

Happy Jogging

Julie, Di and Eva
Jogalong Coordinators

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	206
Norma Lindemann	196
Maria White	182
Rosemary Parker	178
Lorna Burdon	168
Jennifer Morris	168
Gabrielle Wright	159
Joan Mallory	151
Diann Bramwell	151

Nearing 150 (regular runners)

Judi Edwards	144
Jeni James	133
Mandy Doherty	131
Anne McNeill	129
Fran Heikkonen	129
Jenny Hefford	123
Therese Kercher	121

Sandy Stevens	118
Val Blaud	115
Kathleen Bleakley	114

Nearing 100 (regular runners)

Karen Daniels	97
Judy Blake	96
Fiona Heikkonen	94
Linda Mackay	93
Susannah Hiron	91
Rita Raizis	89
Monica Lindemann	89
Eleanor Hensley	89
Lorraine Stevens	85
Brenda Ford	85

Nearing 50 (regular runners)

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

A number of milestones were achieved in the April event with three people completing their 100th Jogalong and another person completing her 50th event.

Mary Ann Busted first competed way back in 1984 and has been one of the most consistent participants over the period. She has been paced twice, in December last year and February this year. Former Jogalong coordinator, Kerrie Tanner, also completed her 100th Jogalong in April. Kerrie first competed in August 1998 and has recorded some remarkable times since. In recent years, she has gone off in one of the early groups so has been ineligible but she did win the event in March 2002. Completing the trio participating in their 100th event is Cilla Chapman. Cilla first competed in February 1986 and, again, has been a very consistent performer since. Cilla was placed third in September 2003.

Finally, Wanda Stewart completed her 50th event in April. Wanda first participated in May 2005 and is a dual winner of the event – in January and May 2006. She recorded her personal best time of 38 mins 51 secs in November 2008.

APRIL JOGALONG RESULTS

Jogalong 6 km: 1. Miriam McCarthy 27:29 * 2. Julianne Quaine 32:23 * 3. Samantha Wright 33:14 * 4. Dawn Casey 34:00 * 5. Julie Triggs 33:48 * 6. Jacqueline Millard 34:34 * 7. Linda Shillington 35:46 * 8. Catherine Watson 38:17 * 9. Kerrie Tanner 44:42 * 10. Samantha Aspin 36:12 * 11. Monica Harley 36:13 * 12. Denise Cardew-Hall 47:37 * 13. Frances Mackay 30:34 * 14. Alice Jones 54:37 * 15. Natalie Tanks 30:37 * 16. Lucy Boom 38:07 * 17. Helen Bultitude 52:42 * 18. Therese Kercher 49:04 * 19. Frances Heikkonen 55:31 * 20. Evangelia Karakotas 43:32 * 21. Melanie Levy 37:15 * 22. Terri-Anne Howell 42:31 * 23. Kristin Blume 42:31 * 24. Amy Kingham 42:33 * 25. Charine Bennett 35:01 * 26. Amanda Ruffin 29:37 * 27. Julie Bell 36:25 * 28. Anne-Marie Wilkes 33:55 * 29. Sarah Harley 37:24 * 30. Robyn Mathers 38:41 * 31. Pushpa Nambiar 33:48 * 32. Sharyn Hill 32:49 * 33. Cara Galea 34:51 * 34. Melanie Callaghan 29:22 * 35. Susan Bultitude 42:54 * 36. Kathleen Bleakley 31:58 * 37. Nicola Davies 34:01 * 38. Sharene Hurnen 37:06 * 39. Kasey Alchin 44:13 * 40. Vivienne Thom 36:18 * 41. Annie Lowry 31:49 * 42. Kerry L Smith 28:21 * 43. Jeanette McDeane 1:01:45 * 44. Dianne McDeane 1:01:45 * 45. Jane Burdred 35:53 * 46. Robyn Saunders 39:02 * 47. Wendy Miller 39:02 * 48. Josephine Kulesz 1:02:04 * 49. Fiona Jorgensen 26:50 * 50. Meryllyn Bassett 45:00 * 51. Caroline Campbell 32:47 * 52. Mary Ann Busted 32:21 * 53. Jeni James 45:24 * 54. Susannah Hiron 30:30 * 55. Mandy Savery 35:01 * 56. Cathy Cochrane 41:35 * 57. Michelle Morgan 28:08 * 58. Sandy Stevens 51:43 * 59. Kim Scott 41:46 * 60. Sarah Williams 35:22 * 61. Rachel Yates 37:59 * 62. Beryl Lowry 42:03 * 63. Judy Blake 54:06 * 64. Wanda Stewart 43:09 * 65. Josephine Farrugia 39:10 * 66. Emily Whitten 33:47 * 67. Margaret Tuckwell 52:18 * 68. Sara Toscan 35:22 * 69. Mary Johnstone 57:25 * 70. Norma Lindemann 36:26 * 71. 01st Unknown Female 38:31 * 72. Lynn Williams 40:34 * 73. Sue Rymer 35:07 * 74. Cilla Chapman 49:39 * 75. Linda Miles 39:44 * 76. Nerelle Harrison-Heard 41:51 * 77. Amanda Roccisano 46:58 * 78. Fiona Johnstone 34:53 * 79. Glenis Hiron 40:27 * 80. Yumiko Clifton 38:07 * 81. Kay Austin 47:42 * 82. Maria White 37:19 * 83. Lorraine Jansen 37:57 * 84. Jane Smith 38:51 * 85. Gabrielle Wright 54:25 * 86. Lorraine Anderson 1:02:36 * 87. Meera Rajendran 1:02:37 * 88. Des Butler 39:26 * 89. Diann Bramwell 55:44 * 90. Jenny Davies 43:05 * 91. Jennifer Morris 57:16.

Midijog 3 km: 1. Ben Watson 3:37 * 2. Jack Watson 3:58 * 3. Riley Budd 4:05 * 4. Nicholas Tanner 4:12 * 5. Alana Hurnen 4:40 * 6. Nelson Towler 4:46 * 7. Vanessa Towler 5:17 * 8. Natashya Zygadlo 5:43 * 9. Maria Navarro 5:45 * 10. Angela Christian-Wilkes 6:02 * 11. Cameron McDonald 6:25 * 12. Fiona McKenna 6:39 * 13. Shanti Sumartojo 7:00 * 14. Kate Hancock 7:15 * 15. Joan Purcell 8:18 * 16. Sirkka Ropponen 11:58 * 17. Tiina Ropponen 11:58 * 18. Angela Rymer 12:50 * 19. Narelle Blackaby 13:54.
CHECK against Ivans. MINIJOG to COME

Minijog: 1 Zachary Harley 9:28 * 2 Roger Harley 8:44 * 3 Nicholas Anastasi 8:16 * 4 Matthew Apps 7:37 * 5 Charlie Triggs 10:40 * 6 Andrew Miller 8:49 * 7 Tayla Paton 8:50 * 8 Cameron Allnutt

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10:59 * 9 Jack Hermans 8:00 * 10 Georgina Hermans 8:33 * 11 Isobel McDonald 8:34 * 12 Nicholas Allnutt 8:17 * 13 Adrian Dwight 8:48 * 14 Lucas Lang 9:50 * 15 Alex Tomanovits 10:26 * 16 Neve James 10:28 * 17 Isabella Anastasi 10:29 * 18 Miranda Anastasi 10:30 * 19 Natalie Power 10:03 * 20 Toby Lang 10:50 * 21 Darcy James 12:13 * 22 Hayley Bullas 11:46 * 23 Sofia Jensen 11:29 * 24 Katya Zygadlo 10:06 * 25 Oliver Hansen 11:37 * 26 Mion Kirk 12:40 * 27 Erica Dwight 12:52 * 28 Josie Robertson 11:55 * 29 Grace Hill 9:26 * 30 Lana Wurtz 11:04 * 31 Pippa Graham 11:09 * 32 Maia Apps 11:17 * 33 Lily Parrett 12:36 * 34 Heather Nugent 12:46 * 35 Julia Harley 11:59 * 36 Sonia Tomanovits 1:14:32 * 37 Luke Harley 1:15:39 * 38 Lucy Hill 1:16:19 * 39 Miani Kirk 1:17:00 * 40 Ayu Hancock 1:16:57 * 41 Liam Bullas 1:20:00 * 42 Lily Apps 1:16:30 * 43 Sofia Jensen 1:19:00.

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slowed her at all.

In the 3 kilometre mixed event Ben Watson again recorded the fastest time of 10 mins 51 secs. Ben's younger brother Jack was second, while Riley Budd competing in his first 3 kilometre event came in third.

The winner of the Minijog was Callum Burns closely followed by Nicholas Anastasi and Spencer Burns.

LUNCHTIME RUNS

WEEKLY

Lake Tuggeranong, Tuesdays, on the lake near KFC at 12.25. Lloyd Edwards 62446340.

BBQ Stakes handicap, Wednesdays, from the Senior Citizens Club in Woden at 12.20. Adrian Plunkett 62315171.

Customs Joggers handicap, Fridays at Stage 88 near toilet block, Commonwealth Park at 12.20. Nick Blackaby 62756506.

MONTHLY

Lake Ginninderra handicap, last Tuesday at 12.20. Start at the Lighthouse Bar. Michael Aylott 62526683.

Mt Ainslie Run-Up, first Tuesday at 12.45. Treloar Cres. behind the War Memorial. John Harding 62441153.

Black Mountain Run-Up. 2.6km, 12:45pm, third Tuesday at 12.45. Clunies Ross Street Acton (100m east of entrance to Botanical Gardens). Free. Power walkers welcome. John Harding 62441153.

FORTHCOMING EVENTS—

June 2010

(C) Sat 12 – ACTCCC Goorooyaroo 2/4/8 km 12 noon, Horse Park Drive, Gungahlin Map 40 L4.

Mon 14 – Sri Chinmoy Half Marathon / 5 Mile Race / 2 Mile Race. Post-race breakfast for all. Start 9 am for Half Marathon at Telopea Park East car park, 10 am start for shorter races.

Sun 20—Canada Fun Run For Cancer (Formerly Terry Fox Fun Run). 10km Run, 5km Run, 5km Walk, 10:00 am, Forster Crescent Yarralumla.

(C) Sat 26—ACTCCC Symonston 2/4.5/9 km 12pm, Callum Brae Nature Park, Narrabundah Lane, Symonston.

(M) Sun 27—ACTVAC Run/Walk Handicaps Mt Ainslie 9.3km/4.5km 9:00am.

July 2010

(C) Sat 3 - ACT CC Championships

(C) Sun 4 - ACTCCC Women's and Girls' Jogalong, Weston Park, Yarralumla.

(C) Sat 10—Coolman Ridge. 2/5/8km, 12pm, Western end Hindmarsh Drive, Duffy.

(C) Sat 18 – ACTCCC Googong Half Marathon 2/4.2/21.1km. 9:00am. Includes 2 person relay. Googong Dam. Also, 2km at 9:15am, 4.2km at 9:30am. Start 'Tin Hut' - Southern End.

(C) Sat 24 – ACTCCC Runners Shop 2/5/10km. 12pm, Menindee Drive Parkes Map 59 P13.

(M) Sun 25—ACTVAC Run/Walk Handicaps Blewitts Pines 7.0km/3.5km 9:00am.

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 McDean 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 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

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July 2010 Duty Roster

There is no Jogalong duty roster for July for publication in this month's Jottings as we currently do not have a volunteer coordination team. If you are interested in this role the Jogalong coordinators would love to hear from you.

If you can assist at July and/or subsequent Jogalongs please put your name down on the roster board for one of 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 on display at every 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 your voluntary support.

Jogalong Training Group

Those who wish to improve their running on a more consistent basis may wish to join the above group each Saturday morning. All levels are catered for. Call Maria White on 6231 4168 for more information.

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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.



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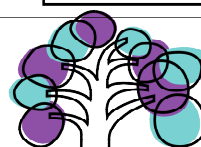
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