



Jogalong Jottings



August 2010

Volume 22, Issue 6

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

JULY JOGALONG

A very cold and foggy morning greeted the brave and hardy souls who turned out for the July Jogalong. Despite the cold conditions, more than 150 people participated across the three events.

In a rare achievement, the winner of the 6 kilometre handicap event was last month's winner Alexandra Hunter. Alexandra first competed in January this year and her time of 42 mins 31 secs was more than 10 minutes faster than when she first competed in January this year. Second place went to Wanda Stewart in 39 mins 19 secs, her fastest time for nearly two years. It was the fourth time Wanda has been placed in the event in 52 starts. Wanda is also a dual winner of the Jogalong having won in January and May 2006. Third place went to Jogalong stalwart Linda Miles in 36 mins 22 secs, also her fastest time for nearly two years. Linda is second on the all-time list of events competed having now taken part in 208 Jogalongs stretching back over 30 years. It just goes to show that even after all this time, she is able to still fool the handicapper!!

The fastest time of the day of 27 mins 43 secs was recorded by Kerry Smith, eight seconds faster than Michelle Wells.

In the 3 kilometre mixed event, Ben Watson again came first in the very good time of 11 mins 01 secs followed by younger brother Jack in 12 mins 11 secs. Max Graham was third in 13 mins 25 secs.

The Minijog results were not available for analysis in time for printing.

A WORD FROM OUR COORDINATORS

Hello Fellow Joggers and Walkers,

We hope you had a great time at the Jogalong today.

Thankyou for turning up to register on time today. Registration closes at 0900 for non-members of the ACTCCC. If you are a member arriving after 0900, please tick your name off yourself. We will leave the list out for you.

Next Jogalong, 5 September is on Fathers Day. Once again there is a slight clash with the Fathers Day Party in

POINT SCORE

Vivienne Thom has increased her lead over Mary Ann Busted at the top of the annual pointscore competition table although Mary Ann managed to reduce it by 1 after the June event. Linda Miles remains in third spot but, following her third placing, has narrowed the gap between Mary Ann and herself. As the best six runs count towards the competition, things will become interesting with those who have not competed in six events expected to move up the points table. The top 15 placegetters after the July event are as follows -

POS	NAME	TOTAL PTS	NET PTS	LOW PTS
1	Vivienne Thom	553	553	83
2	Mary Ann Busted	530	530	77
3	Linda Miles	509	509	76
4	Mary Johnstone	475	475	60
5	Yumiko Clifton	470	470	69
6	Jeni James	462	462	63
7	Sara Toscan	461	461	57
8	Wendy Read	457	457	69
9	Madeleine Kaye	431	431	75
10	Sandy Stevens	430	430	62
11	Kasey Alchin	427	427	65
12	Wanda Stewart	414	414	64
13	Maria White	409	409	71
14	Glenis Hiron	408	408	53
15	Anne Parrett	408	408	66

the Park. We ask that you DO NOT PARK ON EITHER SIDE OF WESTON PARK ROAD at the September Jogalong as this interrupts the large trucks bringing in amusement rides etc. for their event. Thankyou.

Keep up your good work with the exercise, the warmer weather will be here soon!

Cheers,
Eva, Julie and Dianne
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	208
Norma Lindemann	198
Maria White	184
Rosemary Parker	178
Jennifer Morris	170
Lorna Burdon	168
Gabrielle Wright	161
Diann Bramwell	153
Joan Mallory	152

Nearing 150 (regular runners)

Judi Edwards	144
Jeni James	135
Mandy Doherty	132
Fran Heikkinen	131
Anne McNeill	129
Jenny Hefford	124
Therese Kercher	122

Sandy Stevens	120
Val Bland	116
Kathleen Bleakley	115

Nearing 100 (regular runners)

Karen Daniels	99
Judy Blake	98
Fiona Heikkinen	96
Linda Mackay	95
Susannah Hiron	93
Monica Lindemann	91
Eleanor Hensley	90
Rita Raizis	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	46
Kim Burgess	44
Debbie Cowell	44
Jessica Faulks	43
Debbie O'Donoghue	43
Josephine Farrugia	43

JULY JOGALONG RESULTS

Jogalong 6 km: 1 Michelle Wells 27:51 * 2 Kerrie Tanner 30:00 * 3 Robyn McClelland 32:39 * 4 Julianne Quaine 35:02 * 5 01st Unknown Female 35:47 * 6 Oneeka Robb 28:40 * 7 Emily Morton 39:01 * 8 Jane Smith 39:33 * 9 Catherine Watson 34:17 * 10 Maree Roughton 41:20 * 11 Lucy Boom 37:36 * 12 Sandra Bulka 30:35 * 13 Melissa McCluskey 28:08 * 14 Marg van Belkom 47:49 * 15 Josephine Farrugia 49:52 * 16 Evangelia Karakotas 44:36 * 17 Rebecca Carpenter 36:31 * 18 Eunmi Harding 41:48 * 19 AnnaLisa Nash 36:49 * 20 Dani Morris 53:04 * 21 Carolynne Yates 55:16 * 22 Rebecca Khair 42:57 * 23 Natalie Tanks 28:18 * 24 Therese Kercher 47:25 * 25 Carole Rowe 54:33 * 26 Nancy Powter 41:46 * 27 Frances Heikkinen 55:50 * 28 Fiona Heikkinen 55:51 * 29 Paula Hurlle 29:59 * 30 Tammie Moore 44:12 * 31 Jessica Robson 44:13 * 32 Janine Richardson 34:17 * 33 Shirley Tonkin 57:18 * 34 Jill Jepson 34:38 * 35 Paula Micallef 58:07 * 36 Jennifer Morris 43:28 * 37 Josephine Kulesz 58:31 * 38 Cilla Chapman 51:42 * 39 Cassie Brooker 40:53 * 40 Kerrie Waide 35:54 * 41 Angela Rymer 55:05 * 42 Eileen Taylor-Jolly 59:08 * 43 Tracey-Anne Leahey 59:08 * 44 Penny Williams 40:47 * 45 Skye Broadhurst 37:52 * 46 Emma Wensing 38:15 * 47 Narelle Brownette 56:30 * 48 Alexandra Hunter 42:31 * 49 Joan

Purcell 44:43 * 50 Joanne Purcell 39:01 * 51 Elizabeth Thompson 29:04 * 52 Nadine Morrison 28:13 * 53 Lyn Percival 50:18 * 54 Wanda Stewart 39:19 * 55 Linda Miles 36:22 * 56 Noeline Cattle 46:25 * 57 Emily Canning 39:27 * 58 Fiona McWhinnie 48:29 * 59 Anne Parrett 43:30 * 60 Wendy Read 30:01 * 61 Lorraine Anderson 55:36 * 62 Vivienne Thom 35:39 * 63 Kerry L Smith 27:43 * 64 Jane Burndred 34:44 * 65 Cecilia Shlegel 39:46 * 66 Monica Lindemann 34:47 * 67 Kim Scott 39:50 * 68 Yumiko Clifton 34:52 * 69 Belinda Fry 35:57 * 70 Kathryn Bond 33:32 * 71 Inge Stokkel 35:08 * 72 Linda Mackay 34:08 * 73 Sara Toscan 33:17 * 74 Madeleine Kaye 34:56 * 75 Judy Blake 52:50 * 76 Lynn Williams 38:50 * 77 Jacqueline Millard 33:53 * 78 Nina Gallop 44:58 * 79 Mary Ann Busted 32:01 * 80 Belinda Barker 30:32 * 81 Sumie Davies 1:03:12 * 82 Mimi Newton 1:03:13 * 83 Liz Micallef 1:03:16 * 84 Nicola Davies 36:01 * 85 Sarah Harley 36:33 * 86 Eleanor Hensley 45:36 * 87 Robyn Mathers 38:56 * 88 Loretta Huckstepp 39:02 * 89 Beryl Lowry 50:03 * 90 Jenny Davies 40:04 * 91 Deslie Rosevear 41:10 * 92 Maria White 36:17 * 93 Allison Duncan 34:51 * 94 Belinda Harding 33:52 * 95 Megan Haylock 33:58 * 96 Mary Johnstone 57:32 * 97 Lauren McDean 38:46 * 98 Kathleen Bleakley 32:19 * 99 Sarah Williams 36:26 * 100 Glenis Hiron 39:59 * 101 Susannah Hiron 40:00 * 102 Sandy Stevens 53:02 * 103 Jeni James 47:05 * 104 Norma Lindemann 37:09 * 105 Jennifer Turini 58:37 * 106 Jenny Shannon 58:38 * 107 Fiona Johnstone 35:18 * 108 Frances Bull 41:00 * 109 Carmel O'Sullivan 1:04:30 * 110 Patricia Lee 1:03:49 * 111 Dianne Fox 1:06:49 * 112 Karen Daniels 35:21 * 113 Diann Bramwell 56:20 * 114 Kasey Alchin 47:08 * 115 Gabrielle Wright 56:37 * 116 Val Bland 1:02:16 * 117 02nd Unknown Female 1:11:35 * 118 Margaret Latham 1:09:48 * 119 Julie Crncevic 59:58.

Midijog 3 km: 1 Ben Watson 11:01 * 2 Jack Watson 12:11 * 3 Max Graham 13:25 * 4 Nelson Towler 14:27 * 5 Vanessa Towler 16:18 * 6 Maria Navarro 16:20 * 7 Samuel Patton 18:16 * 8 Louise Patton 19:12 * 9 Maddie Towler-Lovell 19:15 * 10 Shanti Sumartojo 19:40 * 11 Kate Hancock 20:30 * 12 Cameron McDonnell 21:19 * 13 Andrew Markovic 21:46 * 14 Vivienne Clarke 23:00 * 15 Jennie Clarke 23:12 * 16 Alexandra Markovic 24:23 * 17 Heather Nugent 24:23 * 18 Tanya Colyer 42:02.

Minijog: 1 Zachary Donkin 8:22 * 2 Amelia Bond 9:27 * 3 Neve James 9:19 * 4 Adi Wellings 8:22 * 5 Isobel McDonald 8:23 * 6 Darcy James 7:27 * 7 Cameron Allnutt 10:29 * 8 Nicholas Anastasi 7:35 * 9 Audrey McCormick 10:07 * 10 Oliver Hill 8:08 * 11 Nicholas Allnutt 8:15 * 12 Stephanie Brettargh 10:17 * 13 Adrian Dwight 8:57 * 14 Mia Poels 10:31 * 15 Emily Honeyman 10:32 * 16 Charlotte Hill 10:04 * 17 Jayden Hayes 11:10 * 18 Pippa Graham 10:25 * 19 Nicholas Honeyman 12:15 * 20 Grace Hill 9:34 * 21 Charlotte Anastasi 12:48 * 22 Teah Hayes 12:30 * 23 William Poels 13:40 * 24 Erica Dwight 14:02 * 25 Sophie Donkin 13:50 * 26 Lucy Hill 14:28 * 27 Julia Harley 13:25 * 28 Destiny Harding 16:26 * 29 Ashley Markovic 16:30 * 30 Ayu Hancock 18:48 * 31 Tessa Bond 20:50 * 32 Jati Hancock 20:50.

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FORTHCOMING EVENTS—

August 2010

(C) **Sat 7** – ACTCCC Watson 2/3/5k 12pm Antill Street, Hackett Map 50 F1 .

Sun 8 – Sun Herald Sydney City To Surf (NSW) 14km. Starts 9:00am from corner Park and College Streets, Sydney.

(C) **Sat 14**—ACTCCC Stromlo Forest Park 2/3/5km, 12pm, Uriarra Road. Just off NW corner of map 67.

(C) **Sat 21**—ACTCCC Lotus Bay 2/3/5k 12pm Alexandrina Drive, Yarralumla Map 58 Q10 Lane, Symonston.

(C) **Sat 28**—ACTCCC 10mile, 8:00am, Garry Owen Drive, Black Mountain Peninsula.

(M) **Sun 29**—ACTVAC Run/Walk Handicaps Mt Taylor 7km/3.5km 9:00am.

September 2010

(C) **Sun 5** - ACTCCC Women's and Girls' Jogalong, Weston Park, Yarralumla.

Sun 12 — Canberra Times Family Fun Run/Walk. 10km run starts at 9.45 am at Yamba Drive, Phillip. 5km walk starts at 9.45am Rond Terraces Commonwealth Park.

Sun 19 – Arboretum Fun Run 5.1 km Start 9:00am.

(M) **Sun 26**—ACTVAC Run/Walk Handicaps Parkway 9.0km/4.0km 9:00am.

October 2010

(C) **Sun 3** - ACTCCC Women's and Girls' Jogalong, Weston Park, Yarralumla.

Mon 4 - Sri Chinmoy Labour Day 10 km and 4 km Fun-Runs. Acton Ferry Terminal, Barrine Dr, Acton. Post-race breakfast for all. Registration from 7.45 am, for a 9 am start time.

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.

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 program.

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

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 ex stadia races except the Half Mara-

(Continued on page 4)

September 2010 Duty Roster

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 September 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 or train for a particular event are welcome to join the above group each Saturday morning. All levels are catered for. Call Maria White on 6231 4168 for more information.

(Continued from page 3)

thon 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.orienteeing.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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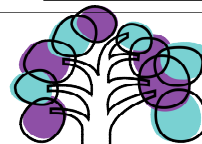
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