

# Canberra Runner



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## CANBERRA RUNNER No. 195 March 2010

Official magazine of the ACT Cross Country Club Inc. (ACTCCC)  
The views in this magazine are not necessarily those of the ACTCCC.

### Address for all correspondence:

GPO Box 252, Canberra ACT 2601

**Founded:** Jack Pennington OAM 1962

**GENERAL INFORMATION:** An information sheet and membership forms are available from the Secretary at the above address, and at club races, special events and the Women's and Girls' Jogalong. The information sheet provides full details of the club's objectives and activities.

**MEMBERSHIP:** Membership of the club is open to anyone, with the membership year running from 1 January to 31 December. The membership fees are shown on the current membership form. Membership entitles runners to free entry at club season races, discounted entry to Club major events including the Jogalong, free "Canberra Runner" Magazine (mailed to all members). Contact Pam Faulks 62588679

**CLUB RACES:** The club conducts over 90 club races during the year ranging from 1k to 16k. The focal point of the year is the 'winter' season from April to September with races most weekends. A mid-week summer series is organised as a winter lead-in with eight races during February and March. In November a spring series of five races is conducted. Races are open to all runners. Non-members are charged an entry fee (\$5 seniors, \$2 under 20). A program of club events is available from the website.

**SPECIAL EVENTS:** The club conducts three special events each year - the Canberra Marathon and Women and Girls' Fun Run in April and the Canberra Half Marathon in May. Details of these events are provided on the Club website. Entry is on-line or by special entry forms that will be available well before each event.

**WOMEN'S AND GIRLS' JOGALONG:** To encourage the participation of women and girls, the club conducts a 6k handicap event for women and girls in Weston Park on the first Sunday of each month, except April, including a 3km event and 1.6k mini-jog for the younger runners.  
Contact: Kerrie Tanner 62850130 (h).

### ACTCCC EXECUTIVE/COMMITTEE

President	Doug Limbrick	62868187 (h)
Vice-President	Bryan McCarthy	62865556 (h)
Secretary	Alison East	62511208 (h)
Treasurer	Beryl Lowry	02 62303948 (h)
Co-Registrars	Pam and Richard Faulks	02 62588679 (h)
Committee	Jane Burndred	0400347889 (m)
	Robbie Costmeyer	0448087054 (m)
	Ken Eynon	6254 6548 (h)
	Brenda Ford	62885548 (h)
	David Hobson	62582676 (h)
	Miriam McCarthy	62865556 (h)
	David Osmond	61618864 (h)
	Nick Walshe	62853508 (h) 0413692843 (m)
	Scott Yates	62584720 (h) 0424054688 (m)

Web Site

<http://www.canberrarunner.com.au>

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## *LIFE MEMBERS*

1978	Jack Pennington	1988	Geoff Perry	1998	Ken Eynon
1979	Rod Calvert	1989	Graeme Small	1999	Beryl Lowry
1980	John Gilbert	1990	John Harding	2000	Julie Fitch
1982	Dave Hobson	1991	Pat Fisher	2002	Doug Fry
1983	Brian Lenton	1992	Charlie Modrak	2005	Miriam McCarthy
1984	Geoff Moore	1993	Sue Gilbert	2006	Fiona Jorgensen
1985	Dave Cundy	1994	Pat Clohessy	2007	Colin Neave
1986	Keith Bradley	1995	Bryan McCarthy	2008	Doug Limbrick
1987	Dave Preston	1997	Anthony Perry		

## *EXECUTIVE*

	<u>President</u>	<u>Vice President</u>	<u>Secretary</u>	<u>Treasurer</u>
1965	Jack Pennington		Jack Pennington	Rod Calvert
1966	Jack Pennington		Jack Pennington	Rod Calvert
1967	Jack Pennington		Jack Pennington	Rod Calvert
1968	Jack Pennington		Jack Pennington	Rod Calvert
1969	Jack Pennington		Jack Pennington	Rod Calvert
1970	Jack Pennington		Jack Pennington	Rod Calvert
1971	Jack Pennington		Jack Pennington	Rod Calvert
1972	Jack Pennington		Jack Pennington	Rod Calvert
1973	Jack Pennington		Jack Pennington	Rod Calvert
1974	Jack Pennington		Pat Fisher	Rod Calvert
1975	Jack Pennington		Steve Brown	Rod Calvert
1976	Jack Pennington	Dave Hobson	Steve Brown	Rod Calvert
1977	Keith Bradley	Dave Hobson	Pat Fisher	Rod Calvert
1978	Dave Hobson	Keith Bradley	Bryan McCarthy	Nathan Carroll
1979	Dave Hobson	Keith Bradley	Bryan McCarthy	Nathan Carroll
1980	Keith Bradley	Dave Cundy	Sue Gilbert	Garry Lee
1981	Derek Woolner	Dennis Smith	Tony Mitchell	Garry Lee
1982	Dennis Smith	Rosemary Longstaff	Dave Preston	Peter Kallio
1983	Brian Lenton	Dave Hobson	Dave Preston	Peter Kallio
1984	Dave Preston	Geoff Perry	Matthew Webber	Garry Lee
1985	Dave Cundy	Geoff Perry	Matthew Webber	Robert Lipp
1986	Dave Cundy	Geoff Perry	Robert Lipp	Graeme Small
1987	Dave Cundy	Geoff Perry	Robert Lipp	Graeme Small
1988	Dave Cundy	Geoff Perry	Robert Lipp	Graeme Small
1989	Dave Cundy	Ron Vines	Stephen Yates	Graeme Small
1990	Dave Cundy	Ron Vines	Stephen Yates	Graeme Small
1991	Dave Cundy	Anthony Perry	Bob Lowry	Graeme Small
1992	Dave Cundy	Anthony Perry	Bob Lowry	Graeme Small
1993	Dave Cundy	Anthony Perry	Bob Lowry	Graeme Small
1994	Trevor Jacobs	Ken Eynon	Sue Kennedy	Graeme Small
1995	Trevor Jacobs	Carol Ey	Sue Kennedy	Graeme Small
1996	Hugh Jorgensen	Dave Hobson	Justin Winton	Graeme Small
1997	Hugh Jorgensen	Dave Hobson	Fiona Jorgensen	Graeme Small
1998	Hugh Jorgensen	Dave Hobson	Andrew Gardner	Graeme Small
1999	Hugh Jorgensen	Dave Hobson	Fiona Jorgensen	Graeme Small
2000	Dave Hobson	Bryan McCarthy	Robbie Costmeyer	Graeme Small
2001	Dave Hobson	Bryan McCarthy	Robbie Costmeyer	Graeme Small
2002	Dave Hobson	Bryan McCarthy	Robbie Costmeyer	Felicity Abotomey
2003	Dave Hobson	Bryan McCarthy	Doug Limbrick	Val Bland
2004	Dave Hobson	Bryan McCarthy	Doug Limbrick	Val Bland
2005	Dave Hobson	Bryan McCarthy	Doug Limbrick	Val Bland
2006	Emma-Kate McGuirk	Bryan McCarthy	Doug Limbrick	Greg Regester
2007	Emma-Kate McGuirk	Bryan McCarthy	Doug Limbrick	Greg Regester
2008	Emma-Kate McGuirk	Bryan McCarthy	Doug Limbrick	
2009	Doug Limrick	Bryan McCarthy	Alison East	Matt McKerrow

## *HALL OF FAME*

1995	Dave McInnes	Rosemary Longstaff	Jim Murphy	Colin Neave	Garry Hand
	Annette McNeill	Gerard Barrett	Gerard Ryan	Trevor Jacobs	Susan Hobson
	Rod Higgins				
1996	Graham Clews				
2000	Chris Cook	Carol Ey	Fiona Jorgensen	Joy Terry	
2007	Adam Leane	Scott McTaggart	Dave Osmond		

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## President's Message

We are now well into the Hobson Summer Series. It's been great to see so many people participating in the longer event at 6.15 pm on Tuesday evenings and also to have an increasing number of children take part in the 2km event. With increasing numbers of children participating in all our events the future of running certainly looks very bright. As adult members of the Club we should do what we can to encourage continued participation into teenage years and adulthood.

This year we have introduced into our program the inaugural Canberra Road Running Festival. The festival will incorporate a number of our events into a weekend of running and activity for runners. A team of Club members has been working assiduously on putting the Festival together. The Club is fortunate to have many people who have been prepared to work together creatively to ensure that we deliver a professionally conducted weekend of running. We have been fortunate in having Rob de Castella come on board as patron for the Festival and in gaining a number of sponsors. We are particularly pleased with the sponsorship arrangements that we have secured with Mizuno for this year and the discussions we have had about a longer term relationship. I would urge you to consider supporting our sponsors.

It's very pleasing to see the large number of people who have joined the novice half marathon training group. This program grows bigger each year and has been very successful in preparing runners to complete their first half marathon. My thanks go to the many Club members who volunteered to work with the training group as mentors and trainers. It's also very good to see a marathon training group preparing a number of

runners to tackle their first marathon. A big thanks goes to Debbie Cowell for organizing this group.

The dispute between the Club and Cundy Sports Marketing (CSM) over the ownership of the Canberra Marathon has continued to occupy a considerable amount of committee time. We were hopeful that the dispute had been resolved when CSM recently accepted unconditionally an offer that the Club had first made in December 2009 which was reopened after CSM's lawyer asked for us to make another offer. At the time of writing this report it appears that CSM have now walked away from the offer that they accepted unconditionally and are proceeding with the Court action they initiated against the Club.

The committee has been having discussions with Athletics ACT about developing a closer relationship between the two groups in the interest of running in Canberra. We will continue to explore this matter and hopefully develop ways to facilitate mutual support for each other, support for running in the ACT and through AACT a closer relationship with Athletics Australia.

Doug

## **Milton Valentine: 1953-2010**

Milton came into the world shortly after midnight on 26 April 1953. After dabbling in the usual range of sports in his early life he focused on basketball in his late teens, and after he came to Canberra to work for the Australian Bureau of Statistics in 1970s, he became heavily involved in the (then) Stats Rats basketball club - playing, coaching and in administration.

However the marathon seed had been planted early, as he claimed that while watching Abebe Bekele win the 1964 Olympic Marathon he decided he wanted to run a marathon one day. He always maintained that the Marathon was THE event in the Olympics and all the rest of the fuss in the previous two weeks was just the warm up.

He initially started doing some running to get fit for basketball, and joined the Cross Country Club in 1978. By this time he was one of the core participants in the ABS lunch time running group, which would often number over 30 runners. He soon moved up to marathons, and completed his first marathon in 1980. He was the driving force of a group who would meet at Cameron Offices at 6 am on a Thursday morning for a "20 miler" along Pipe Flat and back up the bike path next to Bindubi Street, before settling down for a day's work. Suffice to say there were a few quiet Thursday afternoons in many parts of the ABS during that time.

In the mid-1980s Milton decided that doing marathons was not tough enough, so turned to Iron Man triathlons. He completed Foster and then Hawaii in 1985, before returning to his first love of marathons.

Milton ran 19 marathons in all, including 5 Canberra Marathons (going on to complete the inaugural 50km in 1993). He also participated in a number of somewhat smaller marathons, including a couple of Brian Lenton's events – the Nocturnal Marathon (one mile out and back along the lake near the National Library starting at 9 pm with the aim to finish before midnight and break 3 hours), and the Thredbo marathon from Jindabyne to Thredbo. He managed a second in both of these, as well as a win in the Warrumbungles marathon. His placing in these 3 events demonstrates his great strength as a runner – tough, disciplined and determined.

Milton particularly enjoyed his runs in overseas marathons, running Boston in 1982, London in 1989, the Jungfrau in 2002, Edinburgh in 2005 and New York in 2006. He was training for the "Big Five" marathon in South Africa at the time his cancer was first diagnosed in 2008.

In the 1990s he got into the mountain running scene and was third in the Australian M50 category in 2006 and third again as an M55 in 2008, and was a regular participant in the Mount Ainslie run ups.

I suspect one of his greatest running moments was organising a group of friends to compete in the late, great Gunning relays in 1985. For those of you too young to remember the road relay events, this one involved teams of 7, at least 2 of whom had to be women, running the 80 km from Parliament House to Gunning. There were no set legs, but each runner had to run at least 6 km and no more than twice. Milton spent weeks working out the tactics to maximise his team's performance, and was wrapped when the "Road Buffaloes"

managed to knock off most of the club A grade teams.

Milton was a very determined runner and a fierce competitor – those who raced against him when he was in good form could never count him as beaten. He particularly relished tough hilly courses (of which there are quite a few on the calendar). However, he was also a great supporter of other runners, particularly those new to the sport, always offering plenty of advice (whether you asked for it or not) and encouragement.

From the time he joined the Cross Country Club until his last period of illness Milton was a regular participant in club events. In addition to his marathons he ran 4 Canberra Half Marathons (and several of its predecessor events), 70 Summer Series and 10 Spring Series runs, in addition to numerous Saturday afternoon outings, often doing the short course as a warm up for the “serious” longer run. He was always a notable figure with his loud slow drawl, bald head (in his later years) and frequently turning up on his bike in very colourful attire even by cycling standards.

Milton moved into Clare Holland House in mid-January. He had initially thought this was only to be a short stay but tests then revealed that his cancer had advanced more rapidly than previously believed and he was only given 2-3 weeks to live. A focus for him over the next couple of weeks was to be able to see many of his running friends as they went past on the Boat House Summer Series event. The course for the first event of the series was changed to grant Milton his wish, and a bit of publicity through Canberra running circles meant that a great number of his friends turned out. This meant an enormous amount to Milton, and he was very grateful to the club for this gesture.

He passed away early on Sunday 14 March at the age of 56 years. He was always obsessive about keeping a diary of his running statistics (he used to say to new runners “you haven’t run it unless you write it down”) so perhaps it is easiest to summarise his running in statistics:

19 marathons

Marathon PB: 2 hours 39 minutes and 61 seconds (as he always quoted it)

Kms run (From 1 January 1980 to 31 December 2008): 85,364

Carol Ey

## **Are you Running Too Slowly? by Jack Pennington**

Having recently returned from ten wonderful days with Arthur Lydiard, I re-read his latest book, *Run - The Lydiard Way*, with renewed interest. It follows his first book, *Run to the Top*, of some sixteen years ago. In that book - as in this - he advocates at least 100 miles per week of running to condition your organism to survive a six-week phase of heavy oxygen-debt training.

It is well to remember that both books are joint efforts of Lydiard and a sports journalist, Garth Gilmour, so that Arthur is responsible for the content and Garth for the journalese. Gilmour writes, "After a gap of 16 years, here is all that Arthur Lydiard knows about his sport."

Lydiard is the world's most experienced middle-distance and distance coach, and the Finns and East Germans attest to that. The foreword is by Pekka Vasala, winner of the 1500 metres at Munich.

But no book could contain "all that Lydiard knows", and this book, like their first, is confusing. In addition, Arthur claims that the book was mutilated by the publishers to the extent of 70,000 words, and that is why it is disjointed in places.

The early book caused confusion by his reference to fractional "efforts" ranging from three-quarters to a quarter. A three-quarters effort meant the best possible pace in a time trial. However in his latest book there is only one reference to it, on page 57, and it is without explanation - one of the deletions, perhaps? Nevertheless, with that exception, fractional efforts are not alluded to, and to that extent the book is simplified.

Here are a couple of direct quotes from the book (pages 59 to 61): "You may be under the impression that marathon

training involves slow running. This is not so. Top-class runners don't jog around in this phase of preparation, they run 3 minutes 15 seconds to 3 minutes 45 seconds per kilometre (5 to 5min 30sec per mile). There are some long-distance runners who believe they should run at 7 minutes per mile and that running faster is a wasted effort, which will produce poor results. Again this is not so." And, "Runners who keep their speed just within their maximum steady state will gain the same cardiac development in far less time than runners who train at far below that level ... Ron Clarke continued to push up his running speed as his maximum steady state increased, but he did not take full advantage of this development. He lacked anaerobic sprint training which would have given him that vital edge."

Here I should mention that in 1964 a World Congress of Sports Medicine debated the Lydiard training method, and compared it with the interval method advocated by Professor Reindell and Dr Gerschler. The Congress concluded that "while the results of both methods were similar, Lydiard's distance-based method was to be preferred for its lasting beneficial effects on the heart and circulation."

In Lydiard's marathon conditioning phase, he talks in a time scale of five to ten years to reach the top. In this phase of running, he insists that it be steady state (aerobic), because oxygen debt will inhibit recovery and reduce mileage. Yet in Auckland, for instance, there are hills at every turn, and it is not possible to run hills without getting into oxygen debt. He does not allow for the environment or terrain, and his answer would be, "Just get in as much steady-state running as possible; the more the better."



For the beginner, he suggests out-and-home runs of 15 minutes to an hour in the first year, eventually leading to runs of two hours. On page 51, he goes overboard in saying, in bold type, "Anaerobic training is the least important aspect of training." He explains this better in his chapter on 'Track Training' by saying, "The most important training is to condition the body to prepare for severe anaerobic training and racing." He means that six weeks prior to the racing phase, his runners undertake training which causes the heaviest possible oxygen debt, and those who believe on hearsay that he means slow running had better buy his book, which devotes 80 pages to track training schedules.

Even for the marathon, he has four months, which includes twice-weekly sprint sessions and twice-weekly time trials at best effort over 3km to 10km. The only argument I have with him is over the quantity of running necessary to lift your oxygen uptake to its maximal level.

His book takes second place on my shelf to *The Physiological Basis of Physical Education and Athletics* by Mathews and Fox, 1971, which clearly explains why marathon running does not require maximal oxygen uptake and that marathon running alone will not do it. The research work in this area has proven that marathon runners can improve their maximal oxygen uptake by running intervals at top speed for the distance of between 3 and 5 minutes.

Of course this is Lydiard's training, but he believes in not less than 100 miles per week, and in fact he says his athletes not only run that distance at best possible pace, but they also do early-morning runs at supplementary pace to bring the total to more than 150 miles per week. Well, of you survive that lot, you at least deserve

to run a world-class marathon - but then I'm told that many world-class men only run 80 miles per week. It can be confusing.

I cannot forget that Bannister, Landy and Lincoln ran well under 4 minutes for a mile on cinders, on much less mileage; in fact, Bannister had no distance background, not even at cross-country, and his training amounted to less than 3 miles per day. Of course it was best possible effort, of ten times 400m in 60 seconds, in a lunch hour - but if he could do it, why not others?

Nevertheless, Bannister in particular might have been better with a distance base, although he was well aware of the importance of a high oxygen uptake, and he based his training on laboratory work in this field.

I do think it significant that both Zatopek and Viren, double Olympic winners, were also equally good at their first marathon, but the winning margin against their contemporaries on the track was very narrow indeed. Likewise, Elliot's margin in beating Franz Stampf's Lincoln was a matter of inches, so that the conditioning method was not proven better than the interval method. As Lydiard himself says, "There are many ways to skin a cat."

The most difficult part of Lydiard's method is to transfer from distance running to speed work. This entails training with the triple jumpers (without the weight-training). Lydiard's speed work phase would be eminently suited to triple jumping, though you can imagine how careful one would need to be to avoid injury. Lydiard says, "In the latter part of your marathon conditioning you will need to include some hill sprinting and some steep hill running, also stretching and flexibility exercises to prepare for this speed transition to the

anaerobic phase." Ay, there's the rub. If you can survive it you will be a champion. It is a complete system of training, and if you find it too tough, then go to your library and ask for Tulloh on Running by Bruce Tulloh (published by Heinemann); he will tell you how to do it on 40 miles per week.

Finally, I would be less than frank if I did not tell you that John Walker runs an average of 80 miles per week in his conditioning phase, that is, twelve hourly runs at 5min 30sec mile pace and a 20 miles in the ranges on Sundays. He does not do the speed training phase, but gradually works into the anaerobic phase. As I read it, John's training for the track is light and fast, amounting to less than 3,000 metres per day, at race pace; however he does an hour's supplementary run in the morning.

Broadly speaking, you must find out how much running to do out of season to bring you to the track in a condition to run many time trials at or near your chosen track distance.

If Lydiard's method fails to make you as fast as you were dreaming of, then nothing is wasted; you had to do it to get the final truth, and you should now be a reasonable marathon runner.

The Finns and East Germans are completely sold on Lydiard's method. He claims they have spared no expense to prove it; they have a sports medicine man for every athlete who shows promise at school. Did you wonder why Viren and Cierpinski are ordinary between the Games? Could it be because they are hooked on the conditioning phase of training?

If you really are serious about reaching the top, then you must buy Run - The Lydiard Way. His track schedules are

prolific and without doubt you will find one which suits you.

Oh - don't forget to run a marathon first.

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This article is submitted by Jack Pennington.

It was published in Track and Field Magazine in 1979, and in his book "Life on the Run.

### **"Hitler's Olympics"**

#### **A book review by**

#### **Jack Pennington OAM**

This book published in UK 2006 is about the Olympics of 1936 held in Berlin and conducted on behalf of the International Olympic committee by Dictator Adolf Hitler and fourty thousand "Storm Troopers".

It will be of particular interest to those who study history. Hitler oversaw the building of the athletes village, the stadium for the track and field and the other sporting venues and no expense was spared. Of course it was a gigantic propaganda exercise by the Nazi Government which during the Olympics were still rounding up Jewish people stealing their assets and confining families to extermination camps. The Germans were at the same time bombing cities in Spain during that civil war.

This is Christopher Hilton's twenty first book and for this he has contacted many survivors of the 1936 Olympics from all over the World as well as taking reports by the magazines and newspapers of that era. There are many descriptions of how races were run and how other sports were conducted.

In those days many athletes were not able to afford spikes and even the great record holder Jesse Owens of USA- and winner of four golds at those games- borrowed spikes and when out of the village had not enough change to buy a sandwich and a glass of milk, some of the coaches and officials loaned him money.

It was common until the 1960s for athletes chosen for the games to conduct 'Chook raffles' around the pubs and clubs to obtain an amount towards their expenses.

The story starts in AD.-393 when Emperor Theodosius banned "The Games" because they were becoming professional and corrupt-that sounds familiar?-

In 1850 in England a Dr. William Penney founded an Olympic Society to promote a revival of the Olympics.' In 1889 the French government employed Pierre Fredy-Baron De Coubertin to study overseas methods of promoting physical education. In 1892 De Coubertin founded the International Olympic committee which promoted -with the help of the Greek government- a revival of the ancient Greek Games which were held in 1896 in Athens . Thirteen countries including Australia sent 311 athletes, most paid their own way there. Even at the 1936 Games there were handicaps and for instance the Australian team took six weeks sailing from Sydney to Hamburg, many putting on weight due to the good food and lack of exercise. The Japanese team took twelve days on the Siberian railway and the Americans took two weeks crossing the Atlantic to London and then another week before they were settled in the Olympic village.

The facilities and catering were luxurious and again many put on weight.

This was the first Olympics opened by the entry of the torch which had been conveyed from Greece by about four thousand runners and the first Games to release 30,000 pigeons, and also the first to use a photo finish on the track which in the event of a dispute took ten minutes to produce a photo. It was the first time the starter's gun was electrically linked by cable to start the finish camera. It was and still is common for the time keepers to start on the smoke of the gun so that there was included a reaction time which was negated at the finish by the same time keepers and so the middle watch of three is the time recorded. Probably most Games since 1968 have recorded times electronically.

The track and jump runways were cinders and the sprinters dug holes for their toes. Starting blocks were invented by an Australian sprinter (Charles Booth) in the 1960s he was also a competitor in our Veteran Athletics.

We must bear in mind that until 1968 tracks were grass or cinders and modern tracks are one to two seconds faster per lap than cinders. For instance in the Melbourne Olympics the 5km and 10km races were run in the second and third lanes because the inside lane was a 'sand pit'. In addition the run ups prior to 1968 for the jumps were cinders and the pole vault poles up to 1960s were bamboo and then aluminium. Also the jumpers including the Pole vault fell into a sand pit as there were no landing bags.

Nevertheless Jesse Owens won his 100mts semi final in 10.2s and this would have been a world record but for wind assistance, in the final he won in 10.3s a world record. Owens also set the world record in the 200mts with 20.7s and a world record in the long jump with 8.06 mts and a fourth gold in the four by 100 relay. After the Olympics in order to earn

some money he became a professional and sadly as a life long smoker he died of lung cancer in 1980. He was adored by the German athletic public and had made many returns to Berlin to attend functions.

The 1,500mtrs was won by Jack Lovelock of New Zealand in a record time of 3m47.8s however the favorite was not in the final as Sydney Wooderson of England needed surgery for a leg injury and could not make the final. Wooderson had beaten Lovelock three times over the mile prior to the games. Wooderson held the mile record at 4m 04.6s. Incidentally in 1936 I was at school in Ireland-born in London-and I listened to the Olympic games on the radio as I had followed the races by Glen Cunningham USA, Sydney Wooderson UK and Lovelock during the summer of 1936. This caused me at thirteen to run round paddocks timed by an alarm clock -as I had been running 5km to school and back since the age of ten. -I won my scouts cross-country in 1935-. -I retired from running in 1993-and became the patron of the Veterans athletic club in Canberra and I was sponsored for the OAM by Ray Green and Bryan Thomas.

The film of the games was a 'classic' and included many firsts, such as -cameras in

pits and on over-head cranes. The director was a former film actress, Leni Riefenstahl who had done the propaganda documentaries of Hitler's mass parades. She mixed in Hitler's circles but had never joined the Nazi party, nevertheless she was imprisoned by the Allies for three years at the end of the second world war.

I was introduced to her at the Munich Olympics by my photographer friend Ed Lacey and sat next to her at a dinner in the press club at the stadium. -Leni was still an official photographer at the games-I thought she was about fifty five and very attractive and pleasant. Of course since that time in 1972 I learned that her age was sixty five\*. She continued to film African wild life until well into her nineties until she died in 2003 aged 101

\*-[ref. my "Life on the run" 1995]

"Hitler's Olympics" is a great story and a good reference book.

The final chapter is titled "The village people" and is about what eventually happened to those in the Olympic village in the years after the Games and how and when they died. It is a valuable addition to my library.

## ***ACT CROSS COUNTRY CLUB PROGRAM***

**ACT CCC Race Times:** Tuesday – 6.15pm, Sunday – 9am, Saturday 2k - 12noon, short race - 12:15pm, long race - 1pm (unless otherwise stated)

**CCC events are shown in Bold (other events are listed as a service to runners but are not the responsibility of the Club).**

<b>Day</b>	<b>Date</b>	<b>Event</b>	<b>Location</b>
Sat	27 Mar # *	<b>Dunrossil Drive 2.1/4.2k cc</b>	Dunrossil Dr Yarralumla Map 58 G16
Sun	28 Mar	Vets Handicap	Stromlo Forest Park
Sat	3 April	Easter	
Sun	4 April	<b>Women's and Girls' Jogalong</b>	Weston Park Yarralumla
Sat	10April	<b>Regatta Point 2/5k r</b>	Barrine Dr Map 59 F7
Sun	11 April	<b>Women and Girls Fun Run 0900</b>	Stage 88 Commonwealth Park Map 59 H6
Sat	17 April *	<b>Stromlo Forest Park 2/5/7.5k cc</b>	Uriarra Rd Just off NW corner of Map 67
Sat	24 April	<b>Anzac Relays 4x3.6k r</b>	Northcote Dr Majura Map 60 G3
Sun	25April	Vets Handicap	Mt Majura Nature Park
Sat-Sun	1-2 May *	<b>Canberra Road Running Festival</b>	Telopea School. For details see CCC website
Sat	8 May	<b>Parlour Relays at SFP cc</b>	Uriarra Rd Just off NW corner of Map 67
Sat	15 May # *	<b>North Lyneham 2/3.1/6.2k gr</b>	Salkaukas Cr North Lyneham Map 39 C16
Sat	22 May	<b>Isaacs Ridge 2/4/8k gr</b>	Shepherdson Pl Isaacs Map 78 Q13
Sat	29 May #	<b>Campbell Park 2/3/6k gr</b>	Northcott Dr Campbell Map 60 H3
Sun	30 May	Vets Handicap	West Stromlo
Sat	5 June *	<b>Longstaff/Pennington 2/4/8/12k cc</b>	Weston Park Yarralumla Map 58 H7
Sun	6 June	<b>Women's and Girls' Jogalong</b>	Weston Park Yarralumla
Sat	12 June	<b>Goorooyaroo 2/4/8k gr</b>	Horse Park Dr Gungahlin Map 40 L4
Sat	19 June		
Sun	20 June	<i>Canada Day Fun Run</i>	
Sat	26June # *	<b>Symonston 2/4.5/9k cc</b>	Callum Brae Nature Park Narrabundah Lane
Sun	27June	Vets Handicap	Mt Ainslie
Sat	3 July	<i>ACT CC Champs</i>	

Sun	4 July	<b>Women's and Girls' Jogalong</b>	Weston Park Yarralumla
Sat	10 July	<b>Coleman Ridge 2/5/8k gr</b>	Western end Hindmarsh Dr Duffy
Sun	18 July	<b>Googong Half M 2/4.2/21.1k or 2 person relay 0900</b>	Tin Hut off Googong South Rd
Sat	24 July # *	<b>Runners Shop 2/5/10k r</b>	Menindee Dr Parkes Map 59 P13
Sun	25 July	<i>Vets Handicap</i>	Blewitts Pines
Sat	31 July	Bush Capital Marathon Events	
Sat	7 Aug	<b>Watson 2/3/5k gr</b>	Antill St Hackett Map 50 F1
Sun	8 Aug	<i>Women's and Girls' Jogalong</i>	Weston Park Yarralumla
Sun	8 Aug	City to Surf	Sydney
Sat	14 Aug # *	<b>Stromlo Forest Park 2/3/5k cc</b>	Uriarra Rd Just off NW corner of Map 67
Sat	21 Aug	<b>Lotus Bay 2/3/5k cc</b>	Alexandrina Dr Yarralumla Map 58 Q10
Sun	22 Aug	Vets Half Marathon	
Sat	28 Aug	<b>10 mile (0800)</b>	Garry Owen Dr Black Mt Peninsula
Sun	29 Aug	Vets Handicap	Mt Taylor
Sun	5 Sept	<b>Women's and Girls' Jogalong</b>	Weston Park Yarralumla
Sun	12 Sept	Canberra Times Fun Run	
Sun	19 Sept	Arboretum Fun Run 5.1k	
Sun	26 Sept	Vets Handicap	Parkway
Sun	3 Oct	<i>Women's and Girls' Jogalong</i>	Weston Park Yarralumla
Sun	10 Oct	Weston Creek Fun Run	Irish Club Weston
Sun	31 Oct	Vets Handicap	Bruce/O'Connor Ridge
Tue	2 Nov	<b>Boathouse East 2/5k r (Molonglo Reach)</b>	Menindee Dr Parkes Map 59 P13
Sun	7 Nov	<b>Women's and Girls' Jogalong</b>	Weston Park Yarralumla
Tue	9 Nov	<i>Weston Park 2/5k r/cc</i>	Weston Park Yarralumla Map 58 H8
Tue	16 Nov	<b>Barrenjoey Dr 2/5k gr</b>	Off Lady Denman Dr Map 58 D7
Tue	23 Nov	<b>Black Mt peninsula 2/5k cc</b>	John Cardiff Close Black Mt Peninsula
Sun	28 Nov	Vets Handicap	Weston Park
Tue	30 Nov	<b>Stromlo Forest Park 2/5k cc</b>	Uriarra Rd Just off NW corner of Map 67
Sun	5 Dec	<b>Women's and Girls' Jogalong</b>	Weston Park Yarralumla

Tue	7 Dec	<b>Christmas Relays</b>	Lennox Gardens Flynn Dr Yarralumla
Sun	12 Dec	Black Mt Challenge	John Cardiff Cl Black Mt Peninsula

ACTCCC events in **bold**

\* Senior Point Score Events

# Junior Point Score Events

2k events are for Under 12 competitors

**r** Road/cycle path

**cc** Cross country

**gr** Gravel road

## Information

Details of CCC events, including locations and starting times, are published on the Club web site, in the Canberra Runner (the Club's magazine) and in The Canberra Times Sports Diary. Further information can be obtained from Ken Eynon 6254 6548 or Dave Hobson 6258 2676.

Membership inquiries can be directed to registrar@canberrarunner.com.au

The Club conducts competitions during the year for open and junior members where points are accumulated in selected events. Open competitors count their best 6 out of the 8 events marked \* while Under 20's count their best 4 out of 6 marked #.

## Women's Running

The CCC actively encourages women and girls to participate in Club events. In addition, it organises a number of runs that cater exclusively for women and girls - the annual Women's and Girls' Fun Run and the monthly Jogalong. These events provide child minding facilities.

## **2010 HOBSON SUMMER SERIES**

The 26<sup>th</sup> annual Hobson Summer Series concluded at Stromlo Forest Park on 23 March in ideal running conditions. Some participants felt that the grass was rather uneven since the re-sowing some months ago, so we might need to request a top-dressing to smooth it out.

The eight events that make up the summer series have all been well attended, with almost 200 adults and children participating in one of the events. Even though this was the summer series we were fortunate that on most of the days the temperature was good if not ideal for running. Runners participating in the series were confronted with a variety of courses, with all the short course races being 2km and all but one of the long events being 5km (that event was the 7.1km course at Lake Ginninderra).

Unlike previous years where the winner has often not been resolved until the last race, both men's and women's pointscore winners could relax in the knowledge that all they had to do was finish to win. In the men's pointscore, Grant Bluett was a clear winner from Michael Martin and David Osmond. This was Dave's 7<sup>th</sup> time in the top three.

Kate Vandenberg improved from 2<sup>nd</sup> last year to win the women's pointscore while Pam Muston improved from 3<sup>rd</sup> to 2<sup>nd</sup> ahead of Fleur Flanery.

While there is no 'official' pointscore in the 2km series, awards are generally made to a couple of juniors who participate in most of the events. Callum Burns and Rebecca Sargent were the lucky ones this year.

John Dimitriou continued his popular tradition of bringing along some Easter

eggs for the younger competitors. Thanks John.

With the evenings darkening and becoming cooler it's now time to move on to the winter series which starts with a points event on Saturday 27 March. For those runners unfamiliar with the winter series there is an event incorporating three races (12 noon, 12.15 pm and 1 pm) almost each Saturday between 27 March and 21 August. The 2km race at 12 noon is largely aimed at children or novice runners and the other two races vary in distance from week to week (see the Calendar of Events for details).

## **AURA ULTRA ATHLETES OF THE YEAR**

For the second consecutive year Canberra athletes have won the AURA Ultra Athletes of the Year awards!

John Fryer repeated his effort of 2008 to win the 2009 award with some outstanding performances. In May he ran 433.686km in 48 hours to give him the number one ranking in the world for 2009. He also ran 255.934km in 24 hours to win the Commonwealth Championship in September and set a new Commonwealth record. These efforts were backed up by some strong performances at Six Foot Track, Hotham and Caboolture on the local calendar.

In the women's category, Jackie Fairweather replaced Kerrie Bremner as the Ultra Athlete of the year for 2009. Jackie won the Six Foot Track and the National 100km road Championship then won the Commonwealth Championship in a time less than 1 minute outside the Australian record.



## Results for ACT Athletes around Australia

### **25<sup>th</sup> Annual Weston Creek Half Marathon**

*Sunday 14th March 2010*

The 25th annual Weston Creek Half Marathon was held in great running conditions. There was little wind, and the cloud cover meant it did not get too warm. We had a record field for the event with about 280 individual entries and 50 teams. Forty of those teams were organised by Ken Eynon as part of his ACTCCC Half Marathon training group.

Shannon Jones (1:21:38) recorded a run away victory in the women's race by over nine minutes from Weston Creek athlete Elizabeth Bennett (1:30:51) and Kate Chipperfield (1:31:54)

The men's race was a much closer affair with Weston Creek's Steve Isbel winning in 1:13:15 from orienteer Grant Bluett (1:13:47) and another Redback, Matthew Riches in 1:14:49.

For the third year in a row, we have used the new course starting and finishing at Black Mountain Peninsular, and going along the bike paths via Scrivener Dam to Woden and back. On Friday evening we found out that there would be a regatta on at the same time as our race, which could have been a disaster. Fortunately, thanks to the ACT rowing organisers, our runners were given clear passage, and some of the later finishers reported getting great encouragement from the rowing crowd.

And a big thank you to all the volunteers that helped out during the organisation and the running of the event, particularly those helpers that are not even members

of our club: all drink stations attendants were non-Redbacks: Anthony Haber, Lauren Williams, David Singleton, Brad White, Peta Sheppard and Andrew Kingston. Thank you!

Result summary:

Males:

1. Steve Isbel 1:13:15
2. Grant Bluett 1:13:47
3. Matthew Riches 1:14:49
4. James Minto 1:15:49
5. Brett McRitchie 1:18:47

Females:

1. Shannon Jones 1:21:38
2. Elizabeth Bennett 1:30:51
3. Kate Chipperfield 1:31:54
4. Cathy Crompton 1:33:29
5. Nadine Morrison 1:34:08

Age groups:

Females:

- W40: Liza Martini 1:39:24  
W45: Solange Braga Manto 1:38:13  
W50: Debbie Cowell 1:37:52  
W55: Maria O'Reilly  
W60: Sue Archer 1:38:18  
W75: Anne l'Ons 2:58:25

Males:

- M40: Peter Zygadlo 1:20:35  
M45: Tony Woolford 1:22:58  
M50: Brian Weiss 1:28:58  
M55: Nev Madden  
M60: Robbie Costmeyer 1:31:40  
M65: Paul Maggs 1:36:35  
M70: Lachlan Lewis

# ACTCCC RESULTS – Summer Series

## **Boat House East**

*Tuesday, 2nd February 2010*

### Males 2km

Place	Name	Time
1.	Conor Sproule	6:25
2.	Liam Sproule	7:06
3.	Callum Burns	7:42
4.	Dylan Griffiths	8:26
5.	Max Shanahan	8:41
6.	Henry Wallace	9:08

Place	Name	Time
7.	Spencer Burns	9:32
8.	Tim Burns	10:37
9.	Daniel Dreher	11:29
10.	Samuel Torley	13:11
11.	Joshua Kluth	13:34

### Females 2km

Place	Name	Time
1.	Rebecca Sargent	9:01
2.	Katherine Caley	9:01
3.	Jessica Caley	9:35
4.	Laura Burns	10:37
5.	Julia Sproule	11:18
6.	Rebecca Dreher	11:28
7.	Rosemary Parker	11:30
8.	Caroline Campbell	11:43
9.	Amanda Zygadlo	12:10

Place	Name	Time
10.	Amanda Wallace	12:22
11.	Natahsha Zygadlo	12:31
12.	Joanne Griffiths	12:48
13.	Stephanie Torley	13:29
14.	Lucy Griffiths	14:44
15.	Lois Griffiths	16:35
16.	Katya Zygadlo	16:40
17.	Josephine Kulesz	19:34
18.	Sue McMurtrie	19:48

### Males 5km

Place	Name	Time
1.	Bradley Croker	15:52
2.	Simon Hurt	15:53
3.	Nick Horspool	15:53
4.	Michael Harrison	16:06
5.	Grant Bluett	16:28
6.	Stuart Doyle	16:32
7.	David Osmond	16:44
8.	Bradley Hetharia	16:55
9.	James Minto	17:00
10.	John Cochrane	17:02
11.	David Shepherd	17:06
12.	Ben Rattray	17:13
13.	Reilly Shaw	17:30

Place	Name	Time
14.	Peter Zygadlo	17:40
15.	Luke Schofiled	17:45
16.	Anthony Scott	17:51
17.	James Humphreys	18:19
18.	Steve Johnstone	18:25
19.	Michael Martin	18:31
20.	Trevor Jacobs	18:42
21.	Adrian Kennett	18:46
22.	Stephen Beville	18:53
23.	James Savill	18:57
24.	Steve Bradford	19:04
25.	Tony Hrstic	19:08
26.	Michael Torley	19:12

Place	Name	Time
27.	Ian McDonald	19:19
28.	Gary Rolfe	19:24
29.	Peter Kenna	19:29
30.	Ben Barr	19:37
31.	Andrew Morris	19:45
32.	Richard Faulks	19:46
33.	Rodger Shanahan	19:57
34.	Nicholas Vithalis	20:10
35.	Jedd Andrews	20:18
36.	Shane Maundrell	20:24
37.	Des Brown	20:27
38.	Christopher Gammon	20:37
39.	Peter Cullen	20:38
40.	Steven Hanley	20:47
41.	Robbie Costmeyer	20:49
42.	Hugh Jorgensen	21:00
43.	Geoff Moore	21:01
44.	Scott Yates	21:01
45.	Adrian Rumore	21:12
46.	Paul Veldkamp	21:17
47.	Iain Johnstone	21:26
48.	Bob (Robert) Wright	21:27
49.	Joshua Torley	21:28
50.	Brett Morrison	21:39
51.	Bob Harlow	21:40
52.	Simon Louis	21:47
53.	Jim White	22:02
54.	David Searle	22:03
55.	Robert Ey	22:13
56.	Craig Davis	22:16
57.	Paul Bullas	22:20
58.	Mick Horan	22:21
59.	Simon Scarano	22:22
60.	Eu Ho Siew	22:24
61.	Graham Burke	22:40

Place	Name	Time
62.	Alistair McClusky	22:40
63.	Peter Young	22:57
64.	Graeme Patrick	23:19
65.	Andrew Gardner	23:23
66.	Grant McDonald	23:26
67.	Peter Fuller	23:38
68.	Don Roach	23:53
69.	Charlie Modrak	23:56
70.	Nelson Towler	24:06
71.	Brian Wenn	24:08
72.	Alan Towill	24:15
73.	Robie Soukieh	24:20
74.	Terry Levings	24:52
75.	David C McGrath	24:57
76.	Peter Towler	25:01
77.	Michael Rawson	25:07
78.	Andrew Sutcliffe	25:19
79.	Neil Boden	25:31
80.	Doug Limbrick	25:44
81.	Reza Jahromi	26:08
82.	Kevin Chapman	26:08
83.	Benjamin Crossman	26:20
84.	David Whyte	26:28
85.	Ian Leves	27:06
86.	Andrew Martin	27:23
87.	David Booth	27:53
88.	Peter Caley	27:54
89.	Ian Boyd	27:58
90.	Roger Pilkington	28:36
91.	Nick Blackaby	28:49
92.	Stuart Whitten	29:08
93.	Dave Hobson	31:47
94.	John Bienkiewicz	33:11
95.	Mick Charlton	34:18
96.	Shane Morton	38:35

## Females 5km

Place	Name	Time
1.	Kate Hodson	18:59
2.	Jen Lee	20:45
3.	Nadine Morrison	20:50
4.	Michelle Wells	20:59
5.	Kate Vandenberg	21:03
6.	Janene Kingston	21:24
7.	Susie Kluth	21:56
8.	Pam Muston	22:01
9.	Melissa McClusky	22:40
19.	Vanessa Palmer	24:20
20.	Christine Sproule	24:22
21.	Judith Pogson	24:26
22.	Ineka Booth	25:06
23.	Mary Ann Busteed	25:12
24.	Alice Moore	25:15
25.	Cathy Newman	25:21
26.	Andrew Wild	25:28
27.	Ruth Baussmann	25:54
28.	Susan McMaster	26:00
29.	Vanessa Towler	26:17
30.	Audrey Gormley	26:23
31.	Helen Mains	27:02
32.	Susan Sturgeon	27:08
33.	Hannah Dreher	27:22
34.	Susan Dreher	27:42

Place	Name	Time
10.	Michelle Morgan	22:50
11.	Maria O'Reilly	22:59
12.	Lauren Williams	23:07
13.	Susan Hobson	23:11
14.	Kym Chisolm	23:12
15.	Adrienne Andrews	23:14
16.	Carol Ey	23:31
17.	Julia Lonsdale	24:03
18.	Hannah McClusky	24:11
35.	Lauren Stevens	27:52
36.	Susan Cuddy	28:20
37.	Prue Bradford	28:28
38.	Mary McDonald	28:29
39.	Robyn Booth	28:33
40.	Maria Navarro	28:37
41.	Gabrielle Burns	29:08
42.	Margaret McSpadden	29:19
43.	Jane Burndred	29:24
44.	Emily Squires	29:30
45.	Katrin Wenn	29:51
46.	Yumiko Clifton	30:20
47.	Pam Horyna	32:12
48.	Katherine Brammer	35:37
49.	Wanda Stewart	35:51
50.	Melanie Tait	38:35

## ***Boat House***

Tuesday, 9th February 2010

Males 2km

Place	Name	Time
1.	Liam Sproule	7:41
2.	Callum Burns	8:10
3.	Max Graham	8:13
4.	Dylan Griffiths	8:34
5.	Max Shanahan	8:54
6.	Nelson Towler	9:41
7.	William Herse	9:48
8.	Trent Hurnen	10:06
9.	Henry Wallace	10:23

Place	Name	Time
10.	Gwyllym Young	11:05
11.	Eric Hurnen	11:59
12.	Spencer Burns	12:12
13.	Michael Herse	12:23
14.	Tim Burns	12:36
15.	Samuel Torley	12:40
16.	Joshua Torley	12:50
17.	Hugh Moore	13:17
18.	Scott Gledhill	14:43

### Females 2km

Place	Name	Time
1.	Rebekah Sawkins	8:16
2.	Rebecca Sargent	9:10
3.	Alana Hurnen	9:30
4.	Vanessa Towler	9:33
5.	Natahsha Zygadlo	9:34
6.	Caroline Campbell	10:36
7.	Sara Hurnen	10:40
8.	Maria Navarro	11:07
9.	Lindsay Herse	12:23
10.	Grace Murphy	12:29
11.	Laura Burns	12:35

Place	Name	Time
12.	Julia Sproule	12:47
13.	Eliza James	12:49
14.	Katya Zygadlo	14:02
15.	Amanda Zygadlo	14:03
16.	Martha Gledhill-Tuite	14:41
17.	Stephanie Torley	16:28
18.	Sue McMurtrie	18:19
19.	Adele Yates	20:09
20.	Marianne Eynon	20:09
21.	Josephine Kulesz	20:10

### Males 5km

Place	Name	Time
1.	Michael Harrison	16:05
2.	Grant Bluett	16:21
3.	David Osmond	16:30
4.	Declan Wilson	16:37
5.	Stuart Doyle	16:46
6.	Ben Rattray	16:55
7.	Bradley Hetharia	17:09
8.	Peter Zygadlo	17:31
9.	Peter James	17:46
10.	Ian Dias	17:51
11.	Craig Benson	18:08
12.	Michael Martin	18:13
13.	Adrian Kennett	18:15
14.	James Humphreys	18:16
15.	Trevor Jacobs	18:18
16.	Anthony Walker	18:22
17.	Simon Claringbold	18:56
18.	Michael Torley	19:09
19.	Ryan Young	19:11
20.	Andrew Morris	19:17
21.	Peter Kenna	19:20
22.	Jason McCrae	19:23
23.	Graham Atkins	19:30
24.	Steve Bradford	19:32
25.	Michael Hanbury	19:35
26.	Rodger Shanahan	19:39
27.	Richard Faulks	19:46
28.	Patrick Kluth	19:59
29.	Shane Maundrell	20:03

Place	Name	Time
44.	Simon Scarano	21:32
45.	David Searle	21:34
46.	Jim White	21:47
47.	Paul Veldkamp	21:48
48.	Graham Burke	21:52
49.	Eu Ho Siew	21:53
50.	James Savill	21:57
51.	Roger Pilkington	22:19
52.	Henry Illingworth	22:22
53.	Kieran Macdonell	22:28
54.	Paul Bullas	22:32
55.	Toby Graham	22:38
56.	Graeme Patrick	22:53
57.	Grant McDonald	23:01
58.	Alan Towill	23:28
59.	Andrew Gardner	23:43
60.	Charlie Modrak	24:03
61.	David Appleby	24:20
62.	Robert Solomon	24:27
63.	Michael Rawson	24:31
64.	Russell Wenzholz	24:38
65.	Benjamin Crossman	24:47
66.	Lloyd Donnelly	24:52
67.	David Booth	25:22
68.	Peter Towler	25:24
69.	Andrew Guild	25:34
70.	Andrew Sutcliffe	25:41
71.	Doug Limbrick	25:48
72.	David C McGrath	26:01

30.	Peter Fogarty	20:31
31.	Peter Cullen	20:40
32.	Iain Johnstone	20:43
33.	Scott Yates	20:50
34.	Mick Horan	20:51
35.	Geoff Moore	20:57
36.	Bob (Robert) Wright	20:59
37.	Adrian Rumore	21:00
38.	Hugh Jorgensen	21:01
39.	Peter Ashley	21:04
40.	Bob Harlow	21:06
41.	Brett Morrison	21:14
42.	Robert Ey	21:16
43.	Chris Wilson	21:28

73.	Kevin Chapman	26:03
74.	James Graham	26:08
75.	Geoff Griffiths	26:15
76.	Andrew Martin	26:24
77.	Reza Jahromi	26:25
78.	Ken Eynon	31:03
79.	Dave Hobson	31:34
80.	Nick Blackaby	31:47
81.	Graeme Small	32:10
82.	Mick Charlton	33:31
83.	Peter Caley	33:46
84.	David Whyte	34:14
85.	Ian Leves	40:48
86.	Shane Morton	41:40

#### Females 5km

Place	Name	Time
1.	Emily Brichacek	16:36
2.	Sarah Lonsdale	19:13
3.	Clare Lonergan	20:17
4.	Mace Neve	20:18
5.	Felicity Brown	20:19
6.	Kate Vandenberg	20:48
7.	Nadine Morrison	20:50
8.	Michelle Wells	20:55
9.	Fiona Hedgecoe	21:44
10.	Pam Muston	21:57
11.	Kym Chisholm	22:44
12.	Maria O'Reilly	23:01
13.	Carol Ey	23:18
14.	Lucy McGarva	23:30
15.	Victoria Hennig	23:58
16.	Judith Pogson	24:13
17.	Tanya Jones	24:33
18.	Allison Jones	24:39
19.	Susannah Hiron	24:39
20.	Cathy Newman	24:52
21.	Kathleen Bleakley	25:02
22.	Ruth Baussmann	26:18
23.	Emily Whitten	26:18
24.	Audrey Gormley	26:22
25.	Lorraine Stevens	27:31

Place	Name	Time
26.	Robyn Booth	28:15
27.	Margaret McSpadden	28:32
28.	Mary McDonald	28:38
29.	Carolyn Young	28:49
30.	Jenny Chang	28:55
31.	Prue Bradford	29:22
32.	Jennifer Krevatin	29:23
33.	Lauren Stevens	29:36
34.	Cathy Montalto	29:38
35.	Yumiko Clifton	29:44
36.	Sindia Sosdian	29:52
37.	Emily Squires	30:32
38.	Beth Lonergan	30:36
39.	Katrin Wenn	30:41
40.	Jane Burndred	31:02
41.	Beryl Lowry	33:57
42.	Fontessa Brusse	33:60
43.	Sharene Hurnen	34:03
44.	Ingrid Kimber	34:07
45.	Jolene Laverty	34:08
46.	Nina Illingworth	34:27
47.	Sarah Howard	34:28
48.	Wanda Stewart	35:51
49.	Melanie Tait	41:39
50.	Joanna Meakins	41:40

## North Curtin

Tuesday, 16th February 2010

Males 2km

Place	Name	Time
1.	Conor Sproule	6:52
2.	Joshua Torley	8:03
3.	Liam Sproule	8:08
4.	Callum Burns	8:15
5.	Nicholas Tanner	8:16
6.	Max Williams	8:21
7.	Max Shanahan	9:10
8.	William Herse	9:41
9.	Max Tranter	10:02
10.	Henry Wallace	10:47
11.	Sebastian Tanner	10:49
12.	Matthew Toohey	11:11

Place	Name	Time
13.	Leo Shanahan	11:13
14.	Charlie Benson	11:42
15.	Daniel Dreher	11:58
16.	Jake Herse	12:18
17.	Carl Herse	12:23
18.	Hugh Moore	12:36
19.	Tim Sinclair	13:10
20.	Eric Hurnen	14:13
21.	Samuel Torley	14:35
22.	Scott Gledhill	14:42
23.	Craig Benson	18:18



Winners of the 2km Male Race

## Females 2km

Place	Name	Time
1.	Nicola Torley	7:32
2.	Rebecca Sargeant	9:07
3.	Rebecca Dreher	9:29
4.	Alana Hurnen	10:21
5.	Natahsha Zygadlo	10:37
6.	Sara Hurnen	10:48
7.	Kerrie Tanner	10:58
8.	Anne McNeill	11:31
9.	Lindsay Herse	12:17
10.	Julia Sproule	12:25
11.	Amanda Zygadlo	12:31

Place	Name	Time
12.	Samantha Williams	12:38
13.	Rebecca Tanner	13:43
14.	Sharene Hurnen	14:13
15.	Alice Gledhill-Tuite	14:23
16.	Wanda Stewart	14:24
17.	Stephanie Torley	14:36
18.	Martha Gledhill-Tuite	14:41
19.	Eliza James	15:24
20.	Delle Benson	18:17
21.	Katya Zygadlo	18:19



Winners of the 2km Female Race



Males 5km

Place	Name	Time
1.	Declan Wilson	16:18
2.	Grant Bluett	16:21
3.	David Osmond	17:02
4.	James Minto	17:22
5.	Bradley Hetharia	17:36
6.	Anthony Scott	17:45
7.	Chris Helliwell	17:53
8.	Peter James	18:02
9.	Anthony Walker	18:14
10.	Michael Martin	18:21
11.	David Wilson	18:29
12.	Trevor Jacobs	18:33
13.	Alistair McClusky	18:46
14.	Simon Claringbold	19:00
15.	Tony Hrstic	19:03
16.	Ben Barr	19:07
17.	Steve Bradford	19:33
18.	Richard Faulks	19:37
19.	Andrew Morris	20:03
20.	Robbie Costmeyer	20:38
21.	Robert Mudford	20:41
22.	Scott Wright	20:46
23.	Andrew Matthews	20:53
24.	Peter Fogarty	21:02
25.	Simon Scarano	21:09
26.	Adrian Rumore	21:10
27.	Bob Harlow	21:13
28.	Brett Morrison	21:17
29.	Eu Ho Siew	21:41
30.	Luke Glasson	22:05
31.	Kieran Macdonell	22:25
32.	Paul Bullas	22:34

Place	Name	Time
33.	Jim White	22:51
34.	Craig Davis	23:08
35.	Eric Hodge	23:12
36.	Andrew Gardner	23:20
37.	Ken Post	23:31
38.	Patrick Whyte	23:47
39.	Benjamin Crossman	23:49
40.	Brian Wenn	23:51
41.	Don Roach	24:08
42.	Peter Fullagar	24:20
43.	Robert Ey	24:23
44.	Roger Pilkington	24:24
45.	Charlie Modrak	24:44
46.	Andrew Sutcliffe	24:58
47.	Robert Solomon	25:07
48.	Peter Towler	25:13
49.	Lloyd Donnelly	25:32
50.	Neil Boden	25:48
51.	Doug Limbrick	25:50
52.	Kevin Chapman	26:08
53.	Reza Jahromi	26:32
54.	Andrew Martin	27:05
55.	Nelson Towler	27:33
56.	Toby Graham	27:34
57.	Andrew Guild	29:38
58.	John McGarva	29:44
59.	Ian Boyd	29:49
60.	Nick Blackaby	29:49
61.	Dave Hobson	31:15
62.	Mick Charlton	31:36
63.	Graeme Small	31:54
64.	Ian Leves	38:18



5K Male Winner – Declan Wilson



5K Male Second – Grant Bluett



5K Male Third– David Osmond

Females 5km

Place	Name	Time
1.	Fleur Flanery	18:24
2.	Kate Hodson	19:09
3.	Clare Lonergan	20:12
4.	Elizabeth Humphries	20:19
5.	Sandra Oliver	20:44
6.	Kate Vandenberg	20:58
7.	Melissa Clarke	21:03
8.	Nadine Morrison	21:06
9.	Mace Neve	21:30
10.	Belinda Lawford	21:35
11.	Pam Muston	21:48
12.	Michelle Wells	22:00
13.	Heidi Johnston	22:22
14.	Lucy McGarva	22:55
15.	Maria O'Reilly	22:56
16.	Miriam McCarthy	22:58
17.	Melissa McClusky	23:39
18.	Hannah Dreher	23:42
19.	Lauren Williams	23:45
20.	Christine Sproule	23:53
21.	Tanya Jones	23:57
22.	Judith Pogson	24:03
23.	Susannah Hiron	24:12
24.	Vanessa Palmer	24:26

Place	Name	Time
25.	Cathy Newman	24:32
26.	Kathleen Bleakley	25:16
27.	Mary Ann Busteed	25:31
28.	Krissi Brewster	25:38
29.	Helen Mains	25:49
30.	Meredith Boroky	25:50
31.	Ruth Baussmann	26:11
32.	Susan Dreher	26:45
33.	Vanessa Towler	27:34
34.	Jenny Chang	27:42
35.	Lorraine Stevens	27:44
36.	Maria Navarro	28:12
37.	Lauren Stevens	28:34
38.	Caroline Campbell	28:40
39.	Beth Lonergan	28:52
40.	Samantha Wright	29:22
41.	Gabrielle Burns	29:28
42.	Yumiko Clifton	29:56
43.	Prue Bradford	30:49
44.	Katrin Wenn	30:58
45.	Adele Yates	32:05
46.	Ingrid Kimber	32:49
47.	Jolene Laverty	32:50
48.	Fiona Gordon	37:12



5K Female Winner– Fleur Flanery



5K Female Second– Kate Hodson



5K Female Third– Clare Lonergan

## **Stromlo Forest Park**

Tuesday, 23rd February 2010

Males 2km

Place	Name	Time
1.	Conor Sproule	6:33
2.	Brayden Clews-Proctor	6:47
3.	Jamie Hawke	7:30
4.	Liam Sproule	7:54
5.	Declan Welsh	7:56
6.	Callum Burns	8:19
7.	Reuben Caley	8:19
8.	Dylan Griffiths	8:50
9.	Max Tranter	9:36
10.	Henry Wallace	9:37
11.	Callum McClusky	9:38
12.	Max Shanahan	10:16

Place	Name	Time
13.	Daniel Dreher	10:57
14.	Sebastian Tanner	11:42
15.	Leo Shanahan	11:42
16.	Graham Tanner	11:44
17.	Hugh Moore	12:06
18.	Eric Hurnen	12:32
19.	Keith Bradley	12:52
20.	Tim Sinclair	13:09
21.	Scott Gledhill	13:44
22.	Trent Hurnen	14:47
23.	Samuel Torley	15:13

Place	Name	Time
1.	Rochelle Gardiner	8:52
2.	Alice Walleth	8:56
3.	Natahsha Zygadlo	8:57
4.	Rebecca Sargent	8:59
5.	Hannah Orcher	9:06
6.	Jessica Wallace	9:15
7.	Sara Hurnen	10:38
8.	Maria Navarro	11:14
9.	Julia Sproule	11:58
10.	Samantha Williams	12:14
11.	Stephanie Brettargh	12:22
12.	Alana Hurnen	12:32
13.	Joanna Bradley	12:42
14.	Grace Murphy	12:55

Place	Name	Time
15.	Jolene Laverty	13:08
16.	Martha Gledhill-Tuite	13:41
17.	Alice Gledhill-Tuite	13:43
18.	Amanda Wallace	13:55
19.	Katya Zygadlo	15:29
20.	Madison Clews-Proctor	16:06
21.	Sue McMurtrie	16:28
22.	Josephine Kulesz	18:15
23.	Adele Yates	20:02
24.	Jenny Hobson	20:05
25.	Lois Griffiths	20:31
26.	Lucy Griffiths	20:32
27.	Joanne Griffiths	20:50

Males 5km

Place	Name	Time
1.	Nick Horspool	16:11
2.	Matthew Richards	16:19
3.	Grant Bluett	16:21
4.	Nick Walshe	16:28
5.	Bradley Hetharia	17:08
6.	Ben Rattray	17:15
7.	Gavin Godkin	17:35
8.	Peter Zygadlo	18:02
9.	Declan Wilson	18:15

Place	Name	Time
31.	Peter Fogarty	21:06
32.	Robbie Costmeyer	21:08
33.	Henry Illingworth	21:22
34.	Paul Torley	21:22
35.	Luke Glasson	21:24
36.	Adrian Rumore	21:28
37.	Tim Burns	21:29
38.	Steven Roberts	21:32
39.	Simon Louis	21:37

10.	Adrian Kennett	18:18
11.	David Wilson	18:20
12.	Anthony Kennedy	18:21
13.	Michael Martin	18:25
14.	Anthony Scott	18:36
15.	Tony Hrstic	18:44
16.	Pete Beacroft	18:50
17.	Simon Claringbold	18:59
18.	James Humphreys	19:00
19.	Steve Johnstone	19:03
20.	Richard Faulks	19:07
21.	Michael Torley	19:09
22.	Alan Towill	19:16
23.	James Savill	19:31
24.	Jedd Andrews	19:34
25.	Shane Maundrell	20:05
26.	Ben Barr	20:09
27.	Scott Yates	20:50
28.	Peter Ashley	21:03
29.	Joshua Torley	21:05
30.	Hugh Jorgensen	21:05

40.	Brett Morrison	21:39
41.	Eu Ho Siew	21:43
42.	David Webster	21:46
43.	Robert Ey	21:49
44.	Bob (Robert) Wright	21:51
45.	Kieran Macdonell	21:53
46.	Ken Post	22:32
47.	Max Williams	22:38
48.	Jim White	22:40
49.	Graeme Andrews	22:43
50.	Eric Hodge	22:59
51.	Nicholas Tanner	23:18
52.	Bob Harlow	23:29
53.	Graham Burke	23:30
54.	Nelson Towler	23:32
55.	Brian Wenn	23:35
56.	Charlie Modrak	23:49
57.	Geoff Moore	23:55
58.	Mick Horan	23:56
59.	Don Roach	24:18
60.	David Appleby	24:21

Place	Name	Time
61.	Andrew Guild	24:40
62.	David Booth	24:55
63.	Andrew Sutcliffe	25:04
64.	Peter Towler	25:58
65.	Doug Limbrick	25:59
66.	Terry Levings	26:06
67.	Kevin Chapman	26:18
68.	Michael Rawson	26:27
69.	Andrew Martin	26:51
70.	Ian Boyd	27:43

Place	Name	Time
71.	John McGarva	28:04
72.	Ian Leves	28:23
73.	Brett Spaven	28:25
74.	Matthew Toohey	28:28
75.	Mick Charlton	29:29
76.	Peter Caley	29:38
77.	Dave Hobson	30:20
78.	Nick Blackaby	31:07
79.	Tom Walsh	31:38
80.	Graeme Small	32:49

#### Females 5km

Place	Name	Time
1.	Emily Brichacek	16:57
2.	Fleur Flanery	18:35
3.	Sarah Lonsdale	18:40
4.	Nicola Torley	19:23
5.	Nadine Morrison	21:07
6.	Belinda Lawford	21:12
7.	Byion Wright	21:27
8.	Kate Vandenberg	21:40

Place	Name	Time
25.	Vanessa Towler	25:46
26.	Mary Ann Busteed	25:53
27.	Miranda Rawlinson	26:25
28.	Helen Mains	26:31
29.	Jenny Chang	27:14
30.	Ruth Baussmann	27:23
31.	Susan Sturgeon	27:27
32.	Susan Dreher	27:34



9.	Pam Muston	21:54
10.	Michelle Wells	22:09
11.	Maria O'Reilly	22:44
12.	Miriam McCarthy	22:47
13.	Bonnie Andrews	23:09
14.	Lucy McGarva	23:19
15.	Melissa McClusky	23:33
16.	Janene Kingston	23:41
17.	Carol Ey	23:42
18.	Christine Sproule	24:13
19.	Ingrid Kimber	24:29
20.	Adrienne Andrews	24:35
21.	Vanessa Palmer	24:56
22.	Krissi Brewster	25:15
23.	Cathy Newman	25:25
24.	Kathleen Bleakley	25:39

33.	Carol Jones	28:11
34.	Caroline Campbell	28:17
35.	Beth Lonergan	28:52
36.	Robyn Booth	29:02
37.	Amanda Joford	29:27
38.	Katherine Caley	29:37
39.	Samantha Wright	29:41
40.	Kerrie Tanner	29:41
41.	Emily Squires	29:59
42.	Yumiko Clifton	30:13
43.	Nina Illingworth	30:39
44.	Sarah Howard	30:39
45.	Danielle Louis	32:01
46.	Sharene Hurnen	33:37
47.	Fiona Gordon	35:32
48.	Wanda Stewart	36:19



## Weston Park

Tuesday, 2nd March 2010

On a beautiful Autumn Day, almost a 150 runners gathered for the Weston Park cross country run. This scenic run winds its way around the eastern foreshores of Lake Burley Griffin from Weston Park to the Governor General's residence. The first three in the men's section of the 5km were Grant Bluett (15min 59), Nick Walshe (16min 06) and Ben Rattray (16 min 40). While in the women's section the leaders were Shannon Jones (17min 17), Hannah Flannery (17 min 55) and Fleur Flanery (18min 15). Shannon also finished fourth overall – an excellent run given the uphill nature of the finish. Other notable times included Bradley Hetharia (16min 54), Michael Martin (17min 50) returning from injury and young Joshua Torley finishing 18<sup>th</sup> with a very creditable 19min 35. Peter Caley also impressed spectators with his commitment in arriving late and running in his work clothes!

The Sproule boys made the 2km a brotherly activity with Conor (6min 41) and Liam (8min 02) placing first and second respectively – lucky Chris graciously registered the boys so they could warm up! Natasha Zygadlo was first female (9min 13) followed closely by Rebecca Sargent (9min 14).

In the traditional after race barrel draw, Jim White kindly re-donated his voucher, having been a winner of the draw the week before, with the voucher eventually going to Kate Vandenburg. Many thanks to Ken, and Charlie for marking the course and all the other helpers, especially young Kate Hanbury (9) who looked after the new registrations, race queries and cash tin as part of her service commitment for the Brownies – well done Kate!

### Males 2km

Place	Name	Time
1.	Conor Sproule	6:41
2.	Liam Sproule	8:02
3.	Henry Wallace	9:51
4.	Kaden Tuan	10:07
5.	Daniel Dreher	10:10
6.	Hugh Moore	11:30
7.	Brad Hiskins	12:12

Place	Name	Time
8.	Xander Tuan	12:51
9.	Samuel Torley	13:28
10.	George Illingworth	13:29
11.	Charlie Benson	13:56
12.	Charlie Hiskins	14:09
13.	Craig Benson	16:22

### Females 2km

Place	Name	Time
1.	Natahsha Zygadlo	9:13
2.	Rebecca Sargent	9:14
3.	Rebecca Dreher	9:29
4.	Sara Hurnen	9:48
5.	Bella Hiskins	12:11
6.	Katya Zygadlo	12:28
7.	Amanda Zygadlo	12:30
8.	Amanda Wallace	12:38
9.	Grace Murphy	13:15
10.	Nina Illingworth	13:17
11.	Stephanie Bertragh	13:19

Place	Name	Time
12.	Julia Sproule	13:22
13.	Samantha Williams	13:23
14.	Martha Gledhill-Tuite	13:53
15.	Alana Hurnen	14:23
16.	Delle Benson	16:21
17.	Sarah Howard	17:23
18.	Stephanie Torley	17:24
19.	Eliza James	17:56
20.	Lukah Tuan	18:06
21.	Marianne Eynon	20:33
22.	Josephine Kulesz	20:34





### Males 5km

Place	Name	Time
1.	Grant Bluett	15:59
2.	Nick Walshe	16:06
3.	Ben Rattray	16:40
4.	Bradley Hetharia	16:54
5.	Peter James	17:32
6.	Anthony Scott	17:38
7.	Anthony Kennedy	17:39
8.	Michael Martin	17:50
9.	James Humphreys	18:12
10.	Simon Claringbold	18:15
11.	Luke Schofiled	18:19
12.	Graham Atkins	19:12
13.	Ben Barr	19:14
14.	James Savill	19:16
15.	Joshua Torley	19:35
16.	Peter Kenna	19:42

Place	Name	Time
17.	Shane Maundrell	19:48
18.	Alex Kearns	20:01
19.	Hugh Jorgensen	20:13
20.	Simon Louis	20:20
21.	Peter Ashley	20:31
22.	Peter Fogarty	20:34
23.	Adrian Rumore	20:38
24.	Henry Illingworth	20:39
25.	David Webster	20:39
26.	Steven Roberts	20:40
27.	Max Williams	20:58
28.	Paul Torley	20:59
29.	Peter Cullen	21:01
30.	Geoff Moore	21:07
31.	Reuben Towill	21:39
32.	Michael Torley	21:41

Place	Name	Time
33.	Jim White	21:52
34.	Alistair Coe	22:21
35.	Graham Burke	22:25
36.	Ewen Thompson	22:56
37.	Nelson Towler	22:59
38.	Keith Bradley	23:00
39.	Patrick Whyte	23:07
40.	Don Roach	23:23
41.	Andrew Gardner	23:27
42.	Jakub Dreher	23:31
43.	Charlie Modrak	23:38
44.	Michael Rawson	23:56
45.	Robert Solomon	24:04
46.	Peter Fullagar	24:08
47.	Peter Towler	24:15
48.	David C McGrath	24:39
49.	Terry Levings	24:40
50.	Lloyd Donnelly	25:04
51.	Neil Boden	25:05
52.	Doug Limbrick	25:26

Place	Name	Time
53.	Andrew Martin	25:33
54.	Reza Jahromi	25:46
55.	Brian Wenn	25:54
56.	Ian Boyd	25:55
57.	Robert Ey	25:57
58.	Kevin Chapman	25:59
59.	Richard Frost	26:13
60.	Andrew Guild	26:13
61.	Ian Leves	27:03
62.	John McGarva	27:08
63.	Unknown	28:23
64.	Unknown	28:30
65.	Nick Blackaby	28:44
66.	Mick Charlton	28:53
67.	Tom Walsh	29:31
68.	Scott Yates	30:18
69.	Graeme Small	31:26
70.	Peter Caley	34:31
71.	Trahern Brusse	37:16



## Females 5km

Place	Name	Time
1.	Shannon Jones	17:17
2.	Hannah Flannery	17:55
3.	Fleur Flanery	18:15
4.	Elizabeth Humphries	19:38
5.	Mace Neve	19:52
6.	Kate Vandenberg	20:35
7.	Pam Muston	21:11
8.	Janene Kingston	21:59
9.	Sandra Oliver	22:33
10.	Melissa McClusky	22:41
11.	Kerrie Tanner	22:50
12.	Hannah Dreher	23:16
13.	Judith Pogson	23:39
14.	Tanya Jones	23:54
15.	Christine Sproule	24:27
16.	Jo Lane	24:28
17.	Cathy Newman	24:35
18.	Vanessa Towler	24:47
19.	Susan Dreher	25:35
20.	Carol Ey	25:56

Place	Name	Time
21.	Mary Ann Busted	26:03
22.	Ruth Bausmann	26:14
23.	Susan Sturgeon	26:41
24.	Mary McDonald	26:52
25.	Emily Squires	27:29
26.	Catherine Furner	27:50
27.	Maria Navarro	28:02
28.	Samantha Wright	28:27
29.	Gabrielle Burns	28:37
30.	Carolyn Young	28:38
31.	Yumiko Clifton	29:37
32.	Katrin Wenn	30:03
33.	Adele Yates	30:16
34.	Sharene Hurnen	30:49
35.	Tania Takis	31:08
36.	Anne Holmes	31:27
37.	Fontessa Brusse	32:34
38.	Katherine Caley	34:30
39.	Stacey Black	37:17



# Acton Ferry Terminal

Tuesday, 9th March 2010

## Males 2km

Place	Name	Time
1.	Conor Sproule	6:34
2.	Liam Sproule	7:54
3.	Callum Burns	8:21
4.	Dylan Griffiths	8:29
5.	Nelson Towler	8:29
6.	Nicholas Anastasi	9:27
7.	Kaden Tuan	10:57
8.	Hugh Moore	11:15

Place	Name	Time
9.	Unknown	11:35
10.	Charlie Hiskins	11:43
11.	Spencer Burns	11:45
12.	Brad Hiskins	11:50
13.	Samuel Torley	11:56
14.	Xander Tuan	12:13
15.	Charlie Kenna	13:53

## Females 2km

Place	Name	Time
1.	Rebecca Sargent	8:47
2.	Natahsha Zygadlo	8:49
3.	Alana Hurnen	9:13
4.	Hannah Brown	9:24
5.	Sara Hurnen	9:27
6.	Vanessa Towler	9:35
7.	Joanne Brown	11:00
8.	Julia Sproule	11:27
9.	Samantha Williams	11:29
10.	Renee Hiskins	11:47
11.	Bella Hiskins	11:48

Place	Name	Time
12.	Amanda Zygadlo	11:52
13.	Stephanie Brettargh	12:05
14.	Katya Zygadlo	12:07
15.	Lukah Tuan	14:20
16.	Stephanie Torley	14:24
17.	Tayla Paton	16:05
18.	Sue Paton	17:21
19.	Joanne Griffiths	18:08
20.	Josephine Kulesz	20:20
21.	Marianne Eynon	20:20

## Males 5km

Place	Name	Time
1.	Grant Bluett	16:21
2.	Stuart Doyle	16:59
3.	Ben Rattray	17:17
4.	David Osmond	17:46
5.	Luke Schofiled	18:00
6.	Peter James	18:01
7.	Anthony Scott	18:04
8.	Aaron Coles	18:12
9.	Ian Dias	18:16
10.	Michael Martin	18:24
11.	Steve Johnstone	18:36
12.	James Humphreys	18:42
13.	Tony Hrstic	18:51
14.	Bradley Hetharia	19:08

Place	Name	Time
15.	Peter Kenna	19:29
16.	Michael Hanbury	19:45
17.	Trevor Jacobs	19:52
18.	Shane Maundrell	19:57
19.	Richard Faulks	19:58
20.	Alex Kearns	20:00
21.	James Savill	20:00
22.	Hugh Jorgensen	20:45
23.	Joshua Torley	20:47
24.	Peter Cullen	20:48
25.	Peter Fogarty	21:00
26.	Steven Roberts	21:00
27.	Robbie Costmeyer	21:06
28.	Brett Morrison	21:07

Place	Name	Time
29.	Adrian Rumore	21:08
30.	Eu Ho Siew	21:24
31.	Peter Ashley	21:31
32.	Geoff Moore	21:35
33.	David Webster	21:40
34.	Max Williams	21:50
35.	Bob Harlow	22:02
36.	Paul Bullas	22:16
37.	Jim White	22:27
38.	Keith Bradley	22:43
39.	Eric Hodge	22:46
40.	Graham Burke	22:54
41.	Ken Post	23:19
42.	Kieran Macdonell	23:27
43.	Tim Burns	23:33
44.	Alan Towill	23:54
45.	Peter Fullagar	24:08
46.	Brian Wenn	24:10
47.	Robert Solomon	24:19
48.	Charlie Modrak	24:25

Females 5km

Place	Name	Time
1.	Nicola Torley	19:18
2.	Kate Vandenberg	20:42
3.	Nadine Morrison	20:43
4.	Jen Lee	20:50
5.	Mace Neve	20:55
6.	Michelle Wells	21:10
7.	Pam Muston	21:43
8.	Jennifer Bright	22:12
9.	Lucy McGarva	22:19
10.	Maria O'Reilly	22:30
11.	Melissa McClusky	22:54
12.	Janene Kingston	23:16
13.	Tanya Jones	23:30
14.	Kym Chisholm	23:47
15.	Christine Sproule	23:53
16.	Judith Pogson	23:55
17.	Cathy Newman	24:35
18.	Krissi Brewster	24:41
19.	Kathleen Bleakley	25:35
20.	Mary Ann Busteed	25:40
21.	Helen Mains	25:59

Place	Name	Time
49.	Ian Boyd	24:30
50.	Terry Levings	24:31
51.	Ewen Thompson	24:33
52.	David C McGrath	24:38
53.	Michael Rawson	25:02
54.	Robert Ey	25:15
55.	Andrew Sutcliffe	25:22
56.	Graeme Patrick	25:25
57.	Doug Limbrick	25:42
58.	Andrew Martin	25:59
59.	Neil Boden	26:17
60.	Kevin Chapman	26:20
61.	Matthew Toohey	26:49
62.	Ian Leves	27:38
63.	Nick Blackaby	27:47
64.	Patrick Whyte	27:56
65.	Mick Charlton	28:00
66.	Frank Stevens	30:06
67.	Graeme Small	32:16

Place	Name	Time
22.	Susan Dreher	26:01
23.	Miranda Rawlinson	26:09
24.	Beth Lonergan	26:35
25.	Ruth Baussmann	26:52
26.	Audrey Gormley	27:01
27.	Susan Sturgeon	27:29
28.	Emily Squires	27:49
29.	Mary McDonald	27:56
30.	Susan Cuddy	28:01
31.	Margaret McSpadden	28:24
32.	Robyn Booth	29:19
33.	Gabrielle Burns	29:37
34.	Carolyn Young	29:47
35.	Samantha Wright	29:53
36.	Kerrie Tanner	29:54
37.	Anne Anastasi	29:57
38.	Beryl Lowry	31:58
39.	Sharene Hurnen	32:00
40.	Anne Holmes	32:11
41.	Fontessa Brusse	32:47

## Lake Ginninderra

Tuesday, 16th March 2010

Helpers: Alison Jones, Miranda Rawlinson, Matthew Toohey, Tim Burns, Scott Yates, Trevor Jacobs, John Dimitriou, Jenny Hobson, Dave Hobson, and someone whose name I didn't get!

Weather: Following Joy Terry's plea to have this race towards the end of the Summer Series in the hope of having some cooler weather, it was moved to the 7<sup>th</sup> out of 8. It turned out to be warm but not too hot for the longest race of the Series. It was probably not a good idea to have it just after the Weston Creek Half Marathon as there were some sore legs around.

Results: Erwin McRae made a welcome return to racing with a strong win over the 7+km lap of Lake Ginninderra. His time of 21.48 was close to the time trials Deek used to run around the Lake many years ago. Michael Martin and Luke Schofield filled the minor placings.

Fleur Flanery was a clear winner in the women's event from Elizabeth Humphries and Kate Vandenberg.

In the 2km the two Callums - Burns and McClusky – finished side by side in 7.49 while Olivia Fogarty finished just in front of Natasha Zygadlo in the girls' event.

### Males 2km

Place	Name	Time
1.	Callum Burns	7:49
2.	Callum McClusky	7:49
3.	Ryan Lindenmayer	8:09
4.	Hugh Brown	8:49
5.	Nicholas Anastasi	9:53
6.	Scott Brown	10:22
7.	Tim Sinclair	10:38
8.	Frank Stevens	10:42
9.	Hugh Moore	10:48
10.	Max Williams	11:00

Place	Name	Time
11.	Charlie Hiskins	11:10
12.	Brad Hiskins	11:38
13.	Spencer Burns	11:58
14.	Trent Hurnen	12:30
15.	George Francis	12:42
16.	Samuel Torley	13:46
17.	Charlie Kenna	14:20
18.	Eric Hurnen	15:23
19.	David Paton	16:37

### Females 2km

Place	Name	Time
1.	Olivia Fogarty	8:13
2.	Natahsha Zygadlo	8:33
3.	Rebecca Sargent	8:40
4.	Alana Hurnen	8:50
5.	Nina Illingworth	10:41
6.	Samantha Williams	10:59
7.	Jolene Laverty	11:03
8.	Renee Hiskins	11:12
9.	Bella Hiskins	11:37

Place	Name	Time
10.	Amanda Zygadlo	11:49
11.	Sue Paton	12:02
12.	Katya Zygadlo	12:12
13.	Tayla Paton	12:54
14.	Stephanie Torley	13:50
15.	Sarah Howard	13:51
16.	Adele Yates	14:53
17.	Alyssa Paton	16:35
18.	Lorraine Stevens	16:59

### Males 7.1km

Place	Name	Time
1.	Erwin McRae	21:48
2.	Michael Martin	26:17
3.	Luke Schofield	26:26
4.	Tony Hrstic	27:19
5.	James Humphreys	27:21
6.	Alistair McClusky	28:00
7.	Geoff Monro	28:06
8.	James Savill	28:07
9.	Steve Johnstone	28:09
10.	Nicholas Vithalis	28:14
11.	Michael Torley	28:18
12.	David Webster	29:45
13.	Jonathon Paniagua	30:05
14.	Joshua Torley	30:15

Place	Name	Time
15.	Henry Illingworth	30:20
16.	Adrian Rumore	30:21
17.	Ross Gregg	30:28
18.	Peter Fogarty	30:47
19.	Reuben Caley	30:47
20.	Bob Harlow	31:09
21.	Paul Torley	31:15
22.	Luke Glasson	31:26
23.	Simon Louis	31:32
24.	Andrew Morris	32:07
25.	Jim White	32:31
26.	Eric Hodge	32:35
27.	Grant McDonald	32:49
28.	Graham Burke	33:13

Place	Name	Time
29.	Hugh Ford	34:07
30.	Charlie Modrak	34:17
31.	Patrick Whyte	34:21
32.	Andrew Gardner	35:22
33.	Evan Vaile	35:55
34.	Terry Levings	36:25
35.	Brian Wenn	36:44
36.	Roger Pilkington	36:44
37.	Doug Limbrick	36:45
38.	Robert Ey	36:46
39.	Roger Abbott	37:04

Place	Name	Time
40.	Robert Solomon	37:21
41.	Andrew Sutcliffe	37:37
42.	David C McGrath	38:06
43.	Kevin Chapman	38:17
44.	Neil Boden	38:57
45.	Brett Spaven	39:04
46.	Ian Leves	40:44
47.	Peter Caley	40:56
48.	John Bienkiewicz	44:41
49.	Nick Blackaby	46:19

### Females 7.1km

Place	Name	Time
1.	Fleur Flanery	27:18
2.	Elizabeth Humphries	29:07
3.	Kate Vandenberg	30:10
4.	Nicola Torley	30:18
5.	Pam Muston	31:30
6.	Lee Purkiss	31:40
7.	Kerrie Bremner	32:37
8.	Maria O'Reilly	32:57
9.	Melissa McClusky	33:13
10.	Judith Pogson	34:18
11.	Victoria Hennig	35:05
12.	Cathy Newman	35:07
13.	Jo Lane	35:44

Place	Name	Time
14.	Kathleen Bleakley	37:00
15.	Susan Sturgeon	38:40
16.	Jenny Chang	39:47
17.	Emily Squires	40:03
18.	Caroline Campbell	40:41
19.	Katherine Caley	40:54
20.	Mary McDonald	41:33
21.	Margaret McSpadden	42:18
22.	Heather McDonald	44:15
23.	Yumiko Clifton	44:34
24.	Katrin Wenn	44:51
25.	Beryl Lowry	46:05

## ***Stromlo Forest Park***

Tuesday, 23rd March 2010

Males 2km

Place	Name	Time
1.	Liam Sproule	7:53
2.	Nicholas Tanner	7:54
3.	Callum Burns	8:10
4.	Dylan Griffiths	8:10
5.	Scott Yates	9:18
6.	Henry Wallace	10:01
7.	Kaden Tuan	10:13
8.	Sebastian Tanner	10:19
9.	Spencer Burns	10:36
10.	Tim Burns	10:36

Place	Name	Time
11.	Conor Sproule	10:49
12.	Charlie Hiskins	11:17
13.	Joshua Cox	11:50
14.	Luka Hiskins	12:21
15.	Brad Hiskins	12:22
16.	Tim Sinclair	12:48
17.	Seb Torley	12:57
18.	Xander Tuan	13:19
19.	George Francis	13:24

Females 2km

Place	Name	Time
1.	Natahsha Zygadlo	8:46
2.	Georgia Fogarty	8:53
3.	Alana Hurnen	8:58
4.	Rebecca Dreher	9:40
5.	Jessica Wallace	10:12
6.	Sara Hurnen	10:14
7.	Michaela Cox	10:14
8.	Julia Sproule	10:49
9.	Samantha Williams	10:56
10.	Nina Wallice	10:56
11.	Grace Murphy	11:15
12.	Katya Zygadlo	11:44
13.	Bella Hiskins	12:02
14.	Renee Hiskins	12:03
15.	Tayla Paton	12:29

Place	Name	Time
16.	Sue Paton	12:33
17.	Jolene Lavery	12:48
18.	Stephanie Brettargh	13:06
19.	Charlie Lavery-Sullings	13:21
20.	Amanda Wallace	13:25
21.	Maria Navarro	13:29
22.	Stephanie Torley	13:35
23.	Clare Campbell	13:50
24.	Maddison Cater	13:50
25.	Lukah Tuan	14:14
26.	Renee Cox	14:20
27.	Joanne Griffiths	20:55
28.	Josephine Kulesz	21:19
29.	Marianne Eynon	21:19

Males 5km

Place	Name	Time
1.	Grant Bluett	16:10
2.	Matthew Riches	16:39
3.	David Osmond	16:50
4.	David Hutchison	16:55
5.	James Minto	17:12
6.	Jim Dawes	17:13
7.	Lachlan Dow	17:27
8.	Declan Wilson	17:49
9.	Bradley Hetharia	18:04

Place	Name	Time
10.	Martin Fryer	18:09
11.	Michael Martin	18:16
12.	Reuben Caley	18:21
13.	Michael Torley	18:42
14.	David Wilson	18:43
15.	Trevor Jacobs	19:06
16.	Joshua Torley	19:32
17.	Gavin Williams	19:52
18.	Geoff Monro	20:08



Place	Name	Time
19.	Michael Hanbury	20:09
20.	Alex Kearns	20:30
21.	Henry Illingworth	20:51
22.	Steven Roberts	20:53
23.	Peter Thomson	21:10
24.	Max Williams	21:13
25.	Peter Fogarty	21:14
26.	Alistair McClusky	21:18
27.	Kieran Macdonell	22:10
28.	Paul Bullas	22:33
29.	Roger Pilkington	22:44
30.	Graham Burke	22:50
31.	Greg Mitchell	22:56
32.	Eric Hodge	23:00
33.	Patrick Whyte	23:13
34.	Ian Boyd	23:22
35.	Brian Wenn	23:23
36.	Hugh Ford	23:36
37.	Don Roach	24:05
38.	Charlie Modrak	24:19
39.	Robert Solomon	24:22
40.	Nelson Towler	24:26
41.	Peter Towler	25:05

Place	Name	Time
42.	Ewen Thompson	25:18
43.	Brett Morrison	25:19
44.	Roger Abbott	25:24
45.	Robert Ey	25:41
46.	Bob Harlow	25:42
47.	Terry Levings	26:03
48.	Andrew Guild	26:12
49.	Reza Jahromi	26:15
50.	Matthew Cox	26:30
51.	Michael Rawson	26:42
52.	Doug Limbrick	26:55
53.	Peter Caley	27:00
54.	Matthew Toohey	27:05
55.	Graeme Patrick	27:44
56.	Ian Leves	28:00
57.	Geoff Moore	28:34
58.	Hugh Moore	29:07
59.	Anthony Kennedy	29:09
60.	Mick Charlton	29:13
61.	John Bienkiewicz	31:08
62.	Paul Priest	31:13
63.	Nick Blackaby	32:08
64.	Graeme Small	32:42

#### Females 5km

Place	Name	Time
1.	Fleur Flanery	18:32
2.	Nicola Torley	19:22
3.	Kate Hodson	20:00
4.	Kate Vandenberg	21:09
5.	Pam Muston	21:42
6.	Melissa McClusky	22:54
7.	Maria O'Reilly	22:58
8.	Janene Kingston	23:37
9.	Susannah Hiron	23:40
10.	Christine Sproule	24:15
11.	Judith Pogson	24:30
12.	Vanessa Towler	25:49
13.	Jenny Chang	26:47

Place	Name	Time
14.	Elloise McClusky	26:50
15.	Katherine Caley	26:59
16.	Caroline Campbell	27:07
17.	Beth Lonergan	27:10
18.	Ruth Bausmann	27:15
19.	Susan Dreher	27:15
20.	Cathy Montalto	27:43
21.	Emma Kennedy	29:06
22.	Sharene Hurnen	30:59
23.	Anne Holmes	32:02
24.	Kathleen Bleakley	32:39
25.	Tania Takis	33:13
26.	Adele Yates	33:25

# Women & Girls Jogalong

## FEBRUARY JOGALONG 2010

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 129<sup>th</sup> event. 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 Max Watson was second, while Max Graham came in third.

The winner of the Minijog and first across the line 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.

Congratulations to Joan Mallory who last month became just the 9<sup>th</sup> 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 has been placed three times over the years.

## Jogalong Results

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 Rymer 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 Heikkonen 54:20, 48 Rachel Yates 40:25, 49 Holly Smith 31:41, 50 Leanne Newman 30:18, 51 Annie Lowry 31:55, 52 Christina Parasyan 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 Busted 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, 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 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, 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,

### **3km Mixed Event**

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 McDean 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

### **Mini-Jog 1.6 km**

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.

*Do you have something to say?*

*Why not write about it...and then pass it on to Peta Earley for inclusion in the next Canberra Runner.*

*Please send all contributions to [p.earley@ndy.com](mailto:p.earley@ndy.com) and include in the subject line "Article for Canberra Runner"*

*Happy Writing!!*

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