



Jogalong Jottings



April 2010

Volume 22, Issue 3

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

MARCH JOGALONG

The first Jogalong for autumn proved to be very popular with nearly 200 people taking part across the three events. The Minijog continues to be very popular with more than 40 children taking part.

Unfortunately, due to a computer error, there was a mistake in the announced results. The Jogalong coordinators apologise to all concerned for the error.

The winner of the 6 kilometre handicap event was Des Butler in 50 mins 24 secs. Des was competing in her 70th event and it was her first win. She was also placed third in December 2008. Last month's winner, Kasey Alchin, was second in a personal best time of 47 mins 50 secs. Third place went to Mary Johnstone in 56 mins 43 secs. It was Mary's first placing in the event after 27 attempts.

The fastest time of the day of 25 mins 50 secs was recorded by Emma Adams.

In the 3 kilometre mixed event Max Graham recorded the fastest time of 13 mins 00 secs. Nelson Towler came second in 13 mins 51 secs while Alana Hurnen was third.

The winner of the Minijog and first across the line was Zac Harley. Zac's brother Roger was second while Matthew Apps was third.

A WORD FROM OUR COORDINATORS

Hello fellow joggers

Welcome to April already but where is the cool weather?

April is a busy month. We hope everyone has registered for the Women's and Girl's fun run for next Sunday. Also remember the Mother's day classic for next month.

Please remember that there is no jogalong for May due to the Canberra Running Festival. Volunteers are still needed for this event. Please check the website.

We apologise for the toilets. We have been informed by TAMS that they will not be fixed and that there will be port-a-loos in place once the tender has been sorted.

POINT SCORE

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

POS	NAME	TOTAL PTS	NET PTS	LOW PTS
1	Vivienne Thom	278	278	83
2	Mary Ann Busted	272	272	77
3	Wendy Read	262	262	69
4	Marilyn Banfield	254	254	80
5	Judi Edwards	252	252	82
6	Madeleine Kaye	252	252	75
7	Linda Miles	249	249	76
8	Clare Pritchard	249	249	80
9	Mary Johnstone	245	245	60
10	Nerelle Harrison-Heard	244	244	77
11	Karen Daniels	240	240	61
12	Yumiko Clifton	237	237	71
13	Jacqueline Millard	235	235	68
14	Lorna Burdon	230	230	69
15	Beryl Lowry	224	224	59

Friendly reminder to please supervise your children around the food table and the urn. We have not had any accidents thus far and we would like to keep it this way.

Hope you all had fun today, please let us know if we could help you in any way. The jogalong is there for your enjoyment please let us know if you have any suggestions to make it better.

See you round
Eva, Julz and Di

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	205
Norma Lindemann	195
Maria White	181
Rosemary Parker	178
Lorna Burdon	168
Jennifer Morris	167
Gabrielle Wright	158
Joan Mallory	151
Diann Bramwell	150

Nearing 150 (regular runners)

Judi Edwards	144
Jeni James	132
Mandy Doherty	131
Anne McNeill	129
Fran Heikkinen	128
Jenny Hefford	123
Therese Kercher	120

Sandy Stevens	117
Val Brand	115
Kathleen Bleakley	113

Nearing 100 (regular runners)

Kerrie Tanner	99
Cilla Chapman	99
Mary Ann Busted	99
Karen Daniels	97
Judy Blake	95
Fiona Heikkinen	94
Linda Mackay	93
Susannah Hiron	90
Rita Raizis	89
Monica Lindemann	89

Nearing 50 (regular runners)

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

Congratulations to Diann Bramwell who last month became just the 10th person to complete 150 Jogalongs. Diann first competed in March 1992 and has been a very consistent participant since then. She recorded her personal best time of 44 mins 45 secs in October 2005 and she has been placed on three occasions, including winning the event in August 2002. Diann will be awarded her commemorative T shirt shortly.

Invitation

Race Patron, Rob de Castella and the ACT Cross Country Club invite all runners and their families to Canberra for a weekend of running on 1st and 2nd May. Come and experience running in your nation's capital and take the opportunity to visit some of our great attractions. Further information on the following events can be found at www.canberrarunner.com.au/festival.

National Capital Marathon

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

MARCH JOGALONG RESULTS

Jogalong 6 km: 1 Oneeka Robb 29:15 * 2 01st Unknown Female 39:53 * 3 Angela Davis 45:48 * 4 Nicole Fields 46:04 * 5 Rachel Sutherland 46:11 * 6 Emily Morton 48:21 * 7 Ann Smith 45:41 * 8 Evangelia Karakotas 43:04 * 9 Cara Galea 37:10 * 10 Des Butler 37:24 * 11 Carmel Lynch 50:31 * 12 Brenda Ford 50:32 * 13 Katrina McColl 39:42 * 14 Sharene Hurnen 39:46 * 15 Debbie O'Donoghue 53:27 * 16 Janine Richardson 40:37 * 17 Jennifer Morris 43:39 * 18 Anne-Marie Wilkes 37:31 * 19 Andrea Comer 28:37 * 20 Katrina Bortolotto 30:17 * 21 Tracey-Anne Leahy 56:50 * 22 Lorraine Anderson 53:54 * 23 Monica Harley 37:03 * 24 Terree Olive 37:18 * 25 Jennifer Carter 34:36 * 26 Frances Leonard 57:48 * 27 Gabrielle Kelly 57:49 * 28 Therese Kercher 58:05 * 29 Frances Heikkinen 57:10 * 30 Linda Mackay 57:10 * 31 Fiona Heikkinen 57:11 * 32 Kristin Blume 44:14 * 33 Amy Kingham 44:14 * 34 Rachel Yates 37:41 * 35 Beth Lonergan 34:10 * 36 Lucy Boom 40:11 * 37 Annegret Ludwig 34:36 * 38 Kasey Alchin 47:50 * 39 Belinda Brandon 40:54 * 40 Josephine Kulesz 59:56 * 41 Lorraine Stevens 59:56 * 42 Patricia Finkel 34:26 * 43 Emma Adams 25:50 * 44 Belinda Fry 38:22 * 45 Dawn Casey 34:09 * 46 Mary Johnstone 56:43 * 47 Robyn Mathers 39:47 * 48 Belinda Barker 30:18 * 49 Eleanor Hensley 43:55 * 50 Wendy Read 32:56 * 51 Katherine May 34:05 * 52 Tammie Moore 45:09 * 53 Shawanah Tasneem 37:11 * 54 Sarah Harley 39:16 * 55 Mary-Anne Apps 37:17 * 56 Vivienne Thom 37:21 * 57 Martina Hoffmann 44:23 * 58 Thea Zimpel 44:24 * 59 Jenny Davies 43:25 * 60 Emily Canning 39:26 * 61 Kay Lovett 56:28 * 62 Diana Terry 40:40 * 63 Melissa Jaques 43:44 * 64 Nicola Davies 35:47 * 65 Mami Iwashita 32:48 * 66 Michelle Wells 26:49 * 67 Anna Byrne 43:54 * 68 Dianne Fox 1:02:56 * 69 Consie Larmour 43:02 * 70 Meredith Boroky 32:10 * 71 Georgia Kearney 30:11 * 72 Joan Mallory 45:15 * 73 Jeni James 45:16 * 74 Kate Norris 45:17 * 75 Natalie Perry 37:18 * 76 Karen Daniels 31:49 * 77 Robyn McClelland 31:25 * 78 Robyn Booth 34:56 * 79 Marilyn Banfield 39:32 * 80 Erin Palisi 35:38 * 81 Kate Palisi 35:38 * 82 Kim Bartle 36:09 * 83 Clare Pritchard 36:40 * 84 Linda Miles 38:41 * 85 Judi Edwards 31:13 * 86 Anne Parrett 46:48 * 87 Caroline Campbell 33:32 * 88 Maria White 35:36 * 89 Emily Whitten 33:40 * 90 Nerelle Harrison-Heard 41:11 * 91 Mary Ann Busted 33:13 * 92 Julianne Quaine 31:20 * 93 Madeleine Kaye 37:28 * 94 Patricia Lee 1:01:37 * 95 Josephine Farrugia 39:38 * 96 Yumiko Clifton 37:09 * 97 Tamara Sutcliffe 36:11 * 98 Margaret Latham 59:42 * 99 Margie Carroll 53:43 * 100 Robyn Shannon 39:44 * 101 Lorna Burdon 49:45 * 102 Meryl Bassett 46:58 * 103 Wanda Stewart 44:04 * 104 Jennie Clarke 45:07 * 105 Anna Moreing 1:05:09 * 106 Linda Beveridge 1:05:11 * 107 Vera Vujic 35:42 * 108 Jacqueline Millard 36:15 * 109 Lorraine Jansen 37:16 * 110 Judy Blake 55:19 * 111 Ann Brown 43:21 * 112 Gwen Gleeson 53:33 * 113 Irena Costmeyer 46:35 * 114 Cathy Cochrane 43:37 * 115 Kim Scott 43:39 * 116 Colleen North 42:54 * 117 Josephine Hermans 43:01 * 118 Cilla Chapman 50:05 * 119 Fiona Johnstone 35:37 * 120 Janet Perfrement 52:14 * 121 Lynn Williams 41:16 * 122 Emma Fielder 35:34 * 123 Beryl Lowry 43:47 * 124 Michelle Boyle 40:49 * 125 Alexandra Hunter 49:51 *

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126 Sara Toscan 37:29 * 127 Susannah Hiron 33:09 * 128 Sandy Stevens 54:29 * 129 Karen Paton 48:32 * 130 Glenis Hiron 42:41 * 131 Sherry Champion 49:08 * 132 Rosemary Parker 41:48 * 133 Gabrielle Wright 56:24 * 134 Diann Bramwell 58:20.

Midjog 3 km: 1 Max Graham 13:00 * 2 Nelson Towler 13:51 * 3 Alana Hurnen 14:49 * 4 Rebecca Sargent 15:07 * 5 Vanessa Towler 15:15 * 6 Maria Navarro 16:42 * 7 Lily Apps 17:00 * 8 Fiona McKenna 18:40 * 9 Natahsha Zygadlo 18:51 * 10 Amanda Zygadlo 19:05 * 11 Sue Paton 19:23 * 12 Cameron McDonald 22:00 * 13 Ashley Markovic 24:50 * 14 Katherine Hodges 39:54.

Minijog: 1 Zachary Harley 9:28 * 2 Roger Harley 8:44 * 3 Nicholas Anastasi 8:16 * 4 Matthew Apps 7:37 * 5 Charlie Triggs 10:40 * 6 Andrew Miller 8:49 * 7 Tayla Paton 8:50 * 8 Cameron Allnutt 10:59 * 9 Jack Hermans 8:00 * 10 Georgina Hermans 8:33 * 11 Isobel McDonald 8:34 * 12 Nicholas Allnutt 8:17 * 13 Adrian Dwight 8:48 * 14 Lucas Lang 9:50 * 15 Alex Tomanovits 10:26 * 16 Neve James 10:28 * 17 Isabella Anastasi 10:29 * 18 Miranda Anastasi 10:30 * 19 Natalie Power 10:03 * 20 Toby Lang 10:50 * 21 Darcy James 12:13 * 22 Hayley Bullas 11:46 * 23 Sofia Jensen 11:29 * 24 Katya Zygadlo 10:06 * 25 Oliver Hansen 11:37 * 26 Mion Kirk 12:40 * 27 Erica Dwight 12:52 * 28 Josie Robertson 11:55 * 29 Grace Hill 9:26 * 30 Lana Wurtz 11:04 * 31 Pippa Graham 11:09 * 32 Maia Apps 11:17 * 33 Lily Parrett 12:36 * 34 Heather Nugent 12:46 * 35 Julia Harley 11:59 * 36 Sonia Tomanovits 1:14:32 * 37 Luke Harley 1:15:39 * 38 Lucy Hill 1:16:19 * 39 Miani Kirk 1:17:00 * 40 Ayu Hancock 1:16:57 * 41 Liam Bullas 1:20:00 * 42 Lily Apps 1:16:30 * 43 Sofia Jensen 1:19:00.

LUNCHTIME RUNS

WEEKLY

Lake Tuggeranong, Tuesdays, on the lake near KFC at 12.30. 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.

FORTNIGHTLY

Round the Lake, every second Wednesday (Off PS pay week) at 12.30. Starts in Commonwealth Park at Nerang Bridge. Geoff Perry 62496965.

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.

FORTHCOMING EVENTS—

April 2010

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

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

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

(C) Sat 24—ACTCCC Anzac relays, 6:15 pm, Northcote Drive, Majura. Just off NW corner of map 60 G3.

(M) Sun 25—ACTVAC Run/Walk Handicaps Mt Majura Nature Park 10km/5km 8:30 am.

May 2010

(C) Sat-Sun 1-2 - ACTCCC Canberra Road Running Festival.

(C) Sat 8 - ACTCCC PARLOUF RELAYS CC Stromlo Forest Park. Uriarra Road. Just off NW corner of map 67

(C) Sat 15—North Lyneham 2/3.1/6.2km GR 12pm, Salkauskas Crescent North Lyneham Map 39 C16.

Wed 19— ABS Fun Run 7.3km run/6.2km walk Lake Ginninderra. Starts 12:30pm. Contact: Justin O'Dea. email: justin.odea@abs.gov.au.

(C) Sat 22 – ACTCCC Isaacs Ridge 2/4/8km GR 2/4/8km, 12pm, Shepherdson Place, Isaacs Map 78 Q13.

(C) Sat 29 – ACTCCC Campbell Park 2/3/6km GR 12pm, Northcott Drive, Campbell Map 60

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

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

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

During a calendar year events are conducted as follows:

Hobson Summer Series - End January to Mid March each year. Tuesday evenings 6.15 pm at various locations. Normally a series of eight open races ranging in distance from 5km to 8km and eight races of 2km for junior athletes and those just starting a fitness pro-

JOGALONG CONTACT NUMBERS

General Jogalong information

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

Information about the handicapping system

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

Articles for 'Jogalong Jottings'

Gabrielle Wright Phone 6295 9995

Email
lexicon@bigpond.com

gram.

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

Graeme Small Spring Series - First Tuesday in November (Melbourne Cup Day) until and including the first Tuesday in December. Five 5km open races and five 2km junior races. 6.15 pm Tuesday starts at various locations.

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

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

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

(M) ACT Masters Athletics Club: All

(Continued on page 4)

May 2010 Duty Roster

The Jogalong is not being held in May so no roster for this month's Jottings.

If you can assist at June and subsequent Jogalong please put your name down on the roster board for the following tasks:

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

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



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

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

Fiona Jorgensen - Race Director

When: 9am Sunday 11 April 2010.

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

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

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

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

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

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

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

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

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



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