



CAMPBELLTOWN JOGGER'S NEWS

ISSUE: AUGUST 2010

PRESIDENT'S REPORT

Welcome to this months newsletter, a lot has happened over the last few weeks. What about the C2S, so many great runs by our members. Special mention to Elisha B on her PB and 33 rd female across the line while Jarad finished in the top 100. Have you seen Scotty Dowse in the photo on the front page of the Heralds Bulletin, splendid in his CJC outfit

The most satisfying part of the day was the patience shown by everybody when the bus sprung a gear stick. This stopped our traditional post race BBQ at Bondi, nevertheless we were able to part take in Teds efforts when we got back to Bradbury. Thanks again to all who pitched in what a 40th.

Today sees the Semis of my Cup. Tammy V Kelly and Me V Kevin F. Good luck Kevin, Kelly and Tammy.

Hopefully we have 50 plus running in Round 7 of the handicap series with many members still in contention. I hope this brings some PB's, I'm still hoping.

Don't forget to give your support on the 18/19 September when we run in support of Research into Cancer See Tom Limbrey ASAP

Remember to run to the rules of the road and keep Huffin and Puffin

Mick Shano

RUN CALENDAR

Sep 05 – Team relays 2x2

Sep 12- Ruse 13k

Sep 18-Relay for life

Sep 19-Relay for life

Sep 26 – Hcp 8 10k

If you have any comments or suggestions about the Calendar see Tom or Dennis



TEA ROSTER

September Mark & Joanne

Any volunteers for October see Cindy pleassssee.....





Track Results

27 July 2010

1000m

Mick Shanahan	4:12
Margaret Poultney	5:51

3000m

Jerrad Borodzicz	9:49
Dave Hutchins	11:58
Heather Vella	12:08
Rashid Khallouf	15:41
Michele Borodzicz	15:41

Track Results

3 August 2010

1000m

Ryan Hayes	2:57
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3000m

Heather Vella	11:49
Paul Curtin	12:11
Warren Gibbons	13:44
Michael Sutton	14:09
Britney Moon	16:05
Tayla Moon	17:44

Campbelltown Sports Stadium has reopened and the track is looking wonderful. Attending on a Tuesday evening is a perfect way to improve your running performance.

Costs: \$4.00 Adult
\$3.00 School

Children

Starts at 7pm so come on down.

(Must be a CJC Member for Insurance purposes)

LADIES REPORT

Today, we will see Tammy & Kellie (mother & daughter) race against each other for a place in the final of the President's Cup.

Either way, the ladies will be represented in the final round. Good luck to you both.

Well **G2S** has come and gone for another year, and didn't our ladies look good in their **CJC** pink singlet's. Thanks you Cindy. Congratulations to everyone who competed, but a special mention must go to Elisha for making it into the "Top 50 Females" (33rd place). It was an eventful day with the bus braking down in Sydney, but thanks to Ted and his helpers, we still had our BBQ back at Bradbury Oval.

We've planned a social night at the AMF Bowling, Macarthur Square. A minimum of 15 people is required, so please let Tammy or Irene know by the **end of August** if you're interested. It should be an entertaining night.

Date: Saturday 11/ 9 /10
 Time: 6.30pm
 Where: AMF Bowling Macarthur Square
 Cost: Adult \$25.00 includes 2 games of bowling, burger & drink
 Child \$24.00 includes 2 games of bowling, burger or nuggets & drink

Vegetable stack with Gruyere

Preparation time: 15 minutes cooking time: 45 minutes

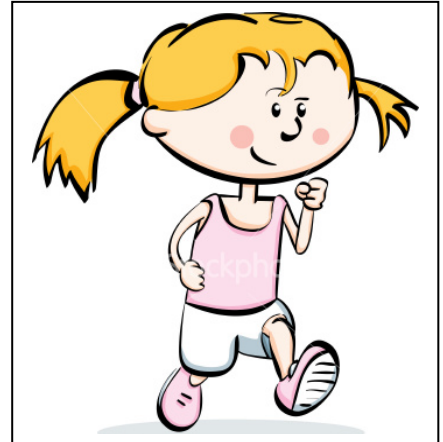
Ingredients

2 parsnips, peeled, thinly sliced into 5cm lengths
 500 g sweet potato, peeled and thinly sliced lengthwise
 1 fennel bulb, core removed and thinly sliced
 300 g celeriac, peeled and thinly sliced
 2 waxy potatoes (eg Desiree), peeled and thinly sliced
 2 tablespoons olive oil
 1/3 cup pine nuts
 black pepper, freshly ground
 pinch nutmeg
 1/2 cup light milk, evaporated
 200 ml milk
 1/2 cup ricotta cheese

Cooking method

1. Preheat oven to 200°C. 2. Place a layer of parsnip in a non-stick or lightly greased large baking dish and then top with a layer of each of the remaining vegetables finishing with a layer of potato. 3. Brush each layer lightly with a little of the olive oil and sprinkle on some of the pine nuts and pepper. 4. Combine the nutmeg, evaporated light milk, milk, and ricotta cheese and then pour the mixture over the vegetables. Scatter the Gruyere cheese and any remaining pine nuts over the potato. Place in the preheated oven and bake for 45 minutes or until vegetables are tender and the top is golden brown.

Serve with a tossed salad and a slice of your favourite wholegrain bread



Some foods that can help you avoid colds

Nobody plans to get sick. But you can do a few more things right. Certain foods and drinks have natural immune-boosting properties here are just a few To beat back a cold, you slurp chicken noodle soup. To avoid getting sick in the first place, ladle out some **tomato** soup. Researchers speculate that the lycopene in tomatoes acts as an antioxidant, helping white blood cells resist the damaging effects of free radicals.

Several laboratory studies have shown that capsaicin — the compound that gives **chilli** their fire — can help stop sickness before it starts. Results of other studies suggest that eating food containing hot components such as capsaicin may improve immune status.

More reasons to eat Chocolate its great for YOUR BONES

Indulge in dark chocolate Chocolate is rich in magnesium, vital to bone health. "It forms the crystal lattice that gives bone its structure," says nutritionist Dr Anne VanBeber. That may be why University of Tennessee, US, scientists linked higher magnesium intake with greater bone-mineral density. Nibble on a few squares of the dark stuff each day.

CLUB MEMBER PROFILE

- Name: Kellie Weinert
- Age: 14
- Star Sign: Virgo
- Years with the club: ½ year
- Hobbies / Interests: Running, Motorcross & Triathlons etc (sport)
- Favourite Food: Lamb cutlets
- Favourite Drink: Red cordial
- Favourite movie / or the last one you watched: Grown ups
- Favourite training run: Uni run
- Fastest 10km: 47 something
- Typical training week: Run 3 – 4 days a week, swim Mondays, school sports & cycle on Saturdays
- Running highlights: State cross country twice under 50 mins in 10 km
- Running goals: 45 min in 10 km Handicap
- Favourite way to unwind: Run
- Advice to other members: Keep running



**CLUB NOTICE BOARD****COMMITTEE**

President:	Mick Shanahan	0412868604
Secretary:	Cindy Fabian	0417234462
Treasurer:	Kevin Mullins	0422386159
Handicappers:	Warren Gibbons	0405112666
	Bob Cordoray	46266697
Fun Run Committee:	Mal Quinn	46284503
	Ted Borodzicz	46208860
Ladies Reps:	Irene Shanahan	0419983204
	Tammy Weinert	0418200514
Run Organisers:	Tom Limbrey	0414620908
	Dennis Sweetman	0408263534

**CLUB TRAINING RUNS****SUNDAY MORNINGS**

7:00 am for 7:15 am start at Bradbury Oval

This is our main club run of the week with distances between 5k and 16k over various courses. Check the Run Calendar for details.

TUESDAY EVENINGS

7:00 pm at Campbelltown Sports Stadium

1k & 3k runs during winter are becoming very competitive. Come and beat your PB.

WEDNESDAY EVENINGS

Run starts at 6:00 and 6:30 pm at Bradbury Oval

5 k, 10 k & 15 k runs through the streets of Bradbury.

SATURDAY MORNINGS

6:30 am at Kentlyn Park for a bush run.

For the runner who needs a new challenge.

Do you want to order a warm black fleecy jacket with the Campbelltown Joggers Logo printed on the front.

If so see Kevin Fabian to place your order.....

The pink fundraising shirts for the ladies are ready to be paid for and collected by those who haven't done so yet.

A Campbelltown Joggers Facebook page has been set up with the idea being that more members can contribute to the website other than the webmaster. Why not register with "Facebook" and share your thoughts about the club or tell us about which fun run you have found and are entering or anything that is on your mind.



RELAY 4 LIFE SATURDAY 18TH & 19TH SEPTEMBER

How about being a part of our Campbelltown Joggers team in the Relay for Life event at Camden on September 18 and 19.

The first thing you need to do is register to be part of the event. Please go to the following web link **NOW** and register as part of our team. Registration will cost you \$15.

http://relay.cancercouncil.com.au/2010/camden_rotary_2010/Campbelltown-Joggers

The main aim of this event is fund raising for the Cancer Council. I have set a rather tame fundraising goal of \$2000. I think as a club we can raise far more than that and would like our goal to be the highest fundraising team at the event - we have 18 other teams to beat at this stage. Anyone can donate to our team - the easiest way will be to direct people to the above web link where they can donate with a credit card straight into our fundraising page and have a receipt emailed to them. I am also organising a raffle so we can all sell tickets. If anyone has any prize that they can donate to the prize pool please let me know. More on the raffle soon. Start your fundraising now.

The secondary aim is to get together as a club and have some fun. There will be bands, dancers; etc running all day up until 11pm on the Saturday so there will be plenty going on. Bring the family out for the day. We will have our tent city and bbq up and running and plenty of opportunity for some fun and games. Myself, Cindy and Kevin Fabian and Peter Knott are all camping at the site at this stage with Knotty having nominated himself as the midnight to dawn captain.

The easy bit is having a run or walk during the event. A number of you are competing in the Blackmores runs in the city on Sunday the 19th so obviously we will schedule your leg on Saturday. Please send through your preferences as to when you can do your leg and a timetable will be put together over the next couple of weeks so we have someone on 'track' at all times.

Feel free to invite anyone to join our team...then they can join the club as well!

Cheers Tom

Clive Graham Bicentenary Fun Run.

A local fun run at West Hoxton near Greenway park organised by Liverpool Council, this is a 6/10km off road event on Sunday September 12. For more details contact Liverpool Council



2010 Club Championship Handicap Series Results

1	Daniel Roe	0:43:45	0:41:34	-	2:11	75	0:23
2	Rebecca Fleming	0:50:30	0:49:22	-	1:08	73	0:55
3	Dennis Sweetman	0:45:00	0:43:55	-	1:05	71	
4	Scott Dowse	0:36:15	0:35:11	-	1:04	70	0:13
5	David Hutchins	0:42:45	0:41:45	-	1:00	69	
6	Jerrad Borodzicz	0:35:30	0:34:38	-	0:52	68	
7	Mark Kraljevic	0:44:45	0:43:54	-	0:51	67	0:23
8	Michael Pickford	0:38:00	0:37:24	-	0:36	66	
9	Alan Banfield	0:59:15	0:58:51	-	0:24	65	
10	Dennis Sharrock	0:48:00	0:47:57	-	0:03	64	
11	Michael Shanahan	0:45:30	0:45:28	-	0:02	63	
12	Kevin Fabian	0:47:45	0:47:47	+	0:02	62	
13	John McGann	0:44:15	0:44:22	+	0:07	61	
14	Phil Halkyard	0:50:15	0:50:28	+	0:13	60	
15	Ted Borodzicz	0:52:00	0:52:20	+	0:20	59	
16	Ashley Hamilton	0:53:00	0:53:22	+	0:22	58	
17	Aidan Bassett	0:42:30	0:42:53	+	0:23	57	
18	Irene Shanahan	0:55:00	0:55:24	+	0:24	56	
19	Peter Hickey	0:46:15	0:46:45	+	0:30	55	
20	Stephen Bowers	0:41:30	0:42:01	+	0:31	54	
21	Marina Mikulic	0:45:30	0:46:02	+	0:32	53	
22	Sharon White	0:50:45	0:51:18	+	0:33	52	
23	Gary Ward	0:48:30	0:49:13	+	0:43	51	
24	Chris Rowe	0:51:00	0:51:52	+	0:52	50	
25	Kellie Weinert	0:47:00	0:47:53	+	0:53	49	
26	Tom Limbrey	0:39:30	0:40:25	+	0:55	48	
27	Scott Roberts	0:49:15	0:50:12	+	0:57	47	
28	Tammy Weinert	0:52:30	0:53:35	+	1:05	46	
29	Heather Vella	0:44:30	0:45:42	+	1:12	45	
30	Michael Limbrey	0:49:15	0:50:32	+	1:17	44	
31	Rashid Khallouf	0:55:00	0:56:26	+	1:26	43	
32	John Laidlaw	0:53:00	0:54:54	+	1:54	42	
33	Michael Sutton	0:49:00	0:50:58	+	1:58	41	
34	Cindy Fabian	0:57:15	0:59:17	+	2:02	40	
35	Robert Paxton	0:52:00	0:54:56	+	2:56	39	
36	Ryan Hayes	0:42:00	0:45:18	+	3:18	38	
37	Garry Bland	0:53:15	0:56:59	+	3:44	37	
38	Michele Borodzicz	0:53:30	0:57:37	+	4:07	36	
39	Warren Gibbons	0:49:00	0:53:16	+	5:16	35	
40	Shane Galbraith	1:05:00	1:11:44	+	6:44	34	
41	John Smith	0:49:30	0:57:23	+	7:53	33	
42	Greg McDonald	0:50:00	0:57:54	+	7:54	32	
43	Steven Gray	0:58:00	1:07:24	+	9:24	31	
44	Veronica Andujar	1:03:00	1:15:09	+	12:09	30	
45	Peter Sklenar	0:54:45	0:45:53	-	8:52		RUN2 8:50
46	Paul Kirton	0:46:30	0:44:40	-	1:50		RUN2 1:46
47	Robert Nordon	0:45:00	0:43:53	-	1:07		RUN2 1:33
48	Dennis Bedford	0:58:15	0:57:54	-	0:21		NEP
49	Christie Lewis	1:00:00	1:02:04	+	2:04		RUN1
50	Peta Shanahan	1:00:00	1:02:05	+	2:05		RUN1