

Norths Joggers have been running everywhere, the last few months. The red and black has been seen at the Rotorua Marathon where Alison Carlin crossed the line in 4hrs 36mins, not a PB but a fantastic effort. From there we head north to Port Macquarie where Dave Vlotman and Keith Ives competed in the gruelling Ironman, and may I remind you that this race is 4km swim, a 180km bike ride and then a 42km run.

Moving south west, we cross to Canberra where Tim Smith and Michael Fortune competed in the half marathon, and were both rewarded with PBs. And then to the Blue Mountains -- Dave Madden entered and finished the North Face 100km in a time of 16hrs 53 mins, and he would have been happy if he had finished just under 20 hours. A thank you to his support crew Kathy Madden and Alison Carlin who braved the cold and the night air to provide much needed cheers and food and hugs across the finish line in the early morning hours.

Closer to home, many red and black were seen in the Sydney Half Marathon in May—twelve in fact. Again PBs were the order of the day. Even closer to our Sunday Balmoral base, the local community run, the Balmoral Burn, a gruelling 420m sprint up a very steep hill, saw Cris Penn dominate her age group, again, finishing first. This is fifth year in a row that Cris has done this, and she also was fifth fastest overall. Six other Bears crossed the line.

Another local community event, the Mini mos saw eight Bears starters. Kelvyn Steggles beat his time last year by a minute, Tim Smith and Dave Vlotman continued their friendly rivalry with Dave crossing first, but Laurie Coleman unfortunately didn't beat the Tony Abbott challenge—a calf injury slowed him down. Caroline Luxford and Shelley Kirkwood crossed the line within one second of each other, and Dorothy Collins and Rosie Mills yelled cheers of encouragement as we passed each other on the hilly streets of Mosman. The Blue Mountains again saw three runners compete in the Glenbrook 25km bush run, Leigh Reynolds, Teresa Liu and Alison Carlin, all very happy with their results and they even managed to look at the wonderful scenery.

The club races are now numbering four, over half way, and Kathy Madden continues her winning form from last year, as too does Dave Vlotman, but not too far behind him, a small margin of three points, is Tim Smith. The handicap leader is Toshi Konishi, however we still have some races to go.

The jogging club would love to see more people join us on the streets of the lower north shore—all joggers and runners are very welcome. We meet on a Sunday morning at 8am at the southern end of Balmoral Beach, opposite the oval. Any enquiries, please call Shelley Kirkwood on 0416 145 631 or email shellbell_kirkwood@yahoo.com.au, or visit our website <http://www.runnorthsydney.com>

Running Bear