

# Jogalong Jottings

## June 2021



June 2021

Volume 1, Issue 01

Newsletter of Canberra Runners Incorporated Jogalong

### JUNE 2021 JOGALONG

Despite the arrival of winter, there was a good turnout across the three events.

In the 6 kilometre handicap event, the winner was Josephine Hermans in 41 mins 15 secs, her fastest time since April 2017. Josephine joins the select group of people having won the event on four occasions with her previous wins being in October 2010, November 2015 and June 2019. Event record holder, Linda Richardson, who was competing in her 276<sup>th</sup> event, was second for the second consecutive month in 44 mins 27 secs, her fastest time for more than two years. Ann-Marie McNess was third in a personal best time of 30 mins 06 secs. It was the first time Ann-Marie has placed in her eight events. All three will be able to bask in their fine efforts in new start groups next month.

The fastest time of the day of 26 mins 53 secs was recorded by Leanne Wilkinson.

In the 3 kilometre mixed event, Ross Wilkinson recorded the excellent fastest time of 11 mins 47 secs. Evan Minto was second in 12 mins 47 secs and Val Bland was third.

In the girls' Minijog, Isla Hughes won for the second consecutive month in a time of 9 mins 04 secs. Grace Zarifeh was second in 9 mins 19 secs and Peggy Fisher was third in 9 mins 23 secs. Saleena Ramboer recorded the fastest time amongst the girls of 8 mins 24 secs. The boys' winner was Callum Minto in 7 mins 38 secs, the fastest time of the day. Thomas Sieper was second in 8 mins 31 secs, the same time he recorded last month and last month's boys' winner, Owen Hughes, was third in 10 mins 04 secs.

### ANNUAL POINTSCORE COMPETITION

For the second consecutive month, there was no change at the top of the leaderboard in the annual pointscore competition. Linda Richardson continues to lead the competition but with her second placing in the June event has increased her lead over Josie Kulesz to 20 points. Jeni James is 38 points further back. The top 15 placegetters after the June event are as follows –

| PLACE | NAME                | TOT PTS | NET PTS | LOW PTS |
|-------|---------------------|---------|---------|---------|
| 1     | Linda Richardson    | 579     | 579     | 91      |
| 2     | Josie Kulesz        | 559     | 559     | 91      |
| 3     | Jeni James          | 521     | 521     | 80      |
| 4     | Sue Rymer           | 472     | 472     | 0       |
| 5     | Linda Mallory       | 457     | 457     | 0       |
| 6     | Caroline Campbell   | 443     | 443     | 0       |
| 7     | Des Butler          | 442     | 442     | 0       |
| 8     | Lorna Burdon        | 408     | 408     | 0       |
| 9     | Kerrin Whitcombe    | 367     | 367     | 0       |
| 10    | Joan Mallory        | 360     | 360     | 0       |
| 11    | Allison Duncan      | 358     | 3       | 0       |
| 12    | Rosemary Parker     | 277     | 277     | 0       |
| 13    | Carla Allmich-Caira | 276     | 276     | 0       |
| 14    | Robyn McClelland    | 275     | 275     | 0       |
| 15    | Nadine Morrison     | 271     | 271     | 0       |

### EVENTS TALLY

#### Leaders (top 10)

|                  |     |
|------------------|-----|
| Linda Richardson | 276 |
| Linda Miles      | 268 |
| Maria White      | 267 |
| Lorna Burdon     | 266 |
| Rosemary Parker  | 265 |
| Norma Lindemann  | 246 |
| Fran Heikkonen   | 228 |
| Joan Mallory     | 227 |
| Jeni James       | 225 |
| Diann Bramwell   | 224 |

#### Nearing 200

|                  |     |
|------------------|-----|
| Mary Ann Busted  | 198 |
| Josephine Kulesz | 196 |
| Cilla Chapman    | 194 |
| Val Bland        | 196 |
| Des Butler       | 172 |

#### Nearing 150

|                   |     |
|-------------------|-----|
| Patricia Lee      | 147 |
| Robyn McClelland  | 146 |
| Annemarie Calnan  | 142 |
| Alice Heikkonen   | 140 |
| Allison Duncan    | 140 |
| Diane Fox         | 137 |
| Josephine Hermans | 134 |
| Rita Raizis       | 133 |
| Carol Ey          | 132 |
| Cathy Montalto    | 125 |

#### Nearing 100 (regular runners)

|                   |    |
|-------------------|----|
| Anne Holmes       | 99 |
| Colleen North     | 99 |
| Dawn Casey        | 99 |
| Lynn Williams     | 98 |
| Lucy Jones        | 91 |
| Sue Rymer         | 91 |
| Marilyn Banfield  | 90 |
| Margaret Tuckwell | 88 |
| Sara Toscan       | 87 |

#### Nearing 50 (regular runners)

|                 |    |
|-----------------|----|
| Annette Clark   | 46 |
| Ann Evans       | 45 |
| Madeleine Kaye  | 45 |
| Zoe Pleasants   | 44 |
| Merilyn Bassett | 41 |

## JUNE

**Jogalong 6km:** Lucy Jones 35:48:00 \* Emma Burns 42:53:00 \* Jackie Antoun 42:54:00 \* Nadine Morrison 29:16:00 \* Judith Norris 43:52:00 \* Sara Toscan 55:55:00 \* Frances Heikkonen 57:25:00 \* Alice Heikkonen 32:34:00 \* Therese Kercher 51:58:00 \* Judy Kuleas 56:29:00 \* Carol Ey 47:06:00 \* Josephine Hermans 41:15:00 \* Denise Landau 55:21:00 \* Leanne Wilkinson 26:53:00 \* Linda Richardson 44:27:00 \* Ann-Marie McNess 30:06:00 \* Carla Allmich-Caira 34:00:00 \* Robyn McClelland 33:26:00 \* Sue Rymer 40:59:00 \* Barbara McKay 34:05:00 \* Mary Ann Busted 39:29:00 \* Caroline Campbell 38:40:00 \* Lyn Percival 1:01:16 \* Linda Mallory 40:37:00 \* Kathy Sims 33:09:00 \* Thea Zimpel 43:44:00 \* Rhonda Blackman 56:21:00 \* Josephine Kulesz 59:25:00 \* Allison Duncan 45:32:00 \* Cilla Chapman 59:33:00 \* Suzie Blom 1:01:41 \* Vivienne Thom 37:45:00 \* Des Butler 50:48:00 \* Joan Mallory 1:04:54 \* Charlotte Violante 48:55:00 \* Rosemary Parker 53:08:00 \* Judi Edwards 45:13:00 \* Robyn Saunders 53:44:00 \* Monika Short 53:44:00 \* Jeni James 1:00:30 \* Lorna Burdon 1:08:37

**Mixed 3km event:** 1 Ross Wilkinson 11:47 \* 2 Evan Minto 12:47 \* 3 Val Bland 44:35:00

**Minijog:** 1 Isla Hughes 9:04 \* 2 Callum Minto 7:38 \* 3 Grace Zarifeh 9:19 \* 4 Peggy Fisher 9:23 \* 5 Saleena Ramboer 8:24 \* 6 Samantha Ramboer 9:25 \* 7 Nina Sullivan 10:56 \* 8 Thomas Sieper 8:31 \* 9 Owen Hughes 10:04 \* 10 Molly Morrison 8:42 \* 11 Rob Day 10:13 \* 12 Zara Zarifeh 9:44 \* 13 Zaiden Haber 8:24 \* 14 Darcy Morrison 8:36 \* 15 Dominic Bacai 8:50 \* 16 Ruth Sullivan 9:21 \* 17 Luca Bacai 11:34 \* 18 Patrick Fisher 12:47 \* 19 Alex Violante 10:57 \* 20 Sebastian Violante 14:12 \* 21 Emma Day 15:27 \*

### Coming up:

**Jogalongs – 2021 – The ‘rona-willing. Check the Canberra Runners Newsletter for confirmation**

09:00 1 August (Run like Black Caviar!)

09:00 5 September

08:00 3 October (note earlier starting time – it will be warmer by then...imagine that!!)

08:00 7 November

08:00 5 December 2021

### JOGALONG CONTACT NUMBERS

Lucy Jones 0406 376 346, email: [lucyweetangera@gmail.com](mailto:lucyweetangera@gmail.com)

Annemarie Calnan 0404 078 652, email: [annemarietalnan@icloud.com](mailto:annemarietalnan@icloud.com)

Information about the **handicapping system** please phone Ivan Neville on 0411 651 313 or email [ivan.neville@dese.gov.au](mailto:ivan.neville@dese.gov.au). Don't say we haven't given you the opportunity.

## OUR SPONSORS

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– members get a **15% discount** on coffees and food. Caffeine up after the run!



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### Heritage Nursery Yarralumla



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Phone **6281 7373**.

### Kingston Physiotherapy

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Phone **6260 8244**.



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# Jogalong Jottings

## July 2021



July 2021

Volume 1, Issue 02

Newsletter of Canberra Runners Incorporated Jogalong

### JULY 2021 JOGALONG

In the 6 kilometre handicap event, the winner was Suzie Blom who recently returned to the event after a seven year break. Suzie's time was 57 mins 26 secs and she was competing in her 27<sup>th</sup> event. It was her second win and she has also been amongst the minor placings on a couple of occasions. Suzie will be able to meet a whole new bunch of people in her shiny new, and severe, new handicap next month. Sue Rymer, who was competing in her 92<sup>nd</sup> event, was second in 40 mins 09 secs, her fastest time for more than two years. Relative newcomer, Carla Allmich-Caira was third in 34 mins 11 secs. Carla has now picked up a medal of every colour in her eight events.

The fastest time of the day of 29 mins 23 secs was recorded by Nadine Morrison.

In the 3 kilometre mixed event, Jennifer Burmester recorded the fastest time of 18 mins 12 secs.

Kate Helliwell was second in 20 mins 00 secs and Eliza Helliwell was third.

It was a family affair in the Mini jog with four families dominating the results. In the girls' Mini jog, despite being constantly rehandicapped, Isla Hughes won for the third consecutive month in a time of 9 mins 04 secs. Saleena Ramboer was second in 8 mins 17 secs, the fastest time amongst the girls and, also, the fastest time of the day, and younger sister Samantha Ramboer was third in 9 mins 41 secs. The boys' winner was Isla's younger brother Owen in 9 mins 36 secs. Dominic Bacai was second in 8 mins 29 secs, the fastest time amongst the boys, and younger brother Luca Bacai was third in 11 mins 09 secs.

### ANNUAL POINTSCORE COMPETITION

Despite not competing in July, Linda Richardson continues to lead the annual pointscore competition on 579 points. With her second placing this month, Sue Rymer has leapt into second spot just eight points behind Linda, although Linda has participated in one less event, Josie Kulesz is in third spot, seven points further back. Just a reminder that the best six events count towards the competition so there is still plenty of time for some substantial changes in the competition over the next five months. The top 15 placegetters after the July event are as follows -

| PLACE | NAME                | TOT PTS | NET PTS | LOW PTS |
|-------|---------------------|---------|---------|---------|
| 1     | Linda Richardson    | 579     | 579     | 0       |
| 2     | Sue Rymer           | 571     | 571     | 89      |
| 3     | Josie Kulesz        | 564     | 564     | 91      |
| 4     | Caroline Campbell   | 534     | 534     | 78      |
| 5     | Des Butler          | 526     | 526     | 82      |
| 6     | Jeni James          | 523     | 523     | 82      |
| 7     | Linda Mallory       | 457     | 457     | 0       |
| 8     | Allison Duncan      | 446     | 446     | 0       |
| 9     | Rosemary Parker     | 435     | 435     | 0       |
| 10    | Lorna Burdon        | 408     | 408     | 0       |
| 11    | Carla Allmich-Caira | 394     | 394     | 0       |
| 12    | Robyn McClelland    | 386     | 386     | 0       |
| 13    | Nadine Morrison     | 378     | 378     | 0       |
| 14    | Kerrin Whitcombe    | 367     | 367     | 0       |
| 15    | Mary Ann Busteed    | 363     | 363     | 0       |

Congratulations to Canberra running stalwart, Mary Ann Busteed, who has become the 14<sup>th</sup> person to complete 200 Jogalongs. Mary Ann first competed way back in October 1984 and has been amongst the placegetters on five occasions. Mary Ann will be presented with her commemorative T shirt shortly.

**WELCOME BACK:** A warm welcome back to the Dawes sisters, Anne-Louise and Fiona, both former winners after a long break. Anne-Louise last took part 4 ½ years ago while Fiona was making her first appearance since February 1998, almost certainly the longest break between events in the history of the Jogalong.

### EVENTS TALLY

#### Leaders (top 10)

|                  |     |
|------------------|-----|
| Linda Richardson | 276 |
| Linda Miles      | 268 |
| Maria White      | 268 |
| Lorna Burdon     | 267 |
| Rosemary Parker  | 266 |
| Norma Lindemann  | 246 |
| Fran Heikkonen   | 229 |
| Joan Mallory     | 227 |
| Jeni James       | 226 |
| Diann Bramwell   | 224 |

#### Nearing 200

|                  |     |
|------------------|-----|
| Josephine Kulesz | 197 |
| Cilla Chapman    | 195 |
| Val Bland        | 197 |
| Des Butler       | 173 |
| Judy Kuleas      | 170 |

#### Nearing 150

|                   |     |
|-------------------|-----|
| Patricia Lee      | 148 |
| Robyn McClelland  | 147 |
| Annemarie Calnan  | 143 |
| Alice Heikkonen   | 141 |
| Allison Duncan    | 141 |
| Diane Fox         | 138 |
| Josephine Hermans | 135 |
| Rita Raizis       | 134 |
| Carol Ey          | 133 |
| Cathy Montalto    | 125 |

#### Nearing 100 (regular runners)

|                   |    |
|-------------------|----|
| Anne Holmes       | 99 |
| Colleen North     | 99 |
| Dawn Casey        | 99 |
| Lynn Williams     | 98 |
| Lucy Jones        | 92 |
| Sue Rymer         | 92 |
| Marilyn Banfield  | 90 |
| Margaret Tuckwell | 88 |
| Sara Toscan       | 88 |
| Anne-Louise Dawes | 87 |

#### Nearing 50 (regular runners)

|                 |    |
|-----------------|----|
| Annette Clark   | 46 |
| Ann Evans       | 45 |
| Madeleine Kaye  | 45 |
| Zoe Pleasants   | 44 |
| Merilyn Bassett | 41 |
| Thea Zimpel     | 41 |

## JULY

**Jogalong 6km:** Lucy Jones 31:54:00 \* Sara Toscan 35:40:00 \* Annemarie Calnan 40:42:00 \* Belinda Miller 46:38:00 \* Therese Kercher 49:19:00 \* Maria White 57:05:00 \* Frances Heikkonen 57:20:00 \* Judy Kuleas 57:29:00 \* Carol Ey 38:54:00 \* Jodie Sims 32:32:00 \* Fiona Heikkonen 38:58:00 \* Suzie Blom 57:26:00 \* Joanne Van Der Lely 43:37:00 \* Sue Rymer 40:09:00 \* Carla Allmich-Caira 34:11:00 \* Alice Heikkonen 30:13:00 \* Anne-Louise Dawes 1:03:19 \* Ann-Marie McNess 30:21:00 \* Kaitlin Gray 39:27:00 \* Megan Rhind 36:32:00 \* Dorothy Kass 45:45:00 \* Robyn McClelland 33:15:00 \* Nadine Morrison 29:23:00 \* Rosemary Parker 49:55:00 \* Josephine Kulesz 56:12:00 \* Josephine Hermans 41:47:00 \* Jane Purcell 39:00:00 \* Monika Short 50:34:00 \* Caroline Campbell 39:35:00 \* Cilla Chapman 58:54:00 \* Natasha Beck 30:26:00 \* Allison Duncan 44:59:00 \* Vivienne Thom 36:37:00 \* Barbara McKay 36:10:00 \* Mary Ann Busted 41:43:00 \* Kathy Sims 33:25:00 \* Des Butler 51:29:00 \* Fiona Dawes 1:07:33 \* Judi Edwards 47:38:00 \* Jeni James 1:01:09 \* Dianne Fox 1:12:22 \* Patricia Lee 1:12:23 \* Lorna Burdon 1:13:05 \* Rita Raizis 52:14:00 \* Kellyjean Nairne 1:16:52 \* Linda Ryan 1:16:06 \* Katrin Lohner 1:16:06 \*

**Mixed 3km event:** 1 Jennifer Burmester 18:12 \* 2 Kate Helliwell 20:00 \* 3 Eliza Helliwell 29:54:00 \* 4 Michelle Hillard 33:15:00 \* 5 Val Bland 39:38:00

**Minijog:** 1 Isla Hughes 9:04 \* 2 Saleena Ramboer 8:17 \* 3 Owen Hughes 9:36 \* 4 Samantha Ramboer 9:41 \* 5 Maddie Reid 8:45 \* 6 Dominic Bacai 8:29 \* 7 Grace Zarifeh 9:33 \* 8 Zara Zarifeh 10:03 \* 9 Luca Bacai 11:09 \* 10 Peggy Fisher 9:56 \* 11 Nina Sullivan 12:01 \* 12 Patrick Fisher 11:23 \* 13 Ruth Sullivan 10:00 \* 14 Heidi Reid 11:50 \* 15 Brooklyn Sims-Eriksen 13:01 \* 16 Henry Helliwell 12:21 \* 17 Matilda Busted 14:31

### Coming up:

**Jogalongs – 2021 – The ‘rona-willing. Check the Canberra Runners Newsletter for confirmation**

09:00 1 August (run like Winx!)

09:00 5 September

08:00 3 October (note earlier starting time – it will be warmer by then...imagine that!!)

08:00 7 November

08:00 5 December 2021

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Annemarie Calnan 0404 078 652, email: [annemariecalnan@icloud.com](mailto:annemariecalnan@icloud.com)

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# Jogalong Jottings

## August 2021



August 2021

Volume 1, Issue 03

Newsletter of Canberra Runners Incorporated Jogalong

### AUGUST 2021 JOGALONG

In the 6 kilometre handicap event, the winner was the evergreen Rosemary Parker who recently returned to the Jogalong after a serious injury. Rosemary's time was 50 mins 17 secs and it was her 6<sup>th</sup> win in 267 events. Rhonda Blackman recorded her fastest time (53 mins 24 secs) for more than two years in coming second for the second time this year. Rhonda was participating in her 107<sup>th</sup> event and it was the fourth time she has been placed. Sue Rymer, who was competing in her 93<sup>rd</sup> event, was third in 40 mins 26 secs, the third time she has been placed this year.

The fastest time of the day of 29 mins 19 secs was recorded by Nadine Morrison.

In the 3 kilometre mixed event, Val Bland was the only participant.

In the girls' Minijog, the winner was Saleena Ramboer in 7 mins 39 secs, the fastest time amongst the girls. Eve Sieper was second in 8 mins 00 secs and Molly Morrison was third in 8 mins 35 secs. The boys' winner was Callum Minto in 7 mins 37 secs. Darcy Morrison was second in 8 mins 21 secs and Evan Minto was third in the fastest time amongst the boys of 6 mins 59 secs.

### ANNUAL POINTSCORE COMPETITION

There was no change at the top of the leaderboard in the annual pointscore competition after the August event. Linda Richardson has maintained her lead although Sue Rymer is now only four points behind. Josie Kulesz is in third spot, ten points further back. Just a reminder that the best six events count towards the competition so in theory there is still plenty of time for some substantial changes in the competition over the next five months, depending on COVID-19 restrictions.

The top 15 placegetters after the August event are as follows -

| PLACE | NAME                | TOT PTS | NET PTS | LOW PTS |
|-------|---------------------|---------|---------|---------|
| 1     | Linda Richardson    | 675     | 584     | 96      |
| 2     | Sue Rymer           | 669     | 580     | 94      |
| 3     | Josie Kulesz        | 749     | 570     | 93      |
| 4     | Caroline Campbell   | 629     | 551     | 79      |
| 5     | Linda Mallory       | 550     | 550     | 0       |
| 6     | Rosemary Parker     | 535     | 535     | 0       |
| 7     | Des Butler          | 616     | 534     | 84      |
| 8     | Jeni James          | 692     | 530     | 82      |
| 9     | Lorna Burdon        | 499     | 499     | 0       |
| 10    | Allision Duncan     | 446     | 446     | 0       |
| 11    | Carla Allmich-Caira | 394     | 394     | 0       |
| 12    | Robyn McClelland    | 386     | 386     | 0       |
| 13    | Nadine Morrison     | 378     | 378     | 0       |
| 14    | Rhonda Blackman     | 375     | 375     | 0       |
| 15    | Kerrin Whitcombe    | 367     | 367     | 0       |

### EVENTS TALLY

#### Leaders (top 10)

|                  |     |
|------------------|-----|
| Linda Richardson | 277 |
| Maria White      | 269 |
| Linda Miles      | 268 |
| Lorna Burdon     | 268 |
| Rosemary Parker  | 267 |
| Norma Lindemann  | 246 |
| Fran Heikkonen   | 230 |
| Joan Mallory     | 227 |
| Jeni James       | 227 |
| Diann Bramwell   | 224 |

#### Nearing 200

|                  |     |
|------------------|-----|
| Josephine Kulesz | 199 |
| Val Bland        | 198 |
| Cilla Chapman    | 196 |
| Des Butler       | 174 |
| Judy Kuleas      | 170 |

#### Nearing 150

|                   |     |
|-------------------|-----|
| Patricia Lee      | 148 |
| Robyn McClelland  | 147 |
| Annemarie Calnan  | 144 |
| Alice Heikkonen   | 142 |
| Allison Duncan    | 141 |
| Diane Fox         | 138 |
| Josephine Hermans | 135 |
| Rita Raizis       | 135 |
| Carol Ey          | 134 |
| Cathy Montalto    | 125 |

#### Nearing 100 (regular runners)

|                   |    |
|-------------------|----|
| Anne Holmes       | 99 |
| Colleen North     | 99 |
| Dawn Casey        | 99 |
| Lynn Williams     | 98 |
| Lucy Jones        | 93 |
| Sue Rymer         | 93 |
| Marilyn Banfield  | 90 |
| Sara Toscan       | 89 |
| Margaret Tuckwell | 88 |
| Anne-Louise Dawes | 87 |

#### Nearing 50 (regular runners)

|                 |    |
|-----------------|----|
| Annette Clark   | 46 |
| Ann Evans       | 45 |
| Madeleine Kaye  | 45 |
| Zoe Pleasants   | 44 |
| Merilyn Bassett | 41 |
| Thea Zimpel     | 41 |

## AUGUST

**Jogalong 6km:** Lucy Jones 33:12:00 \* Nadine Morrison 29:19:00 \*  
Helen Morewood 30:02:00 \* Sara Toscan 34:43:00 \* Mary Ann Busted 41:53:00 \*  
Annemarie Calnan 43:24:00 \* Michelle Hillard 54:35:00 \* Maria White 54:35:00 \*  
Frances Heikkonen 56:13:00 \* Barbara McKay 37:20:00 \* Alice Heikkonen 31:01:00 \*  
Fiona Heikkonen 38:04:00 \* Carol Ey 37:52:00 \* Dorothy Kass 44:53:00 \*  
Belinda Miller 45:02:00 \* Rosemary Parker 50:17:00 \* Rhonda Blackman 53:24:00 \*  
Sue Rymer 40:26:00 \* Josephine Kulesz 56:40:00 \* Rita Raizis 50:36:00 \*  
Linda Richardson 46:13:00 \* Caroline Campbell 40:27:00 \* Monika Short 51:36:00 \*  
Linda Mallory 40:40:00 \* Cilla Chapman 59:46:00 \* Lorna Burdon 1:05:56 \*  
Des Butler 54:17:00 \* Natasha Beck 34:35:00 \* Jeni James 1:03:30

**Mixed 3km event:** 1 Val Bland 43:56:00

**Minijog:** 1 Saleena Ramboer 7:39 \* 2 Eve Sieper 8:00 \* 3 Molly Morrison 8:35 \*  
4 Callum Minto 7:37 \* 5 Grace Zarifeh 9:19 \* 6 Samantha Ramboer 9:20 \*  
7 Darcy Morrison 8:21 \* 8 Ruth Sullivan 8:58 \* 9 Evan Minto 6:59 \*  
10 Zara Zarifeh 10:06 \* 11 Thomas Sieper 8:41 \* 12 Dominic Bacai 8:36 \*  
13 Nina Sullivan 12:11 \* 14 Luca Bacai 12:06 \* 15 Harley Morewood 9:18 \*  
16 Heidi Reid 12:27

### Coming up:

**Jogalongs – 2021 – The ‘rona-willing. Check the Canberra Runners Newsletter for confirmation**

09:00 5 September - CANCELLED

08:00 3 October – CANCELLED

**To be confirmed – at the time of writing (21 September 2021) I am hopeful...**

08:00 7 November – **note earlier start time too.**

08:00 5 December 2021

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