

Jogalong Jottings

November 2021



November 2021

Volume 1, Issue 04

Newsletter of Canberra Runners Incorporated Jogalong

NOVEMBER 2021 JOGALONG

After another COVID interruption, it was great to be back for our three-monthly events. With the threat of rain, numbers were, however, down.

In the 6 kilometre handicap event, experience was the order of the day with the three placegetters having more than 600 events between them. Josie Kulesz was the winner in a time of 56 mins 22 secs. Josie was participating in her 199th event and it was her third win in the event and her seventh placing overall. Event record holder, Linda Richardson, in her 278th event, was second in 44 mins 56 secs. It was the third time Linda has come second this year and her 15th placing overall. Robyn McClelland was third in her 148th event in a time of 34 mins 59 secs. Robyn has now been placed six times and is also a former winner of the annual pointscore competition.

The fastest time of the day of 29 mins 40 secs was recorded by Nadine Morrison.

In the 3 kilometre mixed event, Chloe Prstec recorded the fastest time of 15 mins 08 secs, followed by brother Josh nine seconds behind. Diana Moncur was third in 18 mins 28 secs

In the girls' Minijog, the winner was Isla Hughes in 8 mins 38 secs. Samantha Ramboer was second in 8 mins 41 secs and Molly Morrison was third in 8 mins 26 secs. Saleena Ramboer recorded the fastest time amongst the girls and, indeed the fastest time of the day, of 7 mins 35 secs. The boys' winner was Darcy Morrison in 8 mins 10 secs, the fastest time amongst the boys. Owen Hughes was second in 9 12 secs and Patrick Fisher was third in 12 mins 44 secs.

ANNUAL POINTSCORE COMPETITION

There were only minor changes at the top of the leaderbord in the annual pointscore competition after the November event with the top three placegetters remaining unchanged. Linda Richardson has increased her lead over Sue Rymer to five points. Josie Kulesz who remains in third sport is now only five points behind Sue after her strong win in November. While these three look to have the placings locked in, don't be surprised if Robyn McClelland spoils the party as she has only completed five events (with the best six counting towards the award). The top 15 placegetters after the November event are as follows –

PLACE	NAME	TOT PTS	NET PTS	LOW PTS
1	Linda Richardson	774	587	96
2	Sue Rymer	765	582	95
3	Josie Kulesz	849	577	93
4	Linda Mallory	643	557	91
5	Caroline Campbell	629	551	79
6	Rosemary Parker	630	549	83
7	Allison Duncan	540	540	87
8	Des Butler	703	537	84
9	Jeni James	778	534	83
10	Lorna Burdon	589	510	79
11	Robyn McClelland	484	484	0
12	Joan Mallory	451	451	0
13	Carla Allmich-Caira	394	394	0
14	Nadine Morrison	378	378	0
15	Rhonda Blackman	375	375	0

EVENTS TALLY

Leaders (top 10)

Linda Richardson	278
Maria White	269
Lorna Burdon	269
Linda Miles	268
Rosemary Parker	268
Norma Lindemann	246
Fran Heikkonen	231
Joan Mallory	228
Jeni James	228
Diann Bramwell	224

Nearing 200

Josephine Kulesz	199
Cilla Chapman	197
Val Bland	199
Des Butler	175
Judy Kuleas	170

Nearing 150

Patricia Lee	148
Robyn McClelland	148
Annemarie Calnan	144
Alice Heikkonen	143
Allison Duncan	142
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	94
Sue Rymer	94
Marilyn Banfield	90
Sara Toscan	90
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

NOVEMBER

Jogalong 6km: 1 Lucy Jones 34:00:00 * 2 Oneeka Robb 31:47:00 *
3 Sara Toscan 33:39:00 * 4 Nadine Morrison 29:40:00 * 5 Monika Short 53:08:00 *
6 Fiona Heikkonen 39:49:00 * 7 Frances Heikkonen 57:16:00 *
8 Alice Heikkonen 32:48:00 * 9 Michelle Hillard 1:00:55 *
10 Josephine Kulesz 56:22:00 * 11 Linda Richardson 44:56:00 *
12 Caroline Campbell 1:05:05 * 13 Miriam McCarthy 1:05:07 *
14 Robyn McClelland 34:59:00 * 15 Cilla Chapman 59:35:00 * 16 Sue Rymer 40:38:00
* 17 Rosemary Parker 50:10:00 * 18 Allison Duncan 45:23:00 *
19 Linda Mallory 41:34:00 * 20 Natasha Beck 37:56:00 * 21 Robyn Saunders 40:31:00
22 Joan Mallory 1:06:13 * 23 Lorna Burdon 1:07:17 * 24 Judi Edwards 49:08:00 *
25 Barbara McKay 40:59:00 * 26 Des Butler 57:09:00 * 27 Jeni James 1:03:26 *
28 Angela Rymer 54:29:00 * 29 Belinda Miller 1:01:17

Mixed 3km event: 1 Chloe Prstec 15:08 * 2 Joshua Prstec 15:17 *
3 Diana Moncur 18:28

Minijog: 1 Isla Hughes 8:38 * 2 Samantha Ramboer 8:41 *
3 Molly Morrison 8:26 * 4 Jaida Piasente 9:03 * 5 Saleena Ramboer 7:35 *
6 Darcy Morrison 8:10 * 7 Owen Hughes 9:12 * 8 Gemma Piasente 8:22 *
9 Peggy Fisher 10:18 * 10 Patrick Fisher 12:44

Coming up in 2021:

08:00 Sunday 05 December

Jogalongs – 2022 – The ‘rona-willing. Check the Canberra Runners Newsletter for confirmation

08:00 Sunday 02 January

08:00 Sunday 06 February

08:00 Sunday 06 March

08:00 Sunday 03 April – and daylight savings ends, so you’ll get an extra hour of sleep!

09:00 Sunday 01 May

09:00 Sunday 05 June

09:00 Sunday 03 July

09:00 Sunday 07 August

09:00 Sunday 04 September

09:00 Sunday 02 October – daylight savings starts, so don’t be late!

08:00 Sunday 06 November – bright and early!

08:00 Sunday 04 December

JOGALONG CONTACT NUMBERS

Lucy Jones 0406 376 346, email: lucyweetangera@gmail.com

Annemarie Calnan 0404 078 652, email: annemariecalnan@icloud.com

Information about the **handicapping system** please phone Ivan Neville on 0411 651 313 or email ivan.neville@dese.gov.au. Don’t say we haven’t given you the opportunity.

OUR SPONSORS

A great thank you to our sponsors for their ongoing support of the Jogalong.

Miniature Railway Café

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



The Runners Shop Dundas Court Phillip \

Spot prizes and 10% off full priced items for Canberra Runners members phone **6285 3508**.

Heritage Nursery Yarralumla



HeritageNursery
YARRALUMLA

Phone **6281 7373**.

Kingston Physiotherapy

CBR Runners members receive 15% discount off standard rates
Phone **6260 8244**.



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December 2021



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Volume 1, Issue 05

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DECEMBER 2021 JOGALONG

After another difficult year due to COVID, the 2021 season ended with a smallish field across the three events. Here's hoping we'll be able to have a full season in 2022.

In the 6 kilometre handicap event, experience was again the order of the day with the three placegetters having completed nearly 400 events between them. Alice Heikkonen, having decided to go off in her correct group, was the winner in a time of 30 mins 46 secs. Alice was participating in her 144th event and it was her second win this year. Backmarker, Nadine Morrison, was second in 28 mins 59 secs, her fastest time since September 2019. Nadine has now been placed seven times in her 68 events. Evergreen, Des Butler, was third in her 176th event in a time of 55 mins 12 secs. Des has now been placed 12 times and is one of the very few to have won the event four times.

The fastest time of the day of 28 mins 59 secs was recorded by Nadine Morrison.

In the 3 kilometre mixed event, Diana Moncur recorded the fastest time of 22 mins 36 secs, followed by Carol Ey in 36 mins 21 mins. Val Bland was third in 42 mins 02 secs.

In the girls' Minijog, the winner for the second consecutive month was Isla Hughes in 8 mins 20 secs. Zara Zarifeh was second in 9 mins 44 secs and Eve Sieper was third in 7 mins 56 secs, the fastest time amongst the girls. The boys' winner was Owen Hughes in 9 mins 05 secs. Evan Minto was second in 6 mins 51 secs, the fastest time amongst the boys and Patrick Fisher was third for the second consecutive month in 10 mins 22 secs.

ANNUAL POINTSCORE COMPETITION

With the small field and a number of possible contenders not participating, there was no change at the top of the leaderboard in the annual pointscore competition. The **2021 winner was events record holder Linda Richardson on 587 points**. Sue Rymer was second on 582 points with Josie Kulesz five points further back. The top 15 placegetters were as follows –

PLACE	NAME	TOT PTS	NET PTS	LOW PTS
1	Linda Richardson	869	587	96
2	Sue Rymer	855	582	95
3	Josie Kulesz	849	577	93
4	Linda Mallory	737	560	93
5	Rosemary Parker	721	557	85
6	Des Butler	801	551	84
7	Caroline Campbell	629	551	79
8	Allison Duncan	636	549	88
9	Joan Mallory	544	544	83
10	Jeni James	778	534	83
11	Lorna Burdon	589	510	79
12	Robyn McClelland	484	484	0
13	Nadine Morrison	477	477	0
14	Cilla Chapman	462	462	0
15	MaryAnne Busteed	455	455	0

EVENTS TALLY

Leaders (top 10)

Linda Richardson	279
Maria White	270
Lorna Burdon	269
Rosemary Parker	269
Linda Miles	268
Norma Lindemann	246
Fran Heikkonen	232
Joan Mallory	229
Jeni James	228
Diann Bramwell	224

Nearing 200

Josephine Kulesz	199
Cilla Chapman	198
Val Bland	200
Des Butler	176
Judy Kuleas	170

Nearing 150

Patricia Lee	149
Robyn McClelland	148
Annemarie Calnan	144
Alice Heikkonen	144
Allison Duncan	143
Diane Fox	139
Josephine Hermans	136
Rita Raizis	136
Carol Ey	134
Cathy Montalto	126

Nearing 100 (regular runners)

Anne Holmes	99
Colleen North	99
Dawn Casey	99
Lynn Williams	98
Lucy Jones	95
Sue Rymer	95
Sara Toscan	91
Marilyn Banfield	90
Margaret Tuckwell	88
Anne-Louise Dawes	87
Oneeka Robb	87

Nearing 50 (regular runners)

Annette Clark	46
Ann Evans	45
Madeleine Kaye	45
Zoe Pleasants	44
Merilyn Bassett	41
Thea Zimpel	41
Paulene McCalman	40

DECEMBER

Jogalong 6km: 1 Oneeka Robb 32:02:00 * 2 Lucy Jones 35:07:00 *
3 Emma Burns 35:08:00 * 4 Sara Toscan 34:35:00 * 5 Vivienne Thom 37:07:00 *
6 Miriam McCarthy 47:33:00 * 7 Therese Kercher 51:27:00 * 8 Maria White 56:54:00
9 Frances Heikkonen 57:00:00 * 10 Fiona Heikkonen 38:15:00 *
11 Natasha Beck 36:16:00 * 12 Alice Heikkonen 30:46:00 *
13 Nadine Morrison 28:59:00 * 14 Des Butler 55:12:00 * 15 Cilla Chapman 58:17:00 *
16 Allison Duncan 43:33:00 * 17 Linda Richardson 43:44:00 *
18 Kerrin Whitcombe 36:25:00 * 19 Angela Rymer 52:04:00 *
20 Linda Mallory 40:24:00 * 21 Joan Mallory 1:04:30 * 22 Mary Ann Busted 41:44:00
23 Rosemary Parker 49:45:00 * 24 Sue Rymer 41:49:00 * 25 Cathy Montalto 37:26:00
26 Megan Rhind 40:48:00 * 27 Josephine Hermans 45:39:00 *
28 Monika Short 56:13:00 * 29 Robyn Saunders 56:14:00 * 30 Rita Raizis 53:31:00 *
31 Jane Purcell 49:38:00 * 32 Patricia Lee 1:13:32 * 33 Dianne Fox 1:13:32 *

Mixed 3km event: 1 Diana Moncur 22:36 * 2 Carol Ey 36:21 * 3 Val Bland 42:02

Minijog: 1 Mila Walsch 10:22 * 2 Isla Hughes 8:20 * 3 Florence Crane 11:03 *
4 Owen Hughes 9:05 * 5 Zara Zarifeh 9:44 * 6 Evan Minto 6:51 *
7 Patrick Fisher 10:22 * 8 Eve Sieper 7:56 * 9 Thomas Sieper 8:31 *
10 Grace Zarifeh 9:47 * 11 Callum Minto 7:52 * 12 Darcy Morrison 8:28 *
13 Luca Bacai 11:32 * 14 Molly Morrison 9:05 * 15 Peggy Fisher 10:27 *
16 Aaliyah White 12:37 * 17 Dominic Bacai 9:27 * 18 Henry Zarifeh 17:48

Coming up:

Jogalongs in 2022 – ‘rona-willing.

Check the Canberra Runners Newsletter for confirmation

08:00 Sunday 02 January
08:00 Sunday 06 February
08:00 Sunday 06 March
08:00 Sunday 03 April – and daylight savings ends, so you’ll get an extra hour of sleep!
09:00 Sunday 01 May
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Heritage Nursery Yarralumla



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Phone **6281 7373**.

Kingston Physiotherapy

CBR Runners members receive 15% discount off standard rates
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