

Jogalong Jottings

January 2022



January 2022

Volume 1, Issue 06

Newsletter of Canberra Runners Incorporated Jogalong

JANUARY 2022 JOGALONG

As is usually the case, numbers across the three events in January were a little lower.

In the 6 kilometre handicap event, there was little change in the placegetters from the December event. Alice Heikkonen won for the second consecutive month in a time of 31 mins 03 secs and has now recorded three wins since May last year. She now joins older sister Fiona as a triple winner of the event. Backmarker, Nadine Morrison, was second in 29 mins 10 secs, her second consecutive second placing and her 8th placing in her 69 events. Allison Duncan, who was participating in her 144th event, was third in 44 mins 44 secs and it was her fourth placing since she joined the Jogalong community in May 2000.

The fastest time of the day of 29 mins 10 secs was recorded by Nadine Morrison.

In the 3 kilometre mixed event, Natalie Parker recorded the fastest time of 21 mins 45 secs, followed by Carol Ey in 37 mins 49 secs. Val Bland was third in 45 mins 56 secs

In the girls' Minijog, the winner was Mila Walsch in 9 mins 50 secs. Samantha Ramboer was second in 8 mins 19 secs and her older sister Saleena was third in 7 mins 20 secs, the fastest time amongst the girls and, indeed, the fastest Minijog time of the day. After coming third for the previous two months, the boys' winner was Patrick Fisher in 10 mins 11 secs. Thomas Sieper was second in 8 mins 40 secs, the fastest time amongst the boys, and Darcy Morrison was third in 8 mins 48 secs.

ANNUAL POINTSCORE COMPETITION

After the January event the top 15 placegetters in the annual pointscore competition were as follows -

PLACE	NAME	TOT PTS	NET PTS	LOW PTS
1	Alice Heikkonen	100	100	0
2	Nadine Morrison	99	99	0
3	Allison Duncan	98	98	0
4	Linda Richardson	97	97	0
5	Cilla Chapman	96	96	0
6	Josie Kulesz	95	95	0
7	Mary Ann Busteed	94	94	0
8	Des Butler	93	93	0
9	Rosemary Parker	92	92	0
10	Sue Rymer	91	91	0
11	Kerrin Whitcombe	90	90	0
12	Josephine Hermans	89	89	0
13	Vivienne Thom	88	88	0
14	Jeni James	87	87	0
15	Caroline Campbell	86	86	0

Congratulations to Josie Kulesz who has completed her 200th Jogalong. Josie first participated in June 2002 and has recorded incredibly consistent times since. Josie is a triple winner of the event and has also been placed second and third on two occasions each. Josie will receive her commemorative T-shirt shortly.

Congratulations also to Ivan Neville, our indispensable statistician/numbers man who won a 2022 Public Service Medal for putting his numerical/literary skills to work for the Australian Government and improved labour market policies.

EVENTS TALLY

Leaders (top 10)

Linda Richardson	279
Maria White	270
Rosemary Parker	270
Lorna Burdon	269
Linda Miles	268
Norma Lindemann	246
Fran Heikkonen	233
Joan Mallory	229
Jeni James	229
Diann Bramwell	224

Nearing 200

Cilla Chapman	199
Des Butler	177
Judy Kuleas	171
Caroline Campbell	159

Nearing 150

Patricia Lee	149
Robyn McClelland	148
Alice Heikkonen	145
Annemarie Calnan	144
Allison Duncan	144
Diane Fox	139
Josephine Hermans	137
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	96
Sue Rymer	96
Sara Toscan	91
Marilyn Banfield	90
Margaret Tuckwell	88
Anne-Louise Dawes	87
Oneeka Robb	87

Nearing 50 (regular runners)

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

JANUARY

Jogalong 6km: 1 Lucy Jones 33:06:00 * 2 Therese Kercher 49:20:00 * 3 Michelle Hillard 54:53:00 * 4 Christine Zygadlo 47:51:00 * 5 Frances Heikonen 58:06:00 * 6 Judy Kuleas 59:08:00 * 7 Paula Gerhardt 32:33:00 * 8 Dorothy Kass 44:43:00 * 9 Alice Heikonen 31:03:00 * 10 Nadine Morrison 29:10:00 * 11 Allison Duncan 44:44:00 * 12 Linda Richardson 45:47:00 * 13 Paulene McCalman 40:54:00 * 14 Cilla Chapman 1:01:06 * 15 Josephine Kulesz 58:17:00 * 16 Mary Ann Busteed 43:22:00 * 17 Des Butler 57:23:00 * 18 Robyn Saunders 57:24:00 * 19 Megan Rhind 41:29:00 20 Rosemary Parker 51:51:00 * 21 Sue Rymer 44:12:00 * 22 Natasha Beck 58:46:00 23 Kerrin Whitcombe 40:33:00 * 24 Josephine Hermans 47:13:00 * 25 Vivienne Thom 40:20:00 * 26 Jeni James 1:03:10 * 27 Caroline Campbell 45:35:00 * 28 Belinda Miller 1:22:00 * 29 Kellyjean Nairne 1:22:00

Mixed 3km event: 1 Natalie Parker 21:45 * 2 Carol Ey 37:49:00 * 3 Val Bland 45:56:00

Minijog: 1 Mila Walsch 9:50 * 2 Samantha Ramboer 8:19 * 3 Saleena Ramboer 7:20 * 4 Patrick Fisher 10:11 * 5 Eve Sieper 7:51 * 6 Ruth Sullivan 8:52 * 7 Nina Sullivan 11:28 * 8 Grace Zarifeh 9:31 * 9 Aaliyah White 11:36 * 10 Thomas Sieper 8:40 * 11 Zara Zarifeh 9:44 * 12 Annaliese Perry 8:46 * 13 Peggy Fisher 10:08 * 14 Molly Morrison 9:13 * 15 Darcy Morrison 8:48

Coming up:

Jogalongs in 2022 – ‘rona-willing.

Check the Canberra Runners Newsletter for confirmation

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. 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
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Phone **6281 7373**.

Kingston Physiotherapy

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



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Jogalong Jottings

February 2022



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Volume 1, Issue 07

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FEBRUARY 2022 JOGALONG

Despite being consistently rehandicapped, Alice Heikkonen won the 6 kilometre handicap event for the third consecutive month in 30 mins 26 secs. Alice has now recorded four wins in the last 12 months. She will no doubt be looking forward to another new handicap which should see her starting closer to Monday morning! Relative newcomer, Dorothy Kass who was participating in her fourth event, was second in a personal best time of 44 mins 28 secs. Evergreen Des Butler was third in 53 mins 48 secs. Des has now been placed 12 times in her 178 events.

The fastest time of the day of 29 mins 25 secs was recorded by Nadine Morrison.

In the 3 kilometre mixed event, Evan Minto recorded the fastest time of 12 mins 19 secs followed by his mother Emily Gearside in 13 mins 36 secs. Saleena Ramboer was third in 14 mins 15 secs.

In the girls' Minijog, the winner was Nina Sullivan in 10mins 25 secs. Last month's winner, Mila Walsch, was second in 9 mins 58 and Isla Hughes came in third in 8 mins 05 secs, the fastest time amongst the girls. Owen Hughes won the boys' Minijog in 8 mins 46 secs.

Thomas Sieper was second for the second month in a row. Thomas's time was 8 mins 20 secs. Last month's winner, Patrick Fisher, was third in 10 mins 10 secs, one second faster than last month. Callum Minto record the fastest time in the Minijog of 7 mins 41 secs.

ANNUAL POINTSCORE COMPETITION

After the February event the top 15 placegetters in the annual pointscore competition were as follows -

PLACE	NAME	TOT PTS	NET PTS	LOW PTS
1	Alice Heikkonen	200	200	0
2	Nadine Morrison	196	196	0
3	Des Butler	191	191	0
4	Josephine Kulesz	188	188	0
5	Cilla Chapman	187	187	0
6	Vivienne Thom	184	184	0
7	Rosemary Parker	182	182	0
8	Sue Rymer	180	180	0
9	Jeni James	175	175	0
10	Caroline Campbell	172	172	0
11	Dorothy Kass	99	99	0
12	Allison Duncan	98	98	0
13	Linda Richardson	97	97	0
14	Robyn Saunders	95	95	0
15	Mary Ann Busted	94	94	0

Congratulations to Cilla Chapman who has completed her 200th Jogalong and Patricia Lee who has completed her 150th Jogalong. Cilla first competed in February 1986 and has been placed on eight occasions including winning the event in November 2012 when the Jogalong moved temporarily to the Boathouse. Patricia first competed in February 1999 and has been a regular walker with her friend Dianne Fox. Patricia has been placed on three occasions and won in August 2009 and September 2013. They will receive their commemorative T-shirts shortly.

CONGRATULATIONS to Joan Mallory who has become the first 90 year old to participate in the Jogalong and she is still recording remarkable times. We should all be so lucky!!

WELCOME BACK

Welcome back to the Budd sisters, Narelle and Jenny, both returned to the Jogalong after probably the longest breaks in the history of the event. Jenny last competed in March 2004 while older sister Narelle has not participated since February 2001, when the Jogalong was still held at Deek's Forest Park!

EVENTS TALLY

Leaders (top 10)

Linda Richardson	280
Maria White	271
Rosemary Parker	271
Lorna Burdon	269
Linda Miles	268
Norma Lindemann	246
Fran Heikkonen	234
Joan Mallory	230
Jeni James	230
Diann Bramwell	224

Nearing 200

Des Butler	178
Judy Kuleas	171
Caroline Campbell	160
Fiona Heikkonen	159

Nearing 150

Robyn McClelland	148
Alice Heikkonen	146
Annemarie Calnan	145
Allison Duncan	145
Diane Fox	140
Josephine Hermans	138
Rita Raizis	137
Carol Ey	134
Cathy Montalto	127

Nearing 100 (regular runners)

Anne Holmes	99
Colleen North	99
Dawn Casey	99
Lynn Williams	98
Lucy Jones	97
Sue Rymer	97
Sara Toscan	91
Marilyn Banfield	90
Oneeka Robb	88
Margaret Tuckwell	88
Anne-Louise Dawes	87

Nearing 50 (regular runners)

Annette Clark	46
Ann Evans	45
Madeleine Kaye	45
Zoe Pleasants	44
Paulene McCalman	42
Merilyn Bassett	41
Thea Zimpel	41

FEBRUARY

Jogalong 6km: Oneeka Robb 31:10:00 * Lucy Jones 33:53:00 * Miriam McCarthy 48:21:00 * Julie Edwards 37:15:00 * Natalie Parker 52:02:00 * Maria White 57:11:00 * Michelle Hillard 57:11:00 * Monika Short 57:31:00 * Fiona Heikkonen 52:32:00 * Frances Heikkonen 59:33:00 * Alice Heikkonen 30:26:00 * Dorothy Kass 44:28:00 * Jenny Budd 36:35:00 * Belinda Miller 1:03:52 * Des Butler 53:58:00 * Narelle Budd 38:10:00 * Nadine Morrison 29:25:00 * Kellyjean Nairne 1:04:37 * Mary Ann Busted 40:38:00 * Julie Tee 52:56:00 * Therese Kercher 59:15:00 * Vivienne Thom 36:53:00 * Robyn Saunders 39:34:00 * Joan Mallory 1:04:38 * Josephine Kulesz 56:43:00 * Linda Mallory 40:48:00 * Cilla Chapman 59:59:00 * Rosemary Parker 50:05:00 * Sue Rymer 42:13:00 * Jeni James 1:00:19 * Paulene McCalman 40:24:00 * Rita Raizis 52:37:00 * Josephine Hermans 42:50:00 * Annemarie Calnan 52:52:00 * Cathy Montalto 37:30:00 * Caroline Campbell 42:57:00 * Kathy Sims 35:26:00 * Allison Duncan 45:08:00 * Natasha Beck 58:10:00 * Patricia Lee 1:13:54 * Dianne Fox 1:13:55 * Emma Burns 33:05:00 * Angela Rymer 52:05:00

Mixed 3km event: 1 Evan Minto 12:19 * 2 Emily Gearsides 13:36 * 3 Saleena Ramboer 14:15
4 Laura Ramboer 14:16 * 5 Diana Moncur 20:33 * 6 Val Bland 39:48:00

Minijog: 1 Nina Sullivan 10:25 * 2 Mila Walsch 9:58 * 3 Isla Hughes 8:05 *
4 Ruth Sullivan 8:39 * 5 Owen Hughes 8:46 * 6 Thomas Sieper 8:20 * 7 Jaida Piasente 9:21 *
8 Samantha Ramboer 8:24 * 9 Patrick Fisher 10:10 * 10 Callum Minto 7:41 *
11 Aaliyah White 12:00 * 12 Molly Morrison 9:01 * 13 Darcy Morrison 8:40 *
14 Peggy Fisher 10:12 * 15 Luca Bacai 11:55 * 16 Florence Crane 12:07 *
17 Dominic Bacai 9:53 * 18 Evan Minto 9:07 * 19 Alex Violante 11:40 *
20 Sebastian Violante 13:51 * 21 Gemma Piasente 14:00

Coming up:

Jogalongs in 2022 – ‘rona-willing.

Check the Canberra Runners Newsletter for confirmation

08:00 Sunday 03 April
09:00 Sunday 01 May – **back to later starts – despite what the runners club emails say!**
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! (Clocks go forward)
08:00 Sunday 06 November – bright and early!
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March 2022



March 2022

Volume 1, Issue 08

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MARCH 2022 JOGALONG

With a number of competing running events being held on the same day, numbers were down a bit across the three events.

For the fourth consecutive month, the winner of the 6 kilometre event was Alice Heikkinen. Alice has been rehandicapped by seven groups over the period and while her times have been very consistent, she continues to frustrate the handicapper!! Hopefully her new handicap will make it much more difficult for her for some time. Dorothy Kass was second for the second consecutive month. Dorothy's time was 44 mins 25 secs and she has been a very consistent performer since she joined the Jogalong community in July last year. Evergreen Rosemary Parker was third in 49 mins 37 secs, her fastest time for more than a year. Rosemary has now been placed 16 times in her 272 events.

The fastest time of the day of 30 mins 58 secs was recorded by Alice Heikkinen.

In the 3 kilometre mixed event, Evan Minto recorded the fastest time of 12 mins 05 secs, a personal best time for the event. Laura Ramboer was second in 12 mins 40 secs, also a personal best time. Emily Gearside was third in 14 mins 03 secs.

In the girls' Minijog, the winner was Samantha Ramboer in 8 mins 11 secs. Last month's girls' winner, Nina Sullivan, was second in 10mins 46 secs while older sister Ruth was third in 9 mins 03 secs. Eve Sieper recorded the fastest time amongst the girls of 8 mins 10 secs. Last month's boys' Minijog winner, Owen Hughes, won again in 8 mins 28 secs. Thomas Sieper was second for the third month in a row. Thomas' time was 8 mins 11 secs. Callum Minto was third amongst the boys in a time of 7 mins 44 secs. Despite already having participated in the 3 kilometre mixed event, Evan Minto recorded the fastest time of 7 mins 25 secs, a great achievement.

ANNUAL POINTSCORE COMPETITION

After the February event the top 15 placegetters in the annual pointscore competition were as follows -

PLACE	NAME	TOT PTS	NET PTS	LOW PTS
1	Alice Heikkinen	300	300	0
2	Des Butler	288	288	0
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4	Rosemary Parker	280	280	0
5	Cilla Chapman	276	276	0
6	Sue Rymer	270	270	0
7	Dorothy Kass	198	198	0
8	Nadine Morrison	196	196	0
9	Robyn Saunders	190	190	0
10	Linda Richardson	188	188	0
11	Mary Ann Busteed	186	186	0
12	Vivienne Thom	184	184	0
13	Josephine Hermans	183	183	0
14	Jeni James	175	175	0
15	Caroline Campbell	172	172	0

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Des Butler	179
Judy Kuleas	171
Caroline Campbell	160
Fiona Heikkinen	160

Nearing 150

Robyn McClelland	148
Alice Heikkinen	147
Annemarie Calnan	146
Allison Duncan	145
Diane Fox	140
Josephine Hermans	139
Rita Raizis	137
Carol Ey	134
Cathy Montalto	127

Nearing 100 (regular runners)

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

Nearing 50 (regular runners)

Annette Clark	46
Ann Evans	45
Madeleine Kaye	45
Zoe Pleasants	44
Paulene McCalman	42
Merilyn Bassett	41
Thea Zimpel	41

MARCH

Jogalong 6km: 1 Lucy Jones 35:01:00 * 2 Emma Burns 35:03:00 *
3 Sara Toscan 33:51:00 * 4 Monika Short 55:01:00 * 5 Frances Heikkonen 1:00:02 *
6 Fiona Heikkonen 54:02:00 * 7 Judith Norris 45:05:00 *
8 Elizabeth Thompson 36:18:00 * 9 Alice Heikkonen 30:58:00 *
10 Dorothy Kass 44:25:00 * 11 Rosemary Parker 49:37:00 * 12 Des Butler 54:46:00 *
13 Josephine Kulesz 57:11:00 * 14 Robyn Saunders 40:27:00 *
15 Josephine Hermans 46:16:00 * 16 Megan Rhind 41:29:00 *
17 Mary Ann Busteed 44:30:00 * 18 Linda Richardson 47:33:00 *
19 Sue Rymer 44:45:00 * 20 Jenny Budd 36:59:00 * 21 Narelle Budd 37:46:00 *
22 Cilla Chapman 1:05:34 * 23 Angela Rymer 53:13:00 *
24 Annemarie Calnan 50:10:00 * 25 Connie Da Silva 1:19:07 *
26 Melanie Da Silva 1:19:07

Mixed 3km event: 1 Evan Minto 12:05 * 2 Laura Ramboer 12:40 *
3 Emily Gearsides 14:03 * 4 Zaf Bluett-Jones 16:45 * 5 Suzie Gaynor 21:46

Minijog: 1 Banjo Bluett-Jones 8:22 * 2 Rui Bluett-Jones 8:56 *
3 Samantha Ramboer 8:11 * 4 Nina Sullivan 10:46 * 5 Owen Hughes 8:28 *
6 Ruth Sullivan 9:03 * 7 Eve Sieper 8:10 * 8 Thomas Sieper 8:11 * 9 Callum Minto 7:44
10 Molly Morrison 8:44 * 11 Darcy Morrison 8:17 * 12 Arthur Moncur 7:48 *
13 Mila Walsch 10:23 * 14 Evelina Griffiths 10:25 * 15 Peter Hopkins 11:12 *
16 Clara Story 10:18 * 17 Meg Story 8:53 * 18 Evan Minto 7:25 * 19 Isla Hughes 8:58 *
20 Diana Moncur 9:32 * 21 Liliana Griffiths 14:00

Coming up:

Jogalongs in 2022 – 'rona-willing.

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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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09:00 Sunday 02 October – daylight savings starts, so don't be late!
08:00 Sunday 06 November – bright and early!
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