

Jogalong Jottings

April 2022



April 2022

Volume 1, Issue 09

Newsletter of Canberra Runners Incorporated Jogalong

APRIL 2022 JOGALONG

Having been convinced by the handicapper that she should start in her correct group, long-time Jogalong participant and well-known Canberra running identity, Mary Ann Busteed, recorded her first win in her 206th event having first competed in November 1984. Mary Ann's time was 40 mins 05 secs. The handicapper is looking forward to the drink she is going to buy him to thank him for his encouragement at the start line. Having just been re-handicapped, Robyn Saunders took advantage of the handicapper's generosity to be placed second in 38 mins 23 secs. It was the seventh time Robyn has been placed in her 74 events and she will no doubt enjoy returning to her old handicap. Another Jogalong stalwart, Josie Kulesz, was third in 55 mins 39 secs, her fastest time since June 2018. Josie has now been placed eight times in her 203 events.

Sarah Nutt who was competing in her first Jogalong recorded the fastest time of the day of 29 mins 15 secs.

In the 3 kilometre mixed event, Laura Ramboer recorded the fastest time of 12 mins 40 secs. Chloe Prstec was second in 13 mins 51 secs and Val Bland was third.

In the girls' Minijog, the winner was Grace Zarifeh in 8 mins 36 secs. Ruth Sullivan was second in 8 mins 07 secs and Saleena Ramboer was third in 6 mins 45 secs, the fastest time of the day. Rui Bluett-Jones won the boys' Minijog in 7 mins 34 secs. Rui's older brother Banjo was second in 7 mins 21 secs. Luca Bacai was third in 10 mins 05 secs. Callum Minto again record the fastest time in the Minijog of 6 mins 48 secs.

ANNUAL POINTSCORE COMPETITION

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

PLACE	NAME	TOT PTS	NET PTS	LOW PTS
1	Alice Heikkinen	394	394	0
2	Josie Kulesz	382	382	0
3	Des Butler	380	380	0
4	Dorothy Kass	293	293	0
5	Robyn Saunders	289	289	0
6	Mary Ann Busteed	286	286	0
7	Rosemary Parker	280	280	0
8	Cilla Chapman	276	276	0
9	Josephine Hermans	274	274	0
10	Sue Rymer	270	270	0
11	Caroline Campbell	268	268	0
12	Nadine Morrison	196	196	0
13	Linda Richardson	188	188	0
14	Linda Mallory	185	185	0
15	Vivienne Thom	184	184	0

EVENTS TALLY

Leaders (top 10)

Linda Richardson	281
Maria White	272
Rosemary Parker	272
Lorna Burdon	269
Linda Miles	268
Norma Lindemann	246
Fran Heikkinen	236
Joan Mallory	230
Jeni James	230
Diann Bramwell	224

Nearing 200

Des Butler	180
Judy Kuleas	171
Caroline Campbell	161
Fiona Heikkinen	161

Nearing 150

Robyn McClelland	148
Alice Heikkinen	148
Annemarie Calnan	147
Allison Duncan	145
Diane Fox	140
Josephine Hermans	140
Rita Raizis	138
Carol Ey	134
Cathy Montalto	128

Nearing 100 (regular runners)

Anne Holmes	99
Lucy Jones	99
Colleen North	99
Dawn Casey	99
Lynn Williams	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 Kay	45
Zoe Pleasants	44
Paulene McCalman	42
Merilyn Bassett	41
Thea Zimpel	41

APRIL

Jogalong 6km: 1 Nadine Morrison 29:29:00 * 2 Emma Burns 34:02:00 *
3 Lucy Jones 34:03:00 * 4 Sarah Nutt 29:15:00 * 5 Therese Kercher 50:12:00 *
6 Fiona Heikkonen 47:22:00 * 7 Frances Heikkonen 55:23:00 *
8 Michelle Hillard 55:30:00 * 9 Maria White 55:31:00 *
10 Elizabeth Thompson 33:00:00 * 11 Tracie Scarlett-Arundell 33:54:00 *
12 Cilla Chapman 1:00:22 * 13 Mary Ann Busted 40:05:00 * 14 Jenny Budd 35:45:00
15 Robyn Saunders 38:23:00 * 16 Annemarie Calnan 47:52:00 *
17 Josephine Kulesz 55:39:00 * 18 Monika Short 52:45:00 *
19 Cathy Montalto 36:23:00 * 20 Caroline Campbell 40:54:00 *
21 Dorothy Kass 44:08:00 * 22 Alice Heikkonen 31:51:00 * 23 Linda Mallory 41:47:00
24 Des Butler 55:49:00 * 25 Josephine Hermans 47:45:00 * 26 Kathy Sims 35:51:00 *
27 Rita Raizis 52:08:00

Mixed 3km event: 1 Laura Ramboer 12:40 * 2 Chloe Prstec 13:51 *
3 Val Bland 44:30:00

Minijog: 1 Rui Bluett-Jones 7:34 * 2 Banjo Bluett-Jones 7:21 * 3 Abigail Hyland 8:24 *
4 Luca Bacai 10:05 * 5 Grace Zarifeh 8:36 * 6 Ruth Sullivan 8:07 *
7 Peter Hopkins 9:42 * 8 Saleena Ramboer 6:45 * 9 Callum Minto 6:48 *
10 Nina Sullivan 9:52 * 11 Aaliyah White 10:57 * 12 Jaida Piasente 9:02 *
13 Molly Morrison 8:07 * 14 Samantha Ramboer 7:42 * 15 Zara Zarifeh 9:17 *
16 Thomas Sieper 7:52 * 17 Isla Hughes 7:57 * 18 Mila Walsch 10:02 *
19 Owen Hughes 8:07 * 20 Peggy Fisher 9:42 * 21 Maxwell Hyland 9:47 *
22 Darcy Morrison 8:22 * 23 Madison Hyland 8:57 * 24 Dominic Bacai 8:32 *
25 Patrick Fisher 10:37

Coming up:

Jogalongs in 2022 – ‘rona-willing.

Check the Canberra Runners Newsletter for confirmation

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.

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Phone **6281 7373**.

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Jogalong Jottings

May 2022



May 2022

Volume 1, Issue 10

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MAY 2022 JOGALONG

After competing in the Jogalong 146 times since May 2000. Allison Duncan finally broke through for her first win in the 6 kilometre event. Allison's time was 41 mins 52 secs, her fastest since July 2020. Allison's win now goes with her four other placings. Last month's winner and Canberra runner stalwart, MaryAnn Busteed was second in 39 mins 17 secs, her fastest time for more than a year. Third place went to Jenny Budd who recently returned to the Jogalong after a 16 year break. Jenny time was 36 mins 28 secs. All three will be delighted with their new handicaps.

The fastest time of the day of 28 mins 38 secs was recorded by Nadine Morrison. It was Nadine's fastest time since September 2019.

In the 3 kilometre mixed event, Laura Ramboer recorded the fastest time of 12 mins 54 secs. Zaf Bluett-Jones was second in 15 mins 48 secs followed by Diana Moncur in 18 mins 39 secs.

In the Minijog, the girl's winner was Rui Bluett-Jines in a time of 8 mins 01 secs. Aaliyah White was second in 10 mins 52 secs and Zara Zarifeh was third in 9 mins 29 secs. Saleena Ramboer recorded the fastest time amongst the girls and, indeed, the fastest time of the day of 7 mins 08 secs. The boys' Minijog was won by Banjo Bluett-Jones in 7 mins 54 secs, the fastest time amongst the boys. Zaiden Haber was second in 8 mins 09 secs and Darcy Morrison was third in 8 mins 19 secs.

ANNUAL POINTSCORE COMPETITION

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

PLACE	NAME	TOT PTS	NET PTS	LOW PTS
1	Alice Heikkonen	489	489	0
2	Des Butler	476	476	0
3	Josephine Kulesz	476	476	0
4	Mary Ann Busteed	385	385	0
5	Dorothy Kass	385	385	0
6	Rosemary Parker	370	370	0
7	Caroline Campbell	356	356	0
8	Robyn Saunders	289	289	0
9	Linda Richardson	277	277	0
10	Cilla Chapman	276	276	0
11	Linda Mallory	276	276	0
12	Josephine Hermans	274	274	0
13	Sue Rymer	270	270	0
14	Allison Duncan	198	198	0
15	Nadine Morrison	196	196	0

VALE ANNE HOLMES

Esteemed Jogalong regular Anne Holmes sadly passed away on 17 May. Anne took part in 99 Jogalongs having commenced in May 1997. She was a dual winner of the event in February 2015 and October 2018.

She will be sorely missed by the Jogalong community and our thoughts go out to her family.

EVENTS TALLY

Leaders (top 10)

Linda Richardson	282
Maria White	273
Rosemary Parker	273
Lorna Burdon	270
Linda Miles	268
Norma Lindemann	246
Fran Heikkonen	237
Joan Mallory	231
Jeni James	230
Diann Bramwell	224

Nearing 200

Des Butler	181
Judy Kuleas	171
Caroline Campbell	162
Fiona Heikkonen	162

Nearing 150

Alice Heikkonen	149
Robyn McClelland	148
Annemarie Calnan	147
Allison Duncan	146
Diane Fox	141
Josephine Hermans	141
Rita Raizis	138
Carol Ey	134
Cathy Montalto	129

Nearing 100 (regular runners)

Colleen North	99
Dawn Casey	99
Lynn Williams	98
Sue Rymer	98
Sara Toscan	92
Marilyn Banfield	90
Oneeka Robb	88
Margaret Tuckwell	88
Anne-Louise Dawes	87
Robyn Saunders	75

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

MAY

Jogalong 6km: 1 Lucy Jones 32:53:00 * 2 Nadine Morrison 28:38:00 * 3 Belinda Wright 40:00:00 * 4 Mhairin Hilliker 45:15:00 * 5 Maria White 55:43:00 * 6 Michelle Hillard 55:44:00 * 7 Frances Heikonen 56:47:00 * 8 Therese Kercher 50:06:00 * 9 Fiona Heikonen 38:47:00 * 10 Allison Duncan 41:52:00 * 11 Mary Ann Busted 39:17:00 * 12 Ann-Marie McNess 31:19:00 * 13 Aimee Solomon 37:34:00 * 14 Sally Thauvette 31:35:00 * 15 Jenny Budd 36:28:00 * 16 Cathy Montalto 35:23:00 * 17 Narelle Budd 37:28:00 * 18 Des Butler 53:45:00 * 19 Alice Heikonen 30:21 * 20 Josephine Kulesz 55:58:00 * 21 Monika Short 53:04:00 * 22 Dorothy Kass 43:40:00 * 23 Linda Mallory 41:48:00 * 24 Kathy Sims 34:02:00 * 25 Consie Larmour 1:06:11 * 26 Josephine Hermans 46:13:00 * 27 Barbara McKay 38:43:00 * 28 Rosemary Parker 50:49:00 * 29 Robyn Saunders 48:49:00 * 30 Linda Richardson 51:32:00 * 31 Dianne Fox 1:12:15 * 32 Patricia Lee 1:12:16 * 33 Joan Mallory 1:12:41 * 34 Caroline Campbell 51:44:00
Mixed 3km event: 1 Laura Ramboer 12:54 * 2 Zaf Bluett-Jones 15:48 * 3 Diana Moncur 18:39 * 4 Val Bland 41:51:00 * 5 Lorna Burdon 45:03:00
Minijog: 1 Rui Bluett-Jones 8:01 * 2 Aaliyah White 10:52 * 3 Banjo Bluett-Jones 7:54 * 4 Zaiden Haber 8:09 * 5 Zara Zarifeh 9:29 * 6 Henry Frank 10:37 * 7 Saleena Ramboer 7:08 * 8 Samantha Ramboer 8:10 * 9 Nina Sullivan 10:41 * 10 Darcy Morrison 8:19 * 11 Owen Hughes 8:22 * 12 Isla Hughes 8:25 * 13 Grace Zarifeh 9:26 * 14 Molly Morrison 8:59 * 15 Thomas Sieper 8:37 * 16 Jason Lim 9:41 * 17 Patrick Fisher 11:10 * 18 Peggy Fisher 10:47 * 19 Henry Zarifeh 12:54 * 20 Eve Sieper 9:42 * 21 Jaida Piasente 11:15 * 22 Eva Jamnik 9:48 * 23 Cathy Lim 9:51 * 24 Wilbur Spasojevic 13:18 * 25 Zoe Fitzgerald 13:19 * 26 Violet Dynon 12:46 * 27 Violet Frank 15:35

Coming up:

Jogalongs in 2022 – ‘rona-willing.

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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

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Jogalong Jottings

June 2022



June 2022

Volume 1, Issue 11

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JUNE 2022 JOGALONG

With cold and wet conditions for the first event of winter, numbers were well down across the three events.

Megan Rhind, who is a fairly infrequent participant having completed 35 events in 18 years, was the winner of the 6 kilometre event in a time of 38 mins 27 secs. It was the first time Megan has been placed. Jogalong regulars, Josie Kulesz and Mary Ann Busted, filled the minor placings. Josie's time in coming second was 56 mins 32 secs and it was the 9th time she has been placed in her 205 events. Mary Ann is currently in a rich vein of form having been placed in the last three events. She has now been placed eight times in her 208 events.

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

In the 3 kilometre mixed event, Helen Hunter recorded the fastest time of 21 mins 05 secs. Patricia Lee was second in 36 mins 20 and her good friend Di Fox was third in 36 mins 21 secs.

In the Minijog, the girl's winner was Aaliyah White, granddaughter of Jogalong stalwart Maria and the irrepressible Jimmy, in a time of 10 mins 36 secs. Ruth Sullivan was second in 8 mins 39 secs and Eve Sieper was third in 8 mins 10 secs. Saleena Ramboer recorded the fastest time amongst the girls and, indeed, the fastest time of the day of 7 mins 10 secs. The boys' Minijog was won by Zaiden Haber in 8 mins 34 secs. Thomas Sieper was second in 8 mins 08 secs, the fastest time amongst the boys and Owen Hughes was third in 8 mins 13 secs.

ANNUAL POINTSCORE COMPETITION

With Alice Heikkonen not competing in June, there were some big changes at the top of the leaderboard in the annual pointscore competition. Josie Kulesz is now in the lead on 575 points, three ahead of Des Butler. Alice Heikkonen has slipped to third spot on 489 points. It is worth noting that a person's best six events for the year count towards the competition so it won't surprise if Alice returns to the lead in the months ahead. After the June event the top 15 placegetters in the annual pointscore competition were as follows -

PLACE	NAME	TOT PTS	NET PTS	LOW PTS
1	Josie Kulesz	575	575	0
2	Des Butler	572	572	0
3	Alice Heikkonen	489	489	0
4	Mary Ann Busted	483	483	0
5	Rosemary Parker	465	465	0
6	Caroline Campbell	453	453	0
7	Dorothy Kass	385	385	0
8	Linda Richardson	370	370	0
9	Robyn Saunders	289	289	0
10	Cilla Chapman	276	276	0
11	Linda Mallory	276	276	0
12	Josephine Hermans	274	274	0
13	Sue Rymer	270	270	0
14	Jeni James	260	260	0
15	Allison Duncan	198	198	0

Congratulations to Jogalong coordinator, Lucy Jones, who completed her 100th Jogalong in April. Lucy first competed in June 2011 and has been placed on six occasions including winning the event in December 2016. Lucy will present herself with her commemorative T shirt shortly. Congrats Natasha Beck who has returned very quickly after the birth of her son Casper! Welcome back – you didn't miss many months at all!

EVENTS TALLY

Leaders (top 10)

Linda Richardson	283
Maria White	274
Rosemary Parker	274
Lorna Burdon	270
Linda Miles	268
Norma Lindemann	246
Fran Heikkonen	237
Joan Mallory	231
Jeni James	231
Diann Bramwell	224

Nearing 200

Des Butler	182
Judy Kuleas	171
Caroline Campbell	163
Fiona Heikkonen	162

Nearing 150

Alice Heikkonen	149
Robyn McClelland	148
Annemarie Calnan	147
Allison Duncan	146
Diane Fox	141
Josephine Hermans	141
Rita Raizis	138
Carol Ey	134

Nearing 100 (regular runners)

Colleen North	99
Dawn Casey	99
Lynn Williams	98
Sue Rymer	98
Sara Toscan	92
Marilyn Banfield	90
Oneeka Robb	88
Margaret Tuckwell	88
Anne-Louise Dawes	87
Robyn Saunders	76

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

JUNE

Jogalong 6km: 1 Nadine Morrison 29:10:00 * 2 Lucy Jones 32:10:00 * 3 Deborah Mackay 37:26:00 * 4 Belinda Wright 41:56:00 * 5 Narelle Budd 37:56:00 * 6 Maria White 1:00:16 * 7 Elizabeth Thompson 32:57:00 * 8 Cilla Chapman 1:02:32 * 9 Megan Rhind 38:27:00 * 10 Robyn Saunders 49:57:00 * 11 Josephine Kulesz 56:32:00 * 12 Mary Ann Busted 41:24:00 * 13 Caroline Campbell 42:54:00 * 14 Des Butler 56:07:00 * 15 Rosemary Parker 51:13:00 * 16 Natasha Beck 57:02:00 * 17 Jeni James 1:06:05 * 18 Judi Edwards 52:28:00 * 19 Linda Richardson 55:22:00
Mixed 3km event: 1 Helen Hunter 21:05 * 2 Patricia Lee 36:20:00 * 3 Dianne Fox 36:21:00 * 4 Lorna Burdon 37:27:00 * 5 Val Bland 41:57:00
Minijog: 1 Aaliyah White 10:36 * 2 Zaiden Haber 8:34 * 3 Thomas Sieper 8:08 * 4 Ruth Sullivan 8:39 * 5 Eve Sieper 8:10 * 6 Saleena Ramboer 7:10 * 7 Owen Hughes 8:13 * 8 Grace Zarifeh 9:26 * 9 Isla Hughes 8:38 * 10 Darcy Morrison 8:41 * 11 Peggy Fisher 10:12 * 12 Molly Morrison 9:25 * 13 Sebastian Violante 11:26 * 14 Nina Sullivan 12:16 * 15 Alex Violante 12:10 * 16 Elizabeth Moore 13:14

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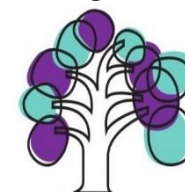
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