



Jogalong Jottings

January 2023



January 2023

Volume 2, Issue 1

Newsletter of Canberra Runners Incorporated Jogalong

JANUARY 2023 JOGALONG

For the second month in a row the Heikkonen sisters, Fiona and Alice, have dominated the placings in the 6 kilometre handicap event. This time, it was Fiona who won in a time of 37 mins 30 secs. It was Fiona's fourth win in 166 events. Evergreen Caroline Campbell was second in 39 mins 45 secs, her 10th placing in her 167th event. Alice Heikkonen, who was last year's pointscore winner, was third in 33 mins 04 secs, her seventh placing in 153 events. Given their recent form, both sisters should expect to be starting closer to Monday at the February event!. Caroline will also no doubt be pleased with her new starting group.

Nadine Morrison recorded the fastest time of the day of 29 mins 26 secs.

In the 3 kilometre mixed event, William Robb recorded the fastest time of 16 mins 42 secs, followed by his sister in Scarlet in 21 mins 15 secs. Val Bland was third.

In the Minijog, the girls' winner was Molly Morrison in 7 mins 11 secs, the fastest time amongst the girls. Ruth Sullivan was second in 7 mins 47 secs and Florence Crane was third in 11 mins 45 secs. The boys' Minijog was won by Darcy Morrison in 6 mins 32 secs.

ANNUAL POINTSCORE COMPETITION

The top placegetters in the annual pointscore competition are as follows -

PLACE	NAME	TOT PTS	NET PTS	LOW PTS
1	Fiona Heikkonen	100	100	0
2	Caroline Campbell	99	99	0
3	Alice Heikkonen	98	98	0
4	Allison Duncan	97	97	0
5	Judi Edwards	96	96	96
6	Josephine Kulesz	95	95	0
88	Rosemary Parker	94	94	0
8	Josephine Hermans	93	93	0
9	Jeni James	92	92	0
10	Des Butler	91	91	0

Congratulations to Annemarie Calnan who has completed her 150th Jogalong, the 29th person to achieve the milestone. Annemarie first competed in June 1992 and has been placed on ten occasions including three wins. Annemarie will be presented with her commemorative T shirt shortly.

EVENTS TALLY

Leaders (top 10)

Linda Richardson	289
Rosemary Parker	280
Maria White	278
Lorna Burdon	269
Linda Miles	268
Norma Lindemann	246
Fran Heikkonen	239
Jeni James	235
Joan Mallory	231
Diann Bramwell	224

Nearing 150

Josephine Hermans	146
Diane Fox	145
Rita Raizis	139
Carol Ey	136

Nearing 100 (regular runners)

Sue Rymer	99
Colleen North	99
Dawn Casey	99
Lynn Williams	98
Sara Toscan	96
Oneeka Robb	93
Marilyn Banfield	90
Margaret Tuckwell	88
Anne-Louise Dawes	87
Robyn Saunders	76

Nearing 50 (regular runners)

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

JANUARY

Jogalong 6km: 1 Nadine Morrison 29:26 * 2 Lucy Jones 30:55 * 3 Oneeka Robb 33:34 * 4 Tennille Marsh 40:03 * 5 Ilana Napier 46:25 * 6 Kate Murphy 46:25 * 7 Linda Richardson 55:19 * 8 Michelle Hillard 55:32 * 9 Maria White 55:33 * 10 Deidre Walsh 31:08 * 11 Frances Heikkonen 1:14 * 12 Paulene McCalman 44:06 * 13 Fiona Heikkonen 37:30 * 14 Caroline Campbell 39:45 * 15 Alice Heikkonen 33:04 * 16 Allison Duncan 42:01 * 17 Thea Zimpel 49:15 * 18 Judi Edwards 51:50 * 19 Josephine Kulesz 57:56 * 20 Rosemary Parker 50:03 * 21 Josephine Hermans 49:55 * 22 Jeni James 1:05:42 * 23 Des Butler 59:54 * 24 Annemarie Calnan 51:08 * 25 Yy Liu 51:09

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

Minijog: 1 Darcy Morrison 6:32 * 2 Molly Morrison 7:11 * 3 Ruth Sullivan 7:47 * 4 Florence Crane 11:45 * 5 Nina Sullivan 17:05 * 6 Daisy Crane 19:06 * 7 Aaliyah White 19:52 * 8 Milli White 28:23

Coming up:

Jogalongs in 2023

08:00 Sunday 05 February 2023

08:00 Sunday 05 March 2023

08:00 Sunday 02 April – daylight savings time ends – clocks go back an hour.

Later start times:

09:00 Sunday 07 May

09:00 Sunday 04 June

09:00 Sunday 02 July

09:00 Sunday 06 August

09:00 Sunday 03 September

Back to 8:00am as daylight savings recommences – clocks go forward

08:00 Sunday 01 October

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



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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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FEBRUARY 2023 JOGALONG

In the 6 kilometre handicap event, the winner was Paulene McCalman in 37 mins 42 secs, her fastest since August 2019. Paulene was participating in her 46th event and she now has a medal of every colour. Annemarie Calnan was second in 43 mins 07 secs, her fastest time for 18 months. Annemarie has now been placed 10 times in 151 events. Third place went to Allison Duncan in 42 mins 01 secs, exactly the same time as last month. It was the fifth time Allison has been placed third.

Julia Murphy, in her first Jogalong, recorded the fastest time of the day of 28 mins 15 secs.

In the 3 kilometre mixed event, Meg Story recorded the fastest time of 14 mins 51 secs. William Robb was second in 17 mins 45 secs followed by Jen Burmester in 20 mins 33 secs.

In the Minijog, the girls' winner was Florence Crane in 12 mins 18 secs. Saleena Ramboer was second in 8 mins 28 secs, the fastest time amongst the girls and, indeed, the fastest time of the day. Samantha Ramboer was third in 10 mins 14 secs. Owen Hughes won the boys' Minijog in 10 mins 19 secs followed by Darcy Morrison in 10 mins 21 secs and Thomas Sieper in 10 mins 28 secs.

ANNUAL POINTSCORE COMPETITION

Clearly it is very early days in the annual pointscore competition with significant changes likely over the next few months. Nonetheless, the top placegetters after the February event are as follows -

PLACE	NAME	TOT PTS	NET PTS	LOW PTS
1	Allison Duncan	195	195	0
2	Judi Edwards	193	193	0
3	Caroline Campbell	193	193	0
4	Josephine Kulesz	190	190	0
5	Rosemary Parker	187	187	96
6	Fiona Heikkonen	100	100	0
7	Paulene McCalman	100	100	0
8	Annemarie Calnan	99	99	0
9	Alice Heikkonen	98	98	0
10	Megan Rhind	96	96	0
11	Josephine Hermans	93	93	0
12	Mary Ann Busteed	92	92	0
13	Jeni James	92	92	0
14	Des Butler	91	91	0

A WORLD CHAMPION AMONGST US!!

Congratulations to Caroline Campbell who recently won the W80 4km cross country world championship. Caroline's time was 30 mins 18 secs, 20 seconds ahead of the second place competitor. A great effort and we are so proud of you!!!

EVENTS TALLY

Leaders (top 10)

Linda Richardson	290
Rosemary Parker	281
Maria White	279
Lorna Burdon	269
Linda Miles	268
Norma Lindemann	246
Fran Heikkonen	240
Jeni James	236
Joan Mallory	231
Diann Bramwell	224

Nearing 200

Des Butler	187
Judy Kuleas	171
Caroline Campbell	170
Fiona Heikkonen	167

Nearing 150

Josephine Hermans	146
Diane Fox	145
Rita Raizis	139
Carol Ey	136

Nearing 100 (regular runners)

Sue Rymer	99
Colleen North	99
Dawn Casey	99
Lynn Williams	98
Sara Toscan	97
Oneeka Robb	94
Marilyn Banfield	90
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Ann Evans	45
Madeleine Kaye	45
Zoe Pleasants	44
Thea Zimpel	42
Merilyn Bassett	41

FEBRUARY

Jogalong 6km: 1 Nadine Morrison 30:36 * 2 Lucy Jones 30:40 *
3 Oneeka Robb 32:21 * 4 Sara Toscan 33:34 * 5 Emma Burns 31:30 *
6 Julia Murphy 28:15 * 7 Therese Kercher 49:18 * 8 Paulene McCalman 37:42 *
9 Maria White 58:38 * 10 Frances Heikkonen 57:01 * 11 Fiona Heikkonen 40:18 *
12 Pippa Graham 47:25 * 13 Meredith Graham 47:27 * 14 Kate Murphy 38:03 *
15 Linda Richardson 1:01:19 * 16 Annemarie Calnan 43:07 *
17 Robyn Saunders 50:49 * 18 Allison Duncan 42:01 * 19 Judi Edwards 51:38 *
20 Yy Liu 47:46 * 21 Megan Rhind 39:42 * 22 Josephine Kulesz 58:46 * 23 Caroline
Campbell 42:59 * 24 Rosemary Parker 52:04 * 25 Des Butler 58:29 *
26 Mary Ann Busted 45:22

Mixed 3km event: 1 Meg Story 14:51 * 2 William Robb 17:45 *
3 Jennifer Burmester 20:33 * 4 Scarlet Robb 23:21 * 5 Val Bland 36:31

Minijog: 1 Owen Hughes 10:48 * 2 Isla Hughes 10:26 * 3 Zaiden Haber 10:20
* 4 Thomas Sieper 10:30 * 5 Florence Crane 13:36 * 6 Darcy Morrison 10:25 *
7 Peggy Fisher 11:58 * 8 Jaida Piasente 12:12 * 9 Henry Frank 12:56 *
10 Molly Morrison 11:48 * 11 Evie Haber 17:04 * 12 Aaliyah White 16:12 *
13 Daisy Crane 17:54 * 14 Violet Frank 18:39

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