



Jogalong Jottings

March 2023



March 2023

Volume 2, Issue 3

Newsletter of Canberra Runners Incorporated Jogalong

MARCH 2023 JOGALONG

In the 6 kilometre handicap event, the winner was Meredith Graham in 41 mins 20 secs, her fastest time for 2 ½ years. While she has been placed on three occasions in her 119 events, it was Meredith's first win. Last month's winner Paulene McCalman was second in 42 mins 49 secs while Josephine Hermans was third in 45 mins 46 secs and has now been placed nine times in her 147 events.

Nadine Morrison recorded the fastest time of the day of 30 mins 04 secs.

In the 3 kilometre mixed event, Neredah Brogan recorded the fastest time of 14 mins 33 secs. William Robb was second in 16 mins 55 secs followed by Jen Burmester in 18 mins 45 secs.

In the Minijog, last month's girls' winner, Florence Crane, triumphed again in a time of 11 mins 48 secs. Rui Bluett-Jones was second in 9 mins 38 secs, the fastest time amongst the girls and, indeed, the fastest time of the day. Molly Morrison third in 10 mins 21 secs.

Thomas Sieper won the boys' Minijog in 9 mins 54, the fastest time amongst the boys. Owen Hughes was second in 10 mins 03 and Darcy Morrison was third in 10 mins 38 secs.

ANNUAL POINTSCORE COMPETITION

There was a minor change amongst the leaders in the annual pointscore competition with Caroline Campbell moving up one place to second, with Judi Edwards slipping back to third. Allison Duncan has maintained her place at the top of the table. The top placegetters after the March event are as follows -

PLACE	NAME	TOT PTS	NET PTS	LOW PTS
1	Allison Duncan	291	291	0
2	Caroline Campbell	288	288	0
3	Judi Edwards	284	284	0
4	Josephine Kulesz	284	284	0
5	Rosemary Parker	282	282	96
6	Paulene McCalman	198	198	0
7	Alice Heikkinen	195	195	0
8	Josephine Hermans	192	192	0
9	Des Butler	183	183	0
10	Fiona Heikkinen	100	100	0
11	Meredith Graham	100	100	0
12	Annemarie Calnan	99	99	0
13	Megan Rhind	96	96	0
14	Mary Ann Busteed	92	92	0
15	Jeni James	91	91	0

WELCOME BACK DEBBIE!!

It was wonderful to welcome back Debbie O'Donoghue who was participating in her first event since September 2016 and only her second since March 2010. We look forward to seeing Debbie a bit more frequently!

EVENTS TALLY

Leaders (top 10)

Linda Richardson	291
Rosemary Parker	282
Maria White	280
Lorna Burdon	269
Linda Miles	268
Norma Lindemann	246
Fran Heikkinen	241
Jeni James	236
Joan Mallory	231
Diann Bramwell	224

Nearing 200

Des Butler	188
Judy Kuleas	171
Caroline Campbell	171
Fiona Heikkinen	168

Nearing 150

Josephine Hermans	147
Diane Fox	145
Rita Raizis	139
Carol Ey	136

Nearing 100 (regular runners)

Sue Rymmer	99
Colleen North	99
Dawn Casey	99
Lynn Williams	98
Sara Toscan	98
Oneeka Robb	95
Marilyn Banfield	90
Margaret Tuckwell	88
Anne-Louise Dawes	87
Robyn Saunders	78

Nearing 50 (regular runners)

Annette Clark	46
Paulene McCalman	47
Annette Clark	46
Ann Evans	45
Madeleine Kaye	45
Zoe Pleasants	44
Thea Zimpel	42
Merilyn Bassett	41

MARCH

Jogalong 6km: 1 Lucy Jones 31:00 * 2 Oneeka Robb 31:58 * 3 Sara Toscan 34:25 * 4 Nadine Morrison 30:04 * 5 Mary Ann Busted 46:11 * 6 Kate Murphy 36:48 * 7 Therese Kercher 50:28:00 * 8 Linda Richardson 59:51:00 * 9 Maria White 1:00:26 * 10 Annemarie Calnan 45:45:00 * 11 Cilla Chapman 1:01:13 * 12 Robyn McClelland 1:01:13 * 13 Meredith Graham 41:20:00 * 14 Elizabeth Thompson 33:10 15 Josephine Hermans 45:46:00 * 16 Paulene McCalman 42:49:00 * 17 Debbie O'Donoghue 45:00:00 * 18 Alice Heikkonen 31:01:00 * 19 Hannah Kelly 36:23:00 * 20 Robyn Saunders 49:23 * 21 Fiona Heikkonen 57:42 * 22 Fran Heikkonen 57:42 * 23 Julia Murphy 32:15:00 * 24 Allison Duncan 41:53:00 * 25 Rosemary Parker 50:14:00 * 26 Caroline Campbell 41:27:00 * 27 Josephine Kulesz 57:31:00 * 28 Des Butler 57:44:00 * 29 Kathy Sims 36:56:00 * 30 Judi Edwards 57:46:00 *

Mixed 3km event: 1 Neredah Brogan 14:33 * 2 William Robb 16:55 * 3 Jennifer Burmester 18:45 * 4 Scarlet Robb 22:50 * 5 Val Bland 38:53:00

Minijog: 1 Florence Crane 11:48 * 2 Rui Bluett-Jones 9:38 * 3 Alexander Ritchie 11:13 * 4 Molly Morrison 10:21 * 5 Thomas Sieper 9:54 * 6 Isla Hughes 9:58 7 Banjo Bluett-Jones 10:00 * 8 Clara Story 12:04 * 9 Grace Zarifeh 11:41 * 10 Owen Hughes 10:03 * 11 Ruth Sullivan 11:31 * 12 Darcy Morrison 10:35 * 13 William Gregory 11:16 * 14 Nina Sullivan 14:02 * 15 Alexander Gregory 14:45 * 16 Eloise Gregory 13:14 * 17 Piya Kilham 14:35 * 18 Aneesh Kilham 14:43 * 19 Daisy Crane 17:19 * 20 Clara Ritchie 16:58

Coming up:

Jogalongs in 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



HeritageNursery
YARRALUMLA

Phone **6281 7373**.

Kingston Physiotherapy

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



Nice Coffee... Good Food

Beess and Co Cafe

Shop 5, 29 Bentham Street, Yarralumla.

02 6285 0116

beesscoafe@gmail.com



PODIATRISTS
Lyneham · Belconnen · Kingston

Putting your feet first.

15% discount
Lyneham | Belco | Kingston
Ph- 02-6249-1758

www.walkingclinic.com.au



Jogalong Jottings

April 2023



April 2023

Volume 2, Issue 4

Newsletter of Canberra Runners Incorporated Jogalong

APRIL 2023 JOGALONG

In the 6 kilometre handicap event, the winner was events record holder Linda Richardson in 53 mins 33 secs, her fastest time for nearly 12 months. Linda was participating in her 292nd event going back just over 40 years. It was her fourth win and her first since February 2016. Paulene McCalman was second in 39 mins 25 secs. It was Paulene's third placing this year and she now has a medal of each colour. Newcomer, Kate Murphy, was third in only her fourth event. Her time of 36 mins 51 secs was nearly ten minutes faster than that in her first event in January.

Jasmine Durant who was participating in her first Jogalong recorded the fastest time of the day of 28 mins 50 secs.

In the 3 kilometre mixed event, Jen Burmester recorded the fastest time of 18 mins 13secs. Angela Rymer was the only other participant.

In the Minijog, Florence Crane won the girls' Minijog for the third consecutive month and despite being rehandicapped after each win. Florence's time was 12 mins 16 secs. Molly Morrison was second in 10 mins 00 secs, the fastest time amongst the girls and Isla Hughes was third in 10 mins 09 secs. Darcy Morrison won the boys' Minijog in 9 mins 32, the fastest time amongst the boys. Owen Hughes was second in 9 mins 44 secs and last month's winner Thomas Sieper was third in 10 mins 05 secs.

ANNUAL POINTSCORE COMPETITION

With a number of people not competing and others going off in the wrong group there have been some changes at the top of the leaderboard in the annual pointscore competition. Our world cross country champion, Caroline Campbell, is now on top of the competition on 383 points. Jogalong stalwarts, Rosemary Parker and Josie Kulesz, are in equal second spot, six points behind Caroline. The top placegetters after the April event are as follows -

PLACE	NAME	TOT PTS	NET PTS	LOW PTS
1	Caroline Campbell	383	383	0
2	Rosemary Parker	377	377	0
3	Josephine Kulesz	377	377	0
4	Paulene McCalman	297	297	0
5	Alice Heikkinen	292	292	96
6	Allison Duncan	291	291	0
7	Judi Edwards	284	284	0
8	Des Butler	276	276	0
9	Josephine Hermans	192	192	0
10	Linda Richardson	100	100	0
11	Meredith Graham	100	100	0
12	Fiona Heikkinen	100	100	0
13	Annemarie Calnan	99	99	0
14	Kate Murphy	98	98	0
15	Megan Rhind	98	98	0

EVENTS TALLY

Leaders (top 10)

Linda Richardson	292
Rosemary Parker	283
Maria White	281
Lorna Burdon	269
Linda Miles	268
Norma Lindemann	246
Fran Heikkinen	242
Jeni James	236
Joan Mallory	231
Diann Bramwell	224

Nearing 200

Des Butler	189
Caroline Campbell	172
Judy Kuleas	171
Fiona Heikkinen	169

Nearing 150

Josephine Hermans	147
Diane Fox	146
Rita Raizis	139
Carol Ey	136

Nearing 100 (regular runners)

Sue Rymer	99
Colleen North	99
Dawn Casey	99
Lynn Williams	98
Sara Toscan	98
Oneeka Robb	95
Marilyn Banfield	90
Margaret Tuckwell	88
Anne-Louise Dawes	87
Robyn Saunders	79

Nearing 50 (regular runners)

Paulene McCalman	48
Annette Clark	46
Ann Evans	45
Madeleine Kaye	45
Zoe Pleasants	44
Thea Zimpel	42
Merilyn Bassett	41

APRIL

Jogalong 6km: 1 Lucy Jones 33:54 * 2 Emma Burns 33:55 * 3 Therese Kercher 50:00
4 Jasmine Durant 28:50 * 5 Fran Heikkonen 57:50:00 * 6 Fiona Heikkonen 47:04:00 *
7 Melanie Moore 44:51 * 8 Linda Richardson 53:33 * 9 Janine Richardson 32:18:00 *
10 Paulene McCalman 39:25 * 11 Cilla Chapman 1:01:32 * 12 Kate Murphy 36:51 *
13 Annemarie Calnan 44:16:00 * 14 Julia Murphy 35:19:00 * 15 Maria White 1:02:48
16 Vivienne Thom 48:52:00 * 17 Narelle Budd 1:01:37 * 18 Jes Tatham 35:39:00 *
19 Alice Heikkonen 31:58 * 20 Robyn Saunders 51:13 * 21 Cathy Montalto 50:13 *
22 Miriam McCarthy 1:06:40 * 23 Carmela D'amico 1:06:40 *
24 Caroline Campbell 40:48 * 25 Rosemary Parker 49:57 * 26 Josie Kulesz 57:11:00 *
27 Patricia Lee 1:08:37 * 28 Dianne Fox 1:08:37 * 29 Des Butler 1:00:24

Mixed 3km event: 1 Jennifer Burmester 18:13 * 2 Angela Rymer 54:05:00

Minijog: 1 Florence Crane 12:16 * 2 Molly Morrison 10:00 *
3 Darcy Morrison 9:32 * 4 Isla Hughes 10:09 * 5 Owen Hughes 9:44 *
6 Thomas Sieper 10:06 * 7 Aneesh Kilham 12:58 * 8 Piyali Kilham 13:04 *
9 Ruth Sullivan 11:36 * 10 Nina Sullivan 13:46 * 11 Aaliyah White 15:22 *
12 Clara Ritchie 15:59 * 13 Daisy Crane 21:20

Coming up:

Jogalongs in 2023

Starting time is now 9am:

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



HeritageNursery
YARRALUMLA
Phone **6281 7373**.

Kingston Physiotherapy

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



Nice Coffee... Good Food

Beess and Co Cafe

Shop 5, 29 Bentham Street,
Yarralumla.
02 6285 0116
beesscoafe@gmail.com



PODIATRISTS
Lyneham · Belconnen · Kingston

Putting your feet first.

15% discount
Lyneham | Belco | Kingston
Ph- 02-6249-1758
www.walkingclinic.com.au