



# Jogalong Jottings

## August 2023



August 2023

Volume 2, Issue 8

Newsletter of Canberra Runners Incorporated Jogalong

### AUGUST 2023 JOGALONG

The Jogalong's event record holder and a mother and daughter filled the placings in the August event. In her 295<sup>th</sup> event, Linda Richardson was the winner of the 6-kilometre event in a time of 47 mins 05 secs, her fastest since January 2022. It was the 17<sup>th</sup> time that Linda has been placed with six wins, three of which have been this year clearly indicating that she is thriving in retirement. Linda will no doubt welcome her shiny new handicap next month. Mother and daughter Kate and Julia Murphy filled the minor placings, and they are both obviously benefitting from training with Geoff Moore's Speedy Geese group. Kate was second in a personal best time of 32 mins 20 secs and she now has a medal of each colour after only six events. Julia, who was also participating in her 6<sup>th</sup> event, was third in 28 mins 41 secs, the fastest time of the day.

As noted above, Julia Murphy's time of 28 mins 41 secs was the fastest of the day.

In the 3-kilometre mixed event, Irish newcomer, Darragh Morrissey was the only participant.

In the Minijog, the girls' winner was Grace Zarifeh in 10 mins 52 secs, the fastest time amongst the girls. Last month's winner, Florence Crane was second in 10 mins 57 secs. Peggy Fisher was third in 11 mins 34 secs. Ian Fisher won the boys' Minijog in 10 mins 28 secs. Ted Iggulden was second in 10 mins 35 secs and last month's boys' winner, Thomas Sieper, was third in 9 mins 43 secs. Adrian Morrissey recorded the fastest time amongst the boys of 9m mins 35 secs.

### ANNUAL POINTSCORE COMPETITION

Josie Kulesz remains at the top of the annual pointscore competition, although her lead has been cut to two. Two of the event's evergreen participants, Caroline Campbell and Des Butler, are in second and third spot respectively. There is still time for others to come out of the pack to challenge the leaders with Linda Richardson appearing to be the most likely. The top placegetters after the August event are as follows -

PLACE	NAME	TOT PTS	NET PTS	LOW PTS
1	Josephine Kulesz	753	570	93
2	Caroline Campbell	568	568	92
3	Des Butler	655	564	92
4	Paulene McCalman	487	487	0
5	Rosemary Parker	473	473	0
6	Josephine Hermans	473	473	0
7	Linda Richardson	397	397	0
8	Allison Duncan	386	386	0
9	Alice Heikkonen	385	385	0
10	Judi Edwards	377	377	0
11	Meredith Graham	297	297	0
12	Kate Murphy	297	297	0
13	Julia Murphy	293	293	0
14	YY Liu	196	196	0
15	Robyn Saunders	195	195	0

### Congratulations Josephine Hermans

Congratulations to Josephine Hermans who completed her 150<sup>th</sup> Jogalong in August. Josephine first competed in February 2004 and has been placed on nine occasions, including an impressive five wins. Josephine will receive her commemorative T shirt shortly.

### EVENTS TALLY

#### Leaders (top 10)

Linda Richardson	295
Rosemary Parker	285
Maria White	283
Lorna Burdon	269
Linda Miles	268
Norma Lindemann	246
Fran Heikkonen	246
Jeni James	237
Joan Mallory	231
Diann Bramwell	224

#### Nearing 200

Des Butler	193
Caroline Campbell	174
Fiona Heikkonen	172
Judy Kuleas	171

#### Nearing 150

Diane Fox	148
Rita Raizis	140
Carol Ey	136

#### Nearing 100 (regular runners)

Sue Rymer	99
Colleen North	99
Dawn Casey	99
Lynn Williams	98
Oneeka Robb	95
Marilyn Banfield	90
Margaret Tuckwell	88
Anne-Louise Dawes	87
Robyn Saunders	82

#### Nearing 50 (regular runners)

Annette Clark	46
Ann Evans	45
Madeleine Kaye	45
Zoe Pleasants	44
Narelle Budd	43
Thea Zimpel	42
Merilyn Bassett	41
Nat Beck	39
Megan Rhind	39

## AUGUST

**Jogalong 6km:** 1 Emma Burns 34:58:00 \* 2 Lucy Jones 34:58:00 \* 3 Nadine Morrison 33:16:00 \* 4 Jennifer Shanahan 42:19:00 \* 5 Therese Kercher 49:05:00 \* 6 Mary Ann Busted 44:33 \* 7 Vivienne Thom 39:39 \* 8 Frances Heikkonen 57:33:00 \* 9 Katherine Colebatch 37:40 \* 10 Linda Richardson 47:05 \* 11 Kate Murphy 32:20:00 \* 12 Cilla Chapman 1:01:22 \* 13 Aimee Solomon 36:50 \* 14 Alice Heikkonen 47:08:00 \* 15 Julia Murphy 28:41:00 \* 16 Des Butler 59:26:00 \* 17 Angela Rymer 53:00:00 \* 18 Josephine Kulesz 56:44:00 \* 19 Dianne Fox 1:07:20 \* 20 Patricia Lee 1:07:21 \* 21 Caroline Campbell 41:35:00 \* 22 Rosemary Parker 51:54:00 \* 23 Josephine Hermans 49:25:00 \* 24 Maria White 1:09:50

**Mixed 3km event:** 1 Satyendra Yogeswaran 11.31 \* 2 Surendra Yogeswaran 11.56  
3 Val Bland 43.07

**Minijog:** 1 Adrian Morrissey 9:35 \* 2 Sienna Morrissey 10:57 \* 3 Zara Zarifeh 11:22  
4 Ian Fisher 10:28 \* 5 Henry Zarifeh 12:31 \* 6 Ted Iggulden 10:35 \*  
7 Grace Zarifeh 10:52 \* 8 Florence Crane 10:57 \* 9 Peggy Fisher 11:34 \*  
10 Thomas Sieper 9:43 \* 11 Mia Fisher 13:44 \* 12 Daisy Crane 14:21 \*  
13 Jaida Piasente 10:57 \* 14 Owen Hughes 9:31 \* 15 Molly Morrison 10:06 \*  
16 Noah Fisher 14:23 \* 17 Isla Hughes 10:33 \* 18 Jack Iggulden 13:03 \*  
19 Patrick Fisher 15:00 \* 20 Milli White 19:55

### Coming up:

#### Jogalongs in 2023

#### Starting time is now 9am:

09:00 Sunday 03 September

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

08:00 Sunday 01 October

Sunday 5 November is the Canberra Times Fun Run – enter or volunteer

08:00 **Sunday 12 November** – delayed one week given the CT Fun Run is on 5 November

08:00 Sunday 03 December

#### Jogalongs in 2024

08:00 Sunday 07 January 2024

08:00 Sunday 04 February 2024

08:00 Sunday 03 March 2024

08:00 Sunday 07 March 2024

#### JOGALONG CONTACT NUMBERS

Lucy Jones 0406 376 346, email: [lucyweetangera@gmail.com](mailto:lucyweetangera@gmail.com)

Annemarie Calnan 0404 078 652, email: [annemariecalnan@icloud.com](mailto: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

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[beesscoafe@gmail.com](mailto:beesscoafe@gmail.com)



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## SEPTEMBER 2023 JOGALONG

The mother and daughter combination of Kate and Julia Murphy, both of whom were competing in their seventh event, continue to dominate the six-kilometre Jogalong. In September, Julia won in 27 mins 39 secs recording her first win and third placing. Kate was second in 32 mins 19 secs, beating her previous personal best by one second. Kate has now been placed on four occasions. They will both no doubt be very pleased with their new handicaps. Long-time participant, Maryann Busted, was third in 43 mins 41 secs, her fastest time of the year. Maryann was competing in her 218<sup>th</sup> event stretching back to 1984 and she has now been placed on nine occasions.

As noted above, Julia Murphy's time of 27 mins 39 secs was the fastest of the day.

In the 3-kilometre mixed event, Val Bland was the only participant.

In the Minijog, the girls' winner was Jaida Piasente in 10 mins 36 secs. Rui Bluett-Jones was second in 9 mins 40 secs, the fastest time amongst the girls, and Samantha Ramboer was third in 9 mins 41 secs. Patrick Fisher won the boys' Minijog in 11 mins 30 secs. Thomas Sieper was second in 9 mins 38 secs and Owen Hughes was third in 9 mins 37 secs.

## ANNUAL POINTSCORE COMPETITION

There has been a change at the top of the annual pointscore competition with Paulene McCalman now 13 points ahead of previous leader Josie Kulesz. Caroline Campbell is in third spot three points further back. With three events remaining for the year there is still time for others to come out of the pack to challenge the leaders. Given the outstanding form of the Murphys, they appear to be the most likely. The top placegetters after the September event are as follows -

PLACE	NAME	TOT PTS	NET PTS	LOW PTS
1	Paulene McCalman	584	584	0
2	Josephine Kulesz	847	571	94
3	Caroline Campbell	658	568	92
4	Des Butler	750	567	93
5	Rosemary Parker	566	566	0
6	Allison Duncan	475	475	0
7	Josephine Hermans	473	473	0
8	Linda Richardson	397	397	0
9	Kate Murphy	396	396	0
10	Julia Murphy	393	393	0
11	Alice Heikkonen	385	385	0
12	Judi Edwards	377	377	0
13	Meredith Graham	297	297	0
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## SEPTEMBER

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4 Therese Kercher 50:27 \* 5 Frances Heikkonen 57:41 \* 6 Cilla Chapman 58:54 \*  
7 Fiona Heikkonen 40:11 \* 8 Jennifer Shanahan 40:58 \* 9 Julia Murphy 27:39 \*  
10 Kate Murphy 32:19:00 \* 11 Alice Heikkonen 47:56:00 \* 12 Natasha Beck 45:19:00  
13 Mary Ann Busted 43:41 \* 14 Cathy Montalto 36:14 \* 15 Dorothy Kass 44:19 \*  
16 Paulene McCalman 42:28 \* 17 Robyn McClelland 36:20 \* 18 Des Butler 1:00:38 \*  
19 Josephine Kulesz 57:02 \* 20 Consie Larmour 1:07:21 \* 21 Brenda  
Larmour 1:07:32 \* 22 Rosemary Parker 50:35:00 \* 23 Patricia Lee 1:08:01 \*  
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7 Owen Hughes 9:37 \* 8 Molly Morrison 10:13 \* 9 Isla Hughes 10:34 \*  
10 Darcy Morrison 10:10 \* 11 Clara Story 13:39

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