



Jogalong Jottings

June 2023



June 2023

Volume 2, Issue 6

Newsletter of Canberra Runners Incorporated Jogalong

JUNE 2023 JOGALONG

In the 6 kilometre handicap event, there was a very rare occurrence with mother and daughter Kate and Julia Murphy filling the first two places. Kate was competing in her fifth event and her time of 34 mins 03 secs was a personal best and 12 minutes faster than that recorded in her first event in January this year. Julia was competing in her fourth event. Her time was 28 mins 31 secs and it was the first time she has been placed. Kate and Julia will now be able to discuss their shiny new handicaps around the dining table!!! YY Liu was third in 42 mins 26 secs.

Julia Murphy's time of 28 mins 31 secs was the fastest recorded on the day.

In the 3 kilometre mixed event, Val Bland was the only participant and her time was 45 mins 49 secs.

In the Minijog, the girls' winner was Jaida Piasente in 10 mins 11 secs, the fastest time amongst the girls. Grace Zarifeh was second in 10 mins 17 secs and Clara Story was third in 12 mins 21 secs. Patrick Fisher won the boys' Minijog in 10 mins 51 secs. Thomas Sieper was second in 10 mins 07 secs. Zaiden Haber recorded the fastest time amongst the boys of 9 mins 43 secs in coming third.

ANNUAL POINTSCORE COMPETITION

With a number of people not competing in June, Josie Kulesz has opened up a big lead in the annual pointscore competition. World cross country champion, Caroline Campbell, has moved into second spot, 90 points behind Josie. Rosemary Parker is in third place two points further back. The top placegetters after the June event are as follows –

PLACE	NAME	TOT PTS	NET PTS	LOW PTS
1	Josephine Kulesz	565	565	0
2	Caroline Campbell	475	475	0
3	Rosemary Parker	473	473	0
4	Des Butler	464	464	0
5	Paulene McCalman	392	392	0
6	Allison Duncan	386	386	0
7	Judi Edwards	377	377	0
8	Alice Heikkonen	292	292	0
9	Josephine Hermans	290	290	0
10	Meredith Graham	200	200	0
11	Kate Murphy	198	198	0
12	Linda Richardson	197	197	0
13	Robyn Saunders	195	195	0
14	Fiona Heikkonen	100	100	0
15	Annemarie Calnan	99	99	0

Congratulations Sara Toscan

Congratulations to Sara Toscan who completed her 100th Jogalong in June. Sara first competed in October 2007 and has been placed on seven occasions with two second and five third placings. Sara will receive her commemorative T shirt shortly.

EVENTS TALLY

Leaders (top 10)

Linda Richardson	293
Rosemary Parker	284
Maria White	282
Lorna Burdon	269
Linda Miles	268
Norma Lindemann	246
Fran Heikkonen	244
Jeni James	236
Joan Mallory	231
Diann Bramwell	224

Nearing 200

Des Butler	191
Caroline Campbell	173
Judy Kuleas	171
Fiona Heikkonen	171

Nearing 150

Josephine Hermans	149
Diane Fox	147
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	81

Nearing 50 (regular runners)

Paulene McCalman	49
Annette Clark	46
Ann Evans	45
Madeleine Kaye	45
Zoe Pleasants	44
Narelle Budd	43
Thea Zimpel	42
Merilyn Bassett	41

JUNE

Jogalong 6km: 1 Lucy Jones 32:29 * 2 Nadine Morrison 28:53 * 3 Sara Toscan 33:19
4 Zara Hungerford 42:10 * 5 Robyn McClelland 38:56 * 6 Fiona Heikkonen 41:48 *
7 Alice Heikkonen 34:24 * 8 Therese Kercher 49:59 * 9 Georgina Barnier 46:34 *
10 Amelia Andreatta 46:37 * 11 Tegan Imre 56:23 * 12 Frances Heikkonen 57:24 *
13 Narelle Budd 39:03 * 14 Maria White 58:59 * 15 Melanie Moore 42:34 *
16 Cilla Chapman 59:52 * 17 Kate Murphy 34:03 * 18 Julia Murphy 28:31 *
19 Yy Liu 42:26 * 20 Linda Richardson 54:05 * 21 Dorothy Kass 44:39 *
22 Robyn Saunders 49:49 * 23 Paulene McCalman 42:58 * 24 Des Butler 59:06 *
25 Angela Rymer 58:10 * 26 Judi Edwards 57:55 * 27 Caroline Campbell 43:14 *
28 Patricia Lee 1:09:40 * 29 Dianne Fox 1:09:40 * 30 Josephine Kulesz 59:54 *
31 Natasha Beck 43:16

Mixed 3km event: 1 Val Bland 45:49

Minijog: 1 Patrick Fisher 10:51 * 2 Jaida Piasente 10:11 * 3 Ian Fisher 10:42 * 4 Ted
Iggulden 10:43 * 5 Grace Zarifeh 10:17 * 6 Thomas Sieper 10:07 * 7 Zaiden Haber
9:43 * 8 Clara Story 12:21 * 9 Owen Hughes 9:28 * 10 Peggy Fisher 12:07 * 11 Molly
Morrison 10:10 * 12 Isla Hughes 10:12 * 13 Darcy Morrison 9:45 * 14 Evie Haber
14:51 * 15 Siena Maloney 14:24 * 16 Aaliyah White 15:11 * Mia Maloney 18:35 *
Milli White 30:53

Coming up:

Jogalongs in 2023

Starting time is now 9am:

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
08:00 Sunday 12 November – delayed one week given the CT Fun Run is on 5 November
08:00 Sunday 03 December

JOGALONG CONTACT NUMBERS

Lucy Jones 0406 376 346, email: lucyweetangera@gmail.com
Annemarie Calnan 0404 078 652, email: annemarietalnan@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**.



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JULY 2023 JOGALONG

July school holidays, so numbers were down a bit. In the 6-kilometre handicap event, all time events record holder Linda Richardson, in her 294th event, stretching back to Nov 1982, won in a time of 50:01. It was Linda's second win this year and her 5th overall, in addition to 11 minor placings. Despite all the excuses she was providing once she crossed the finish line, Linda can spend her time in Melbourne and the snow, basking in her shiny new handicap. Another regular, Cilla Chapman, in her 211th event, was 2nd in 60:22. Cilla has been placed 10 times. Yy Liu was 3rd, second month in a row. Her time of 40:56 beat her previous PB by just under a minute. Nadine Morrison's 28:42 was the fastest on the day. Julia Murphy also broke the magical 30 minute mark. In the 3 km mixed event, Sue Rymer was first in 28:25 with Val Bland coming second. In the Mini jog, the girls' winner was Florence Crane in 10:38, a PB. Despite constant re-handicapping, Florence has recorded several wins this year. Last month's winner, Jaida Piasente, was second in 10:40 and Molly Morrison was third in 10:12. Thomas Sieper won the boys in 9:55. Darcy Morrison was the only other boy taking part. The Morrison twins followed in their Mum's footprints in the Jogalong, recording the fastest times of 10:12 and 9:39 respectively.

ANNUAL POINTSCORE COMPETITION

Josie Kulesz remains in the lead in the annual pointscore competition. Not surprisingly though, as others complete their sixth event of the year, her lead has been cut, with evergreen Des Butler, now just eight points behind Josie. Paulene McCalman has moved into third spot, 71 points behind Des but she has only participated in five events. As more people complete six events for the year, there is likely to be further change at the top of the leaderboard. The top placegetters after the July event are as follows -

PLACE	NAME	TOT PTS	NET PTS	LOW PTS
1	Josephine Kulesz	657	566	92
2	Des Butler	558	558	0
3	Paulene McCalman	487	487	0
4	Caroline Campbell	475	475	0
5	Rosemary Parker	473	473	0
6	Alli Duncan	386	386	0
7	Alice Heikkonen	385	385	0
8	Josephine Hermans	381	381	0
9	Judi Edwards	377	377	0
10	Linda Richardson	297	297	0
11	Meredith Graham	297	297	0
12	Kate Murphy	198	198	0
13	Y Y Liu	196	196	0
14	Julia Murphy	195	195	0
15	Robyn Saunders	195	195	0

Congratulations Paulene McCalman

Congratulations to Paulene McCalman who completed her 50th Jogalong! Paulene first competed in Oct 2015 and has been placed on six occasions including winning in February this year. Paulene has also participated in 14 3km events. Paulene will receive her commemorative T shirt shortly.

A warm welcome

A very warm welcome to nine year old Asha Stewart who participated in her first Jogalong. Asha is now the third-generation family member to participate in the Jogalong, probably the first occurrence in the event. Grandma Fran, mother Fiona and aunt Alice were also participating. Let's hope that Asha has the same longevity as her relatives who, between them, have currently participated in 575 events.

EVENTS TALLY

Leaders (top 10)

Linda Richardson	294
Rosemary Parker	284
Maria White	282
Lorna Burdon	269
Linda Miles	268
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Thea Zimpel	42
Merilyn Bassett	41
Nat Beck	39
Megan Rhind	39

JULY

Jogalong 6km: 1 Nadine Morrison 28:42:00 * 2 Emma Burns 33:37:00 * 3 Allison Duncan 43:19:00 * 4 Frances Heikkonen 56:56:00 * 5 Therese Kercher 55:30:00 * 6 Linda Richardson 50:01:00 * 7 Emma Miller 39:14:00 * 8 Peta Bulling 39:15:00 * 9 Cilla Chapman 1:00:22 * 10 Yy Liu 40:56:00 * 11 Meredith Graham 39:30:00 * 12 Julia Murphy 29:34:00 * 13 Asha Stewart 46:11:00 * 14 Fiona Heikkonen 46:13:00 * 15 Paulene McCalman 41:46 * 16 Des Butler 59:04:00 * 17 Alice Heikkonen 31:44:00 * 18 Josephine Kulesz 56:56:00 * 19 Dianne Fox 1:07:03 * 20 Patricia Lee 1:07:03 * 21 Jeni James 1:04:50 * 22 Josephine Hermans 49:25 * 23 Mary Ann Busted 50:25

Mixed 3km event: 1 Sue Rymer 28:25 * 2 Val Bland 44:25

Minijog: 1 Florence Crane 10:38 * 2 Jaida Piasente 10:40 * 3 Thomas Sieper 9:55 * 4 Darcy Morrison 9:39 * 5 Molly Morrison 10:12 * 6 Siena Maloney 14:48 * 7 Jade Kennedy 13:19 * 8 Abigail Kennedy 12:35 * 9 Olivia Lynch 17:29

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