



Jogalong Jottings

May 2023



May 2023

Volume 2, Issue 5

Newsletter of Canberra Runners Incorporated Jogalong

MAY 2023 JOGALONG

In the 6-kilometre handicap event, the winner was Meredith Graham in 40 mins 51 secs. It was Meredith's second win, having also won in March this year. It was Meredith's 120th event. Robyn Saunders was second in 49 mins 52 secs in her 80th event stretching back to November 1988. Five-time winner, Josephine Hermans, was third in 46 mins 29 secs. Josephine has now been placed ten times in her 148 events. All three will be very pleased with their shiny new handicaps!

Nadine Morrison recorded the fastest time of the day of 28 mins 35 secs.

In the 3-kilometre mixed event, Salena Ramboer recorded the fastest time of 12 mins 35 secs, just ahead of her mum Laura whose time was 12 mins 38 secs. Jenny Burmester was third in 18 mins 50 secs.

In the Minijog, numbers were well down with only eight participants. Florence Crane won the girls' Minijog for the fourth consecutive month, and despite being rehandicapped after each win. Florence's time was 11 mins 30 secs. Samantha Ramboer was second in 10 mins 10 secs and Molly Morrison was third in 10 mins 03 secs, the fastest time amongst the girls. Aneesh Kilham won the boys' Minijog in 12 mins 28 secs. Zaiden Haber was the only other boy participating. His time was 10 mins 23 secs.

ANNUAL POINTSCORE COMPETITION

With a number of people not competing and others going off in the wrong group for the second month in a row, there have been some changes at the top of the leaderboard in the annual pointscore competition. Josie Kulesz has now taken over the lead on 474 points, one point ahead of Rosemary Parker. Allison Duncan is coming third on 386 points. The top placegetters after the May event are as follows -

PLACE	NAME	TOT PTS	NET PTS	LOW PTS
1	Josephine Kulesz	474	474	0
2	Rosemary Parker	473	473	0
3	Allison Duncan	386	386	0
4	Caroline Campbell	383	383	0
5	Des Butler	370	370	96
6	Paulene McCalman	297	297	0
7	Alice Heikkonen	292	292	0
8	Josephine Hermans	290	290	0
9	Judi Edwards	284	284	0
10	Meredith Graham	200	200	0
11	Linda Richardson	100	100	0
12	Fiona Heikkonen	100	100	0
13	Annemarie Calnan	99	99	0
14	Robyn Saunders	99	99	0
15	Kate Murphy	98	98	0

EVENTS TALLY

Leaders (top 10)

Linda Richardson	292
Rosemary Parker	284
Maria White	281
Lorna Burdon	269
Linda Miles	268
Norma Lindemann	246
Fran Heikkonen	243
Jeni James	236
Joan Mallory	231
Diann Bramwell	224

Nearing 200

Des Butler	190
Caroline Campbell	172
Judy Kuleas	171
Fiona Heikkonen	170

Nearing 150

Josephine Hermans	148
Diane Fox	146
Rita Raizis	140
Carol Ey	136

Nearing 100 (regular runners)

Sara Toscan	99
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	80

Nearing 50 (regular runners)

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

MAY

Jogalong 6km: 1 Nadine Morrison 28:35:00 * 2 Lucy Jones 33:53:00 * 3 Emma Burns 33:53:00 * 4 Sara Toscan 35:50:00 * 5 Robyn McClelland 41:19:00 * 6 Narelle Budd 40:10 * 7 Hannah Pakula 52:17 * 8 Alice Heikkonen 36:26:00 * 9 Jasmine Durant 29:37:00 * 10 Cilla Chapman 1:02:48 * 11 Frances Heikkonen 58:19 * 12 Fiona Heikkonen 58:19 * 13 Meredith Graham 40:51 * 14 Rita Raizis 53:02 15 Robyn Saunders 49:52 * 16 Josephine Hermans 46:29 17 Josie Kulesz 56:52 * 18 Natasha Beck 53:17 * 19 Rosemary Parker 50:42 * 20 Allison Duncan 42:53:00 21 Des Butler 1:00:25 * 22 Dorothy Kass 48:23

Mixed 3km event: 1 Saleena Ramboer 12:35 * 2 Laura Ramboer 12:48 * 3 Jennifer Burmester 18:50 * 4 Val Bland 45:55:00

Minijog: 1 Florence Crane 11:30 * 2 Samantha Ramboer 10:10 * 3 Aneesh Kilham 12:28 * 4 Molly Morrison 10:03 * 5 Zaiden Haber 10:23 * 6 Ruth Sullivan 11:30 * 7 Piyali Kilham 13:14 * 8 Nina Sullivan 14:32

Coming up:

Jogalongs in 2023

Starting time is now 9am:

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
08:00 Sunday 05 November – unless cancelled by the CT Fun Run

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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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

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