



Jogalong Jottings November 2023



November 2023

Volume 2, Issue 11

Newsletter of Canberra Runners Incorporated Jogalong

NOVEMBER 2023 JOGALONG

Given the postponement of the November Jogalong by one week as a result of the Canberra Times Fun Run being held the previous week, it was not surprising numbers were down a little across the three events.

In the six-kilometre Jogalong, Julia Murphy recorded her second win of the year and her fourth placing since February. Julia's time of 26 mins 05 secs beat her previous best time by more than a minute. A great achievement! Evergreen Robyn McClelland, who was participating in her 156th event stretching back to November 1995, was second in 35 mins 29 secs, her fastest time for two years. Robyn has now been placed on seven occasions. Meredith Graham was third in 40 mins 40 secs. It was the sixth time Meredith has been placed in her 123 events.

Newcomer, Andrea Raymond, recorded the fastest time of the day of 26 mins 02 secs.

In the three kilometre mixed event, William Robb was the only participant. William's time was 15 mins 12 secs.

Daisy Crane won the girls' Minijog in 13 mins 00 secs. Her sister Florence was second in 10 mins 46 secs. Samantha Ramboer was third in 9 mins 23 secs, the fastest time amongst the girls. The boys' Minijog was won by Darcy Morrison in 9 mins 13 secs, the fastest time of the day. Thomas Sieper was second in 9 mins 34 secs.

ANNUAL POINTSCORE COMPETITION

There was no change at the top of the table in the annual pointscore competition with Paulene McCalman maintaining her nine-point lead over Caroline Campbell. Des Butler is in third spot, two points further back. With one event to go, the only two people who can come out of the pack are Julia Murphy and Linda Richardson. It makes for an exciting finish next month with every point counting!! The top placegetters after the November event are as follows -

PLACE	NAME	TOT PTS	NET PTS	LOW PTS
1	Paulene McCalman	680	585	95
2	Caroline Campbell	851	576	94
3	Des Butler	850	574	94
4	Josephine Kulesz	943	573	94
5	Rosemary Parker	661	568	93
6	Josephine Hermans	568	568	0
7	Linda Richardson	494	494	0
8	Julia Murphy	493	493	0
9	Allison Duncan	475	475	0
10	Kate Murphy	396	396	0
11	Meredith Graham	395	395	0
12	Alice Heikkonen	385	385	0
13	Judi Edwards	377	377	0
14	Patricia Lee	284	284	0
15	Diane Fox	283	283	0

EVENTS TALLY

Leaders (top 10)

Linda Richardson	296
Rosemary Parker	287
Maria White	285
Lorna Burdon	269
Linda Miles	268
Fran Heikkonen	249
Norma Lindemann	246
Jeni James	237
Joan Mallory	231
Diann Bramwell	224

Nearing 200

Des Butler	196
Caroline Campbell	177
Fiona Heikkonen	174
Judy Kuleas	171

Nearing 150

Rita Raizis	140
Carol Ey	136

Nearing 100 (regular runners)

Sue Rymer	99
Colleen North	99
Dawn Casey	99
Lynn Williams	98
Oneeka Robb	96
Marilyn Banfield	90
Margaret Tuckwell	88
Anne-Louise Dawes	87
Robyn Saunders	83

Nearing 50 (regular runners)

Annette Clark	46
Ann Evans	45
Madeleine Kaye	45
Zoe Pleasants	44
Narelle Budd	44
Thea Zimpel	42
Merilyn Bassett	41
Nat Beck	40
Megan Rhind	39

NOVEMBER

Jogalong 6km:

1 Nadine Morrison 30:10:00 * 2 Oneeka Robb 34:48:00 * 3 Lucy Jones 35:36:00 *
4 Emma Burns 35:37:00 * 5 Sara Toscan 36:29:00 * 6 Andrea Raymond 26:02:00 *
7 Therese Kercher 51:32:00 * 8 Frances Heikkonen 59:11:00 *
9 Bethany Mann 1:00:51 * 10 Julia Murphy 26:05:00 * 11 Cilla Chapman 1:01:18 *
12 Mary Ann Busted 48:33:00 * 13 Robyn McClelland 35:29:00 * 14 Meredith
Graham 40:40:00 * 15 Linda Richardson 48:42:00 * 16 Paulene McCalman 43:04:00 *
17 Julie Heckscher 1:07:27 * 18 Linda Ryan 1:07:27 * 19 Rosemary Parker 52:43:00 *
20 Judi Edwards 1:02:32 * 21 Robyn Saunders 1:05:37 * 22 Des Butler 1:05:38 *
23 Caroline Campbell 50:21:00 *

Mixed 3km event: William Robb 15:12

Minijog:

1 Daisy Crane 13:00 * 2 Darcy Morrison 9:13 * 3 Florence Crane 10:46 *
4 Samantha Ramboer 9:23 * 5 Thomas Sieper 9:34 * 6 Jaida Piasente 10:35 *
7 Molly Morrison 10:50 * 8 Isla Hughes 11:12 * 9 Aria Endicott-Dellaney 17:38

Coming up:

Jogalongs in 2023

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

08:00 Sunday 07 April – CANBERRA RUNNING FESTIVAL

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
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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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Jogalong Jottings December 2023



December 2023

Volume 2, Issue 12

Newsletter of Canberra Runners Incorporated Jogalong

DECEMBER 2023 JOGALONG

Another successful Jogalong season has drawn to a close. While numbers are well down on those we were getting 20 years ago it is still a much loved event. That said, it is incumbent on us all to promote the Jogalong to ensure its long-term sustainability.

The Jogalong cannot survive without the dedicated team of volunteers and our heartfelt thanks go to all those who have supported the event over the last 12 months. Special mention must be made of Lucy Jones and Annemarie Calnan, the event coordinators, who worked tirelessly to ensure the event is held each month.

In the six-kilometre Jogalong, event record holder, Linda Richardson, won in 45 mins 23 secs, her fastest time for two years. Linda was participating in her 297th event and it was her fourth win for the year and seventh overall. Last month's winner, Julia Murphy, was second in 27 mins 41 secs and it was her fifth placing this year. Another Jogalong stalwart, Des Butler, was third in 60 mins 26 secs. Des has now been placed 15 times in her 197 events.

Julia Murphy recorded the fastest time of the day of 27 mins 41 mins, a remarkable achievement as she had already run the course with a newcomer in 33 mins 02 secs.

In the three-kilometre mixed event, Laura Ramboer recorded the fastest time of 12 mins 56 secs.

Val Bland was the only other participant.

Samantha Ramboer won the girls' Mini jog in 9 mins 42 secs. Isla Hughes was second in 11 mins 07 secs. Saleena Ramboer recorded the fastest time amongst the girls and, indeed, for the day.

Saleena's time was 8 mins 07 secs. The boys' Mini jog was won by Thomas Sieper in 9 mins 23 secs, the fastest time amongst the boys. Owen Hughes was second in 9 mins 30 secs.

ANNUAL POINTSCORE COMPETITION

As anticipated last month, Linda Richardson and Julia Murphy emerged from the pack to upset the annual pointscore competition. Linda ended up winning the competition, her second win in three years, and she finished two points ahead of Julia. Previous leader, Paulene McCalman, came third five points further back. The final placings in the 2023 annual pointscore competition are as follows:

PLACE	NAME	TOT PTS	NET PTS	LOW PTS
1	Linda Richardson	594	594	97
2	Julia Murphy	592	592	96
3	Paulene McCalman	777	587	96
4	Des Butler	948	578	94
5	Caroline Campbell	947	578	94
6	Josephine Kulesz	1032	573	94
7	Rosemary Parker	956	570	94
8	Josephine Hermans	659	568	91
9	Allison Duncan	567	567	89
10	Kate Murphy	484	484	0
11	Judi Edwards	467	467	0
12	Meredith Graham	395	395	0
13	Alice Heikkonen	385	385	0
14	Patricia Lee	378	378	0
15	Diane Fox	376	376	0

CONGRATULATIONS FRAN HEIKKONEN

Congratulations to Fran Heikkonen who has become just the sixth person to complete 250 Jogalongs. Fran first participated in July 1997 at Deek's Forest Park with her daughter Fiona. Two months later she was joined by another daughter, Alice. More recently, Fran's granddaughter and Fiona's daughter, Asha, has joined the Jogalong community, most likely the first time three generations have participated in the same event. Between them, they have now participated in 589 events.

EVENTS TALLY

Leaders (top 10)

Linda Richardson	297
Rosemary Parker	288
Maria White	286
Lorna Burdon	269
Linda Miles	268
Fran Heikkonen	250
Norma Lindemann	246
Jeni James	237
Joan Mallory	231
Diann Bramwell	224

Nearing 200

Des Butler	197
Caroline Campbell	178
Fiona Heikkonen	175
Alice Heikkonen	162
Patricia Lee	161

Nearing 150

Rita Raizis	140
Carol Ey	136

Nearing 100 (regular runners)

Sue Rymer	99
Colleen North	99
Dawn Casey	99
Lynn Williams	98
Oneeka Robb	96
Marilyn Banfield	90
Margaret Tuckwell	88
Anne-Louise Dawes	87
Nadine Morrison	86
Robyn Saunders	83

Nearing 50 (regular runners)

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

DECEMBER

Jogalong 6km:

1 Lucy Jones 31:56 * 2 Arya Gopalakrishnan 33:02:00 * 3 Therese Kercher 54:26:00 *
4 Asha Stewart 43:31 * 5 Fiona Heikkonen 43:39:00 * 6 Frances Heikkonen 59:13:00
7 Narelle Budd 53:23:00 * 8 Alice Heikkonen 49:43:00 * 9 Meredith Graham 53:17:00
10 Linda Richardson 45:23 * 11 Ruth Hearnshaw 42:34 * 12 Julia Murphy 27:41:00 *
13 Cilla Chapman 1:03:17 * 14 Sally Thauvette 31:46:00 * 15 Des Butler 1:00:26 *
16 Paulene McCalman 42:43:00 * 17 Caroline Campbell 42:22:00 * 18 Rosemary
Parker 51:34:00 * 19 Annemarie Calnan 45:40:00 * 20 Patricia Lee 1:08:00 *
21 Dianne Fox 1:08:01 * 22 Allison Duncan 44:47:00 * 23 Maria White 1:08:57 *
24 Josephine Hermans 49:28:00 * 25 Judi Edwards 1:03:28 *
26 Josephine Kulesz 1:03:33 * 27 Natasha Beck 53:02:00 * 28 Kate Murphy 59:40:00

Mixed 3km event: 1. Laura Ramboer 12:56 * 2. Val Bland 40:29

Minijog:

1 Oliver Libon 9:16 * 2 Saleena Ramboer 8:07 * 3 Vincent McKellar 13:43 *
4 Thomas Sieper 9:23 * 5 Owen Hughes 9:30 * 6 Remy Harvey 12:39 *
7 Samantha Ramboer 9:42 * 8 Isla Hughes 11:07 * 9 Arizona Jensen 16:19

Coming up:

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
08:00 Sunday 07 April – CANBERRA RUNNING FESTIVAL

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