



# Jogalong Jottings October 2023



October 2023

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Newsletter of Canberra Runners Incorporated Jogalong

## OCTOBER 2023 JOGALONG

With the October event coinciding with school holidays, the start of daylight saving and the change in the start time to 8am, numbers were well down and the 3 kilometre and minijog events were not conducted. In the six kilometre Jogalong, the placegetters had a total of 529 events between them and a average age of 80, clearly showing that experience played a big part in their success. Des Butler was the winner in 61 mins 43 secs. Des was competing in her 195<sup>th</sup> event stretching back to February 1989 and she now has five wins along with nine minor placings. Cross-country world champion, Caroline Campbell, was second in 42 mins 59 secs. Caroline has been placed 11 times in her 174 events. Patricia Lee was third in 67 mins 34 secs and she now has a medal of each colour.

Emma Burns recorded the fastest time of the day of 37 mins 07 secs.

As noted above, the 3 kilometre and Minijog were not conducted.

## ANNUAL POINTSCORE COMPETITION

Despite not participating in October, Paulene McCalman has maintained her lead at the top of the table in the annual pointscore competition. Given their placings in October, Caroline Campbell and Des Butler have moved into second and third spot respectively. With two events remaining for the year there is still a chance for someone to come out of the pack and win the competition. The Murphys seem to be the most likely, although the handicapper is watching both very closely!!!

The top placegetters after the October event are as follows -

PLACE	NAME	TOT PTS	NET PTS	LOW PTS
1	Paulene McCalman	584	584	0
2	Caroline Campbell	757	575	93
3	Des Butler	850	574	94
4	Josephine Kulesz	943	573	94
5	Josephine Hermans	568	568	0
6	Rosemary Parker	566	566	0
7	Allison Duncan	475	475	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
14	Patricia Lee	284	284	0
15	Diane Fox	283	283	0

## Congratulations Diane Fox

Congratulations to Diane Fox who completed her 150<sup>th</sup> Jogalong in October. Diane first participated in February 1999 and most of her 150 events have been alongside fellow walker and friend Patricia Lee. Diane won the event in October 2013 and also has one third placing. Diane will be presented with her commemorative shirt shortly.

## EVENTS TALLY

### Leaders (top 10)

Linda Richardson	295
Rosemary Parker	286
Maria White	285
Lorna Burdon	269
Linda Miles	268
Fran Heikkonen	248
Norma Lindemann	246
Jeni James	237
Joan Mallory	231
Diann Bramwell	224

### Nearing 200

Des Butler	195
Caroline Campbell	176
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	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	44
Thea Zimpel	42
Merilyn Bassett	41
Nat Beck	40
Megan Rhind	39

## OCTOBER

**Jogalong 6km:** 1 Emma Burns 37:07:00 \* 2 Frances Heikkonen 57:31:00 \*  
3 Vivienne Thom 39:01 \* 4 Kerrin Whitcombe 41:24 \* 5 Alice Heikkonen 50:55 \*  
6 Jennifer Shanahan 42:02:00 \* 7 Fiona Heikkonen 41:10:00 \* 8 Maria White 1:04:52  
9 Cilla Chapman 1:04:52 \* 10 Therese Kercher 57:16:00 \* 11 Des Butler 1:01:43  
12 Caroline Campbell 42:59:00 \* 13 Patricia Lee 1:07:33 \* 14 Dianne Fox 1:07:34  
15 Josephine Kulesz 59:38 \* 16 Josephine Hermans 51:52 \* 17 Judi Edwards 1:03:34  
18 Meredith Graham 55:32:00 \* 19 Pippa Graham 55:33:00

**Mixed 3km event:** Nil competitors

**Minijog:**

Nil competitors

### Coming up:

#### Jogalongs in 2023

**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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