



# Jogalong & Mini Jog Jottings January 2024



January 2024

Volume 1, Issue 1

Newsletter of Canberra Runners Incorporated Jogalong

## JANUARY 2024 JOGALONG & MINI JOG

Despite the clash with the Thredbo Running Festival and school holidays, there was a reasonable turnout across the three events.

In the six-kilometre Jogalong, and despite the best efforts of the ruthless handicapper, Julia Murphy recorded her third win and sixth placing in just her tenth event. Julia's time was an incredible 24 mins 46 secs and she beat her previous personal best time by 1 minute 19 seconds. Two longer term Jogalong participants filled the minor placings. Meredith Graham with a big sprint in the last 100 metres, was second in 38 mins 43 secs, her fastest time for more than two years. Meredith has now been placed six times in her 125 events. Judi Edwards, who has been participating in the Jogalong since March 1987 and who has now completed 229 events, was third in 58 mins 20 secs. Showing that persistence pays off it was Judi's first placing for seven years.

Julia Murphy recorded the fastest time of the day of 24 mins 46 secs, and the fastest time recorded in the Jogalong for around five years. A great achievement.

In the three-kilometre mixed event, Laura Ramboer recorded the fastest time of 12 mins 56 secs. Val Bland was the only other participant.

Daisy Crane won the girls' Mini Jog in 13 mins 33 secs followed by her sister Florence in 11 mins 22 secs. Newcomer Sophie Cusack recorded the fastest time amongst the girls of 10 mins 16 secs. The boys' Mini Jog was won by Oliver Libon in 9 mins 26 secs.

## ANNUAL POINTSCORE COMPETITION

It's obviously early days in the annual pointscore competition but last year's runner up, Julia Murphy, is off to a good start and heads the table after the January event. Top placings are -

| PLACE | AME               | TOT PTS | NET PTS | LOW PTS |
|-------|-------------------|---------|---------|---------|
| 1     | Julia Murphy      | 100     | 100     | 0       |
| 2     | Meredith Graham   | 99      | 99      | 0       |
| 3     | Judi Edwards      | 98      | 98      | 0       |
| 4     | Caroline Campbell | 97      | 97      | 0       |
| 5     | Paulene Mc Calman | 96      | 96      | 0       |
| 6     | Rosemary Parker   | 95      | 95      | 0       |
| 7     | Patricia Lee      | 94      | 94      | 0       |
| 8     | Diane Fox         | 93      | 93      | 0       |
| 9     | Josie Kulesz      | 92      | 92      | 0       |
| 10    | Josephine Hermans | 91      | 91      | 0       |
| 11    | Linda Richardson  | 90      | 90      | 0       |
| 12    | Des Butler        | 89      | 89      | 0       |

## WELCOME BACK

January saw two people return to the Jogalong after a considerable break. Sue Archer participated for the first time for three years. Linda Heikkonen (yes another of the Heikkonen clan!!) participated for the first time since 2016 and she was joined by her seven-year-old daughter Maya Regulic. So almost certainly for the first time ever in the history of the Jogalong we had six members of the same family participating...Fran, three of her daughters, and two granddaughters!!!

## CELEBRATING VOLUNTEERS

Jogalong and Mini Jog wouldn't operate without volunteers and this month we acknowledge the contributions of **Alan and Lorna Burdon** and **Warren Butler**. For over 10 years they have provided water at the 3km Jogalong turnaround point – in all sorts of weather, also offering encouragement and sassy comments to competitors. Alan and Lorna are 87, and Warren is probably not far behind. They are retiring after April this year. If anyone would like to volunteer for this duty please contact the Jogalong coordinators (details below).

## EVENTS TALLY

### Leaders (top 10)

|                  |     |
|------------------|-----|
| Linda Richardson | 298 |
| Rosemary Parker  | 289 |
| Maria White      | 286 |
| Lorna Burdon     | 269 |
| Linda Miles      | 268 |
| Fran Heikkonen   | 251 |
| Norma Lindemann  | 246 |
| Jeni James       | 237 |
| Joan Mallory     | 231 |
| Judi Edwards     | 229 |

### Nearing 200

|                   |     |
|-------------------|-----|
| Des Butler        | 198 |
| Caroline Campbell | 179 |
| Fiona Heikkonen   | 176 |
| Alice Heikkonen   | 163 |
| Patricia Lee      | 162 |

### 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       | 97 |
| Marilyn Banfield  | 90 |
| Margaret Tuckwell | 88 |
| Anne-Louise Dawes | 87 |
| Nadine Morrison   | 86 |
| Robyn Saunders    | 82 |

### Nearing 50 (regular runners)

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

## JANUARY

**Jogalong 6km:** 1 Lucy Jones 31:32 \* 2 Oneeka Robb 35:14 \* 3 Sara Toscan 36:15 \* 4 Frances Heikkonen 58:34 \* 5 Julia Murphy 24:46 \* 6 Cilla Chapman 61:31 \* 7 Kate Murphy 47:33 \* 8 Meredith Graham 38:43 \* 9 Alice Heikkonen 51:05 \* 10 Aimee Solomon 37:16 \* 11 Asha Stewart 43:43 \* 12 Fiona Heikkonen 43:49 \* 13 Sue Archer 43:27 \* 14 Judi Edwards 58:20 \* 15 Caroline Campbell 41:30 \* 16 Paulene McCalman 43:31 \* 17 Rosemary Parker 51:58 \* 18 Patricia Lee 67:53 \* 19 Dianne Fox 1:07:53 \* 20 Dorothy Kass 47:47 \* 21 Josephine Kulesz 88:00 \* 22 Josephine Hermans 50:34 \* 23 Linda Richardson 53:00 \* 24 Maya Regulic 58:52 \* 25 Linda Heikkonen 58:52 \* 26 Des Butler 68:44 \* 27 Barb McKay 37:10

**Mixed 3km event:** 1 William Robb 17:09 \* 2 Scarlet Robb 20:50 \* 3 Sue Rymer 26:18 \* 4 Jeni James 29:12 \* 5 Val Bland 37:52

**Mini Jog:** 1 Sophie Cusack 10:16 \* 2 Oliver Libon 9:26 \* 3. Daisy Crane 13:33 \* 4 Emily Cusack 4:48 \* 5 Florence Crane 11:22 \* 6 Nico Soligo 23:46

## MILESTONE T-SHIRT AWARDS

T-shirts are awarded to runners who have competed in multiple Jogalongs: 50 runs – red t-shirt; 100 – blue; 150 – pink; 200 – lime green; 250 – purple; 300 – orange). This can be quite a feat given Jogalong is only once a month. To celebrate the same achievement in Mini Jog, caps are awarded, and Molly and Darcy Morrison recently achieved a 50 run milestone - caps are on order.



June 2023: Runners and volunteers celebrate Patricia Lee being presented with her 150 run t-shirt.



Jan 2024: Di Fox (150 runs), Paulene McCalman (50 runs), Josephine Hermans (150 runs)

## Coming up: Jogalongs and Mini Jogs in 2024

08:00 Sunday 04 February 2024

08:00 Sunday 03 March 2024

08:00 Sunday 07 March 2024

08:00 **Sunday 14 April** – Canberra Running Festival is on 7 April, so we're delayed by one week.

09:00 Sunday 05 May

## JOGALONG COORDINATOR 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



Heritage Nursery  
YARRALUMLA

Phone **6281 7373**.

### Kingston Physiotherapy

CBR Runners members receive 15% discount off standard rates  
Phone **6260 8244**.



*Nice Caffe. Good Food.*

### Beess and Co Cafe

Shop 5, 29 Bentham Street, Yarralumla.

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



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# Jogalong & Mini Jog Jottings February 2024



February 2024

Volume 1, Issue 2

Newsletter of Canberra Runners Incorporated Jogalong

## FEBRUARY 2024 JOGALONG & MINI JOG ANNUAL POINTSCORE COMPETITION

Due to processing issues for the February event, the annual point score competitions remains the same as for January. Top placings are -

| PLACE | AME               | TOT PTS | NET PTS | LOW PTS |
|-------|-------------------|---------|---------|---------|
| 1     | Julia Murphy      | 100     | 100     | 0       |
| 2     | Meredith Graham   | 99      | 99      | 0       |
| 3     | Judi Edwards      | 98      | 98      | 0       |
| 4     | Caroline Campbell | 97      | 97      | 0       |
| 5     | Paulene Mc Calman | 96      | 96      | 0       |
| 6     | Rosemary Parker   | 95      | 95      | 0       |
| 7     | Patricia Lee      | 94      | 94      | 0       |
| 8     | Diane Fox         | 93      | 93      | 0       |
| 9     | Josie Kulesz      | 92      | 92      | 0       |
| 10    | Josephine Hermans | 91      | 91      | 0       |
| 11    | Linda Richardson  | 90      | 90      | 0       |
| 12    | Des Butler        | 89      | 89      | 0       |

## FEBRUARY

**Jogalong 6km:** 1 Emma Burns 37:02 \* 2 Allison Duncan 45:26 \* 3 Narelle Budd 44:27 \*  
4 Frances Heikkonen 57:55 \* 5 Linda Richardson 58:39 \* 6 Therese Kercher 54:54 \* 7 Asha  
Stewart 43:21 \* 8 Fiona Heikkonen 43:26 \* 9 Cilla Chapman 1:02:06 \*  
10 Annemarie Calnan 47:40 \* 11 Julia Murphy 25:15 \* 12 Janice Hagen 43:46 \* 13 Caroline  
Campbell 41:37 \* 14 Alice Heikkonen 54:15 \* 15 Mary Ann Busted 45:23 \*  
16 Robyn Saunders 58:24 \* 17 Judi Edwards 58:26 \* 18 Paulene McCalman 43:55 \* 19 Jennifer  
Shanahan 44:10 \* 20 Dorothy Kass 46:14 \* 21 Des Butler 1:02:19 \* 22 Kate Murphy 36:42 \*  
23 Rosemary Parker 52:44 \* 24 Di Fox 1:08:58 \* 25 Patricia Lee 1:08:58 \*  
26 Josie Kulesz 1:00:24 \* 27 Barb McKay 40:34 \* 28 Jeni James 1:11:08 \* 29 Josephine  
Hermans 54:450

**Mixed 3km event:** 1 Yy Liu 15:02 \* 2 Owen Hughes 17:13 \* 3 Isla Hughes 17:13 \* 4 Fiona  
Wallace 21:07 \* 5 Maya Regulic 32:51:00 \* 6 Linda Heikkonen 32:51:00 \* 7 Carol Ey 33:16:00

**Mini Jog:** 1 Max Maron 10:00 \* 2 Sophie Cusack 10:07 \* 3 Cassius Westwood 10:25 \* 4 Vincent  
McKellar 13:41 \* 5 Daisy Crane 13:16 \* 6 Molly Morrison 10:22 \* 7 Florence Crane 11:28 \* 8  
Thomas Sieper 10:49 \* 9 Hazel McDonald 14:58 \* 10 Dot Westwood 16:41 \* 11 Ewan  
McDonald 15:08 \* 12 Sophia Drahos 19:27

## Coming up: Jogalongs and Mini Jogs in 2024

08:00 Sunday 03 March 2024

08:00 **Sunday 14 April** – Canberra Running Festival is on 7 April, so we're delayed by one week.

09:00 Sunday 05 May

09:00 Sunday 02 June

09:00 Sunday 07 July

## JOGALONG COORDINATOR CONTACT NUMBERS

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

**Information about the handicapping system** please phone Ivan Neville on  
0411 651 313. Don't say we haven't given you the opportunity.

## EVENTS TALLY

### Leaders (top 10)

|                  |     |
|------------------|-----|
| Linda Richardson | 298 |
| Rosemary Parker  | 289 |
| Maria White      | 286 |
| Lorna Burdon     | 269 |
| Linda Miles      | 268 |
| Fran Heikkonen   | 251 |
| Norma Lindemann  | 246 |
| Jeni James       | 237 |
| Joan Mallory     | 231 |
| Judi Edwards     | 229 |

### Nearing 200

|                   |     |
|-------------------|-----|
| Des Butler        | 198 |
| Caroline Campbell | 179 |
| Fiona Heikkonen   | 176 |
| Alice Heikkonen   | 163 |
| Patricia Lee      | 162 |

### 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       | 97 |
| Marilyn Banfield  | 90 |
| Margaret Tuckwell | 88 |
| Anne-Louise Dawes | 87 |
| Nadine Morrison   | 86 |
| Robyn Saunders    | 82 |

### Nearing 50 (regular runners)

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





# Jogalong & Mini Jog Jottings March 2024



March 2024

Volume 1, Issue 3

Newsletter of Canberra Runners Incorporated Jogalong

## MARCH 2024 JOGALONG & MINI JOG

In the six kilometre Jogalong, the remarkable Julia Murphy won yet again in a personal best time of 24 mins 12 secs. Julia has only participated in 12 events since February last year and, yet, she has been placed on eight occasions, including five wins. In an attempt to defend himself, the handicapper has noted that Julia's handicap has noted that in March last year Julia's handicap was 41 and in her next event she will be starting in group 54! Julia's mother Kate was second in 35 mins 8 secs and she, too, has been a dominant force since joining the Jogalong community having been placed 7 times in 11 events. Paulene McCalman was third in 43 mins 32 sec, her seventh placing in 57 starts.

Julia Murphy recorded the fastest time of the day of 24 mins 12 secs as she continues to record personal bests and frustrate the handicapper!! Nonetheless, he acknowledges what an incredible runner Julia has become in such a short period of time.

In the three kilometre mixed event, all three placegetters recorded personal best times. Saleena Ramboer recorded the fastest time of 12 mins 06 secs followed by William Robb in 15 mins 26 secs while Owen Hughes was third in 14 mins 31 secs.

Sophie Cusack won the girls' Minijog in 9 mins 52 secs. Samantha Ramboer was second in 9 mins 23, the fastest time amongst the girls, and Daisy Crane was third in 14 mins 07 secs. The boys' Minijog was won by Cassius Westwood in 9 mins 34 secs. Vincent McKellar was second in 14 mins 15 secs and Thomas Sieper was third in 9 mins 19 secs, the fastest time amongst the boys.

## ANNUAL POINTSCORE COMPETITION

It's obviously early days in the annual pointscore competition but last year's runner up, Julia Murphy, is off to a good start and heads the table after the March event. Julia is nine points clear of Paulene McCalman, with Jogalong stalwart, Rosemary Parker, seven points further back. The top 15 placegetters after the March event are as follows -

| PLACE | NAME              | TOT PTS | NET PTS | LOW PTS |
|-------|-------------------|---------|---------|---------|
| 1     | Julia Murphy      | 300     | 300     | 0       |
| 2     | Paulene McCalman  | 291     | 291     | 0       |
| 3     | Rosemary Parker   | 284     | 284     | 0       |
| 4     | Dianne Fox        | 279     | 279     | 0       |
| 5     | Patricia Lee      | 278     | 278     | 0       |
| 6     | Josephine Kulesz  | 277     | 277     | 0       |
| 7     | Caroline Campbell | 196     | 196     | 0       |
| 8     | Dorothy Kass      | 193     | 193     | 0       |
| 9     | Kate Murphy       | 193     | 193     | 0       |
| 10    | Des Butler        | 184     | 184     | 0       |
| 11    | Josephine Hermans | 180     | 180     | 0       |
| 12    | Meredith Graham   | 99      | 99      | 0       |
| 13    | MaryAnn Busteed   | 98      | 98      | 0       |
| 14    | Judi Edwards      | 98      | 98      | 0       |
| 15    | Linda Richardson  | 90      | 90      | 0       |

## MILESTONES

Two very significant milestones were achieved in March. Linda Richardson became the first person to complete 300 six kilometre Jogalongs, a truly remarkable achievement!!! At the same event, Des Butler became just the 17<sup>th</sup> person to complete 200 Jogalongs Linda first participated in November 1982 so she has averaged just over 7 events per year over the 41 and a bit years that she has been involved. Not surprisingly, she has been placed on 19 occasions including 7 wins. Des first participated in February and she, too, has been a regular placegetter with 14 placings including five wins. Linda and Des will be presented with their commemorative t-shirts shortly.

## EVENTS TALLY

### Leaders (top 10)

|                  |     |
|------------------|-----|
| Linda Richardson | 300 |
| Rosemary Parker  | 291 |
| Maria White      | 286 |
| Lorna Burdon     | 269 |
| Linda Miles      | 268 |
| Fran Heikkonen   | 253 |
| Norma Lindemann  | 246 |
| Jeni James       | 236 |
| Joan Mallory     | 231 |
| Judi Edwards     | 231 |

### Nearing 200

|                   |     |
|-------------------|-----|
| Caroline Campbell | 179 |
| Fiona Heikkonen   | 177 |
| Alice Heikkonen   | 164 |
| Patricia Lee      | 164 |

### Nearing 150

|             |     |
|-------------|-----|
| Rita Raizis | 141 |
| Carol Ey    | 136 |

### Nearing 100 (regular runners)

|                   |    |
|-------------------|----|
| Sue Rymer         | 99 |
| Colleen North     | 99 |
| Dawn Casey        | 99 |
| Lynn Williams     | 98 |
| Oneeka Robb       | 98 |
| Marilyn Banfield  | 90 |
| Margaret Tuckwell | 88 |
| Anne-Louise Dawes | 87 |
| Nadine Morrison   | 86 |
| Robyn Saunders    | 84 |

### Nearing 50 (regular runners)

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

## MARCH

**Jogalong 6km:** 1 Oneeka Robb 34:11 \* 2 Emma Burns 36:23 \* 3 Lucy Jones 36:31 \* 4 Frances Heikkonen 57:29 \* 5 Cathy Montalto 39:24 \* 6 Therese Kercher 54:12 \* 7 Caroline Campbell 43:08 \* 8 Julia Murphy 24:12 \* 9 Mary Ann Busted 45:43 \* 10 Sue Archer 44:06 \* 11 Kate Murphy 35:08 \* 12 Rita Raizis 52:18 \* 13 Paulene McCalman 43:32 \* 14 Dorothy Kass 45:57 \* 15 Rosemary Parker 52:18 \* 16 Linda Richardson 50:53 \* 17 Josephine Kulesz 1:00:49 \* 18 Dianne Fox 1:09:52 \* 19 Patricia Lee 1:09:52 \* 20 Meredith Graham 42:39 \* 21 Robyn Saunders 1:02:44 \* 22 Des Butler 1:02:44 \* 23 Linda Ryan 1:12:26 \* 24 Julie Heckscher 1:12:27 \* 25 Josephine Hermans 53:03:00 \* 26 Judi Edwards 1:04:25

**Mixed 3km event:** 1 Saleena Ramboer 12:06 \* 2 William Robb 14:26 \* 3 Owen Hughes 14:31 4 Scarlet Robb 19:40 \* 5 Fiona Wallace 19:47 \* 6 Kathleen Bleakley 20:41 \* 7 Maya Regulic 30:49 \* 8 Linda Heikkonen 30:49 \* 9 Jeni James 35:35 \* 10 Val Bland 42:11

**Mini Jog:** 1 Cassius Westwood 9:34 \* 2 Sophie Cusack 9:52 \* 3 Arya Lewis 10:46 \* 4 Leo Lewis 13:01 \* 5 Clara Lewis 12:50 \* 6 Aneesh Kilham 12:11 \* 7 Vincent McKellar 14:15 \* 8 Thomas Sieper 9:19 \* 9 Samantha Ramboer 9:23 \* 10 Piyali Kilham 13:02 \* 11 Daisy Crane 14:07 \* 12 Thomas Thomma 10:44 \* 13 Florence Crane 11:23 \* 14 Dot Westwood 14:12 \* 15 Hugo Cusack 16:42 \* 16 Emily Cusack 16:18:46

## CELEBRATING FAMILIES

The Heikkonen family have been mentioned in previous newsletters, and there were three generations in attendance in March: Frances, her daughter Maya and her mother, Fran.



March 2024: Di Fox and Patricia Lee with their collapsible cups – a gift to members from the Canberra Runners Club.

## Coming up: Jogalongs and Mini Jogs in 2024

08:00 Sunday 07 March 2024

08:00 **Sunday 14 April** – Canberra Running Festival is on 7 April, so we're delayed by one week.

09:00 Sunday 05 May

09:00 Sunday 2 June

## JOGALONG COORDINATOR CONTACT NUMBERS

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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.

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– members get a **15% discount** on coffees and food. Caffeine up after the run!



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Phone **6281 7373**.

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# Jogalong & Mini Jog Jottings April 2024



April 2024

Volume 1, Issue 4

Newsletter of Canberra Runners Incorporated Jogalong

## APRIL 2024 JOGALONG & MINI JOG

If it's not one Murphy, it's the other!!! After Julia had won the previous six kilometre Jogalong, her Mum Kate greeted the judges with a strong win in 33 mins 54 secs and she is now returning to the form she exhibited prior to injury. It was Kate's second win and sixth placing in 12 events Two Jogalong legends, Rosemary Parker and Des Butler, filled the minor placings. Rosemary was second in 51 mins 29 secs and she has now been placed 19 times in 292 events. Des Butler came third in 61 mins 59 secs and she has now been placed 16 times in 201 events. All three should be well pleased with their new handicaps.

Julia Murphy again recorded the fastest time of the day of 27 mins 58 secs.

In the three-kilometre mixed event, newcomer Louis Chen recorded the fastest time of 15 mins 31 secs. Isla Hughes was second in 16 mins 14 secs and Fiona Wallace came third in 19 mins 10 secs.

Sophie Cusack won the girls' Mini Jog for the second consecutive month. Sophie's time was 10 mins 12 secs. Her sister Emily was second in 13 mins 48 secs and Samantha Ramboer was third in 9 mins 35 secs, the fastest time amongst the girls. The boys' Minijog was won by Vincent McKellar in 13 mins 48 secs. Thomas Thomma was second in 10 mins 28 secs, the fastest time amongst the boys.

## ANNUAL POINTSCORE COMPETITION

Julia Murphy retains her lead at the top of the annual pointscore competition table having scored 396 points out of a maximum possible so if she continues her form or the handicapper takes some drastic action she may be hard to beat!! Jogalong stalwart Rosemary Parker is in second spot, 13 points behind Julia. Dianne Fox, Patricia Lee and Josephine Kulesz are all 13 points further back. The top15 placegetters after the April event are as follows -

| PLACE | NAME              | TOT PTS | NET PTS | LOW PTS |
|-------|-------------------|---------|---------|---------|
| 1     | Julia Murphy      | 396     | 396     | 0       |
| 2     | Rosemary Parker   | 383     | 383     | 0       |
| 3     | Dianne Fox        | 372     | 372     | 0       |
| 4     | Patricia Lee      | 372     | 372     | 0       |
| 5     | Josephine Kulesz  | 372     | 372     | 0       |
| 6     | Kate Murphy       | 293     | 293     | 0       |
| 7     | Paulene McCalman  | 291     | 291     | 0       |
| 8     | Caroline Campbell | 288     | 288     | 0       |
| 9     | Des Butler        | 282     | 282     | 0       |
| 10    | Josephine Hermans | 271     | 271     | 0       |
| 11    | MaryAnn Busteed   | 195     | 195     | 0       |
| 12    | Dorothy Kass      | 193     | 193     | 0       |
| 13    | Meredith Graham   | 99      | 99      | 0       |
| 14    | Judi Edwards      | 98      | 98      | 0       |
| 15    | Linda Richardson  | 90      | 90      | 0       |

## VALE LYNN WILLIAMS

The Jogalong community mourns the passing of Lynn Williams. Lynn first participated in September 1990 and completed 98 Jogalongs and three 3 kilometre events. Her last event was in July 2019 as she concentrated on parkruns having completed 165 events across 21 locations. Lynn was a truly lovely lady and our thoughts are with her family at this sad time.

## EVENTS TALLY

### Leaders (top 10)

|                  |     |
|------------------|-----|
| Linda Richardson | 300 |
| Rosemary Parker  | 292 |
| Maria White      | 286 |
| Lorna Burdon     | 269 |
| Linda Miles      | 268 |
| Fran Heikkonen   | 254 |
| Norma Lindemann  | 246 |
| Jeni James       | 236 |
| Judi Edwards     | 232 |
| Joan Mallory     | 231 |

### Nearing 200

|                   |     |
|-------------------|-----|
| Caroline Campbell | 180 |
| Fiona Heikkonen   | 178 |
| Alice Heikkonen   | 165 |
| Patricia Lee      | 165 |

### Nearing 150

|             |     |
|-------------|-----|
| Rita Raizis | 141 |
| Carol Ey    | 137 |

### Nearing 100 (regular runners)

|                   |    |
|-------------------|----|
| Sue Rymer         | 99 |
| Colleen North     | 99 |
| Dawn Casey        | 99 |
| Oneeka Robb       | 98 |
| Marilyn Banfield  | 90 |
| Margaret Tuckwell | 88 |
| Anne-Louise Dawes | 87 |
| Nadine Morrison   | 86 |
| Robyn Saunders    | 84 |

### Nearing 50 (regular runners)

|                 |    |
|-----------------|----|
| Narelle Budd    | 47 |
| Annette Clark   | 46 |
| Madeleine Kaye  | 45 |
| Zoe Pleasants   | 44 |
| Thea Zimpel     | 42 |
| Merilyn Bassett | 41 |
| Nat Beck        | 41 |
| Megan Rhind     | 39 |

## APRIL

**Jogalong 6km:** 1 Lucy Jones 31:56 \* 2 Fiona Skyring 56:51 \* 3 Therese Kercher 52:22 \* 4 Janice Hagen 37:58:00 \* 5 Frances Heikkonen 56:22:00 \* 6 Carol Ey 1:01:27 \* 7 Cilla Chapman 1:02:22 \* 8 Kate Murphy 33:54:00 \* 9 Rosemary Parker 51:29:00 \* 10 Judi Edwards 1:05:46 \* 11 Des Butler 1:01:59 \* 12 Alice Heikkonen 51:02:00 \* 13 Mary Ann Busted 46:15:00 \* 14 Julia Murphy 27:58:00 \* 15 Ingrid The 40:22:00 \* 16 Barbara McKay 40:22:00 \* 17 Josephine Kulesz 59:27:00 \* 18 Patricia Lee 1:08:52 \* 19 Dianne Fox 1:08:53 \* 20 Asha Stewart 44:21:00 \* 21 Fiona Heikkonen 44:26:00 \* 22 Narelle Budd 1:03:37 \* 23 Annemarie Calnan 47:20:00 \* 24 Caroline Campbell 47:59:00 25 Josephine Hermans 56:44:00

**Mixed 3km event:** 1 Louis Chen 15:31 \* 2 Isla Hughes 16:14 \* 3 Fiona Wallace 19:40 \* 4 Aria Endicott-Dellaney 28:55:00 \* 5 Bethany Hann 28:56:00

**Mini Jog:** 1 Sophie Cusack 10:12 \* 2 Emily Cusack 13:48 \* 3 Vincent McKellar 13:48 \* 4 Sebastien The 10:54 \* 5 Thomas Thomma 10:28 \* 6 Samantha Ramboer 9:35 \* 7 Gretta Bunt 15:02 \* 8 Annaliese The 28:20:00

### Coming up: Jogalongs and Mini Jogs in 2024

09:00 Sunday 05 May  
09:00 Sunday 02 June  
09:00 Sunday 7 July  
09:00 Sunday 4 August  
09:00 Sunday 1 September  
08:00 Sunday 06 October – **back to an 8am start**

### JOGALONG COORDINATOR CONTACT NUMBERS

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



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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 & Mini Jog Jottings June 2024



June 2024

Volume 1, Issue 6

Newsletter of Canberra Runners Incorporated Jogalong

## JUNE 2024 JOGALONG & MINI JOG

The first event for winter 2024 saw three experienced participants fill the placings in the six kilometre Jogalong. The winner was Judi Edwards in 56 mins 26 secs, her fastest time since February 2023. While some of the older records are not perfect, it seems that it was Judi's first win in her 234 events. A great achievement!! Sue Archer, who recently returned to the Jogalong after a break of three years, was second in 43 mins 02 secs. It was the fifth time Sue has been placed in her 76 events. Meredith Graham put in a big sprint at the end which was enough for her to grab third place. Meredith's time was 40 mins 21 secs and she has now been placed eight times in her 127 events.

Despite running with and encouraging her mother all the way around, Julia Murphy again recorded the fastest time of the day of 33 mins 29 secs, just ahead of mum Kate. Julia is likely to be grounded for not letting her Mum beat her!!

In the three kilometre mixed event, Owen Hughes recorded the fastest time of 14 mins 21 secs. His sister Isla was second in 16 mins 55 secs with Fiona Wallace third in 20 mins 10 secs.

Arya Lewis won the girls' Minijog in 10 mins 12 secs. Her sister Clara was second in 14 mins 08 secs. Grace Zarifeh recorded the fastest time amongst the girls of 11 mins 15 secs, ahead of her sister Zara in 11 mins 49 secs. The boys' Minijog was won by Thomas Sieper in 9 mins 36 secs. Leo Lewis was second in 14 mins 53 secs. Newcomer, William Minns, recorded the boys' fastest time of 9 mins 28 secs.

## ANNUAL POINTSCORE COMPETITION

Rosemary Parker retained her lead at the top of the annual pointscore competition table. Rosemary is on 575 points, 16 points ahead of Josie Kulesz. Kate Murphy is third on 487 points but has participated in one less event. The top15 placegetters after the June event are as follows -

| PLACE | NAME              | TOT PTS | NET PTS | LOW PTS |
|-------|-------------------|---------|---------|---------|
| 1     | Rosemary Parker   | 575     | 575     | 0       |
| 2     | Josie Kulesz      | 559     | 559     | 0       |
| 3     | Kate Murphy       | 487     | 487     | 0       |
| 4     | Julia Murphy      | 396     | 396     | 0       |
| 5     | Des Butler        | 379     | 379     | 0       |
| 6     | Dianne Fox        | 372     | 372     | 0       |
| 7     | Patricia Lee      | 372     | 372     | 0       |
| 8     | Josephine Hermans | 362     | 362     | 0       |
| 9     | Judi Edwards      | 297     | 297     | 0       |
| 10    | Caroline Campbell | 288     | 288     | 0       |
| 11    | Mary Ann Busteed  | 288     | 288     | 0       |
| 12    | Dorothy Kass      | 287     | 287     | 0       |
| 13    | Linda Richardson  | 280     | 280     | 0       |
| 14    | Meredith Graham   | 197     | 197     | 0       |
| 15    | Barb McKay        | 100     | 100     | 0       |

## CONGRATULATIONS SUE RYMER

Congratulations go to Sue Rymer who completed her 100<sup>th</sup> Jogalong in May. Sue first competed in February 2002 and has been placed on seven occasions. Sue will be presented with her commemorative T shirt shortly.

## EVENTS TALLY

### Leaders (top 10)

|                  |     |
|------------------|-----|
| Linda Richardson | 302 |
| Rosemary Parker  | 294 |
| Maria White      | 286 |
| Lorna Burdon     | 269 |
| Linda Miles      | 268 |
| Fran Heikkonen   | 256 |
| Norma Lindemann  | 246 |
| Jeni James       | 236 |
| Judi Edwards     | 234 |
| Joan Mallory     | 231 |

### Nearing 200

|                   |     |
|-------------------|-----|
| Caroline Campbell | 180 |
| Fiona Heikkonen   | 180 |
| Alice Heikkonen   | 166 |
| Patricia Lee      | 165 |

### Nearing 150

|             |     |
|-------------|-----|
| Rita Raizis | 141 |
| Carol Ey    | 138 |

### Nearing 100 (regular runners)

|                   |    |
|-------------------|----|
| Colleen North     | 99 |
| Dawn Casey        | 99 |
| Oneeka Robb       | 99 |
| Marilyn Banfield  | 90 |
| Margaret Tuckwell | 88 |
| Anne-Louise Dawes | 87 |
| Nadine Morrison   | 86 |
| Robyn Saunders    | 84 |

### Nearing 50 (regular runners)

|                 |    |
|-----------------|----|
| Narelle Budd    | 49 |
| Annette Clark   | 46 |
| Madeleine Kaye  | 45 |
| Zoe Pleasants   | 44 |
| Thea Zimpel     | 42 |
| Merilyn Bassett | 41 |
| Nat Beck        | 41 |
| Megan Rhind     | 39 |



## JUNE

**Jogalong 6km:** 1 Emma Burns 36:32 \* 2 Lucy Jones 36:33 \* 3 Oneeka Robb 34:47 \*  
4 Michelle Griffin 41:08 \* 5 Therese Kercher 50:00 \* 6 Julia Duff 52:26 \* 7 Christine  
Zygadlo 55:26 \* 8 Frances Heikkonen 56:58 \* 9 Annemarie Calnan 52:07 \* 10 Angela  
Rymer 52:44 \* 11 Narelle Budd 49:51 \* 12 Cilla Chapman 1:02:03 \*  
13 Sue Rymer 1:02:40 \* 14 Judi Edwards 56:26 \* 15 Janice Hagen 34:16 \* 16 Sue  
Archer 43:02 \* 17 Meredith Graham 40:21 \* 18 Des Butler 1:00:31 \* 19 Fiona  
Heikkonen 39:43 \* 20 Julia Murphy 33:29 \* 21 Kate Murphy 33:30 \*  
22 Allison Duncan 44:33 \* 23 Rosemary Parker 51:11 \* 24 Linda Richardson 49:54 \*  
25 Mary Ann Busted 49:56 \* 26 Josephine Kulesz 1:02:12 \* 27 Carol Ey 1:02:21 \*  
28 Josephine Hermans 56:17

**Mixed 3km event:** 1 Owen Hughes 14:21 \* 2 Isla Hughes 16:55 \*  
3 Fiona Wallace 20:10 \* 4 Jennifer Shanahan 30:27 \* 5 Jeni James 33:08 \*  
6 Val Bland 51:26

**Mini Jog:** 1 William Minns 9:28 \* 2 Henry Zarifeh 11:47 \* 3 Zara Zarifeh 11:49 \* 4 Arya  
Lewis 11:50 \* 5 Grace Zarifeh 11:15 \* 6 Thomas Sieper 9:36 \* 7 Leonardo Eng 14:16 \*  
8 Leo Lewis 14:53 \* 9 Clara Lewis 14:08 \* 10 Charles Eng 14:24

### Coming up: Jogalongs and Mini Jogs in 2024

09:00 Sunday 7 July  
09:00 Sunday 4 August  
09:00 Sunday 1 September  
08:00 Sunday 06 October – **back to an 8am start**  
08:00 Sunday 03 November – potential clash with CBR Times Fun Run  
08:00 Sunday 01 December



Sue Rymer (100 runs) and Des Butler (200 runs) – congrats!

### JOGALONG COORDINATOR CONTACT DETAILS

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

**Information about the handicapping system** please phone Ivan Neville on  
0411 651 313. Don't say we haven't given you the opportunity.

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