



Jogalong & Mini Jog Jottings July 2024



July 2024

Volume 1, Issue 7

Newsletter of Canberra Runners Incorporated Jogalong

JULY 2024 JOGALONG & MINI JOG

With a number of competing events coinciding with the start of the school holidays, numbers were down across the three events. 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, Isla Hughes recorded the fastest time of 16 mins 54 secs. Scarlet Robb was second in 21 mins 25 secs with newcomer Lukie Morosi third in 26 mins 10 secs.

Zara Zarifeh won the girls' Minijog in 10 mins 18 secs. Her sister Grace was second in 10 mins 49 secs and Annaliece The was third in 13 mins 32 secs. Newcomer, Lucy Morrison recorded the fastest time amongst the girls of 9 mins 46 secs. The boys' Minijog was won by Thomas Henry Zarifeh in 11 mins 01secs. Vincent McKellar was second in 13 mins 24 secs. Newcomer, Noah Young, recorded the boys' fastest time of 9 mins 57 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 July event are as follows -

PLACE	NAME	TOT PTS	NET PTS	LOW PTS
1	Rosemary Parker	671	578	95
2	Josie Kulesz	658	568	92
3	Kate Murphy	487	487	0
4	Julia Murphy	396	396	0
5	Judi Edwards	394	394	0
6	Des Butler	379	379	0
7	Linda Richardson	378	378	0
8	Dianne Fox	372	372	0
9	Patricia Lee	372	372	0
10	Josephine Hermans	362	362	0
11	Paulene McCalman	291	291	0
12	Mary Ann Busteed	288	288	0
13	Caroline Campbell	288	288	0
14	Dorothy Kass	287	287	0
15	Meredith Graham	197	197	0

CONGRATULATIONS ONEEKA ROBB

Congratulations go to Oneeka Robb who has completed her 100th Jogalong. She first competed in March 2009 and her personal best time is 27 mins 41 secs. Oneeka has also completed three Minijogs. Oneeka will be presented with her commemorative T shirt shortly.

EVENTS TALLY

Leaders (top 10)

Linda Richardson	303
Rosemary Parker	295
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

Fiona Heikkonen	181
Caroline Campbell	180
Alice Heikkonen	167
Patricia Lee	165

Nearing 150

Rita Raizis	142
Carol Ey	139

Nearing 100 (regular runners)

Colleen North	99
Dawn Casey	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

JULY

Jogalong 6km: 1 Sonya Kercher 34:50 * 2 Oneeka Robb 35:43 * 3 Sara Toscan 35:06 * 4 Jennifer Shanahan 43:59 * 5 Lucy Jones 44:22 * 6 Emma Burns 44:23 * 7 Therese Kercher 48:42 * 8 Barbara McKay 35:57 * 9 Linda Heikkonen 59:10 * 10 Frances Heikkonen 59:10 * 11 Alice Heikkonen 41:57 * 12 Fiona Heikkonen 38:13 * 13 Rita Raizis 52:42 * 14 Mary Ann Busted 50:47 * 15 Allison Duncan 43:00 * 16 Josephine Kulesz 57:05 * 17 Carol Ey 57:20 * 18 Linda Richardson 46:43 * 19 Cilla Chapman 1:03:50 * 20 Judi Edwards 58:00 * 21 Rosemary Parker 51:08

Mixed 3km event: 1. Isla Hughes 16:54 * 2 Scarlet Robb 21:25 * 3 Luke Morosi 26:10 * 4 Jessica Morosi 26:17

Mini Jog: 1 Lucy Morrison 9:46 * 2 Zara Zarifeh 10:18 * 3 Henry Zarifeh 11:01 * 4 Noah Young 9:57 * 5 Sam Cordoll 10:00 * 6 Grace Zarifeh 10:49 * 7 Vincent McKellar 13:24 * 8 Annaliese The 13:32 * 9 Clea Morrison 26:00

Coming up: Jogalongs and Mini Jogs in 2024

09:00 Sunday 4 August

09:00 Sunday 1 September

08:00 Sunday 06 October – **back to an 8am start**

08:00 Sunday 10 November – first Sunday clashes with CBR Times Fun Run

08:00 Sunday 01 December



Sue Rymer (100 runs) and Des Butler (200 runs)



Three generations of Shanahans – all competing in various Jogalong events

JOGALONG COORDINATOR CONTACT DETAILS

Lucy Jones 0406 376 346, email: 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**.

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AUGUST 2024 JOGALONG & MINI

Small numbers in the Jogalong in August meant that it was a great opportunity to pick up big points in the annual pointscore competition. This month's winner was Barb McKay in a time of 34 mins 32 secs, her fastest time for more than three years. Barb was competing in her 27th event stretching back to September 2016 and her win was her second this year having also won in May. Second place went to Janis Hagan in 34 mins 34 secs, her first placing in the event. Janis clearly benefitted from the thermal Arctic outfit that she was wearing just prior to starting!! As has often been the case over the last 12 months or so, Kate Murphy was, again, a placegetter in coming in third in 32 mins 40 secs. Kate has now been placed eight times in her 15 events, a remarkable achievement!! In addition, Kate's time was the fastest of the day, the first time she has achieved this.

In the three-kilometre mixed event, newcomer Noah Yong recorded the fastest time of 16 mins 16secs just ahead of another newcomer Sam Cordell in 16 mins 19 secs. Asha Stewart was third in 28 mins 16 secs, just edging out her aunt Linda Heikkinen in a sprint to the finish.

Lucy Morrison won the girls' Mini jog in 10 mins 51 secs. The minor placings were filled by Zara Zarifeh in 11 mins 16 secs and Sophie Cusack in 10 mins 21 secs. Grace Zarifeh recorded the fastest time amongst the girls of 10 mins 06 secs. The boys' Mini jog was won by Henry Zarifeh in 11 mins 31 secs. Vincent McKellar was second in 13 mins 35secs and Thomas Sieper came third in 9 mins 46 secs, the fastest time among the boys.

ANNUAL POINTSCORE COMPETITION

With Rosemary Parker enjoying the heat of Singapore, we have a new leader in the annual pointscore. Kate Murphy is now in the lead on 585 points, seven points ahead of Rosemary. Josie Kulesz is in third spot seven points further back. The top 15 placegetters after the August event are as follows -

PLACE	NAME	TOT PTS	NET PTS	LOW PTS
1	Kate Murphy	585	585	0
2	Rosemary Parker	671	578	95
3	Josephine Kulesz	753	571	92
4	Linda Richardson	474	474	0
5	Julia Murphy	396	396	0
6	Judi Edwards	394	394	0
7	Mary Ann Busteed	382	382	0
8	Des Butler	379	379	0
9	Patricia Lee	372	372	0
10	Dianne Fox	372	372	0
11	Josephine Hermans	372	372	0
12	Paulene McCalman	362	362	0
13	Caroline Campbell	288	288	0
14	Dorothy Kass	287	287	0
15	Barb McKay	287	287	0

EVENTS TALLY

Leaders (top 10)

Linda Richardson	304
Rosemary Parker	295
Maria White	286
Lorna Burdon	269
Linda Miles	268
Fran Heikkinen	258
Norma Lindemann	246
Jeni James	236
Judi Edwards	234
Joan Mallory	231

Nearing 200

Fiona Heikkinen	181
Caroline Campbell	180
Alice Heikkinen	167
Patricia Lee	165

Nearing 150

Rita Raizis	142
Carol Ey	139

Nearing 100 (regular runners)

Colleen North	99
Dawn Casey	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	43
Merilyn Bassett	41
Nat Beck	41
Megan Rhind	39

AUGUST

Jogalong 6km: 1 Emma Burns 36:11:00 * 2 Lucy Jones 36:11:00 * 3 Jennifer Shanahan 43:24:00 * 4 Sonya Kercher 37:15:00 * 5 Therese Kercher 55:06:00 * 6 Frances Heikkonen 56:14:00 * 7 Thea Zimpel 40:17:00 * 8 Samantha Nurse 37:49:00 * 9 Andrea Potter 37:50:00 * 10 Josephine Hermans 52:24:00 * 11 Robyn McClelland 36:40:00 * 12 Barbara McKay 34:32:00 * 13 Cilla Chapman 1:03:30 * 14 Janice Hagen 34:34:00 * 15 Francine Yong 41:45:00 * 16 Kate Murphy 32:40:00 * 17 Allison Duncan 42:24:00 * 18 Judi Edwards 56:57:00 * 19 Linda Richardson 47:15:00 * 20 Josephine Kulesz 57:50:00 * 21 Mary Ann Busted 48:01:00

Mixed 3km event: 1 Noah Yong 16:16 * 2 Sam Cordell 16:19 * 3 Asha Stewart 28:16:00 * 4 Linda Heikkonen 28:18:00 * 5 Angela Rymer 32:38:00 * 6 Bosibori Bett 37:27:00 * 7 Val Bland 55:02:00

Mini Jog: 1 Lucy Morrison 10:51 * 2 Henry Zarifeh 11:31 * 3 Zara Zarifeh 11:16 * 4 Sophie Cusack 10:21 * 5 Grace Zarifeh 10:06 * 6 Julia Young 12:35 * 7 Vincent McKellar 13:35 * 8 Thomas Sieper 9:46 * 9 Millicent Miller 14:00 * 10 Emily Cusack 15:16

Coming up: Jogalongs and Mini Jogs in 2024

09:00 Sunday 1 September

08:00 Sunday 06 October – **back to an 8am start**

08:00 Sunday 10 November – first Sunday clashes with CBR Times Fun Run

08:00 Sunday 01 December

JOGALONG COORDINATOR CONTACT DETAILS

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SEPTEMBER 2024 JOGALONG & MINI JOG

A clash with Fathers Day meant that numbers were down a bit across the three events

Barb McKay won the six-kilometre event for the second consecutive month and her third win for the year. Barb's time was 34 mins 54 secs and she has now been placed four times in her 28 events. Perennial placegetter, Kate Murphy, was second in 33 mins 41 secs. Kate has now been placed five times this year and nine times in her 16 events. Evergreen Josie Kulesz was third in 57 mins 44 secs. Josie was participating in her 230th event and has now been placed 11 times.

Jogalong coordinator Lucy Jones recorded the fastest time of the day of 33 mins 05 secs.

In the three-kilometre mixed event, Owen Hughes recorded the fastest time of 15 mins 00 secs. His sister Isla was second in 16 mins 10 secs. Val Bland was the only other participant.

Zara Zarifeh won the girls' Minijog in 10 mins 22 secs, the fastest time amongst the girls. The minor placings were filled by Emily Cusack in 12 mins 33 secs and Grace Zarifeh in 11 mins 03 secs. Grace Zarifeh recorded the fastest time amongst the girls of 10 mins 06 secs. The boys' Minijog was won by Cassius Westwood in 9 mins 33 secs, the fastest time amongst the boys. Henry Zarifeh was second in 11 mins 17 secs and Thomas Sieper came third in 9 mins 49 secs.

ANNUAL POINTSCORE COMPETITION

Kate Murphy has increased her lead in the annual pointscore competition to 12 points. Rosemary Parker, looking very relaxed after her trip to Singapore remains in second place but her lead over Josie Kulesz has been reduced to one point. The top 15 placegetters after the September event are as follows -

PLACE	NAME	TOT PTS	NET PTS	LOW PTS
1	Kate Murphy	684	590	96
2	Rosemary Parker	766	578	95
3	Josephine Kulesz	851	577	95
4	Linda Richardson	568	568	0
5	Judi Edwards	568	568	0
6	Mary Ann Busted	475	475	0
7	Josephine Hermans	459	459	0
8	Julia Murphy	396	396	0
9	Caroline Campbell	380	380	0
10	Des Butler	379	379	0
11	Dianne Fox	372	372	0
12	Patricia Lee	372	372	0
13	Barb McKay	300	300	0
14	Paulene McCalman	291	291	0
15	Dorothy Kass	287	287	0

CONGRATULATIONS NARELLE BUDD

Congratulations to Narelle Budd who has completed her 50th Jogalong. Having first participated in September 1979, Narelle almost certainly has the record for the longest time taken to complete 50 events but she clearly has the Jogalong in her blood!!!

Narelle will be presented with her commemorative T shirt shortly.

EVENTS TALLY

Leaders (top 10)

Linda Richardson	305
Rosemary Parker	296
Maria White	286
Lorna Burdon	269
Linda Miles	268
Fran Heikkonen	259
Norma Lindemann	246
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Nearing 200

Fiona Heikkonen	182
Caroline Campbell	181
Alice Heikkonen	168
Patricia Lee	165

Nearing 150

Rita Raizis	142
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Dawn Casey	99
Marilyn Banfield	90
Margaret Tuckwell	88
Anne-Louise Dawes	87
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Robyn Saunders	84

Nearing 50 (regular runners)

Narelle Budd	50
Annette Clark	46
Madeleine Kaye	45
Zoe Pleasants	44
Thea Zimpel	44
Nat Beck	42
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SEPTEMBER

Jogalong 6km: 1 Lucy Jones 33:05:00 * 2 Jennifer Shanahan 44:59:00 * 3 Vivienne Thom 41:43:00 * 4 Narelle Budd 42:50:00 * 5 Frances Heikkonen 59:56:00 * 6 Fiona Heikkonen 38:59:00 * 7 Alice Heikkonen 39:00:00 * 8 Cilla Chapman 1:01:27 * 9 Barbara McKay 34:54:00 * 10 Julia Murphy 40:47:00 * 11 Thea Zimpel 40:47:00 * 12 Robyn McClelland 36:56 * 13 Kate Murphy 33:41:00 * 14 Angela Rymer 52:30:00 * 15 Josephine Kulesz 57:44 * 16 Josephine Hermans 52:14 * 17 Judi Edwards 59:45:00 * 18 Rosemary Parker 53:01 * 19 Natasha Beck 36:36 * 20 Linda Richardson 50:27:00 * 21 Mary Ann Busted 53:27:00 * 22 Caroline Campbell 52:50:00

Mixed 3km event: 1 Owen Hughes 15:00 * 2 Isla Hughes 16:10 * 3 Val Bland 49:11

Mini Jog: 1 Cassius Westwood 9:33 * 2 Zara Zarifeh 10:22 * 3 Henry Zarifeh 11:17 * 4 Emily Cusack 12:33 * 5 Grace Zarifeh 11:03 * 6 Dot Westwood 13:24 * 7 Thomas Sieper 9:49 * 8 Millicent Miller 14:05 * 9 George Richardson 14:10 * 10 Sophie Cusack 14:13 * 11 Sam Cordoll 14:15

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