



Jogalong Jottings November 2018



November 2018

Volume 24, Issue 77

Newsletter of the YMCA of Canberra Runners Club (YCRC)
Women's and Girl's Jogalong

Distributed by the YCRC to participants of the Jogalong, the kids mini-jog and YCRC events

NOVEMBER 2018 JOGALONG

In the 6 kilometre handicap event, the winner was longstanding Jogalong participant, Des Butler, in 46 mins 36 secs. Des was competing in her 149th event and has become one of the very few people to record four wins. Des has also been placed second on one occasion and third three times. Monika Short was second in 49 mins 54 secs, and has now been amongst the placegetters on three occasions in her 38 events. Natasha Beck was third in the excellent time of 26 mins 47 secs. Nat has now been placed four times in 14 events.

The fastest time of the day of 26 mins 47 secs was recorded by Natasha Beck.

In the 3 kilometre mixed event, Evan Harding recorded the fastest time of 13 mins 39 secs. Nikki Phelps was second in 25 mins 35 secs and Suzie Gaynor came third in 26 mins 03 secs.

In the Minijog, the girl's winner was Issabelle Jerga in 8 mins 28 secs, the fastest time amongst the girls. Alexandria Monagle was second in 10 mins 03 secs and Grace Rutherford-Collins was third in 9 mins 14 secs. The boy's winner was Harley Morewood in 8 mins 33 secs. Luke Domaschencz was second in 7 mins 12 secs, the fastest time amongst the boys. Stefan Jerga was third in 9 mins 01 secs.

POINTSORE COMPETITION

With a small number of people competing in November, there have been some significant changes at the top of the annual pointscore competition with someone bolting out of the pack.

However, in order to maintain the excitement and tension, the table below shows the standings after the OCTOBER event (ie no change to the last newsletter):

POS	NAME	TOTPTS	NET PTS	LOW PTS
1	Julie Alexander	759	581	93
2	Linda Mallory	802	560	86
3	Rosemary Parker	898	555	90
4	Natasha Beck	704	554	82
5	Josephine Kulesz	883	551	85
6	Paulene McCalman	716	551	87
7	Cathy Montalto	632	551	87
8	Miriam McCarthy	710	546	84
9	Cilla Chapman	544	544	84
10	Robyn Booth	620	542	82
11	Jacqueline Millard	628	51	88
12	Joan Mallory	863	540	86
13	Linda Richardson	704	539	86
14	Mary Ann Busteed	701	537	85
15	Consie Larmour	602	527	81

EVENTS TALLY

Leaders (top 12)

Linda Miles	268
Linda Richardson	252
Maria White	249
Rosemary Parker	247
Norma Lindemann	246
Lorna Burdon	243
Jennifer Morris	220
Diann Bramwell	220
Jeni James	206
Joan Mallory	205

Nearing 150 (regular runners)

Mandy Doherty	149
Des Butler	149
Fiona Heikkonen	143
Patricia Lee	141
Linda Mackay	137
Robyn McClelland	133
Dianne Fox	131
Caroline Campbell	130
Brenda Ford	128
Rita Raizis	125

Nearing 100 (regular runners)

Meredith Boroky	97
Lynn Williams	95
Dawn Casey	91
Kathy Sims	91
Anne Holmes	90
Margaret Tuckwell	88
Anne-Louise Dawes	86
Rhonda Blackman	84
Miriam McCarthy	83
Sara Toscan	83

Nearing 50 (regular runners)

Jennifer Turini	48
Rosa Ruiz	46
Lorraine Anderson	45
Ann Evans	45
Vivienne Thom	43
Zoe Pleasants	42
Merilyn Bassett	41
Linda Mallory	39
Michelle Hillard	38
Nadine Morrison	38

NOVEMBER JOGALONG RESULTS

Jogalong 6km: 1 Emma Burns 35:57:00 * 2 Lucy Jones 35:57:00 * 3 Shona Prince 44:07 *
4 Sue Rymer 40:54:00 * 5 Lilith Mooney 27:19:00 * 6 Judy Blake 52:30:00 * 7 Joanne
Caddy 41:20:00 * 8 Christine Bamford 1:00:43 * 9 Isobella Foster 41:22:00 * 10 Mandy
Doherty 36:26:00 * 11 Des Butler 46:36:00 * 12 Helen Morewood 28:43:00 * 13 Robyn
McClelland 32:41:00 * 14 Monika Short 49:54:00 * 15 Robyn Saunders 49:54:00 *
16 Kerrin Whitcombe 39:12:00 * 17 Kim Ward 41:14:00 * 18 Natasha Beck 26:47:00 *
19 Louise Roberts 39:24:00 * 20 Sue Archer 30:57:00 * 21 Lynn Williams 41:44:00 *
22 Joan Mallory 59:07:00 * 23 Allison Duncan 41:12:00 * 24 Leonor Lawler 39:22:00 *
25 Miriam McCarthy 29:57:00 * 26 Therese Kercher 48:33:00 * 27 Lorna Burdon 54:43:00
28 Julie Alexander 31:43:00 * 29 Consie Larmour 53:04:00 * 30 Wendy Dodd 49:24:00 *
31 Robyn Booth 40:28:00 * 32 Michelle Hillard 45:31:00 * 33 Judi Edwards 37:42:00 *
34 Caroline Campbell 38:22:00 * 35 Nadine Morrison 29:12:00 * 36 Rosemary Parker 46:20
37 Joan Purcell 51:41:00 * 38 Anne Holmes 41:46:00 * 39 Annette Clark 52:58 * 40 Mary
Ann Busted 39:32:00 * 41 Josephine Hermans 46:11:00 * 42 Linda Richardson 44:46:00 *
43 Rhonda Blackman 53:02:00 * 44 Linda Mallory 39:41:00 * 45 Fiona Heikkonen 1:06:45
46 Alice Heikkonen 55:45 * 47 Frances Heikkonen 1:06:45 * 48 Josephine Kulesz 58:58 *
49 Kathy Sims 35:27:00 * 50 Leigh Pirie 46:36 * 51 Diann Bramwell 1:07:30 *
52 Annemarie Calnan 46:01 * 53 Thea Zimpel 49:00:00 * 54 Val Bland 1:15:57

Mixed event: 1 Evan Harding 13:39 * 2 Nikki Phelps 25:35:00 * 3 Suzie Gaynor 26:03:00 *
4 Anna Okello 26:03:00 * 5 Bosibori Bett 32:25:00 * 6 Jenny Hobson 40:46:00

Mini Jog: 1 Harley Morewood 8:33 * 2 Luke Domaschcz 7:12 * 3 Isabelle Jerga 8:28 *
4 Stefan Jerga 9:01 * 5 Alexandria Monagle 10:03 * 6 Thibault De Fombelle 9:56 * 7 Arnaud
De Fombelle 8:28 * 8 Stirling Britton 10:09 * 9 Eric De Fombelle 7:42 *
10 Finn Hartley 8:26 * 11 Evan Minto 7:28 * 12 Callum Minto 10:37 *
13 Jake Domaschcz 8:11 * 14 Grace Rutherford-Collins 9:14 *
15 Daniela Aranoo-Zarifeh 11:48 * 16 Olivia Pirie 9:58 * 17 Sebastian Violante 11:30 *
18 Alex Violante 11:31 * 19 Darcy Morrison 12:12 * 20 Axel Battison 12:17 * 21 Isabella
Aranoo-Zarifeh 12:18 * 22 Jasper Noyen 8:12 * 23 Lily Reid 9:24 * 24 Brielle Noyen 10:26
25 Grace Zarifeh 13:55 * 26 Molly Morrison 14:01 * 27 Isabella Nicholls 14:11 * 28 Ruth
Sullivan 15:35 * 29 Ireland Pirie 17:05 * 30 Amber Battison 16:36 * 31 Zoe Jerga 19:38

Coming up in December:

Tuesday 4 Dec, 6:15pm, Christmas Relays, Alexandrina Drive Yarralumla, across the road from the YMCA Building. Parking is available at different spots along Alexandrina Drive. Don't forget the parking police are now out driving around...so don't make any donations to that charity!!

UPCOMING EVENTS IN 2019

12-19 January: Thredbo Fun and Fitness Week, incorporating the 39th National Running Week. More details at www.canberra.ymca.org.au/runnersclub.

Jogalongs

08:00 - 6 January

08:00 - 3 February

08:00 - 3 March

09:00 - 7 April

13 and 14 April: Australian Running Festival

JOGALONG CONTACT NUMBERS

Lucy Jones 0406 376 346 email lucy.jones@abs.gov.au
Annemarie Calnan 0404 078 652 annemariecalnan@icloud.com

Information about the **handicapping system** please phone Ivan Neville on 0411 651 313 or email ivan.neville@jobs.gov.au. Don't say we haven't given you the opportunity.

Vacant positions: Newsletter coordinator - training will be provided.

OUR SPONSORS

A great thank you to our sponsors for their ongoing support of the Jogalong.

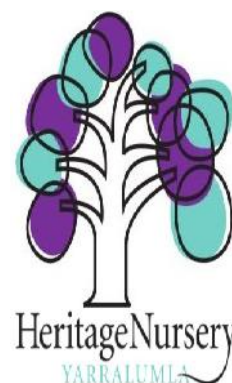


The Runners Shop
Dundas Court Phillip
and Hibberston Street
Gungahlin

Spot prizes and 10% off full priced items for YCRC members phone **6285 3508**.

Heritage Nursery

Yarralumla
Vouchers phone **6281 7373**.



Kingston Physiotherapy

YCRC members receive 15% discount off standard rates phone **6260 8244**.