



Jogalong Jottings

January 2019



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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

Welcome to 2019 and another wonderful year of keeping fit and enjoying the camaraderie of running – it's a social event and it's only sometimes you have to run really fast and don't have enough breath for talking. Training runs and those of us who like to walk instead of run provide plenty of time for chatting!

JANUARY 2019 JOGALONG

In the 6 kilometre handicap event, the winner for the second month in a row was Brenda Ford in 57 mins 54 secs, her fastest time for three years. Brenda was participating in her 130th event. Sue Archer, who was second in the 2018 annual pointscore competition, was second in 32 mins 16 secs. Another long-term Jogalong participant, Caroline Campbell, who was participating in her 132nd event, was third in 37 mins 29 secs.

The fastest time of the day of 29 mins 04 secs was recorded by Natasha Beck, just ahead of Helen Morewood in 29 mins 06 secs.

In the 3 kilometre mixed event, Emma Storrie recorded the fastest time of 17 mins 29 secs. Angus Storrie was second in 17 mins 36 secs and Finn Hartley came third in 17 mins 45 secs.

In the Minijog, the girl's winner was Molly Morrison in 13 mins 14 secs. Amber Battison was second in 12 mins 12 secs and Isabella Nicholle was third in 14 mins 06 secs. Beth Phelps recorded the fastest time amongst the girls of 8 mins 43 secs. The boy's winner was Thibault De Fombelle in 9 mins 30 secs. Zaiden Haber was second in 9 mins 35 secs and Callum Minto was third in 9 mins 43 secs. Evan Minto was the fastest boy in a time of 7 mins 18 secs.

POINTSCORE COMPETITION

The top 15 placegetters in the annual pointscore competition after the January event are as follows -

POS	NAME	TOT PTS	NET PTS	LOW PTS
1	Brenda Ford	100	100	100
2	Sue Archer	99	99	99
3	Caroline Campbell	98	98	98
4	Miriam McCarthy	97	97	97
5	Helen Morewood	96	96	97
6	Allison Duncan	95	95	95
7	Paulene McCalman	94	94	94
8	Josephine Hermans	93	93	93
9	Nadine Morrison	92	92	92
10	Therese Kercher	91	91	91
11	Natasha Beck	90	90	90
12	Robyn Booth	89	89	89
13	Joan Mallory	88	88	88
14	Jeni James	87	87	87
15	Sue Rymer	86	86	86

Congratulations to Maria White who has become just the third person to complete 250 Jogalongs. Maria first participated in October 1989 and has won on three occasions – November 2008, March 2014 and June 2017. Maria is also a former coordinator of the Jogalong. Maria will be presented with her commemorative T shirt shortly.

EVENTS TALLY

Leaders (top 12)

Linda Miles	268
Linda Richardson	254
Maria White	250
Rosemary Parker	249
Norma Lindemann	246
Lorna Burdon	244
Diann Bramwell	222
Jennifer Morris	220
Jeni James	208
Joan Mallory	207

Nearing 150 (regular runners)

Fiona Heikkonen	144
Patricia Lee	141
Robyn McClelland	135
Caroline Campbell	132
Dianne Fox	131
Brenda Ford	130
Annemarie Calnan	126
Rita Raizis	125
Alice Heikkonen	124

Nearing 100 (regular runners)

Jacqueline Millard	124
Meredith Boroky	98
Lynn Williams	96
Colleen North	95
Dawn Casey	93
Kathy Sims	92
Anne Holmes	90
Margaret Tuckwell	88
Rhonda Blackman	86
Miriam McCarthy	85
Sara Toscan	83

Nearing 50 (regular runners)

Jennifer Turini	48
Rosa Ruiz	46
Ann Evans	45
Vivienne Thom	44
Zoe Pleasants	43
Merilyn Basset	41
Linda Mallory	41
Michelle Hillard	40
Nadine Morrison	40
Monika Short	40

JANUARY JOGALONG RESULTS

Jogalong 6km: 1 Mary Ann Busteed 55:40:00 * 2 Pippa Graham 41:44:00 *
3 Meredith Boroky 44:46:00 * 4 Annemarie Calnan 44:09:00 * 5 Bronwyn Battison 38:15:00 *
6 Brenda Ford 57:54:00 * 7 Frances Heikkonen 1:00:11 * 8 Charine Bennett 34:40:00 * 9 Sylvia
Kyle 1:03:03 * 10 Christine Bamford 56:51:00 * 11 Aimee Solomon 33:53:00 *
12 Jane Purcell 42:13:00 * 13 Joan Purcell 53:31:00 * 14 Sue Archer 32:16:00 * 15 Madeleine
Kaye 36:22:00 * 16 Amanda Ruffin 33:27:00 * 17 Caroline Campbell 37:29:00 * 18 Miriam
McCarthy 30:33:00 * 19 Helen Morewood 29:06:00 * 20 Allison Duncan 42:27:00 * 21 Paulene
McCalman 38:00:00 * 22 Stefanie O'Grady 31:06:00 * 23 Georgina Hermans 39:45:00 *
24 Josephine Hermans 46:55:00 * 25 Nadine Morrison 29:29:00 * 26 Therese Kercher 50:03:00 *
27 Colleen North 1:03:04 * 28 Natasha Beck 29:04:00 * 29 Robyn Booth 41:06:00 * 30 Kerrin
Whitcombe 40:13:00 * 31 Joan Mallory 1:00:14 * 32 Vivienne Thom 46:22:00 * 33 Lorraine
Jansen 41:25:00 * 34 Jeni James 57:37:00 * 35 Sue Rymer 41:41:00 * 36 Lynn Williams 44:43:00
* 37 Lyn Percival 1:01:07 * 38 Robyn McClelland 36:20:00 * 39 Cathy Montalto 35:48:00 *
40 Carol Ey 36:58:00 * 41 Robyn Saunders 53:03:00 * 42 Monika Short 53:03:00 * 43 Cilla
Chapman 58:07:00 * 44 Linda Mallory 39:41:00 * 45 Alice Heikkonen 39:40:00 * 46 Linda
Richardson 47:59:00 * 47 Michelle Hillard 49:01:00 * 48 Barbara McKay 38:01:00 *
49 Christine Zygadlo 44:40:00 * 50 Rhonda Blackman 55:52:00 * 51 Diann Bramwell 1:10:11 *
52 Annette Clark 57:40:00 * 53 Judi Edwards 42:46:00 * 54 Josephine Kulesz 1:04:07 *
55 Rosemary Parker 53:48:00 * 56 Des Butler 54:49:00 * 57 Dawn Casey 1:00:01 * 58 Angela
Rymer 55:33:00 * 59 Maria White 57:37:00 * 60 Val Bland 1:23:20

Mixed event: 1 Emma Storrie 17:29 * 2 Angus Storrie 17:36 * 3 Finn Hartley 17:45 *
4 Georgina Pepper 19:19 * 5 Isabella Hartley 19:28 * 6 Lisa Testoni 19:30 *
7 Hannah Phelps 26:11:00 * 8 Nikki Phelps 26:12:00 * 9 Tess O'Grady 37:29:00 *
10 Ella O'Grady 37:30:00

Mini Jog: 1 Hayden Dent 7:44 * 2 Thibault De Fombelle 9:30 * 3 Zaiden Haber 9:35 * 4 Callum
Minto 9:43 * 5 Stirling Britton 9:57 * 6 Darcy Morrison 11:15 * 7 Evan Minto 7:18 * 8 Eric De
Fombelle 7:50 * 9 Dominic Bacai 9:53 * 10 Arnaud De Fombelle 8:28 * 11 Elye Dent 7:00 *
12 Connor Dent 9:02 * 13 Beth Phelps 8:43 * 14 Maddie Reid 10:48 * 15 Harley Morewood 9:33
16 Sebastian Violante 11:48 * 17 Alex Violante 11:54 * 18 Peggy Fisher 11:42 *
19 Axel Battison 13:03 * 20 Molly Morrison 13:14 * 21 Amber Battison 12:12 *
22 Heidi Reid 14:05 * 23 Isabella Nicholls 14:06 * 24 Layla Dent 14:13 *
25 Hudson Britton 14:42 * 26 Luca Bacai 14:47 * 27 Abbey Phelps 10:49 *
28 Ruth Sullivan 13:21

Coming up:

Jogalongs

08:00 – 3 March

09:00 – 7 April

13 and 14 April: Australian Running Festival

26 May: YMCA Half Marathon – celebrating 50 years!

JOGALONG CONTACT NUMBERS

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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.



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