

AUGUST 2020 JOGALONG

The second month of our return to the Jogalong was accompanied by cold weather. Nonetheless, it was still fantastic to be able to get together in Weston Park after such a long break

The winner of the 6 kilometre handicap event was Annemarie Calnan in 38 mins 33 secs her fastest time for more than a year and the 10th time she has been placed in her 134 events. Given it was Annemarie's second win this year she will be rewarded with an extra special new handicap. Second place went to Jogalong stalwart Linda Richardson in 47 mins 54 secs. Linda has now completed 266 Jogalongs and is now only two behind events leader Linda Miles. Ally Duncan was third in 44 mins 55 secs in what was her second placing in 131 events.

The fastest time of the day of 29 mins 44 secs was recorded by Nat Beck.

In the 3 kilometre mixed event, Satyendra Yogeswaran recorded the fastest time of 12 mins 22 secs. Zoe Honeybrook was second in 14 mins 15 secs and Phoebe Sheehan came third in 15 mins 38 secs.

Unfortunately due to Covid-19 there are still no mini-jog results.

POINTSCORE COMPETITION

No change at the top of the leaderboard in the annual pointscore competition although Josie Kulesz had had her lead cut to one, ahead of Caroline Campbell. Linda Mallory is in third spot 26 points further back. It's still early days though with plenty of time for others to make a concerted challenge. Annemarie Calnan looks the most likely although her new handicap may hinder her claims a little. The top 15 pointscorers after the August event are as follows -

PLACE	NAME	TOT PTS	NET PTS	LOW PTS
1	Josephine Kulesz	386	386	93
2	Caroline Campbell	385	385	93
3	Linda Mallory	359	359	87
4	Lorna Burdon	347	347	81
5	Annemarie Calnan	296	296	0
6	Amanda Ruffin	282	282	0
7	Consie Larmour	281	281	0
8	Carol Ey	275	275	0
9	Paulene McCalman	273	273	0
10	Des Butler	269	269	0
11	Joan Mallory	259	259	0
12	Natasha Beck	188	188	0
13	Anne Holmes	182	182	0
14	Mary Ann Busteed	179	179	0
15	Robyn Saunders	179	179	0

EVENTS TALLY

Leaders (top 10)

Linda Miles	268
Linda Richardson	266
Maria White	261
Rosemary Parker	258
Lorna Burdon	258
Norma Lindemann	246
Diann Bramwell	223
Jennifer Morris	220
Joan Mallory	220
Fran Heikkinen	219

Nearing 200

Therese Kercher	196
Mary Ann Busteed	192
Josephine Kulesz	187
Val Bland	187
Cilla Chapman	186

Nearing 150

Fiona Heikkinen	148
Caroline Campbell	145
Patricia Lee	143
Robyn McClelland	140
Annemarie Calnan	134

Nearing 100 (regular runners)

Kathy Sims	99
Rhonda Blackman	98
Colleen North	99
Dawn Casey	99
Lynn Williams	98
Anne Holmes	98
Miriam McCarthy	97
Marilyn Banfield	88
Margaret Tuckwell	88
Lucy Jones	86

Nearing 50 (regular runners)

Monika Short	48
Ann Evans	45
Zoe Pleasants	44
Madeleine Kaye	44
Merilyn Bassett	41

AUGUST JOGALONG RESULTS

Jogalong 6km: 1 Nadine Morrison 32:21:00 * 2 Lucy Jones 34:34:00 *
3 Monique Sheehan 34:13:00 * 4 Sue Rymer 43:37:00 * 5 Meredith Graham 46:59:00 *
6 Miriam McCarthy 47:25:00 * 7 Robyn McClelland 34:39:00 * 8 Therese Kercher 50:45:00 *
9 Cathy Montalto 34:52:00 * 10 Mary Ann Busted 41:18:00 * 11 Fiona Heikonen 47:05:00 *
12 Nikki Phelps 42:26:00 * 13 Carla Allmich-Caira 40:18:00 * 14 Annemarie Calnan 38:33:00
15 Sally Thauvette 29:58:00 * 16 Megan Rhind 36:38:00 * 17 Linda Richardson 47:54:00 *
18 Allison Duncan 41:55:00 * 19 Caroline Campbell 38:59:00 * 20 Josephine Kulesz 58:13:00
21 Michelle Hillard 58:19:00 * 22 Rosemary Parker 48:33:00 * 23 Penny Williams 41:41:00 *
24 Amanda Ruffin 33:09:00 * 25 Annette Clark 56:32:00 * 26 Consie Larmour 55:56:00 *
27 Carol Ey 35:00:00 * 28 Sue Archer 31:41:00 * 29 Paulene McCalman 39:20:00 *
30 Patricia Lee 1:06:51 * 31 Dianne Fox 1:06:52 * 32 Alice Heikonen 1:00:57 *
33 Frances Heikonen 1:00:58 * 34 Natasha Beck 29:44:00 * 35 Linda Mallory 40:18:00 *
36 Rhonda Blackman 57:34:00 * 37 Des Butler 49:14:00 * 38 Joan Mallory 1:04:31 *
39 Josephine Hermans 46:49:00 * 40 Lorna Burdon 1:03:10 * 41 Val Bland 1:23:34 0

Mixed 3km event:

1 Satyendra Yogeswaran 12:22 * 2 Zoe Honeybrook 14:15 * 3 Phoebe Sheehan 15:38 *
4 Isla Hughes 18:33 * 5 Grace Rutherford-Collins 19:31 * 6 Darcy Morrison 20:19 *
7 Robyn Hakelis 20:19 * 8 Alexi O'dea 20:19 * 9 Molly Morrison 21:35 *
10 Fiona Wallace 22:44 * 11 Owen Hughes 22:45 * 12 Angela Rymer 27:53:00

Coming up:

Jogalongs – 2020 – The ‘rona-willing. Check the Newsletter for confirmation

09:00 – 4 October 2020 (Daylight savings starts)

08:00 – 1 November 2020 (it will be hot!!)

08:00 – 6 December 2020

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@dese.gov.au. 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.



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



Voucher each month
Phone **6281 7373**.

Kingston Physiotherapy
YCRC members receive 15% discount off standard rates
Phone **6260 8244**.



Nice Coffee... Good Food

Beess and Co Cafe
\$20 gift voucher each month
Shop 5, 29 Bentham Street,
Yarralumla.
02 6285 0116
beesscoafe@gmail.com



PODIATRISTS
Lynham · Belconnen · Kingston

Putting your feet first.

15% discount
The Walking Clinic
Lynham | Belconnen |
Kingston
Ph- 02-6249-1758
www.walkingclinic.com.au

SEPTEMBER 2020 JOGALONG

The first Jogalong in Spring was accompanied by lovely mild weather. Hopefully, the kids will soon be able to enjoy the warmer weather when the Minijog returns

The placegetters in the 6 kilometre handicap event were all Jogalong stalwarts. Carol Ey was the winner in 32 mins 29 secs, her fastest time for 12 months. Carol was competing in her 127th event, stretching back to July 1984 and it was her first win which no doubt pleased her a lot, as will her shiny new handicap! Evergreen participant, Consie Larmour, who was recently promoted to a different age group, was second in 53 mins 35 secs. It was Consie's 6th placing in her 115 events. Rhonda Blackmore, who was celebrating her 100th event, was third in 53 mins 39 secs, also her fastest time for 12 months.

The fastest time of the day of 28 mins 56 secs was recorded by first timer Wilma Huneke.

In the 3 kilometre mixed event, Darcy Henwood recorded the fastest time of 14 mins 24 secs. Phoebe Sheehan was second in 16 mins 11 secs and Gemma Piasente came third in 16 mins 36 secs.

Unfortunately due to Covid-19 there are still no mini-jog results.

POINTSCORE COMPETITION

With last month's leader not participating in September, there were a number of changes at the top of the leaderboard in the annual pointscore competition. Caroline Campbell is the new leader with five top 10 finishes this year. Linda Mallory has moved into second spot, 34 points behind Caroline while Lorna Burdon is now third, 16 points further back. A reminder that your best six runs for the year count in the competition. The October event will be the sixth for the year. The top 15 pointscorers after the September event are as follows –

PLACE	NAME	TOT PTS	NET PTS	LOW PTS
1	Caroline Campbell	481	481	93
2	Linda Mallory	447	447	87
3	Lorna Burdon	431	431	81
4	Annemarie Calnan	387	387	0
5	Josephine Kulesz	386	386	0
6	Consie Larmour	380	380	0
7	Carol Ey	375	375	0
8	Des Butler	356	356	0
9	Joan Mallory	344	344	0
10	Amanda Ruffin	282	282	0
11	Nat Beck	277	277	0
12	Paulene McCalman	273	273	0
13	Rhonda Blackman	273	273	0
14	Robyn Saunders	269	269	0
15	Josephine Hermans	251	251	0

Congratulations to Rhonda Blackman and Kathy Sims who have both completed their 100th Jogalong. As noted above, Rhonda celebrated her milestone by coming third in September. She first competed in July 2006 and has been placed on two occasions. Kathy took a little longer to complete her 100th event having first participated in February 1996 back in Deek's Forest Park. Kathy has been placed on three occasions.

Rhonda and Kathy will be presented with their commemorative T shirts once things get back to normal.

EVENTS TALLY

Leaders (top 10)

Linda Miles	268
Linda Richardson	267
Maria White	262
Rosemary Parker	258
Lorna Burdon	259
Norma Lindemann	246
Diann Bramwell	223
Joan Mallory	221
Jennifer Morris	220
Fran Heikkonen	220

Nearing 200

Therese Kercher	197
Mary Ann Busted	192
Josephine Kulesz	187
Val Bland	188
Cilla Chapman	187

Nearing 150

Fiona Heikkonen	149
Caroline Campbell	146
Patricia Lee	144
Robyn McClelland	140
Annemarie Calnan	135
Alice Heikkonen	135
Diane Fox	134
Alison Duncan	132

Nearing 100 (regular runners)

Anne Holmes	99
Colleen North	99
Dawn Casey	99
Lynn Williams	98
Miriam McCarthy	98
Marilyn Banfield	88
Margaret Tuckwell	88
Lucy Jones	87
Sara Toscan	85
Sue Rymer	84

Nearing 50 (regular runners)

Monika Short	48
Ann Evans	45
Annette Clark	44
Zoe Pleasants	44
Madeleine Kaye	44

SEPTEMBER JOGALONG RESULTS

Jogalong 6km: 1 Nadine Morrison 29:25:00 * 2 Lucy Jones 33:24:00 *
3 Wilma Huneke 28:56:00 * 4 Emily De Wiljes 29:27:00 * 5 Monique Sheehan 34:41:00 *
6 Miriam McCarthy 41:57:00 * 7 Sue Rymer 45:07:00 * 8 Meredith Graham 42:13:00 *
9 Fiona Heikkonen 43:59:00 * 10 Kerry L Smith 25:22:00 * 11 Maria White 57:47:00 *
12 Michelle Hillard 57:47:00 * 13 Sally Kitto 41:38:00 * 14 Therese Kercher 51:56:00 *
15 Carol Ey 32:29:00 * 16 Consie Larmour 53:35:00 * 17 Rhonda Blackman 53:39:00 *
18 Kerrin Whitcombe 37:44:00 * 19 Jane Purcell 36:45:00 * 20 Linda Richardson 47:20:00 *
21 Megan Rhind 37:23:00 * 22 Kathy Sims 31:02:00 * 23 Caroline Campbell 39:48:00 *
24 Allison Duncan 41:59:00 * 25 Anne Holmes 1:05:14 * 26 Vivienne Thom 35:22:00 *
27 Rosemary Parker 49:32:00 * 28 Alice Heikkonen 1:01:34 * 29 Frances Heikkonen 1:01:34 *
30 Penny Williams 42:36:00 * 31 Madeleine Kaye 37:07:00 * 32 Annette Clark 56:56:00 *
33 Judith Bourne 1:04:02 * 34 Sue Archer 31:36:00 * 35 Annemarie Calnan 39:13:00 *
36 Robyn Saunders 40:21:00 * 37 Natasha Beck 29:13:00 * 38 Linda Mallory 39:58:00 *
39 Des Butler 49:28:00 * 40 Dianne Fox 1:07:30 * 41 Patricia Lee 1:07:30 *
42 Josephine Hermans 45:48:00 * 43 Joan Mallory 1:05:03 * 44 Angela Rymer 59:20:00 *
45 Cilla Chapman 58:10:00 * 46 Nikki Phelps 47:16:00 * 47 Lorna Burdon 1:03:05 *
48 Judi Edwards 46:43:00

Mixed 3km event:

1 Darcy Henwood 14:24 * 2 Phoebe Sheehan 16:11 * 3 Gemma Piasente 16:36 *
4 Darcy Morrison 16:55 * 5 Isla Hughes 17:52 * 6 Owen Hughes 21:32 *
7 Fiona Wallace 21:33 * 8 Jaida Piasente 22:07 * 9 Kerry L Smith 22:07 *
10 Grace Rutherford-Collins 25:51:00 * 11 Val Bland 42:11:00

Coming up:

Jogalongs – 2020 – The ‘rona-willing. Check the YCRC Newsletter for confirmation

08:00 – 8 November 2020 (Note the later date and early start time - it will be hot!!)

08:00 – 6 December 2020

JOGALONG CONTACT NUMBERS

Lucy Jones 0406 376 346, email: lucyweetangera@gmail.com

Annemarie Calnan 0404 078 652, email: annemariecalnan@icloud.com

Information about the **handicapping system** please phone Ivan Neville on 0411 651 313 or email ivan.neville@dese.gov.au. 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.



**The Runners Shop
Dundas Court Phillip and
Hibberson Street
Gungahlin**

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



HeritageNursery
YARRALUMLA

Voucher each month
Phone **6281 7373**.

Kingston Physiotherapy
YCRC members receive 15% discount off standard rates
Phone **6260 8244**.



Nice Coffee... Good Food

Beess and Co Cafe
\$20 gift voucher each month
Shop 5, 29 Bentham Street,
Yarralumla.
02 6285 0116
beesscoafe@gmail.com



PODIATRISTS
Lynham • Belconnen • Kingston

Putting your feet first.

15% discount
The Walking Clinic
Lynham | Belconnen |
Kingston
Ph- 02-6249-1758
www.walkingclinic.com.au