

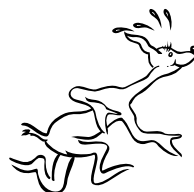
# 2001 Club Handbook



*AA Australian  
Club of the Year 2000*

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# Welcome

On behalf of the KJ committee I would like to welcome everyone back to another great season of running. If this is your first time with the club, either as an experienced runner or first-timer, we hope you enjoy your running with us. In fact we know that you will.

Last year will certainly be a hard one to top after winning Athletics Australia's Australian Club of the Year Award, great performances at State and National level by our athletes as well as record membership and attendances at KJ events. There is no reason to expect that this year wont be as much of a success with your continued support.

This is the first ever KJ Handbook published and we hope that all the information you need on the club is now at your fingertips. Many thanks to all the sponsors who made it possible in particular Rapid Cool Airconditioning and Refrigeration our major publications sponsor.

If for some reason the information you require not

be outlined in this booklet, please do not hesitate to get in contact with someone on the committee team, especially if you are a new member.

So here's to another fantastic season. I hope you achieve what you set out to do at the start of the year, whether that be to set a 5km PB or finish a marathon in one piece.

Have a great year,



Neil Barnett  
President



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# KJ Contacts 2001/02

## All KJ Correspondence to:

Kembla Joggers  
PO Box 527 Dapto NSW 2530

### President - Neil Barnett

4272 6818 (h) 4275 7469 (w) 0419 256 047  
barnett.neil.nd@bhp.com.au  
Other Roles - First Aid Officer, Junior  
Development, Course Measurement, 2VoxFM

### Vice President - Eric Brown

4261 3985 (h)  
sunnyb5@one.net.au  
Other Roles - ANSW Rep, Marshal  
Co-ordinator, Assistant Handicapper

### Secretary - Wayne Montefiore

4237 8997 (h) 4275 7138 (w)  
wmonte@hotkey.net.au  
Other Roles - Trophies & Engraving

### Assistant Secretary - Peter Evans

4297 7082 (h)  
pe51@ihug.com  
Other Roles - Club Photography

### Treasurer - Dave Higgins

4284 1317 (h) 4275 7809 (w)  
lesley@learth.net  
Other Roles - ANSW Registrar

### Public Officer - Robyn Henry

42565274 (h)  
Other Roles - KJ Medals Committee

### Race Organiser - Peter Issa

4283 7760 (h) 9717 3174 (w) 0403 280 760  
pgi@ansto.gov.au

### Assistant Race Organiser - Jim Hennessy

4285 0657 (h) 4275 5145 (w)  
Other Roles - Race Course Setup

### Social Secretary - Hazel Brown

4261 3985 (h)  
sunnyb5@one.net.au  
Other Roles - KJ Track, KJ Medals Committee,  
Refreshments

### Handicapper - Gary Howard

4274 3411 (h)  
joolz1@bigpond.com.au  
Other Roles - Summer Series Organiser,  
KJ Medals Committee Leader

### Committee Members

**Mark Everton** 4284 5379 (h)  
everton@learth.net  
Other Roles - Race Day Marshal Contact,  
Timekeeping

**Stephen Plumb** 4256 4756 (h)  
Other Roles - Race Course Setup

**Dave Barnett** 4271 3299 (h)  
dabarnett@ozemail.com.au  
Other Roles - Special Events Organiser,  
KJ Medals Committee

**Suzanne O'Brien**  
4226 6045 (h) 0418 274 449  
toys@learth.net  
Other Roles - Juniors

**John Gullick** 4272 4274 (h) 4228 9305 (w)  
gullick@ozemail.com.au  
Other Roles - Special Projects

**Chris Stocker** 4228 4635 (h) 4275 4166 (w)  
cstocker@csc.com.au  
Other Roles - The Fox Editor, KJ Medals  
Committee

### Other Key Contacts

**Karen & Bronte Blay**  
Club Clothing & Uniforms  
4262 2100 (h)  
burgerboy@optusnet.com.au

**Raf Moriana** Publicity  
4296 6656 (h) 0418 975 469  
morian@integral.com.au

**Ian Tague** KJ Website  
4256 4068 (h)  
tagi@medeserv.com.au

**Hans Lambert** Fitness Five Fun Run  
4229 5520 (h) 4228 6011 (w)  
hlambert@stmarys.nsw.edu.au

# KJ Subcommittees

## Race Organisation

Functions: Racing programs, course design and setup, marshalling, communications, gear storage and maintenance, timekeeping, first aid and safety issues.

Peter Issa	Eric Brown
Hans Lambert	Stephen Plumb
Mark Everton	Jim Hennessy
Neil Barnett	Gary Howard
John Gullick	

## Athletics/ANSW

Functions: KJ track racing programs including KJ Track Championships, ANSW issues and team selections for ANSW State Relays.

Eric Brown	Hazel Brown
Karen Blay	Bronte Blay
Vanessa Kearney	Neil Barnett
Dave Higgins	Mark Everton

## Fitness Five

Functions: Organise and promote the annual Kembla Joggers Fitness Five Fun Run.

Hans Lambert	Dave Barnett
Warren Evans	Mark Everton
Ian Tague	Des Comer
Neil Barnett	

## Juniors

Functions: Junior racing & development programs, and assisting in the organisation of junior events.

Neil Barnett	Suzanne O'Brien
Paul Micale	Peter Issa
Rob Battocchio	Gary Howard

## The Fox

Functions: Organise the production of The Fox and KJ Annual Magazine, including race reports, photography, editing, layout, copying and distribution. Manage the KJ Web Site.

Chris Stocker	Peter Evans
Wayne Montefiore	Tim Morris
Ian Tague	Eric Brown
Dave Higgins	

## Social

Functions: Organise and promote social events including Presentation Night, fund-raisers, event BBQ's and bus trips to major events. Arrange post-race refreshments.

Hazel Brown
Robyn Henry
Peter Evans

## KJ Medals

Functions: Nomination and selection of KJ Medal recipients for presentation at Presentation Night.

Gary Howard	Robyn Henry
Dave Barnett	Hazel Brown
Chris Stocker	Claire Margetson

## Special Events

Functions: Organise KJ involvement in special events such as the Hoptown Relays and Club Challenge.

Dave Barnett  
Dave Higgins

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*Warrigal Blinds wish every success to Kembla Joggers throughout the coming season and are delighted to sponsor the inaugural issue of the 2001 Handbook.*

# Registration Fees 2001/02

## KJ Fees

	Full Year	Summer Season Only
Senior	\$30	\$15
Junior U17	\$15	\$5
Family	\$60	\$30
Guest	\$5	

## ANSW Fees

	Full Year	Winter Only
Open	\$75	\$35
Masters (35+)	\$60	\$35
U20	\$50	\$35
U15	\$30	\$30
Dual (LA)	\$10	
Associate	\$20	—
Family	\$155	—

## Race Fees

- There are no race fees applicable to KJ events upon joining except for some special events.
- Guest race registration fees are \$5 per guest.
- ANSW Winter individual race fees are \$8 per event (Open & Masters) and \$6 per event for U20 years. Maximum entry fee per family is \$20.
- ANSW Relay Team fees will be paid by KJs. Late entry fees will not be met by the club however.
- ANSW Summer individual race fees are \$9 per event - late entry is an additional \$10.



## DGB Lawyers

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DGB Lawyers have experience in the provision of Legal Services relating to all aspects of the law and are accredited specialists in the fields of property, family law and personal injury.

DGB are keen sponsors and are proud to be associated with the first ever issue of the Kembla Joggers Handbook.

Kembla Street Wollongong

4229 5699

1/56 Central Avenue Oak Flats

4256 5863

### *Our specialists:*

Brian Baird Dip. LAW Acc. Spec. Fam.

Michael Gamble B. Comm. LLB

Linda Wright B.A. LLB

Warren Budd Dip. LAW Acc. Spec. Prop.

Peter Holmes B.A. LLB. Associate Acc. Spec. Pers. Inj.

# Kembla Joggers Winter Road Race Series 2001

March	17	5 km * ^	Stuart Park Puckey's Course - Cross-Country	3pm
	31	8 km 4 km * ^ #	West Dapto	3pm
April	14	7 mile (11.2 km) 3 mile * # ^	Mt Kembla	3pm
	28	3 mile (4.8 km) * #	West Dapto	3pm
May	12	16 km 3 mile * ^	West Dapto	2pm
	Sun 20	8 km 4 km * ^ #	Cataract Scout Park Cross-Country - Family Picnic Day & BYO	11am
BBQ				
June	2	10 km 5 km * ^ #	Mt Kembla - cross-country	3pm
	9	7 km	Mt Kembla AC Mitchell Memorial Shield	3pm
	Sun 24	Half Marathon (21.1 km)*	West Dapto Tom Miskelly Memorial Shield	8am
July	7	6 km #	Reed Park, West Dapto Cross-Country	3pm
	21	9 mile (14.4 km) 3 mile * ^ #	Mt Kembla Tony McMichael Memorial Trophy	2pm
	28	4 mile (6.6 km)	Mt Kembla	3pm
August	18	8 km 4 km * ^ #	West Dapto	3pm
September	1	7 km	Mt Kembla	3pm
	15	10 km 5 km * # ^	Cordeaux Dam Junior Presentation Day & BYO BBQ	11am
	Sun 30	KJ Road Relay ^	West Dapto	8am
* mass start event - all other races on handicap.				

**Venues:** See Race Information Pages.

^ senior non-pointscore event - all other races included in Winter Pointscore.

# races included in Junior Pointscore (see Junior Program).

## Enquiries:

Gary Howard 4274 3411 or Neil Barnett 4272 6818.  
Race Day Emergencies: Neil's Mobile 0419 256 047.

Race course & distance subject to change without notice. Up to date KJ race info & results on 2VoxFM 106.9 - Saturdays about 7am.

**Starting Times:** All races start promptly at advertised times. Alternative shorter races will start with first runner in longer handicapped event. 1/2/3 km Junior events start 15 minutes prior to main race.

**Pointscores:** Best 11 out of 14 included in Winter Pointscore tally.  
Best 7 out of 9 included in Junior Pointscore tally.  
Best 10 out of 14 included in Elite Pointscore tally.

**Race Registrations:** Last registrations taken at 15 minutes prior to race start. Handicap time penalties issued for late registrations.

## Other Fun Runs & Races 2001

April	8	Canberra Marathon (incorporating KJ Marathon Champs).....	42.2km
May	6	Kembla Joggers Fitness Five .....	5km
May	27	Sydney Half Marathon .....	21.1km
June	24	Gold Coast Marathon & Half.....	42.2/21.1km
July	4-14	World Veteran's Athletics Championships	
July	29	Sutherland to Surf .....	11km
August	12	City to Surf.....	14km
August	26	Hopetown Relays .....	6-13km
October	TBA	Mt Kembla Gift.....	1km

## ANSW & AA Winter Events 2001

May	5	NSW Novice Cross-Country Championships.....	Ramsgate
May	19	Australian Mountain Running Championships.....	Qld
May	19	NSW 10 km Road Championships .....	Holsworthy
May	27	NSW Half Marathon Championships .....	Sydney
June	16	NSW 8 & 6 km Cross-Country Championships.....	Nowra
June	30	NSW 12 & 8 km Cross-Country Championships.....	Bass Hill
Aug	4	NSW Cross-Country Relay Championships .....	Miranda
Aug	26	NSW Long Distance Relay Championships .....	Hopetown Relay
Sept	1	Australian Cross-Country Championships.....	Hobart
Sept	8	NSW Road Relay Championships .....	Cordeaux Dam
TBA		Australian Marathon Championships	
TBA		Australian Half Marathon Championships	

# Pepsport

Pepsport are suppliers and manufacturers of KJ uniforms  
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# KJ Venues

## Mt Kembla

Follow Cordeaux Road from the Princes Hwy at Unanderra west through Mt Kembla Village. Turn right onto Harry Graham Drive when you reach the Y intersection at the bus shelter. Travel north through Kembla Heights for a further 4km. The venue is located adjacent to the Motor-X Circuit near the top of the hill. Parking is limited to the area outside the Sydney Water property.

## West Dapto

If coming from the north exit the F6 at Kanahooka Rd or onto the Princes Hwy at Yallah if coming from the south. Head west along Darkes Rd at Brownsville from the roundabout at Kanahooka Rd for about 1km. The picnic grounds are located on the right hand side. There is plenty of parking on a grassed area in front of the picnic grounds.

## Cataract Scout Park

Head west along Appin Rd from the top of Bulli Pass for about 15km and turn left onto Baden Powell Drive (Cataract Dam turn-off). Turn right into the Scout Park which is located about 1km from the turn-off. Follow the KJ signs once inside the gates. There is no need to stop and report at the Caretaker's Cabin as indicated on the Park signs. Plenty of parking.

## Cordeaux Dam

Turn onto the Picton Rd at the top of Mount Ousley and travel west past Cordeaux Colliery. Turn left at the Cordeaux Dam turn-off sign and head down to the picnic grounds on the eastern side of the recreation area. Plenty of parking. A great place for a family picnic.

## Reed Park

F6 turn-offs as per West Dapto venue. Turn onto Bong Bong Rd from the Princes Hwy in Dapto township. Reed park is located about 500m west of the Princes Hwy on the left hand side. Plenty of parking.

## Stuart Park

The registration area will be set up in the picnic hut on the southern side of the cricket field in Stuart Park. The park is opposite North Wollongong Surf Club and plenty of parking is available in the car park opposite.



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# Club Rules & Regulations

Because of the ever present danger of possible death and/or injury to road runners and possible ensuing litigation, Kembla Joggers are the holders of a public risk liability insurance policy. It is essential therefore, that certain rules and regulations apply. These rules and regulations are for the protection of the committee and members alike, and it is a condition of membership that they be strictly adhered to.



*Dylan Forbes is caught in midair as he strides for victory in the 1 Mile Downhill Race Series.*

1. No person will be allowed to compete without being a fully-paid member unless given guest membership status for which a small fee applies.
2. All marshals must be fully-paid members of the club.
3. Runners must keep to the extreme right hand side of the roadway unless directed otherwise by course marshals and/or Police.
4. Footpaths must be used where practicable.
5. Cutting corners is not allowed.
6. Runners should always run in single file unless overtaking.
7. When overtaking the runner in front always has the right of way.
8. During the running of each event competitors must obey the directions and instructions of the race marshals and/or Police.
9. Runners must give way to all vehicular traffic and should stop if directed to by course marshals and/or Police. No runner has right of way in any situation.
10. Members under the age of 12 years can only compete in club events of distance 7km or less. When these events are not official KJ U12 Junior races an adult member must accompany the junior runner at all times.
11. During the season members will be required to act in an official capacity, as directed by the race marshal organiser, on at least one occasion. Members selected for official duties are expected to advise the marshal organiser if for some reason they are not available to assist at that particular time. Members will not be permitted to compete in future club events until they have fulfilled their marshalling duties.
12. Runners arriving to events on handicap after 15 minutes prior to the official race start time will be issued a handicap time penalty or required to start from the backmarkers position.
13. It is the responsibility of each competitor to ensure he/she is at the start line for his/her correct handicap starting time.
14. Many KJ events are handicapped. The Handicapper's decision is final. Bad sportsmanship will not be tolerated. Information on how the handicapping and pointscore system works is outlined elsewhere in the KJ Handbook.
15. Runners are not allowed to start on a different handicap time to the one allocated unless by prior arrangement with the Handicapper.

16. All trophies awarded under club handicap rules requires the winning runner to have competed in at least three club events during the current membership year to be eligible to win that trophy. Other conditions may sometimes apply.
17. All runners completing a race must ensure they take a position number tag at the finish line and then hand the tag to the officials at the recorders table, without unnecessary delay.
18. Any incidents observed during a KJ event should be reported to the Race Organiser and recorded on an Incident Report Card as soon as possible after the event.
19. Any claims for club Open or Age-Group Records and/or disputes are to be made to the Club Handicapper on the same day the event is held. Guest members or non-members will be ineligible to claim any club records.
20. Rules and regulations (Code of Conduct) relating to authorised club use of Sydney Water property at our Mt Kembla venue for racing and training is outlined elsewhere in the KJ Handbook.
21. Rules relating to ANSW sanctioned events are set out in the official ANSW Handbook.
22. Failure to abide by any of the above rules and regulations may result in disqualification and/or suspension from future club activities.
23. It is mandatory that you enjoy your running with the KJs.



*Winter Elite Pointscore Champion— Russell Chin is happy with his trophy. He also received a KJ Medal for a number of sensational efforts in 2000.*



*Vanessa Kearney flies to her third straight victory in the Open Womens section of the Mt Kembla Hotel Gift 1000m Uphill Sprint Series.*

# Race Marshal Rules and Regulations

- All marshals must be financial members of Kembla Joggers.
- All members of Kembla Joggers must perform marshalling duty as requested by the Race Organiser on at least one occasion throughout each season.
- A letter will be sent to you informing you of your rostered day. There will be plenty of time to change the roster day if the nominated race does not suit. A second letter will be sent to approximately 1 month before the rostered day indicating marshalling position, a set of instructions for that position, a course map and a list of equipment for use etc.
- It is the responsibility of each member to inform the Assistant Race Organiser in charge of marshals of your availability for duty. Failure to turn up on your rostered day will result in you not being permitted to compete in club events until you have fulfilled a marshalling duty.
- On race day marshals should arrive 45 minutes before race start to enable distribution of high visibility personal safety equipment, radios and briefing by the Race Day Marshal Organiser. Please report to the start/finish area.
- Remember the Marshal Organiser is contactable by phone so if something unforeseen crops up please let him know that you cannot make it.
- All runners must run on the right hand side of the road, eg. running facing the traffic, or as directed by the marshals. However marshals may be given special instructions to direct runners to the left side of the road in special circumstances.
- Marshals cannot stop traffic unless having undertaken the appropriate RTA approved training course. Your only power is to stop runners when it is unsafe to cross the road and to direct runners. You are encouraged to warn traffic of approaching runners by way of flags, signs etc.
- Marshals should not stand in a position which puts them at risk of being hit by a car or which could cause a car to swerve or brake unnecessarily.
- Marshals should report any incidents observed during the race by informing the Race Organiser or by filling out an Incident Report Card at the Recorders Table following the event.
- Drink station rubbish including all discarded cups should be collected and returned to the finish area following the race.
- All gear should be returned promptly after each event.
- Communication on the course - 2 way radios must be used only for the purpose intended and for emergencies. Do not use the radios for socialising.

## Using the radio:

1. THINK about what you need to say.
2. LISTEN to ensure there is no existing conversation over the radio.
3. PRESS and hold the talk button.
4. SPEAK holding the radio about 5cm from your mouth - ACROSS the microphone, not into it.
5. RELEASE the talk button. No one can transmit when you have the button held down.

## Radio Protocols

Making a call - say - “to whom you are calling twice, then identify yourself, come in” eg finishing line, finishing line this is Joe Bloggs, come in.

Receiving a call - say - “your name, receiving”.

Ending a call - say “over” to indicate you expect a response.

Ending a conversation - say “your name then OUT” to let the receiver know you have finished.

When you are in your marshalling position, make a radio check by calling the Race Day Marshal Organiser.

Do not whistle or sing over the radio. There may be an emergency on the course and you could delay any help required. Do use the radios for informing other marshals of where the leaders and back markers are and any race progress reports you may feel will interest spectators at the finishing area.

# Kembla Joggers Mount Kembla Venue

## Code of Conduct for use of Sydney Water property by KJ Members

Our special access to the Sydney Water property at Mt Kembla was granted on the proviso that club members obey certain conditions on training and racing days. An abbreviated list of these rules is given below. Please take the time to read them and make sure you do the right thing so that we may enjoy this running haven for many years to come.

### Official KJ Training Times

Saturday	3.00-6.00pm
Sunday	6.00-9.00am and 3.00-6.00pm
Wednesday	4.00-6.00pm

- Use of the Sydney Water property is restricted to official training times ONLY (as listed above) and official Kembla Joggers events listed in the Winter and Summer Racing Programs.
- Access to the Sydney Water property is only available to current financial members of Kembla Joggers.
- Club members are only permitted to use the

sealed road on Sydney Water property and beyond that the unsealed Council owned road via the Orchards. Use of other tracks and roads on Sydney Water property is not permitted.

- Club members are not permitted to defecate or urinate in the catchment area.
- Running or walking with domestic animals eg. dogs, is not permitted.
- Swimming in the dam is not permitted.
- Open fires or flames are not permitted.
- All rubbish or waste material should be removed and disposed of elsewhere.
- Club members are not permitted to disturb native vegetation or wildlife on Sydney Water property.
- Emergencies including spills or fires should be reported to Sydney Water on 4640 1141 during business hours or 9795 4345 after hours.
- Vehicles are not permitted on Sydney Water property without prior permission.
- Any fine or penalty due to the conditions of the agreement being broken by a Club member or due to damage to Sydney Water property will not be borne by the Club and will be passed on to the person(s) responsible.
- Breaches of these conditions may result in disciplinary action.



*Mt Kembla Gift Winners 2000.*



# KJ Juniors

Junior participation at Kembla Joggers events during 2000 reached an all-time high with the introduction of shorter events over 1 & 2km distances on off-road courses. The emphasis on these events is FUN FUN FUN and all ages can compete. The longer events on road and cross-country courses are still there for the older, more serious junior athletes. These races combined form the Uncle Pete's Toyworld Pointscore Series.

Being a KJ Junior is GREAT because your child gets to participate with other juniors in safe, well organised events by an experienced team. There is absolutely no pressure for your child to perform as there are no trophies etc for fastest in events 3km or less. In fact all juniors are treated like winners just for having a go. Random prize draws for all competitors will take place on junior race days with heaps of Uncle Pete's Toyworld vouchers up for grabs.

## Uncle Pete's TOYWORLD

### Uncle Pete's Toyworld Junior Pointscore Series 2001

March	31	4/2/1 km	West Dapto	2.45pm
April	14	5/3/1 km	West Dapto	2.45pm
April	28	5/2/1 km	West Dapto	2.45pm
May	20	4/3/1 km	Cataract Scout Park	10.45am
June	2	5/2/1 km	Mt Kembla	2.45pm
July	7	6/2/1 km	Reed Park, West Dapto	2.45pm
July	21	5/3/1 km	Mt Kembla	1.45pm
August	18	4/2/1 km	West Dapto	2.45pm
Sept	15	5/3/1 km	Cordeaux Dam Junior Presentations & Family BBQ	10.45am

### Distances

All events equal to or longer than 4km are Junior Pointscore events for Ages 12 & Over. U12 juniors can only run these events with an accompanying adult at all times. The 1, 2 & 3km races are for all ages and are recommended for the U12's.

### Registrations & Start Times

Junior registrations will close at 15 minutes prior to race start time. All juniors must register at the Junior Registration area prior to the race. Races 3km or less start at the times listed above with the longer distance event starting 15 minutes later.

### Other Events for Juniors

1 & 2km events will also be held on non-pointscore race days with the exception of the Half Marathon and KJ Relays. KJ juniors are most welcome to compete in other KJ races in addition to those on the Junior Race Program. Please remember though juniors under the age of 12 cannot compete in distances greater than 7km and must be accompanied by an adult for events longer than 3km. Juniors are also welcome to compete in our track events held at Beaton Park every Thursday evening from 6.30pm.

### KJ Junior Teams

The KJ's form junior teams which compete in funruns and Athletics NSW events during the winter (see ANSW & Funrun Race Programs). Categories include U12, U14, U16, U18 and U20 for both boys and girls in ANSW events. Again the emphasis is on participation and FUN. Kids enjoy these events because they get to mix with the other junior KJ members, how fast or slow they run is not important, they get to be part of a team and, of course, they win the odd medal or two. It's great fun so get your kids enrolled before the ANSW season kicks off in May.

### KJ Junior Development Squad

A development program for motivated KJ junior athletes will be started in 2001. Participants taking part in the program will be aged between 12 and 18 years of age. The objectives will be to

provide our young athletes with the guidance and tuition to ensure they achieve the most from their sport without any risk of 'burn-out'. This will not be a coaching squad but instead will provide a series of development clinics throughout the year on specific issues such as stretching, diet, running technique etc. It is hoped a weekend camp will be held later in the year.

### **Junior Training**

To discuss training options contact Neil Barnett 4272 6818.

### **Illawarra Sports High School Partnership**

In 2001 the KJs will start co-ordinating programs for the cross-country and middle distance running squad from Illawarra Sports High School. Accredited coaches Eric Brown and Rob Battocchio will join forces to provide the coaching and tuition sessions.

### **Want More Information?**

For more information on any of the above please contact Junior Development Officer Neil Barnett on 4272 6818.



*Pleased as punch! Winner of the junior raffle, Nadine Dryburgh, is very pleased to accept the J.D. Bug Scooter off the very generous sponsor, Suzanne O'Brien of Uncle Pete's Toys.*

## **Battocchio Fitness**

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# Club Pointscores & Awards

## Winter Handicap Pointscore

Award: President's Trophy  
Other prizes: Trophies and cash prizes to 1st, 2nd & 3rd.  
Sponsor: KJs  
Points Method: Allocated on handicap finishing position.  
Races Included: All 14 designated Winter Series events - see Race Program.  
Scoring: Best 11 out of 14 scoring races.  
Presented: Presentation Night

## Elite Pointscore

Award: No perpetual trophies.  
Other Prizes: Trophies and cash prizes to 1st, 2nd & 3rd male & female.  
Sponsor: Mt Kembla Hotel  
Points Method: Allocated to quickest 10 male and female runners, ie 10 points to 1st, 9 points to 2nd, and so on.  
Races Included: All 14 designated Winter Series events - see Race Program.  
Scoring: Best 10 out of 14 scoring races.  
Presented: Presentation Night

## Winter Junior Pointscore

Award: Junior Pointscore Shield  
Other Prizes: Trophies and Uncle Pete's Toyworld vouchers to 1st, 2nd & 3rd.  
Sponsor: Uncle Pete's Toyworld  
Points Method: Allocated on handicap finishing position similar to Senior Winter Pointscore.  
Races Included: All 9 designated KJ Junior Series events - see Race Program.  
Scoring: Best 7 out of 9 scoring races.  
Presented: Junior Presentation Day, Sat 15 Sept. at Cordeaux Dam.

## Winter Junior Championships

Award: No perpetual trophies.  
Other Prizes: Trophies and Uncle Pete's Toyworld vouchers to 1st, 2nd & 3rd male & female.  
Sponsor: Uncle Pete's Toyworld  
Points Method: Allocated to quickest 10 male

and female junior runners, ie 10 points to 1st, 9 points to 2nd, and so on.

Races Included: All 9 designated KJ Junior Series events - see Race Program.  
Scoring: Best 7 out of 9 scoring races.  
Presented: Junior Presentation Day, Sat 15 Sept. at Cordeaux Dam.

## Mt Kembla Pointscore

Award: The Cedar Stump  
Other Prizes: Modest prizes for 1st, 2nd & 3rd.  
Sponsor: Mt Kembla Hotel  
Points Method: Allocated on 'closest to predicted time' basis.  
Races Included: All 6 Mt Kembla venue events - see Race Program.  
Scoring: All 6 scoring races count.  
Presented: Mt Kembla Hotel following final Mt Kembla event.

## Other Awards

### KJ Medals

The KJ Medal is awarded to recognise performances of true merit in which a KJ has performed above and beyond what could reasonably be expected of them. There is no limit on the number of KJ Medals which may be awarded in any year. These awards are for KJs of all abilities and are presented on Presentation Night annually. Performances must be in a KJ event.

### Athlete's Athlete Award - Sponsored By Wilson's Discount Bikes.

This award is presented at Presentation Night and is voted on by all KJ members who have attended at least 50% of club events. The award is based on similar principles to a 'best and fairest' in team sports and recognises athletes who give their absolute best, regardless of ability.

### Most Meritorious Award

The winner of this award receives the Golden Boots Trophy the feature of which are Fred Zatopek's famous boots. The award recognises one or more performances by an athlete which are considered to be of significant individual merit. Unlike the KJ Medal, the performances do not



necessarily have to be in a KJ event. Presented annually at Presentation Night.

### AC Mitchell Memorial Shield

Presented to the winner on handicap of the nominated 7km event at Mt Kembla. In memory of former KJ Roy Mitchell's father and donated to the club by Roy in 1977.

### Tony McMichael Memorial Trophy

Presented to the winner on handicap in the annual 9 mile event at Mt Kembla. In memory of the late Tony McMichael, a former KJ of great ability. First presented in 1983.

### Tony Miskelly Memorial Shield

Presented to the overall winner of the Kembla Joggers Half Marathon. In memory of the late Tom Miskelly, a former KJ and great supporter of the club. First presented in 1992.

### Running Nut Trophy

Awarded to the winner on handicap of the KJ's infamous Hangover Handicap race held on New Year's Day each year. The trophy was designed and crafted from timber by life member Bill Williamson and first presented in 1993.

### W-Squared Trophy

First awarded in 1996 this trophy is presented to the winner of the handicapped final of the W-Squared 3000m Track Series held at Beaton Park. The series usually takes place mid-year and athletes must compete in the preliminary races to be eligible for the final.

### KJ Marathon Champions

Trophies are presented to the first male and female in the KJ Marathon Championship race each year. This year's event will be the Canberra Marathon in April.

## KJ Honours Roll

Year	Winter Pointscore	Elite Pointscore	Most Meritorious	Athlete's Athlete	Club Person of the Year	Junior Pointscore
1987	Ray Good	Roberto Rojas	Dave Pomery	—	—	—
1988	Peter Asher	Simon Suters	Bob Bartle	—	Barry Armstrong	—
1989	Neil Barnett	Mark Everton	Mark Everton	—	Hilary Winchester	—
1990	Paula Ryan	—	Tony Hamilton	Tania Connor	Barry Armstrong	—
1991	Tony Hamilton	—	Anneli Laajoki	Mark Everton	Mark Everton	—
1992	Neil Barnett	—	Kerryn McCann	Greg Learmonth	Kevin O'Connell	—
1993	Jim Hennessy	—	Kerryn McCann	Peter Trad	Steve Bailey	—
1994	Peter Patterson & Chris Stocker	—	Kerryn McCann	Garth Hennessy	Robyn Henry	Ian Gregory
1995	Pasco Coppolaro	—	Chris Stocker	Chris Stocker	Gary Howard	David Gregory
1996	Pasco Coppolaro	—	Andrew Krajewski	Chris Stocker	Neil Barnett	David Gregory
1997	Kevin Raines	Ben Dubois Paula Crinnion	Gary Howard	Kevin O'Connell	Gary Howard	Brendan Cato
1998	Mark Owen	Paul Micale Suzanne O'Brien	Peter Evans	Peter Evans	Mark Everton	Jack Parle
1999	Chris Paesler	Rob Battocchio Elivia Comer	Des Comer	Garry Wheeler	Jim Hennessy	Mark Scott
2000	Kevin Goodwin	Russell Chin, Garry Wheeler Suzanne O'Brien	Bob Squires	Garry Wheeler	Claire Margetson	Renee Ognenovski

# Race Day Information

## Parking

Parking is limited at many KJ race venues particularly at Mt Kembla. The trick is to arrive early to secure the best spots. Whatever the case, please ensure you park safely and always lock your doors.

## Race Registration

The Golden Rule - arrive early. We recommend that you arrive AT LEAST half an hour before the scheduled race start times regardless of whether the race is a handicapped or mass start event. That way you have plenty of time to warm up and avoid long queues at the race registration tables.

The cutoff time for race registrations is strictly 15 minutes before race start time. Runners arriving after this time will be started from the backmarkers position. If you know you are going to arrive late then it is fine to arrange for someone else to collect your handicap start time for you. Otherwise let the Handicapper know prior to the event.

Your handicap start time will be issued to you on an adhesive label. Please keep this handy by sticking it to your running shorts etc so that you know what time you are due to start the race.

Make sure you are fully familiar with the course before each race by checking the course maps etc located on the Notice Boards and elsewhere in the KJ Handbook.

## Warming Up

Take care when warming up. The race may already be in progress so please keep clear of runners who have set off from earlier handicap start times. As always watch out for vehicular traffic. The same road rules apply for warming up as they do during the race - see KJ Race Rules.

## Race Start

A race briefing will commence 15 minutes before race start time. It is important that you are present for this as information regarding course condition, any late changes, hazards etc are announced at this time.

A gun will usually be fired about 5 minutes before the clock is started and the first runners head off.

This should give you an idea when you will be due on the start line. The gun will also be fired prior to mass start events.

It is your responsibility to be on the start line at your allocated handicap start time. It is advisable to be at the start line about 1 minute before you are scheduled to start.

## Toilets

Toilet facilities are available at all venues with the exception of Mt Kembla. We hope to resolve this issue during the current season. In the meantime if the 'call of nature' stirs you at Mt Kembla please use the bushland on the hill on the northern side of Harry Graham Drive. The access agreement with Sydney Water does not allow us to use any other area for this purpose including any areas along our race routes.

## Feeling Unwell?

If you are feeling unwell the week prior to any event you are best advised to get proper medical advice before deciding to compete. There is always a chance that you might be able to fulfil your marshalling duty commitments if you contact the marshal organiser beforehand.

If you begin to feel unwell or become injured during an event it is recommended that you stop and advise the next available course marshal who will then call for assistance on the 2-way radio.

## Medical

Upon registration KJ members are invited to inform us of any medical conditions that could possibly require treatment as a result of their running activities. This is optional and all disclosures are kept entirely confidential.

The KJs have a fully equipped and comprehensive First Aid kit which is available at all KJ events in the vicinity of the start/finish area. Only persons with Senior First Aid qualifications should use the kit and a list of names of authorised users is provided inside the kit.

Drink plenty of water before every event. Start hydrating early on the day of the event and from about one hour before the race is due to begin, take frequent sips of water to maintain fluid

levels. Water stations are provided in all KJ Winter Series events.

It is recommended that you don't eat substantial amounts of food in the 3 hours prior to racing.

### **Rubbish**

Please assist us by taking your rubbish home with you. Bins or garbage bags are provided at all events.

### **Children**

Kids are welcome at KJ events but please remember looking after them is always your responsibility.

### **Race Etiquette**

Pacing other runners in trophy events is generally not encouraged.

See KJ Rules and Regulations for information on race conduct.

### **Incidents**

Any incidents or near-misses observed during a race should be reported to the Race Organiser immediately after the event and on an Incident Report Card which will be available at the Recorders Table.

### **Finishing the Race**

When finishing a race follow the marshals instructions and listen out for your finish position.

Make sure your finish position tag corresponds to this number. Always take a finish position tag - failure to do so results in major time recording problems. Try and stay in the order of finishing from the finish line till you reach the person issuing the position tags at the end of the finishing chute.

Please take your position tag to the Recorders table without unnecessary delay.

### **Post-Race Refreshments**

Stay behind and enjoy the race refreshments which are provided free of charge.

### **Race results**

Race results will be posted on the Notice Board as soon as they are calculated and any trophies to be awarded will be announced shortly afterwards.

Finally, enjoy yourself at the KJ's races as they are staged for your enjoyment. Direct any issues or comments to any KJ committee member who will follow up any particular concerns or suggestions.

### **Spectators**

Spectators on the course in vehicles should observe normal traffic rules and keep out of the path of runners competing in the race.



*The ladies are all smiles before the start of the Inaugural Ladies Open 2000 at Stuart Park.*

# Course information

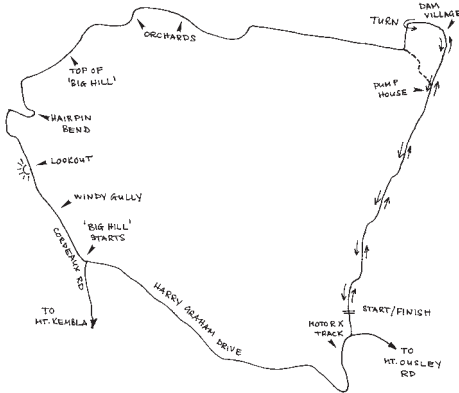
## 4 Miles - Mount Kembla

Race Dates: 28 July, 2001 & 1 January, 2002

Trophy: Running Nut Trophy (1 Jan, 2002)  
Awarded to first home on handicap.

Location: Mt Kembla venue  
Harry Graham Dv, Kembla Heights

Parking: Limited



Race Type: Handicapped

Course Description: Sealed road on undulating course. Scenic bushland setting. Traffic free.

### Course Records Mt Kembla 4 Mile

Open	Jonathan Hall	20.50	01/01/97
	Kerryn McCann	22.20	01/01/01
0-9	Garth Hennessy	31.43	24/06/78
	Lauren Ogenovski	53.32	01/01/01
10-14	Jarred Poppett	23.20	01/01/00
	Kerryn Hindmarsh	27.01	24/06/78
15-19	Ian Kennerley	21.33	11/06/88
	Kirsten Molloy	26.01	01/01/98
20-24	Jonathan Hall	20.50	01/01/97
	Lucie Richards	25.08	01/01/01
25-29	Robert Battocchio	21.09	01/01/99
	Trudi Sanders	25.18	01/01/01
30-34	Mark Everton	21.19	22/07/89
	Kerryn McCann	22.20	01/01/01
35-39	Jim Hennessy	21.24	24/06/78
	Suzanne O'Brien	26.24	01/08/98
40-44	Bill Williamson	22.17	24/06/78
	Anneli Laajoki	27.33	11/06/88
45-49	Peter Evans	23.10	01/08/98
	Wendy Bennett	29.58	11/06/88
50-54	Andrew Krajewski	24.49	01/01/99
	Jenny Comer	32.59	01/08/98
55-59	Bob Squires	24.04	01/01/97
	Wendy Bennett	35.16	01/01/97
60-64	Kevin Raines	28.58	01/01/98
	Helen Ashton	40.14	01/01/01
65-69	Kevin Raines	33.04	01/01/01

## 7 km - Mount Kembla

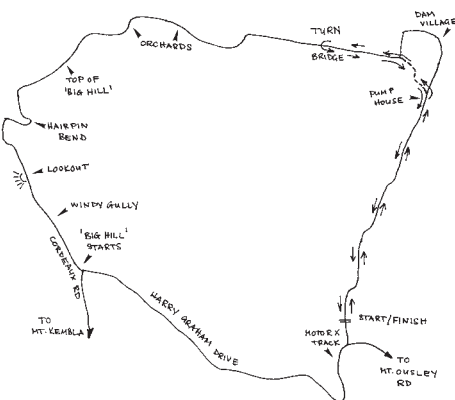
Race Dates: 9 June, 2001 & 1 Sept, 2001

Trophy: AC Mitchell Memorial Shield (9/6)  
Awarded to first home on handicap.

Location: Mt Kembla venue  
Harry Graham Dve, Kembla Heights

Parking: Limited

Race Type: Handicapped



Course Description: Combination of sealed and unsealed road on undulating course. Scenic bushland setting. Mostly traffic free. Care required on Pumphouse track at 2.5km - very rough in places.

### Course Records Mount Kembla 7K

Open	Allan Carman	20.53	05/05/93
	Kerryn McCann	24.01	18/05/96
0-9	Patrick Mahoney	39.13	10/07/99
	Bethany Comer	37.16	16/05/92
10-14	Mathew Moody	26.08	03/08/96
	Mariana Hernandez	28.27	29/05/99
15-19	Barry Keem	22.45	29/05/99
	Terasha Moxham	26.33	02/08/97
20-24	Russell Chin	21.38	27/05/00
	Vanessa Kearney	27.58	16/05/98
25-29	Allan Carmen	20.53	15/05/93
	Kerryn McCann	24.01	18/05/96
30-34	Mark Everton	22.56	01/08/92
	Sue Mulready	26.49	27/05/00
35-39	Kevin Goodwin	24.10	15/05/93
	Mary Murison	27.06	12/05/90
40-44	Garry Wheeler	24.10	12/08/00
	Debbie Cummings	32.52	03/08/96
45-49	Wayne Montefiore	25.15	16/05/98
	Claire Margetson	32.01	12/05/90
50-54	Bob Squires	25.42	18/05/96
	Paula Ryan	32.37	12/05/90
55-59	Tony Hernandez	25.48	12/08/00
	Frances Pearson	36.33	27/05/00
60-64	Kevin Raines	29.15	02/08/97
65-69	Kevin Raines	33.33	27/05/00
70+	Dave Flemming	36.12	31/07/93

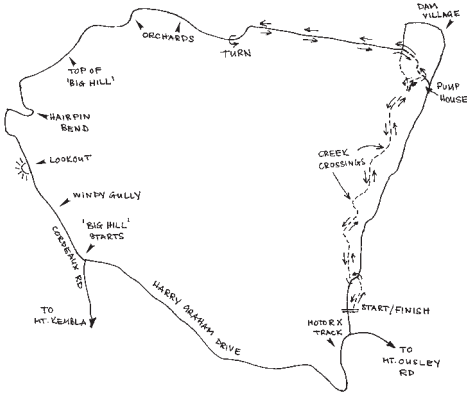
## 10 km Cross-Country - Mount Kembla

Race Dates: 2 June, 2001

Location: Mt Kembla venue  
Harry Graham Drive,  
Kembla Heights

Parking: Limited

Race Type: Handicapped



Course Description: Undulating course with several short, sharp climbs. Rough terrain so great care is required in some uneven or narrow sections. Often very muddy after rain. Follows fire trails with two creek crossings. Mostly traffic free.

### Course Records Mount Kembla CC10K

Open	Russell Chin	30.03	10/06/92
	Kerry McCann	35.36	02/05/92
10-14	Kane Johns	37.08	08/06/91
	Elivia Comer	45.11	07/05/94
15-19	Russell Chin	32.01	03/05/97
	Elivia Comer	39.40	10/06/00
20-24	Russell Chin	30.03	10/06/00
	Tania Potter	38.48	01/09/90
25-29	Robert Battocchio	32.35	10/06/00
	Kerry McCann	35.36	02/05/92
30-34	Mark Everton	33.16	01/05/93
	Sue Mulready	38.18	10/06/00
35-39	Garry Wheeler	34.02	03/05/97
	Suzanne O'Brien	38.29	10/06/00
40-44	Garry Wheeler	33.07	10/06/00
	Deborah Maxwell	44.56	04/09/99
45-49	Peter Evans	36.09	04/09/99
	Anneli Laajoki	40.27	01/09/90
50-54	Witold Krajewski	37.24	10/06/00
	Paula Ryan	46.42	01/09/90
55-59	Tony Hernandez	36.23	10/06/00
	Frances Pearson	51.41	10/06/00
60-64	Kevin Raines	42.04	03/05/97
65-69	Kevin Raines	46.30	10/06/00
70+	Dave Fleming	52.01	07/05/94

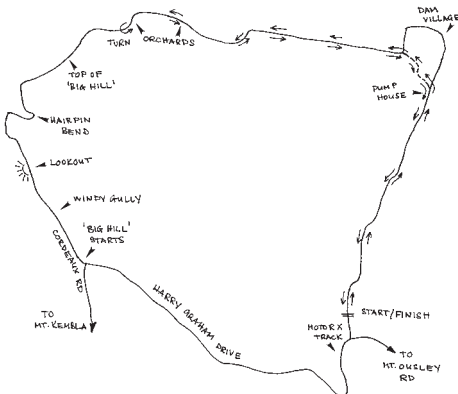
## 7 Miles - Mount Kembla

Race Dates: 14 April, 2001

Location: Mt Kembla venue  
Harry Graham Drive,  
Kembla Heights

Parking: Limited

Race Type: Handicapped



Course Description: Combination of sealed and unsealed road on undulating course. Several long gradual rises within 2km each side of half-way turn. Scenic bushland setting. First and last 3km is traffic free. Care required on Pumphouse track at 2.5km - very rough in places.

### Course Records Mount Kembla 7 Miles

Open	Robert Battocchio	36.42	10/04/99
	Lorraine Davis	41.35	24/11/93
10-14	Lance Kemp	46.39	12/09/92
	Elivia Comer	59.01	17/09/94
15-19	Simon Suters	37.31	03/09/88
	Lauren Elms	46.31	10/04/99
20-24	Ben Dubois	39.02	13/09/97
	Tania Potter	49.43	14/09/91
25-29	Robert Battocchio	36.42	10/04/99
	Lorraine Davis	41.35	24/11/93
30-34	Mark Everton	37.44	07/10/89
	Paula Crinnion	45.44	08/04/00
35-39	Philip Parle	39.01	08/04/00
	Suzanne O'Brien	45.49	08/04/00
40-44	Garry Wheeler	39.08	08/04/00
	Anneli Laajoki	47.28	03/09/88
45-49	Rowan Allnutt	40.25	08/04/00
	Wendy Bennett	52.20	03/09/88
50-54	Bill Williamson (eq)	43.27	03/09/88
	Paula Ryan	52.29	03/09/88
55-59	Bill Raimond (eq)	43.27	03/09/88
	Bill Raimond	41.49	11/09/93
	Frances Pearson	60.19	08/04/00
60-64	Kevin Raines	46.42	13/09/97
65-69	Joe Novy	52.09	12/09/92
70+	Kevin O'Connell	64.05	13/09/97

## 9 Miles - Mount Kembla

Race Dates: 21 July, 2001

Trophy: Tony McMichael Memorial Trophy  
Awarded to first home on handicap.

Location: Mt Kembla venue  
Harry Graham Dve, Kembla Heights

Parking: Limited

Race Type: Handicapped (2pm start).



Course Description: Sealed road for first 6km and last 3km. Tough, challenging course. Long, steep hill climb from 4km to 7km. Many other climbs and falls along course. One steep downhill section. Scenic bushland setting. Care required in first 4km due to several bends with poor visibility for oncoming traffic.

### Course Records Mount Kembla 9 Miles

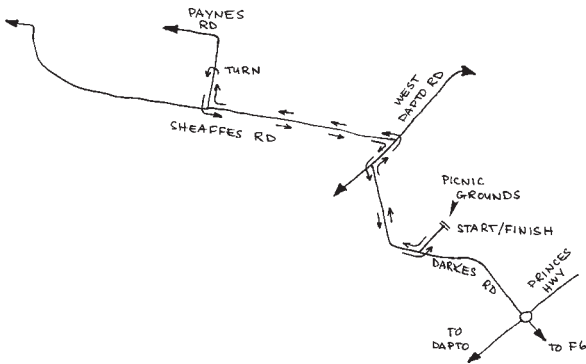
Open	Roberto Rojas	48.28	
	Ann Schroder	58.13	08/07/89
10-14	Anton Cattuna	56.34	23/07/88
	Elivia Comer	70.35	23/07/94
15-19	Simon Suters	50.23	23/07/88
	Elivia Comer	62.33	24/07/99
20-24	Kevin Robertson	49.04	18/07/98
	Nicky Brown	62.45	05/07/86
25-29	Robert Battocchio	49.20	24/07/99
	Kerryn McCann	59.39	18/07/92
30-34	Mark Everton	49.15	18/07/92
	Paula Crinnion	60.11	24/06/00
35-39	Jim Hennessy	50.32	24/11/77
	Suzanne O'Brien	58.36	24/06/00
40-44	Chris Stocker	50.24	20/07/96
	Anneli Laajoki	64.24	23/07/88
45-49	Jim Hennessy	51.08	01/08/87
	Paula Ryan	63.14	27/10/84
50-54	Bill Williamson	55.39	23/07/88
	Paula Ryan	68.35	2/09/89
55-59	Bill Raimond	53.50	17/07/93
	Frances Pearson	76.12	24/06/00
60-64	Kevin Raines	63.50	19/07/97
65-69	Kevin Raines	70.58	24/06/00
70+	Kevin O'Connell	81.42	17/07/97

## 3 Miles - West Dapto

Race Dates: 28 April, 2001 & 12 May, 2001  
(alternate race with 16km)

Location: West Dapto venue  
Darkes Rd, Brownsville

Parking: Adjacent to picnic grounds  
- plenty available.



Race Type: Mass start.

Course Description: Flat, fast course. Very good road surface. Open rural setting. Care required when crossing into Sheaffes Rd at 1km and on return.

### Course Records Sheaffe's Rd 3 Miles

Open	Ben Dubois	14.01	11/07/98
	Kerryn McCann	15.38	06/07/96
0-9	Kyle Wolsky	20.12	24/04/99
	Nadine Dryburgh	21.52	24/04/99
10-14	Kevin Robertson	16.21	18/08/90
	Jemma Comer	17.32	18/08/90
15-19	Barry Keem	14.23	06/05/00
	Lauren Elms	16.59	24/04/99
20-24	Ben Dubois	14.01	11/07/98
	Leanne Wilford	17.03	28/05/94
25-29	David Pomery	14.26	18/08/90
	Kerryn McCann	15.38	06/07/96
30-34	Steve Mlacic	14.39	18/08/90
	Kerryn McCann	16.16	21/03/98
35-39	Mark Everton	15.26	09/07/94
	Mary Murison	17.11	18/08/90
40-44	Wayne Montefiore	15.36	30/03/96
	Claire Margetson	20.11	18/08/90
45-49	Rowan Allnutt	16.05	22/04/00
	Anneli Laajoki	17.48	18/08/90
50-54	Bill Williamson	16.11	16/04/88
	Paula Ryan	19.57	18/08/90
55-59	Tony Hernandez	16.39	08/07/00
	Frances Pearson	23.01	08/07/00
60-64	Bill Williamson	18.56	22/03/97
65-69	Kevin Raines	21.43	22/04/00
70+	Dave Fleming	23.52	09/07/94

## 8 km - West Dapto

Race Dates: 31 March, 2001

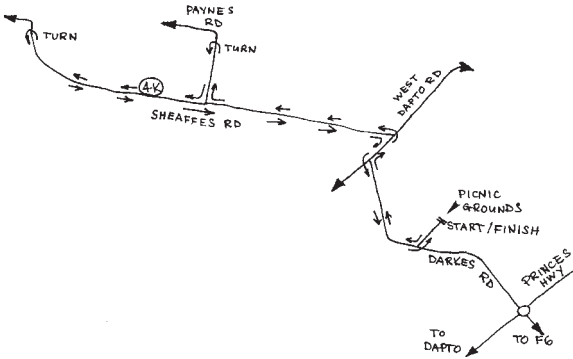
18 August, 2001

Location: West Dapto venue  
Darkes Rd, Brownsville

Parking: Adjacent to picnic grounds  
- plenty available.

Race Type: Handicapped.

Course Description: Mostly flat, fast course.  
Short, sharp hill at 3.5km and longer climb on  
return at 5.5km. Open rural setting. Care  
required when crossing into Sheaffes Rd at 1km  
and on return.



### Course Records Sheaffe's Rd W Dapto 8K

Open	Stephen Locke	25.08	25/03/00
	Sue Mulready	28.54	22/07/00
10-14	Jarred Poppett	29.52	07/08/99
	Mariana Hernandez	32.07	07/08/99
15-19	Russell Chin	27.33	13/06/98
	Lauren Elms	31.35	27/03/99
20-24	Stephen Locke	25.08	25/03/00
	Lucie Richards	29.52	25/03/00
25-29	Rob Battocchio	25.30	13/06/98
	Jenny Hindmarsh	29.41	27/03/99
30-34	Paul Micale	26.08	27/03/99
	Sue Mulready	28.54	22/07/00
35-39	Phil Parle	27.46	04/04/98
	Suzanne O'Brien	30.33	13/06/98
40-44	Gary Wheeler	26.54	22/07/00
	Louise Hudson	33.00	22/07/00
45-49	Wayne Montefiore	27.54	13/06/98
	Ruth Russell	38.58	04/04/98
50-54	Witold Krajewski	29.48	22/07/00
	Jenny Comer	38.36	15/08/98
55-59	Tony Hernandez	28.28	25/03/00
	Frances Pearson	39.54	22/07/00
60-64	Bill Williamson	32.47	27/03/99
65-69	Kevin Raines	41.45	07/08/99

## 16 km - West Dapto

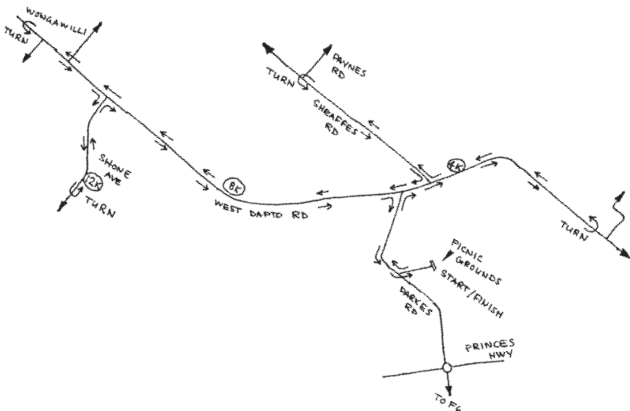
Race Dates: 12 May, 2001

Location: West Dapto venue  
Darkes Rd, Brownsville

Parking: Adjacent to picnic grounds  
- plenty available.

Race Type: Handicapped (2pm start).

Course Description: Flat, fast course. Long, very  
slight rise from 8km to 10km. Very good road  
surface. Care required at bends on West Dapto  
Rd at 1.5km and Shone Ave at 12km.



### Course Records West Dapto 10 Miles

Open	Mark Everton	52.13	25/05/91
	Kerryn McCann	59.02	30/05/92
10-14	Jonathon Hall	62.31	25/05/85
15-19	Russell Chin	57.15	31/05/97
	Elvia Comer	67.37	01/05/99
20-24	Kevin Robertson	53.54	30/05/98
	Lauren Elms	62.19	06/05/00
25-29	Paul Micale	54.50	30/05/98
	Kerryn McCann	59.02	30/05/92
30-34	Mark Everton	52.13	25/05/91
	Pamela Hawken	63.55	01/05/99
35-39	Phil Parle	56.02	30/05/98
	Suzanne O'Brien	65.29	30/05/98
40-44	Chris Stocker	54.48	31/05/97
	Wendy Bennett	71.37	21/07/84
45-49	Peter Evans	58.29	01/05/99
	Anneli Laajoki	63.29	25/05/91
50-54	Bill Raimond	54.29	25/05/91
	Claire Margetson	78.01	01/05/99
55-59	Bill Raimond	57.19	29/05/93
	Wendy Bennett	83.51	31/05/97
60-64	Bill Williamson	66.54	01/05/99
65-69	Dave Fleming	78.14	25/05/91



## 5 km Cross-Country - Stuart Park

Race Dates: 17 March, 2001

Location: Puckey's course - Stuart Park

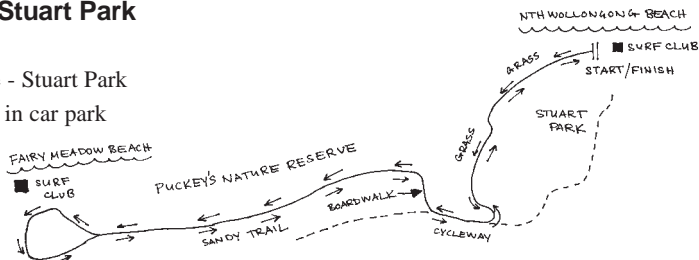
Parking: Plenty available in car park

opposite North

Beach Surf Club.

Race Type: Mass start.

Course Description: Flat with two short rises near half-way. Mixture of grass, sealed paths, timber boardwalk and sandy trails through nature reserve. Traffic free. Care required on short cycleway section - watch for bikes.



### Course Records Puckey's Reserve 5K

Open	Russell Chin	15.01	07/11/00	Kerryn McCann	16.14	19/12/00
0-9	David Gregory	23.52	11/03/95	Lauren Ogenovski	31.52	21/12/99
10-14	Jarred Poppett	16.58	21/12/99	Mariana Hernandez	19.26	13/03/99
15-19	Stuart Perry	16.21	22/12/98	Lauren Elms	18.02	21/12/99
20-24	Russell Chin	15.01	07/11/00	Lucie Richards	18.06	19/12/00
25-29	Robert Battocchio	15.32	13/03/99	Kerryn McCann	16.52	16/03/96
30-34	Paul Micale	15.43	19/12/00	Kerryn McCann	16.14	19/12/00
35-39	Andrew Lloyd	16.17	11/03/95	Suzanne O'Brien	18.42	03/07/98
40-44	Philip Parle	16.56	19/12/00	Louise Hudson	21.05	07/11/00
45-49	Peter Evans	17.07	13/03/99	Sue Scott	23.57	07/11/00
50-54	Andrew Krajewski	18.10	22/12/98	Jenny Comer	24.28	16/12/97
55-59	Antonio Hernandez	17.27	11/03/00	Christine Hall	25.44	11/03/00
60-64	Bill Williamson	20.14	13/03/99			
65-69	Kevin Raines	23.16	11/03/00			
70+	Kevin O'Connell	29.47	03/07/98			

## Half Marathon - West Dapto

Race Dates: 24 June, 2001

Trophy: Tom Miskelly Memorial & Kembla Joggers Shields Awarded to

first Open & first Female runner respectively.

Location: West Dapto venue Darkes Rd, Brownsville

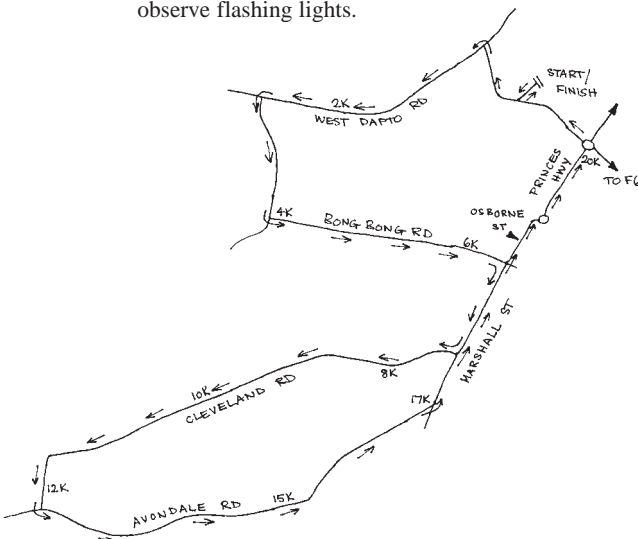
Parking: Adjacent to picnic grounds - plenty available.

Race Type: Mass start (8am start).

Course Description: Undulating course with several long, flat sections. Five testing hills along Cleveland Rd between 8km and 12km. Last 4km is flat. Care required crossing Bong Bong Rd from Marshall St at 18.5km and at the 4 train level crossings on course. Runners must keep to extreme left hand side of road along Princes Hwy section between 19km and 20km. There are 4 railway track crossings - please observe flashing lights.

### Course Records Half Marathon 21.1K

Open	Petri Laajoki	72.48	26/05/90
	Kerryn McCann	81.08	26/06/93
10-14	Lance Kemp	90.41	26/06/93
15-19	Phil Giles	98.51	25/06/94
	Elivia Comer	97.40	28/06/98
20-24	Petri Laajoki	72.48	26/05/90
	Tania Potter	87.41	26/05/90
25-29	Petri Laajoki	73.15	24/06/95
	Kerryn McCann	81.08	26/06/93
30-34	Mark Everton	73.04	26/06/93
	Karen Blay	92.12	22/06/97
35-39	Phil Parle	74.49	28/06/98
	Mary Murison	83.46	26/05/90
40-44	Chris Stocker	73.23	22/06/00
	Louise Hudson	93.17	06/08/00
45-49	Chris Stocker	76.08	17/06/99
	Frances Pearson	107.40	22/06/91
50-54	Bill Raimond	74.21	26/05/90
	Paula Ryan	102.50	26/05/90
55-59	Bill Raimond	77.24	26/06/93
	Frances Pearson	116.22	06/08/00
60-64	Bill Williamson	89.43	27/06/99
65-69	Kevin O'Connell	109.15	26/06/93
70+	Kevin O'Connell	118.47	22/06/97





## 8 km Cross-Country - Cataract Scout Park

Race Dates: 20 May, 2001

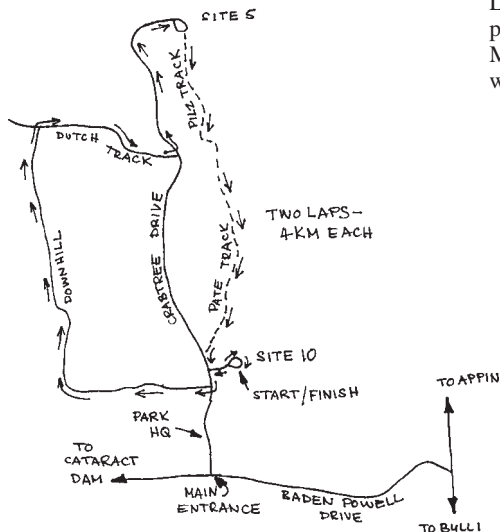
Location: Cataract Scout Park  
Baden Powell Drive, Appin

Parking: Plenty available.

Race Type: Handicapped (11am start).

BYO BBQ to follow.

Course Description: Mostly steady downhill with some short, steep downhill sections to 2km. Long, gradual uphill climb to 4km with sharp pinch just before end of lap. Two 4km loops. Mostly on unsealed roads (hard packed coal-wash). Traffic free.



### Course Records Cataract Dam Scout Park, Cross Country 8K

Open	Russell Chin	25.40	14/05/00
	Suzanne O'Brien	31.24	18/04/98
15-19	Barry Keem	26.22	15/05/99
	Lauren Elms	31.57	18/04/98
20-24	Russell Chin	25.40	14/05/00
	Vanessa Kearney	32.56	18/04/98
25-29	Rob Battocchio	26.18	15/05/99
	Paula Crinnion	33.08	18/04/98
30-34	Paul Micale	27.07	14/05/00
	Sue Mulready	32.31	14/05/00
35-39	Gary Wheeler	28.34	19/04/97
	Suzanne O'Brien	31.24	18/04/98
40-44	Gary Wheeler	27.21	14/05/00
	Debbie Maxwell	39.56	14/05/00
45-49	Peter Evans	28.56	15/05/99
	Ruth Russell	41.21	15/05/99
50-54	Andrew Krajewski	31.25	19/04/97
	Christine Hall	40.37	15/05/99
55-59	Tony Hernandez	30.22	14/05/00
	Christine Hall	43.57	14/05/00
60-64	Bill Williamson	33.49	15/05/99
65-69	Kevin Raines	39.07	14/05/00

## 10 km - Cordeaux Dam

Race Dates: 30 Sept, 2001

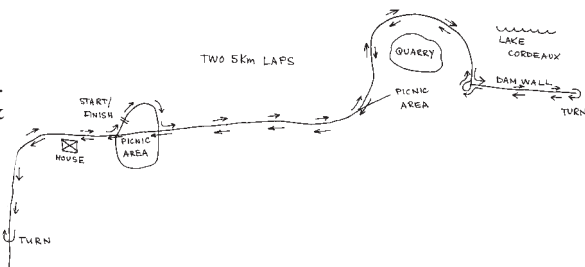
Location: Cordeaux Dam Picnic Grounds  
Picton Rd

Parking: Plenty available.

Race Type: Handicapped (11am start).  
Junior Presentation Day &  
BYO BBQ to follow.

Course Description: Steady then steep downhill to Dam wall. Long steady climb on return to turn-around at 4km.

Two 5km loops all on sealed roads. Very little traffic expected.



## 6 km Cross-Country - Reed Park

Race Dates: 7 July, 2001

Location: Reed Park  
Bong Bong Rd, West Dapto

Parking: Plenty available.

Race Type: Handicapped.

Course Description: Three 2km loops around Reed Park Reserve. All on grass surface. Flat and fast. New untested course. Traffic free.

# Special Events

The KJs are involved in a number of special events throughout the year which have become key social as well as competitive occasions. We encourage all members to get involved and enjoy the camaraderie these events foster. Here are a few you might like to consider:

## Sydney Half Marathon

Scheduled for Sunday 27th May, the KJs will be organising a bus for those wishing to compete or cheer on the KJs from the sidelines. The bus leaves very early from Western Suburbs Leagues Club, Unanderra and returns by mid-afternoon. Following the race you will be free to spend a couple of hours exploring the Rocks Markets or perhaps enjoy a counter lunch in one of the nearby historic Pubs. Approximate cost for the bus is usually \$10-15 and it is essential to make an early booking to secure a seat.

## City to Surf

Like it's companion event, the City to Surf, to be held on Sunday 12th August, is always a most enjoyable social day out. The KJs again organise a bus to this one which usually leaves at 6.30am from Western Suburbs Leagues Club and picks up through the northern suburbs. Following the great race you are free to visit the cake shops, ice-creameries etc along Bondi's famous Campbell Parade. Or just do what most KJs do and partake in the BBQ celebrations on the balcony of the Bondi Icebergs Club overlooking Australia's most famous stretch of sand. The bus returns mid-afternoon. Again seats go quick so book your place early.

## Hopetown Relays

The KJs are developing a proud tradition in this event which covers almost 120kms between Chatswood and Hopetown School for disadvantaged children at Wyong. The event consists of 12 legs ranging from 6 to 11km along the old Pacific Highway. The KJs enter teams in the State Championship categories for both male and female but also enters teams in the Jogging Clubs section. This means that KJs of all abilities come along and compete in one of our many teams. It's another great social day with much of the time spent cheering on your fellow KJ team

members. A BBQ is held at the School after the race. The provisional date is Sunday 26th August and the KJs will be organising bus transport from Wollongong to Wyong and return.

## Club Challenge

No date has been set for this one yet but is usually held in October. This years hosts are the Illawong Club near Sutherland and they are promising an interesting bush run. The event attracts runners from many clubs including Western Districts, Sydney Striders, Billy's Bushies, Campbelltown Joggers to name a few. The KJs won the Challenge for the first time in 1997 and has claimed the Top 25 Shield for the last 7 years running. Because every finisher scores points, all KJs are urged to turn out en masse to support the Club and the event organisers. A great social BBQ is held after the race. We are expecting to organise a bus again to the Challenge in 2001.

## KJ Road Relay

This event has now become a permanent fixture on the KJ Winter calendar and involves club members forming their own teams of four runners. The mix of abilities you can include in the team is up to you as all teams are handicapped in a similar manner to Winter Series events. The relays will be held on Sunday 30th September starting from the West Dapto venue from 8am. The relay runs out along West Dapto Rd initially with the first change-over at Reed Park, then along Cleveland Rd to Don's Farm and the second change-over before returning along the same route to the final change-over at Reed Park. The relay finishes at the West Dapto venue where an informal presentation of prizes will take place in addition to the usual refreshments. Entry forms will be included in The Fox later in the season. Enquiries to Ray Wales on 4283 1148.

## The Gong Run

This has offered runners the choice of 2 long runs: 24km or 32km. It is usually around February - keep your eye on "the Fox" for next years event.

### More Information?

For more details on any of the above special events please ring Dave Barnett on 4271 3299.

# Kembla Joggers Track Records As at 31.1.2001

The records listed below are those of registered Kembla Joggers competing in Kembla Jogger track races or registered Kembla Joggers who are also affiliated with ANSW and representing the Kembla Joggers Club in approved ANSW/AA events. They are accurate as far as is presently known. However, it is possible that some performances have been overlooked. The 10-11 age group is still being researched. If any member thinks that they have bettered one of the records listed below, they should contact Hazel Brown with full details so that the records can be amended. Similarly, if a registered member breaks one of the records, it is their responsibility to contact the track records officer (Hazel Brown 4261 3985).

Unless otherwise stated, the times below are manual. As there is a greater chance of error when recording manually, all electric times within one full second of a manually recorded record time will also be listed. If an electric time equals a manual time, the electric time will be accepted as the record as it is deemed more accurate than the manual time.

In accordance with Athletics Australia policy, all manual times are rounded up to the nearest tenth of a second. Manually timed events can only record to the nearest tenth of a second. Electric times record to the hundredth.

## 1 Hour Run

Open	Bill Williamson	18.108m	27.10.82
	Anna Schroeder	15.191m	14.11.80
15-19	Mathew Moody	16.362m	25.9.97
	Leesa Bennett	11.278m	15.10.82
20-24	Ian Johnston	17.552m	24.11.79
	Anna Schroeder	15.191m	14.11.80
25-29	Paul Micale	17.373m	17.9.98
	Dawn Critcher	13.049m	17.9.98
30-34	Roberto Rojas	17.350m	15.10.82
35-39	Paul Dignam	17.771m	27.10.82
40-44	Jim Hennessy	17.190m	27.10.82
	Paula Ryan	12.885m	27.10.82
45-49	Bill Williamson	18.108m	27.10.82
50-54	Andrew Krajewski	15.452m	25.9.97
55-59	Jim Hennessy	15.035m	25.9.97
60-64	Brian Mannix	13.582m	19.9.96
70-74	Kevin O'Connell	10.940m	25.9.97

## 10,000m

Open	Russell Chin	31.16	15.6.00
	Sue Mulready	36.20.4 (e)	17.9.00
Olympic Stadium			
15-19	Tim Robertson	33.49	15.6.00
20-24	Russell Chin	31.16	15.6.00
	Klara Favaloro	49.39	5.2.98
25-29	Rob Battochio	31.58	4.2.99
	Dawn Critcher	45.41	17.9.98
30-34	Paul Micale	32.34	15.6.00
	Sue Mulready	36.20.4 (e)	17.9.00
Olympic Stadium			
35-39	Phil Parle	34.50	15.6.00
	Kym Batten	50.22	8.2.96
40-44	Chris Stocker	35.10	5.2.98
45-49	Peter Evans	36.27	4.3.99
	Jenny Comer	51.02	5.2.98
50-54	Jim Hennessy	37.54	2/94
55-59	Bob Squires	35.26	15.6.00
60-64	Bill Williamson	42.18	4.3.99
70-74	Kevin O'Connell	54.51	25.9.97

## 5000m

Open	Barry Keem	14.37	13.1.00
	Kerryn McCann	16.13	8.12.93
< 10	Jack Parle	22.58	26.8.99
10-11	Jared Blay	23.41	4.11.99

12-14	Greg Hatfield	16.40	18.8.94
	Eliviva Comer	20.16	10.11.94
15-19	Barry Keem	14.37	13.1.00
	Kirsten Molloy	18.32	5.3.98
20-24	Russell Chin	15.04.2 (e)	4.12.99 SIAC
	Lauren Elms	17.59	27.4.00
25-29	Paul Micale	16.09	10.4.97
	Kerryn McCann	16.13	8.12.93
30-34	Paul Micale	15.39	9.9.99
	Sue Mulready	17.11.6 (e)	18.11.00 SIAC
35-39	Bronte Blay	16.11	27.5.99
	Karen Blay	19.52	21.10.99
40-44	Rowan Allnutt	16.26	22.2.96
45-49	Rowan Allnutt	16.42	25.5.00
	Jenny Comer	23.37	18.8.94
50-54	Bob Squires	17.25	20.6.96
	Jenny Comer	23.14	23.10.97
55-59	Tony Hernandez	17.16	3.2.00
	Helen Ashton	26.59	14.8.97
60-64	Bill Williamson	19.54	18.3.99
65-69	Kevin Raines	22.53	3.2.00
70-74	Kevin O'Connell	25.42	28.8.97

## 3000m

Open	Ben Dubois	8.12	10.9.98
	Kerryn McCann	9.04	20.7.00
<10	Jared Blay	12.59	8.4.99
	Jessica Turner	12.33	11.3.99
10-11	Jared Blay	12.03	25.5.00
	Renee Ognenovski	14.29	19.10.00
12-14	Greg Hatfield	9.25	25.8.94
	Bethany Comer	10.55	23.10.97
15-19	Stephen Locke	8.34	22.10.98
	Teressa Moxham	9.55	1.5.97
20-24	Ben Dubois	8.12	10.9.98
	Vanessa Kearney	10.06	24.9.98
25-29	Rob Battochio	8.57	25.2.99
	Kerryn McCann	9.18	17.11.94
30-34	Paul Micale	8.53	8.4.99
	Kerryn McCann	9.04	20.7.00
35-39	Mark Everton	9.17	29.12.94
	Karen Blay	10.46	2.9.99
40-44	W.Montefiore	9.26	24.10.96
	Annelise Laajoki	12.35(g)	1986
45-49	W.Montefiore	9.28	14.5.98
	Jenny Comer	14.27	27.4.95

50-54	Witold Krajewski Jenny Comer	10.18 13.11	3.8.00 23.7.98	25-29	Rob Battochio Vanessa Kearney	4.08 4.25.70 (e)	26.11.98 7.3.99	SIAC
55-59	T.Hernandez Helen Ashton	9.57 14.36	13.7.00 15.4.99	30-34	Dylan Forbes Sue Mulready	4.05.00 (e) 4.34.50 (e)	6.11.97 18.2.00	SIAC SIAC
60-64	Bill Williamson	11.25	11.3.99	35-39	David Pomery Karen Blay	4.09.00 (e) 4.52.00 (e)	14.1.01 22.1.00	SIAC SIAC
70-74	Kevin O'Connell	14.58	21.8.97	40-44	Wayne Montefiore Ros Perry	4.16 7.15	2.2.97 8.12.93	
<b>2000m</b>				45-49	Wayne Montefiore Sue Scott	4.16.03 (e) 6.28.6	22.1.00 16.11.00	SIAC
Open	R.Chin/B.Dubois Lauren Elms	5.36 6.22	27.4.00 18.11.97	50-54	Andrew Krajewski Wendy Bennett	4.49 6.26	27.11.97 2.2.94	
<10	Jack Parle Lauren Ognenovski	7.24 10.58	17.12.98 17.12.98	55-59	Tony Hernandez Helen Ashton	4.40 7.22	26.2.00 28.11.96	
10-11	Jared Blay Renee Ognenovski	7.44 8.59	9.11.00 17.12.98	60-64	Eric Brown	5.23	24.2.00	
12-14	Jared Poppett Bethany Comer	6.06 7.00	17.12.98 13.11.97	65-69	Kevin Raines	6.10	24.2.00	
15-19	Tim Berry Lauren Elms	5.49 6.22	20.11.97 18.11.97	70-74	Kevin O'Connell	7.11	27.11.97	
20-24	R.Chin/B.Dubois Vanessa Kearney	5.36 7.04	27.4.00 20.11.97	<b>1000m</b>				
25-29	Rob Battochio Fiona Campbell	5.51 7.19	19.11.98 9.11.00	Open	R.Battochio/D.Forbes Lauren Elms	2.34 2.50	3.12.98 18.9.97	
30-34	D.Forbes/P.Micale Paula Crinnion	5.52 6.55	19.11.98/18.11.99 9.11.00	<10	Jack Parle Lauren Ognenovski	4.04 4.25.1	3.12.98 18.1.01	
35-39	David Pomery Karen Blay	6.02 6.47	9.11.00 18.11.99	10-11	Chris McDonald Renee Ognenovski	3.16.2 3.55.1	23.11.00 18.1.01	
40-44	Wayne Montefiore	5.56	21.11.96	12-14	Jared Poppett Bethany Comer	2.47 3.10	2.12.99 4.12.97	
45-49	Wayne Montefiore	6.17	18.11.99	15-19	B. Cato/M.Scott Lauren Elms	2.40 2.50	3.12.98 19.9.97	
50-54	Andrew Krajewski Jenny Comer	6.39 8.34	20.11.97 25.12.97	20-24	Murray Anderson Vanessa Kearney	2.38 2.54	3.12.99 3.12.98	
55-59	Jim Hennessy Helen Ashton	7.14 10.04	20.11.97 20.11.97	25-29	Rob Battochio Sue Mulready	2.34 3.00	3.12.98 3.12.98	
60-64	Eric Brown	7.45	9.11.00	30-34	Dylan Forbes Karen Blay	2.34 3.03	3.12.98 29.12.94	
<b>1 Mile</b>				35-39	Bronte Blay Karen Blay	2.39 3.10	3.12.98 2.12.99	
Open	Dean Simes Vanessa Kearney	4.23(grass) 5.03	8.8.86 17.12.98	40-44	Wayne Montefiore	2.49	4.12.97	
<10	David Ognenovski Lauren Ognenovski	7.22 7.26	16.12.99 7.12.00	45-49	Wayne Montefiore Sue Scott	2.43 4.08.5	3.12.98 23.11.00	
10-11	Jack Parle Renee Ognenovski	6.17.3 6.31.0	7.12.00 7.12.00	50-54	Andrew Krajewski Jenny Comer	3.01 4.07	5.12.96 4.12.97	
12-14	Jared Poppett Lauren Elms	4.45 5.14	16.12.99 25.8.94	55-59	Jim Hennessy Helen Ashton	3.20 4.38	4.12.97 5.12.96	
15-19	Tim Berry Lauren Elms	4.26 5.05	19.9.96 19.9.96	60-64	Eric Brown	3.35	2.12.99	
20-24	Ben Dubois Vanessa Kearney	4.26 5.03	4.3.99 17.12.98	70-74	Kevin O'Connell	4.37	4.12.97	
25-29	Dean Simes Sue Mulready	4.23(g) 5.20	8.8.86 17.12.98	<b>800m</b>				
30-34	Dylan Forbes Paula Crinnion	4.31 5.22.6	25.9.97 7.12.00	Open	Dylan Forbes Lauren Elms	1.57.10 (e) 2.09	7.2.98 13.3.97	SIAC
35-39	Bronte Blay Karen Blay	4.37 5.15	17.12.98 16.12.99	<10	David Ognenovski	3.14	2.3.00	
40-44	Wayne Montefiore Wendy Bennett	4.42 5.58	18.12.97 24.11.84	10-11	Renee Ognenovski	3.19	27.7.00	
45-49	Wayne Montefiore Sue Scott	4.40 6.55.2	17.12.98 7.12.00	12-14	Jared Poppett Lauren Elms	2.12 2.15	21.11.99 22.12.94	
50-54	Andrew Krajewski Jenny Comer	5.12 6.57	19.12.96 18.12.97	15-19	Russell Chin Lauren Elms	2.01 2.09	13.3.97 13.3.97	
55-59	Bob Squires Helen Ashton	5.22 7.40	4.3.99 19.12.96	20-24	Russell Chin Leanne Wilford	1.57.97 (e) 2.13	18.12.99 18.8.94	SIAC
60-64	Eric Brown	6.01	16.12.99	Vanessa Kearney	2.13.33 (e)	24.1.99	SIAC	
70-74	Kevin O'Connell	7.57	18.12.97	25-29	Andrew Godsman Vanessa Kearney	2.02 2.11.77 (e)	23.12.99 6.3.99	SIAC
<b>1500m</b>				30-34	Dylan Forbes Sue Mulready	1.57.10 (e) 2.17.90 (e)	7.2.98 5.3.99	SIAC SIAC
Open	Stephen Locke Vanessa Kearney	3.51.2 4.25.70 (e)	30.11.00 7.3.99	35-39	Bronte Blay Karen Blay	2.05 2.24.00 (e)	18.2.99 23.1.00	SIAC
<10	Jack Parle Lauren Ognenovski	6.07 9.02	26.11.98 24.2.00	40-44	Wayne Montefiore Wendy Bennett	2.04.9 2.49	14.3.99 26.11.82	SIAC
10-11	Jared Blay	5.41.1	16.11.00	45-49	Wayne Montefiore Ros Perry	2.07 3.11	18.2.99 18.1.97	
12-14	Jared Poppett Lauren Elms	4.28 4.42	31.12.99 17.11.94	50-54	Vince O'Dwyer Noreen Parrish	2.28 2.56	12.9.96 2.2.94	
15-19	Russell Chin Lauren Elms	4.08 4.34	16.10.97 27.11.97	55-59	Eric Brown	2.31	22.12.94	
20-24	Stephen Locke Vanessa Kearney	3.51.2 4.28.20 (e)	30.11.00 13.2.99	60-64	Eric Brown	2.39	2.3.00	
			SIAC	65-69	Tom Mortimer	3.33	2.3.00	

<b>600m</b>			
Open	Chris Moreton	1.24 (g)	1986
	Lauren Elms	1.32	9.10.97
<10	Jack Parle	2.14	10.12.98
	Lauren Ognenovski	2.21.4	30.11.00
10-11	Renee Ognenovski	2.03.2	30.11.00
12-14	Troy Upward	1.40	12.12.96
	Bethany Comer		1.42
11.12.97			
15-19	Mathew Moody	1.28	11.12.97
	Lauren Elms	1.32	9.10.97
20-24	A.Godsman/D.Comer	1.33	12.12.96
	Lauren Elms	1.34	12.8.00
25-29	P.Micale/A.Godsman	1.27	10.12.98/9.12.99
	Sue Mulready	1.41	10.12.98
30-34	D.Forbes/D.Pomery	1.24	11.12.97
	Karen Blay/Paula Crinnion	1.42	18.1.96/30.11.00
35-39	Chris Moreton	1.24(g)	1986
	Karen Blay	1.43	9.12.99
40-44	Steve Matthews	1.36	10.12.98
	Sue Scott	2.20	13.1.00
45-49	Wayne Montefiore	1.29	13.1.00
	Sue Scott	2.12.6	30.11.00
50-54	Ken Challinor	1.39	9.12.99
	Jenny Comer	2.17	11.12.97
55-59	Eric Brown	1.52	22.1.98
	Noreen Parrish	2.00.1	30.11.00
60-64	Eric Brown	1.53	9.12.99
70-74	Kevin O'Connell	2.38	11.12.97
	Joe Novy	2.38	30.11.00

<b>400m</b>			
Open	Andrew Godsman	52.3	24.2.00
	Lauren Elms	58.2	6.3.97
<10	Lauren Ognenovski	2.17	24.2.00
10-14	Jared Blay	81.2	24.2.00
	Bethany Comer		67.5
26.2.98			
15-19	Darren Upward	54.0	11.2.99
	Lauren Elms	58.2	6.3.97
20-24	Eddie Muston	62.4	24.2.00
	Leanne Wilford	59.7	25.8.94
25-29	Andrew Godsman	52.3	24.2.00
	Sue Mulready	64.6	11.2.99
30-34	David Pomery	52.8	6.3.97
	Karen Blay	62.6	29.2.96
35-39	Bronte Blay	56.5	24.2.00
	Tracy Cannon	71.5	26.2.98
40-44	Wayne Montefiore	57.6	26.2.98
	Annelise Laajoki	77.6(g)	1986
45-49	Wayne Montefiore	58.0	11.2.99
50-54	Vince O'Dwyer	66.7	6.3.97
	Noreen Parrish	70.4	2/94
55-59	Eric Brown	63.3	6.3.97
	Noreen Parrish	69.6	6.3.97

<b>200m</b>			
Open	Andrew Godsman	24.0	3.2.00
	Lauren Elms	26.9	18.2.99
<10	Lauren Ognenovski	46.7	3.2.00
10-14	Scott Dent	26.2	
	Renee Ognenovski	29.5	3.2.00
15-19	Darren Upward	24.9	18.2.99
	Lauren Elms	26.9	18.2.99
20-24	Andrew Godsman	25.2	13.3.97
25-29	Andrew Godsman	24.0	3.2.00
	Paula Crinnion	30.9	13.3.97
30-34	Bronte Blay	25.8	2/94
	Karen Blay	28.2	22.2.96
35-39	Gary Howard	26.7	13.3.97
40-44	Steve Matthews	26.6	22.2.96
45-49	Ken Challinor	26.5	5.3.98
50-54	Ken Challinor	28.8	3.2.00
	Noreen Parrish	29.1	2/94
55-59	Warren Evans	31.8	3.2.00
	Noreen Parrish	30.5	18.2.99

65-69	Joe Novy	38.5	2/94
<b>100m</b>			
Open	Andrew Godsman	12.0	24.2.00
	Lauren Elms	12.7	5.10.95
10-14	Jared Blay	16.4	25.2.00
	Bethany Comer		15.0
26.2.98			
15-19	Darren Upward	12.1	26.2.98
	Lauren Elms	12.7	5.10.95
20-24	Eddie Muston	12.8	11.2.99
	Vanessa Kearney		13.5
11.2.99			
25-29	Andrew Godsman	12.0	24.2.00
30-34	Gary Howard	12.6	23.2.95
	Karen Blay	14.1	23.2.95
35-39	Gary Howard	12.3	20.2.97
40-44	Bill Agnew	14.0	29.2.96
45-49	Ken Challinor	12.5	26.2.98
50-54	Derek Moriarty	15.2	26.2.98
	Noreen Parrish	14.3	2/94
55-59	Warren Evans	15.2	25.2.00
	Noreen Parrish	14.0	26.2.98
65-69	Joe Novy	18.9	2/94

<b>Discus</b>			
12-14	Jared Poppett	35.83m	1/2000 SIAC

<b>2000m Steeplechase</b>			
15-19	Jared Poppett	6.46.7	20.1.01 SIAC



*The BIG winner for 2000 Garry Wheeler won so many trophies that year he did not know where to put them. He certainly ran well in 2000.*

# Handicapping & Pointscore

## Everything you wanted to know about the Kembla Joggers Handicapping & Pointscore System but were afraid to ask !

### **Q. What is the KJ Handicapping System?**

The aim of the handicapping system is to place runners of all abilities on an equal footing in any KJ race to which it is applied. Before each event our computer program calculates a handicap time for each member based on times previously recorded during the current season. Your handicap time ensures that slower runners than yourself are given a head start whilst quicker runners give you a head start. Handicap times are calculated so that, in theory, all runners should finish precisely at the same time. This means that regardless of your ability you have as much chance of crossing the finishing line in first place as any other runner in the club - it just depends on how well you run on the day!

### **Q. How is my handicap time calculated?**

First, the computer works out your predicted time for the race, ie the time you are expected to run. This is calculated using the two "best times" you have recorded during the current season. A time you record becomes one of your "best times" if it happens to be quicker than your predicted time for that event. These times are then used to calculate your predicted time in following races until bettered again.

Special scaling factors are used to convert your predicted time from one distance to another taking into account factors such as distance and course difficulty. Your handicap time, ie time you start the race from, is calculated as it relates to the slowest runner. So if the slowest runner's predicted time is 56:00 (handicap = 0:00) and your predicted time is 44:00, then you will have a handicap time of 12:00. Your handicap time in the first 2 events of the season are calculated using times recorded in the previous season.

### **Q. Joe Bloggs ran a quicker time than I did in the last race. Why did he get a head start on me in the next race?**

Although recording a quicker time than you in the previous race, it is quite possible that Joe, like yourself, failed to run quicker than his predicted race time. Even if he did, your "best times" may still be considered quicker than Joe's. Consequently Joe will still manage to get a head start on you until he records race times which make his predicted time quicker than yours. If you think that your handicap time is incorrect or unfair feel free to discuss it with the handicapper. But please remember, the handicappers decision is final.

### **Q. I have finished near the rear of the field for a number of races. Why?**

It is possible that in some previous race you have recorded a very respectable time which is now used to calculate your handicap time. Maybe you are now having trouble retaining this good form or perhaps you have been injured or sick. Whatever the case feel free to discuss it with the handicapper if it is bothering you

### **Q. What if I'm returning from illness or injury?**

If you are concerned this will affect your form you are entitled to apply to the handicapper to be rehandicapped until such time that you regain form. However during this time you are not entitled to accumulate race points or win any trophies based on handicap performance.

### **Q. Can I run off a different handicap time if I want to?**

As you would expect you are not permitted to run off an easier handicap than you have been given but you are quite welcome to run off a harder one providing you advise the handicapper first.



**Q. Are race times recorded in non-pointscore events used for handicapping other races?**

No. This includes all alternative shorter races, summer series races, relays, funruns etc. Therefore you can break world records in these races if you like without them having any impact on your handicap. Obviously if the only race you have competed in is one of these events then we will use that time.

**Q. Are all races handicapped?**

No. Shorter events under 7km and the Half Marathon are mass start races. The computer program later calculates your position as if the race had been handicapped and awards points accordingly.

**Q. What if I run much quicker than I was predicted to do?**

A small points penalty deduction may apply to competitors who run much quicker than their predicted time. The time you do this by before a penalty applies varies with race distance, eg for 8km the buffer is usually 2:00. This means if you are predicted to run say 32:00 for 8km, any time you record down to 30:00 is without penalty. However a small penalty will apply for times recorded by you quicker than 30:00, ie more than 2:00 quicker than your predicted time. The penalty is deducted from normal points awarded to you for that race.

**Q. How do I qualify for trophy winning events?**

To win any trophy awarded to first across the line on handicap in the Hangover Handicap, AC Mitchell Memorial or Tony McMichael Memorial events you must have competed in at least 3 club events during the current membership year. This does not apply to trophies awarded to the first male and female home such as in the Half Marathon. Other conditions may sometimes apply.

**Q. How are points awarded for the Club Pointscore?**

Points are awarded on an incremental basis proportional to the number of finishers in each race. First across the line on handicap receives 250 points and last 50 points. For example, if there are 100 finishers, the number of points will decrease by 2 for each place, ie 1st = 250, 2nd = 248, 3rd = 246, and so on. If there are 50 finishers points will decrease by 4 for each place etc. First-time runners are allocated 50 points for their first event. Alternative shorter races and relays are not included in the pointscore. A similar system is used for the Junior Pointscore. Elite pointscore points are awarded as follows: 10 points (fastest), 9 points (2nd fastest) etc. and 1 point (10th fastest).

**Q. How many races count towards the pointscore?**

All pointscore races are used in the provisional pointscore posted on the club noticeboard at each event. The final Winter Pointscore released at the end of the season on Presentation Night is determined by eliminating the worst 3 scoring races for each competitor during the Winter Series. These can include races where you failed to attend and received no points at all.

**Q. Do I receive points for marshalling duties?**

Yes. 180 points are awarded for marshalling duties but only once in any season.

**Q. Where can I check my Pointscore tallies?**

All pointscores will be posted on the club noticeboards before each race.



*Dave & Neil welcome Wayne Montefiore (right) to the KJ committee team after last year's AGM.*

## City Physiotherapy Centre

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### Phillip Parle

M.A.P.A., M.M.P.A.A., B.App Sc. Physio, PGD Manip Physio (NSW)  
PGD Sports Physio (WA). Musculoskeletal Physiotherapist

City Physio: 4226 1015

135-137 Crown Street, Wollongong  
Entrance in Pigalle, opp the Wesley Church, Wgong Mall



Also at: Southern Orthopaedics (Fracture Clinic):  
4229 5992 Piccadilly Shopping Centre, Wollongong

## CHIROPRACTOR

### Brad Hynard

Memb.CAA

*Registered Chiropractor  
specialising in alleviating  
pain associated with the  
back and neck and other  
problems caused by  
accidents, works and  
sporting injuries.*

**4226 4891**

1st Floor, 79 Church St Wgong

## REMEDIAL MASSAGE

### John Swinton

Member No 1564. DTM.ARM

**Mobile Masseur**  
specialising in remedial  
sports massage for athletes  
and KJ runners. Ideal way in  
which to tone up for that  
special event.

**4236 0021**

55 Allowrie Street Jamberoo

## Rutty Podiatry Unanderra

### Gil Rutty

MAPA

General foot care and  
biomechanics,  
specialising in sports  
podiatry and orthotics  
for runners.

**4272 7110**

122 Princes Highway Unanderra  
*Parking at rear*



# Illawarra Regional Athletic Facility - Beaton Park

## Some important considerations when using the track....

### 1. Supervision

People using the facility on a casual basis do so without direct supervision from Beaton Park Leisure Centre Management. If you want advice on how to best use the facility, please see reception for athletic clubs and contact names.

### 2. Age of Users

All children under the age of 12 years must be accompanied and directly supervised by an adult at all times when undertaking track activities. Children who are not training must remain outside the spectator fence.

### 3. Lane Barriers

All runners need to be aware that lane barriers will close off No1 and 2 lanes completely during training times. This is to preserve the life of these lanes. The lane barriers will only be opened during competition meets and carnivals.

### 4. Spikes and starting blocks

Maximum allowable spikes for use on the track are 7mm (9mm for long and high jumps).

Starting blocks can only be used at the 100m/200m and 400m start positions and then only those blocks provided by the centre.

### 5. Priority Booking

Kembla Joggers have a priority track booking on Thursday evenings from 6.30pm. During this time we have priority use of lanes 1,2,3. KJs should,

therefore, use these lanes for warming up and racing. Similar arrangements have been made for Tuesday evening training sessions. Please comply with these arrangements, which allows many users to train on the track.

### 6. Track Etiquette

Track etiquette on training nights demands that athletes should be aware of other track users. Other athletes may be running fast repetitions in the same lane and approaching from behind. Always move out when a runner calls out "track".

Any athlete wishing to use the track on any of the following scheduled club competition days, must first obtain permission from the designated club to do so. Athletics Wollongong (Wednesday evening from 5.30pm to 8.30pm), IBS (Sunday afternoons from 1.00pm to 5.00pm) & Wollongong Little Athletics (Friday evening from 5.00pm exclusive use).

### 7. Track Safety

Many athletes from other clubs use the infield for throwing events. All athletes should make it a habit to NEVER WALK ACROSS THE INFIELD in either training or to get to the start of a race. Use the track instead.

### 8. Spectators

Spectators must stay off the track and infield area at all times. Spectators should remain behind the spectator fence.



*Young, old...short or tall...it does not matter. Anyone can have a go on the track at Beaton Park every Thursday night at 6.30pm. All are welcome to attend.*

# Athletics New South Wales

Kembla Joggers is affiliated with Athletics NSW. Athletes may elect to join ANSW and compete for Kembla Joggers in all state and national events in either the winter cross country and road series or in a full year program which includes the winter series and the summer track events. Full details can be gained from Eric Brown, Dave Higgins or Vanessa Kearney.

In 2000 Kembla Joggers had over 70 affiliated members of ANSW. These members competed in the Sydney Competition, on the track and cross-country, against metropolitan and country clubs. We had great success throughout the 1999 and 2000 seasons and we are looking forward to having an even better year in 2001.

## Registration Fees for 2001-2002

See elsewhere in Handbook for fee schedule. ANSW fees are payable in addition to Kembla Joggers club membership. Membership of ANSW is optional.

Note: The age for registration fees is that at the date the fee is received at the ANSW office. Age at competition is the age you turn in that calendar year. Veteran athletes run on the actual age you are.

### Registration fees include:

- Season's Hand Book
- 5 Issues of the "Athletics" magazine.
- Personal Public Liability insurance whilst participating or officiating in ANSW activities.
- Personal injury insurance whilst participating or officiating in ANSW activities.
- Eligibility to compete in Athletics NSW State Championships and Athletics Australia events.

## Racing Programs

Further information can be found in the ANSW Winter and Summer Handbooks, which come as part of your registration fee. The Winter ANSW Program can be found combined with the Kembla Joggers Winter Program, elsewhere in this handbook.

## Age-Groups

Kembla Joggers ANSW athletes compete in all age divisions. If you are interested in joining

and require more information on your age group below is a list of contact people for each age group.

M Open	Mark Everton	4284 5379
F Open	Vanessa Kearney	4283 7785
M35+	Bronte Blay	4262 2100
F35+	Karen Blay	4262 2100
M45+	Dave Higgins	4284 1317
F45+	Hazel Brown	4261 3985
M55+	Eric Brown	4261 3985
F55+	Hazel Brown	4261 3985
M Juniors	Neil Barnett	4272 6818
F Juniors	Neil Barnett	4272 6818

## How to Register with ANSW

This may be done by simply indicating on the reverse side of the KJ's membership form and returning with appropriate fee, or by seeing our ANSW Registrar Dave Higgins. Registrations can also be processed at any ANSW event on the day. Please arrive early to do this.

## Uniforms

Registered club athletes are required to wear their club uniforms in all championship and interclub events. Current Association numbers are required to be firmly fixed at front and back, clearly showing the sponsors name.

## Entering ANSW Events

Athletes may enter for winter and interclub events on the day. Please arrive with plenty of time for this to be done. Important - we expect ALL registered athletes to advise their age-group contact (see above) of their availability at least two weeks prior to every ANSW Winter Championship event. Athletes should arrive at ANSW Championship events at least 1 hour before the scheduled race start time. If you expect to arrive late on the day or are held up please advise your team age-group contact or call Neil's mobile on 0419 256 047.

## Relay Teams

Kembla Joggers policy is always to enter the best teams for all relays. Priority is always given to athletes from within the age group being selected.

Due to our large numbers we often enter more than one club team so no-one misses out.

### **Race Day Check List**

- Don't forget your uniform.
- Don't forget your numbers - you can't compete without them.
- Don't forget your shoes.
- Be there at least one hour before your event.
- Let your team captain know you have arrived or if you are likely to be late.
- Encourage all club runners, young and old, male and female.
- It is mandatory that you have a good time.
- Eat plenty of Hazel's cake.

### **Financial Assistance**

Kembla Joggers is able to provide some financial assistance for travel or accommodation providing the following criteria is met.

#### **Athletes must be -**

- a financial member of both Kembla Joggers and ANSW.
- be representing Kembla Joggers or ANSW at a national/international event authorised by Athletics Australia.
- have achieved a predetermined qualifying time/criteria in order to compete.

The first representation in any athletic year (March to March) will earn a subsidy of \$100, the second representation \$50. Only 2 representations will be subsidised in any athletic year.

### **More Information?**

For further information contact Eric or Hazel Brown 4261 3985.



On Presentation of this Ad at our  
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# Club Training

Probably the best way to keep motivated and enjoy your running is to train with other people of similar ability rather than on your own.

The KJs has a number of official training times during the week which all members are encouraged to attend. All abilities are catered for. Many other informal KJ groups run across the

region and perhaps the best way to learn about these is to attend KJ events and socialise with other KJs during the post-race refreshments.

Some of the training sessions are also great social occasions, for example many often drop into the Mt Kembla Hotel for a few drinks after the weekend runs at Mt Kembla.

Monday	4.30pm - Stuart Park (recovery run) and 4.30pm - Lysaghts Oval (recovery run)
Tuesday	5pm - Beaton Park (track speed work)
Wednesday	4.30pm - Mt Kembla
Thursday	6.30pm - Beaton Park (track racing)
Friday	5.30pm - Stuart Park and 4.30pm - Lysaghts Oval
Saturday	3pm - Mt Kembla (alternate weekends to KJ events)
Sunday	3pm - Mt Kembla (long run)

## Juniors Training

For more information on KJ Juniors Training call Junior Development Officer Neil Barnett on 4272 6818 (h) or 4275 7469 (w).



**H. PARSONS**  
FUNERAL DIRECTORS

*H. Parsons is proud to be associated with Kembla Joggers and to be supportive of the first issue of the Kembla Joggers Handbook.*

*We are a 100% Australian owned family business serving the Illawarra community for over 125 years.*

For caring, considerate advice call John, Mark or Alan Parsons:

278 Princes Highway	34 Belmore Street	Woolworths Avenue
BULLI	WOLLONGONG	WARILLA
4284 3163	4228 9622	4296 7834

*We take the time to care*

# Kembla Joggers Fitness Five Fun Run 2001

Date: Sunday, 6th May 2001  
 Start Time: 8.30am  
 Start & Finish: Performing Arts Centre, Wollongong  
 Enquiries to: Mark Everton Ph 4284 5379  
 Entry Forms: Available at KJ races or from the KJ Website.

Wollongong's premier community fitness event is on again and your club is proud to be the principle organiser and promoter.

The 5km footrace and fitness walk takes in some of the region's finest scenery passing along Cliff Rd and returning along the seaside cycleway past North Beach, Belmore Basin, Wollongong Lighthouse and Wollongong City Beach.

The race records are held by Sydney athletes Jamie Harrison (14.26) and Liz Miller (15.44).

To be able to make the event such a success the KJs needs the support of as many club members as possible for marshalling, pre-race setup, late entries, age-category tables, timekeeping, data entry etc. Please let us know if you are able to volunteer some of your time.

The KJs would like to thank all sponsors and supporters for making this great event possible. All proceeds of the Fitness Five have been directed to local charities since the event was first



*Kembla Joggers was named 'Club of the Year' by Athletics Australia in 2000. At the presentation, Club President Neil Barnett [left] receives the trophy from NSW President and 1960 Olympic gold medalist Ralph Doubell [right] whilst Wollongong Lord Mayor, George Harrison looks on in delight.*

held in 1990, raising almost \$50,000 in total. Charities to benefit have included Camp Quality, Childrens Ward Appeal, Ebony House, Cram House and the Beaton Park Grandstand/Shelter Facility Fund.

## KJ's Clothing Range 2001

The KJ clothing range is gradually expanding with several popular new additions to the range in the last 12 months. Karen and Bronte Blay set up the KJ's mobile clothing stall at most Winter Series events with plenty of stock in most sizes ready to try on and purchase on the day. Otherwise you can place an order by filling out a clothing order form at the next KJ event. If you need advice or to place an urgent order please call Karen or Bronte on 4262 2100.

Note - Prices may be subject to small increases due to GST when new stock is ordered in. The above prices are current stock, purchased pre- GST.

New items currently being considered for sale during 2001 include t-shirts & light-weight wet weather jackets.

Item	Sizes Available	Cost
Summer Singlet - Adult	XS S M L XL XXL	\$20.00
Summer Singlet - Child	8 10 12	\$15.00
Winter Singlet - Adult	XS S M L XL XXL	\$20.00
Winter Singlet - Child	8 10 12	\$15.00
Shorts (Red, White & Blue)	S M L XL	\$25.00
Shorts (Navy)	S M L XL	\$20.00
Women's Lycra Crop Top	8 10 12 14	\$25.00
Girl's Lycra Crop Top	8 10 12	\$20.00
Women's Bike Pants	8 10 12 14	\$20.00
Women's Athletics Briefs	8 10 12 14	\$20.00
Girl's Athletics Briefs	8 10 12	\$15.00
Long Sleeve T-Shirts - Adult	S M L XL XXL	\$25.00
Long Sleeve T-Shirts - Child	8 10 12	\$15.00
Jerseys ( <i>discontinued -limited stock</i> )	42/105	\$60.00
Caps		\$10.00

# Social Events

## Presentation Night

The KJ's annual Presentation Night is easily the biggest social occasion of the year. This event is usually held in mid November with the exact date and cost to be advertised in The Fox later during the season. Most of the club awards are announced on the night including the winners of the club pointscores, Most Meritorious (Golden Boots), Athlete's Athlete Award, Club Person of the Year and KJ Medals. Children are catered for on the night also. A great way to finish off the year. For more details contact Hazel Brown on 4261 3985.

## Event BBQ's

A few events, including the 8/4km at Cataract Dam on Sunday 20th May and the 10/5km at Cordeaux Dam on Saturday 15th September, are morning events followed by a BYO BBQ. Some drinks and refreshments will be provided. These are great venues to bring the family and make a day of it. The Cordeaux Dam event is the last of the Winter Series and will also feature the KJ Junior Presentations from about 12.30pm.

## KJ Running Weekend

The KJs have held a few KJ Running Weekends over the past couple of years and have proved very popular. Nothing has yet been organised for this year but if we decide to put one on there will be plenty of notice given in The Fox. The weekend usually starts on Friday evening and finishes up on Sunday after lunch. The last two weekends have been spent at the lovely Jemby Rinjah Eco Lodge in the Blue Mountains during November. The weekends are mostly a social affair with a fun relay and morning runs taking a back seat to bush walking, shopping, cafes etc during the day.

## KJ Events

Most KJ events are social events in themselves with most runners staying behind after the races have finished to enjoy the free refreshments, including tea/coffee and bickies, and good company. The ANSW events are also great social occasions and it is usually here that you might be lucky enough to sample some of Hazel's famous cakes under the KJ tent.



*Every club has its joker!*



*ANSW and track contacts Eric and Hazel Brown.*



*Committee rep and workaholic Robyn Henry.*



*Bronte and Karen Blay are the people to see for club uniforms.*



*Mr Timekeeper..Mark 'Santa' Everton.*



# Kembla Joggers Athletics Club Track Program 2001

Kembla Joggers track competition takes place every Thursday evening throughout the year. This is without exception. The basic format of Thursday night races operates around alternating weeks of 3000m and 5000m. The organisers will accommodate all reasonable requests for alternate races, either in addition, or as a substitute, to these set races. The organisers will allow competitors to nominate some intermediate distances to be run

during races, providing the time keeper and recorder is notified prior to race start.

A track entry fee will be charged as you enter the Beaton Park complex. All people who enter the track, whether competitors, trainers or spectators, must pay this entry fee. Additional fees to cover Kembla Joggers Championship events are as listed below. All other competition is free.

Date	Event	Time	Fee
<b>2001</b>			
June 14	10km Championships (all age groups)	6.30pm	\$1.00
June 21	3km W-Squared Trophy - Race 1	6.30pm	
July 5	3km W-Squared Trophy - Race 2	6.30pm	
July 19	3km W-Squared Trophy - Race 3	6.30pm	
August 2	3km W-Squared Trophy - Handicap Final	6.30pm	
September 13	1 hour run - how far can you run in 1 hour?	6.30pm	\$1.00
November 22	Short Race Series 2000m	6.30pm	
November 29	Short Race Series 1500m	6.30pm	
December 6	Short Race Series 1000m	6.30pm	
December 13	Short Race Series 600m	6.30pm	
December 20	1 mile Handicap Short Race Series Finals	6.30pm	

## 2002

### Track Championships

Feb 14	1500m, 400m, 100m	6.30pm	\$1.00/event
Feb 21	800m, 200m, 5000m	6.30pm	\$1.00/event
Feb 28	3000m	6.30pm	\$1.00
March 7	Steeple Chase (distances to be advised)	6.30pm	\$1.00



*A rare site! Some backmarkers got up to win the Ray's Relays at West Dapto. Why some of them did handstands is beyond me? Ian Tague and Peter Evans do the holding while Wayne Montefiore and Chris Stocker lose their heads. Another well organised race Ray. Congratulations.*

# KJ Information Sources

## Website

All the info you need on the club is available on the KJ homepage which can be accessed at [www.ozemail.com.au/~kjoggers](http://www.ozemail.com.au/~kjoggers).

The home page contains link buttons to race results, records, programs and more. The race results are available as soon as possible after each race. Results of KJ's track and Athletics NSW events are accessible on the site. A regular weekly news column is included to cover major club stories and upcoming events. Snap shots of members competing and links to other running clubs can also be found. Members are encouraged to send stories and information for inclusion on the site. Ian Tague (webmaster) can be contacted on [tagi@medeserv.com.au](mailto:tagi@medeserv.com.au) or ph 4256 4068.

## The Fox

The KJ's official club newsletter The Fox is distributed to all financial KJ members every 2 months. Each issue is distributed at the next available club event after publication. It is assumed that members who are present at that event will have picked up a copy. Members who are not at the race will have a copy mailed out to their home address.

The Fox usually contains a President's Report, Junior News, Race Reports (both road and track), birthdays, recipes, stories from members, a list of upcoming events, Peter's Pages (an insight into the day-to-day activities of KJ members) and a contact list.

Input from KJ members is very welcome and can be presented in any format for inclusion in upcoming issues. Material can be sent via email, surface mail or by hand to any Fox subcommittee member or to the Editor of The Fox at [cstocker@csc.com.au](mailto:cstocker@csc.com.au).

The intention is to produce 6 issues of The Fox during 2001, distributed at the end of every second month, ie February, April, June, August, October and December. The deadline for each issue will be the 7th of that month.

*What a year! Kembla Joggers struck another record! Club treasurer Dave Higgins is pleased to sign up another new KJ. The 400th member for 2000! Congratulations and a warm welcome to Robert Maciejowski.*

## Email Information Service

If you provide your email address upon joining the club each year you will be added to the KJ's email information service. The week before each event you will be sent a reminder about that particular race and also if any late changes apply. Other important information will also be sent out from time to time.

## The Advertiser

Each week in the Advertiser sports pages a column called "Track and Field" appears with the KJs writing the article every third week. The two other local athletics clubs write the article on the other weeks.

## Illawarra Mercury

All KJ results are sent to the Mercury for publication in the Sports Results columns which precede the sports pages. There is no guarantee when the results will appear but we are informed that they are published at the first opportunity that space becomes available.

## 2VoxFM

Fox on Vox. Around 7am or just after on Saturday mornings the KJs have a 5 minute slot on local community radio station 2VoxFM. The latest race results, news and information on upcoming races will usually feature. The Illawarra Triathlon and Cycle Clubs have segments which air at about the same time. Tune in to 106.9 on your FM dial.





**Kembla Joggers wishes to thank the following sponsors and supporters for their ongoing assistance. Please return the favour and support the businesses that support our club.**

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**Kembla Joggers**

**PO Box 527 Dapto NSW 2530**

**[www.ozemail.com.au/~kjoggers](http://www.ozemail.com.au/~kjoggers)**

**2001**