

Kembla Joggers'



ANNUAL MAGAZINE



2003

Presentation Night 2003

WINTER POINTSCORE1st Glenda Maciejowski
2nd Brendan Scollary
3rd David Church

ELITE MALE POINTSCORE1st Jared Poppett
(Sponsored by Mt Kembla Hotel) 2nd Ben Dubois
3rd Stephen Brown

ELITE FEMALE POINTSCORE1st Karen Ryan
2nd Carrine Weston
3rd Edy Ognenovski

MOST MERITORIOUS (Golden Boots)Ben Dubois

ATHLETE'S ATHLETEBrendan Scollary
(Sponsored by Wilson's Discount Bikes)

CLUBPERSON OF THE YEARBrendan Scollary

ENCOURAGEMENT AWARDSGeorgette Ibrahim
Paul Denobrega
Julie Whittington

MOST IMPROVEDGabe Giason

BALLSUP OF THE YEARDave Higgins

PARTICIPATION AWARDSRay McCauley, Alan Onions, Bob Projevski,
(Sponsored by Uncle Pete's Wollongong) Rob Sciberras, Brendan Scollary, Geoff Smith,
Narelle Smith, Peter Asher, Dave Barnett,
Neil Barnett, Diane Birch, Pasco Coppolaro,
Paul Denobrega, Mark Everton, Gabe Giason,
David Church



President's Report 2003



Looking back at my annual report from last year, it is hard to imagine that we could have had a better year in 2003. Well, I'm happy to report that we did on just about every front. Thanks to a dedicated and hard working committee team, our great sponsors and the assistance of many other KJ volunteers, the club continues to skyrocket forward. The thing now is to maintain our momentum and take advantage of some fantastic opportunities as they present themselves in the future.

Membership & Participation

Membership in 2003 was another all-time record and at last count was about 470. There is a strong chance that by the end of summer we will see our 500th member join for the year, something that has never happened before. While our senior female numbers declined slightly, the junior numbers continued to surge to a point where they now represent about one third of the club. Participation was up too, again mostly due to the juniors, with 2153 race registrations during winter, up 12% on last year's record. The first 7 KJ events attracted an average crowd of 176 runners with the biggest ever club attendance of 197 witnessed at the 3 mile race day earlier in the season. On this day a record 89 juniors participated too. Once West Dapto is up

and running our numbers should continue to swell.

Juniors

This year has seen another huge increase in junior membership and participation at KJ events. Our membership profile shows that the single biggest age group in the club is now 9 years old with about a third of our members under the age of 18. That's a big change to how the club once looked and to me it is a most positive thing to see mum, dad and the kids coming along to the KJs week in week out. I would personally like to thank Suzanne and Mark O'Brien, two wonderful club members and sponsors of the KJ Juniors through Uncle Pete's Wollongong for their full-on support. Their enthusiasm has helped us to make the KJ junior running programs fun, which is the essential ingredient in kids sport. Also a big thank you to all our parent helpers and in particular Bob Ogenovski, Ward Hummerston, John Wilton and the junior team for organising the junior activities and with so much success.

Sponsorship

The benefits of acquiring the club van in 2002 have paid off in many ways. Not only do we have a fantastic piece of equipment but the sponsorship drive to get the van has also delivered us with many sponsors whose support will keep benefiting the club for years to come. A very big thank you to our major sponsor Wests Illawarra and in particular Wests General Manager Hans Sarlemyn, President Trevor Castle and the Board for their tremendous support again this year. We couldn't ask for a more supportive or enthusiastic major sponsor and without them the KJs certainly wouldn't be positioned for such an exciting future as we are today.

Our many other sponsors including uniform sponsors BHP Steel, our van and award sponsors have also provided invaluable support for which we can't be more thankful. Please return the favour and support our sponsors in return, you will find most of them are KJ members

themselves! A full list of sponsors and supporters for 2003 is listed elsewhere in the magazine.

Athlete Development & Junior Assistance Funds

In July the club held a hugely successful Trivia & Fundraiser Night which attracted almost 200 people. Besides being a fun night the Trivia Night combined with the raffle raised a whopping \$5,600 which was all put into a separate account exclusively for our new Athlete Development & Junior Assistance Funds. These funds will provide support for KJs who represent the club at a state or national level either interstate or overseas with their travel costs. In the last year 3 KJs have benefited including state representatives Jared Poppett and Sarah Mycroft, and first time Australian rep Ben Dubois.

Additionally the fund has provided support to several KJ juniors who needed a hand with basic costs associated with the sport. It is also available for costs attached to training courses for club members who are keen to undertake training in various disciplines that will benefit the club. I'm hoping this will mean the KJs will have a few club members undertake training and accreditation for coaching in the near future.

West Dapto Venue

Although we continued to be frustrated during the year with the slow progress of the West Dapto venue acquisition, at least the news has been positive. Since last year, Council finally purchased both lots of land from Integral Energy, completed contamination studies on Lot 2, which showed minimal cleanup work is required, and setup a management committee for the site which met for the first time in October. The KJs applied through the tender process to be involved with the new park with our plan to establish a cross-country running venue. We were delighted to hear recently that we had been invited onto the park committee, which is a good indication that the cross-country concept is viewed

favourably by Council. Several other user groups were also accepted including our friends the Illawarra Motoring Museum. The trick is to now 'secure our patch' and ensure that what we propose isn't pushed aside in any way. We will obviously need the help of many KJs in the coming months to make sure our plans happen because rest assured the longer we wait and the less help we get, the more inclined others will be to make a move on the available land.

National Awards

Earlier this year the club received more recognition when it was awarded two major national Athletics Australia awards in the People and Planning categories. The People award judges a club's methods in looking after its members, sponsors and volunteers while the Planning award, for which we tied with Mentone Athletic Club from Victoria, recognises a club for the planning processes which ensure the smooth operation of club activities. These awards follow on from the AA Club of the Year and Leadership awards in recent years. And just last month the KJs received some more good news when we learned that we had reached the short list of finalists in the National Volunteer Awards in the Sport & Recreation category. The winners will be announced soon.

Mountain Running Championships

The KJs hosted our very first Australian Championship event in June with the National Mountain Running Titles at Mt Kembla after hosting the NSW Titles in March. While these events traditionally attract a small field by normal standards, the championships were a great success and the competitors from all over Australia were full of compliments about the venue and our merry band of helpers. It was awesome to see our very own Ben Dubois take both titles at Mt Kembla and earn a place in the national team at the World Champs in Alaska

Athlete Performances

In addition to Ben's sizzling mountain running performances the last year has seen many more. Whether an elite athlete in state competition or a toiler at the rear of a club event the KJs can bring

the best out in just about anyone. The KJ medal recognises a supreme effort at an individual level regardless of ability and this year five were awarded, to Alan Onions, Paul Micale, Edy Ognenovski, Bob Ognenovski and Lauren Whitehead. Well done guys and also to all our Presentation Night award winners and nominees.

At a representative level there were state champions galore, in fact you could've called it a gold rush. In the ANSW winter season the KJs took out the NSW team premierships in 5 age divisions including U12F, U14B, U16B, 35+M and 35+F as well as the overall Club Winter Premiership. Some of the efforts were simply amazing and hats off to everyone of you who fronted at locations far and wide to represent the club. With the young talent we have rising through the ranks, the next few years promise to be even better. Sarah Mycroft finished off the year by winning the 2003 NSW Female Individual Premiership (Distance Runner of the Year) Title and Karen Ryan did us proud by placing 3rd overall in the Sydney Marathon and picking up silver in the process for the Australian Marathon Champs.

Other top performances that caught my eye included Rob Battocchio's gutsy 2nd place in the Canberra Marathon (and KJ Marathon Champs) in April, Shane Cowie winning the Australian All-Schools cross-country title, Madeline Heiner's 2nd at the same event and Jake Evans winning the Australian Little A's 1500m event. At a club level athletes such as Brendan Scollary, David Church, Narelle Smith, Craig Sakey and pointscore winner Glenda Maciejowski have impressed all year. In fact well done to all KJ athletes for just having a go.

Fitness Five Funrun

The Fitness Five Funrun welcomed on board new major sponsor City Coast Credit Union who were most supportive and involved with the organising of the event. This year's event raised \$6,000 for the local Schizophrenia Beta-Imager Appeal. The fine weather attracted the biggest crowd in some years and with the continuing support of CCCU next year, there is no reason why this event can't become one of the premier funruns in NSW. Unfortunately, the bill we get from the NSW Police for their help is

diminishing the money we hand on to the charity.

Club Finances

The club has continued to build a solid financial base in 2003. This has been done with an exciting future always in mind. Thanks to our many great sponsors we are able to provide so much for so little cost to members. The van is fully paid for and we have been able to purchase new equipment including our Fender PA system and new notice boards, amongst other safety gear for races. We are becoming well positioned for a future 'major project' such as a club house facility etc so that we can attract various government grant funding that is available. A copy of the club's financial report will be made available at the AGM and can be obtained from the club treasurer Dave Higgins soon after.

Thank you ...

In closing I would like to thank absolutely everyone for combining to make the KJs such a special club whether you compete infrequently or front at every KJ event. Believe me if you weren't such great people the committee team wouldn't be here putting in the hard yards for your enjoyment week after week!!

Many thanks should go to all of the KJ committee for their hard work during the last 12 months. Your commitment to the club is staggering. And also to club members who are not on the committee but help out a great deal, like Brendan Scollary (webmaster) and Pasco (Fox Editor) to name just two. There are so many people who combine to make the club run smoothly that I would have to dedicate a few pages to name them all. Please read our thank you page elsewhere in the magazine that acknowledges some these fantastic helpers and volunteers.

On behalf of the KJ committee I would like to wish club members and their families the very best for the upcoming festive season and New Year. Hope to see you all safe and fit during the summer season.

Neil Barnett

Pointscore 2003

... and the winner is?

The 2003 season ended on the 20/09/03 at the Cordeaux Dam 5km mass start race. Before the race began there were still at least 10 runners in contention for the handicap pointscore trophy depending on who ran the race and how they performed during the race. Early pointscore leader Brendan Scollary was under tremendous pressure from David Church who's was finding his form of the mid 90's, and Glenda Maciejowski who's form was red hot. The Smith's Narelle and Geoff were consistant all year and it all came down to this 1 race.

The winner was ... Glenda Maciejowski, 2 years in a row females have taken out the trophy (Kelly Eady last year). And a KJ first because along with her dad Kevin Raines (winner in 1997 & 2001) the first time a Father and Daughter has won the trophy. Glenda was strong all year and I'm sure dad will be proud. Brendan had a tremendous year and was finding the handicaps tough after his 15.56 on the 3mile. But to his credit Brendan gave his all not only on the winter series but also on the track. David Church turned back the clock 7 years for his form this year, no one scored more points in the 2nd half of the season than David. Well done to these 3 runners you



David Church

done yourself proud and as handicapper it was exciting to see the points go right down to the very last race.

Along the way many runners had varied form and John Burns was on of those, John's season ended with many great runs, his 10km at West Dapto 41.26 being a standout. Narelle Smith is always thereabouts and this year was no different, a leg injury late in the year hampered her preparation but to her credit Narelle still competed admirably.

Paul Dipietro was another runner who has performed above all expectations on his form of 2002. Geoff Smith hung in all year round and found plenty of energy watching his younger Daughters in the junior races, then chasing wife Narelle in all the races. Club President Neil Barnett struggled all year and to his credit ran every race, not as fast as last year but put his heart into all his races. Paul Denobrega and Robert Scibberas rounded off the top 10 with both runners running many PB's, Robert had his best season ever recording best times in most of his races.

Male Elite

Congratulations to Jared Poppett for winning this year's elite pointscore. Jared's improvement has seen him become one of the senior runners in the Kembla Joggers. Although only running a number of runs Ben Dubois still had enough points to take 2nd place. And like Jared Poppett, Stephen Brown is also one of the senior runners whose form this year was good. Stephen had many fine performances and took 3rd place.

Outside of the top 3 were Paul Micale who only run a handful of races, David Pomery, Brendan Hince, Phil Parle, Steve Van Gils, Ryan Burns and Robert Battocchio who round off the top 10. Congratulations to all runners.

1	Jared Poppett	87
2	Ben Dubois	75
3	Stephen Brown	72
4	Paul Micale	67
5	Brendon Hince	48



Glenda Maciejowski

6	David Pomery	54
7	Phillip Parle	47
8	Stephen Van Gils	40
9	Ryan Burns	35
10	Robert Battocchio	33

Female Elite

Karen Ryan was the run away winner this year. Karen's ran most of the races and performed admirably in all of them, which is required to win this event. In a very close call for 2nd was Carinne Weston who only just pipped Edy Ognenovski for 3rd place. Edy was the surprise this year as all her performances were great and thoroughly deserved her place. Outside the top 3 were Kelly Eady, Paula Crinnion, Melissa Burgess, Narelle Smith, Jennifer Ann Burns, Susanne Russell and Kathy McCarthy, well done to all.

1	Karen Ryan	103
2	Carrine Weston	85
3	Edy Ognenovski	77
4	Kelly Eady	65
5	Paula Crinnion	52
6	Narelle Smith	44
7	Melissa Burgess	37
8	Jennifer Ann Burns	34
9	Susanne Russell	34
10	Kathy Mccarthy	25

Kembla Joggers Senior Pointscore 2003

Pos	Name	Total	Pos	Name	Total	Pos	Name	Total	Pos	Name	Total
1	GLENDACIEJOWSKI	2462	63	PAULA CRINNION	1258	125	DENIS WEBB	583	187	GARY BURTON	288
2	BRENDAN SCOLLARY	2433	64	JOHN ROSENZWEIG	1252	126	ROBERT BATTOCCHIO	576	188	NICOLA HUMMERSTON	288
3	DAVID CHURCH	2363	65	WITOLD KRAJEWSKI	1247	127	JOSE PEREIRA	573	189	PAUL STEIN	276
4	JOHN BURNS	2254	66	LUIS CORTES	1238	128	DANA WILTON	558	190	KYLIE STARR	265
5	NARELLE SMITH	2242	67	BEN DUBOIS	1237	129	GARY POPPETT	553	191	JENI GREENLAND	238
6	PAUL DI PIETRO	2217	68	MARK OWEN	1202	130	MELISSA BURGESS	544	192	COLIN SELLERS	236
7	GEOFF SMITH	2083	69	HELEN RICKARDS	1194	131	KEVIN RAINES	530	193	KIRSTEN ARNOLD	230
8	NEIL BARNETT	2072	70	SUSANNE RUSSELL	1171	132	ROSS WALKER	529	194	LOU CARUANA	230
9	PAUL DENOBRAGA	2044	71	RITA MEIN	1160	133	MICHELLE WU	525	195	CHRISTINE FEENEY	230
10	ROBERT SCIBERRAS	2011	72	SEVGI GIRGIN	1157	134	JANELLE MCBARRON	522	196	BOB SCOTT	230
11	BOBBY PROJEVSKI	2006	73	STEVEN NEWMAN	1153	135	TIM MCKENZIE	511	197	ANDREW PARKINSON	228
12	RAY MCCAULEY	2004	74	EMILY CRANNEY	1146	136	GARRY WHEELER	508	198	NEIL PARSONS YOUNG	217
13	GABE GIASON	1997	75	SCOTT BOWLEY	1138	137	CAROLYN DEWS	505	199	NICOLE JOYCE	211
14	CRAIG SAKEY	1849	76	JOHN MINTOFF	1133	138	DAVID TOLL	499	200	MARK JAMIESON	210
15	JARED POPPETT	1844	77	GEOFF STUTSEL	1121	139	AMANDA VANDEWEGH	492	201	MARGARET JERVIS	209
16	STEPHEN BROWN	1835	78	TIM CRINNION	1110	140	LEE FANNING	489	202	CADE BARNES	197
17	ALAN ONIONS	1831	79	GLENN HAYWARD	1095	141	JAMES GREATHEAD	487	203	DEAN ARECCO	197
18	MARK EVERTON	1826	80	WARREN EVANS	1092	142	KYLE TENKATE	486	204	ROWENA MULLANY	195
19	PETER ASHER	1823	81	STEVEN TYERMAN	1088	143	VITO GAUDIOSI	475	205	PHIL GILES	189
20	JOHN WILTON	1821	82	RYAN BURNS	1083	144	MARK SCOTT	466	206	GRACE TYERMAN	188
21	DAVID BARNETT	1818	83	TONY HAMILTON	1070	145	MELINDA SHARPE	461	207	BREE JONES	188
22	GRAEME SMITH	1815	84	BRENDON HINCE	1053	146	TERRY FROST	456	208	TRENT GOODWIN	183
23	EDY OGNENOVSKI	1811	85	TONY MALONEY	1049	147	BRONTE BLAY	451	209	DEBBIE ARECCO	180
24	HANS LAMBERT	1803	86	WARD HUMMERSTON	1038	148	LYNN TAGUE	446	210	ELFI ASHCROFT	180
25	STEPHEN VAN GILS	1799	87	GRANT DEITCH	1017	149	RONALD PERRY	442	211	HAZEL BROWN	180
26	KEN WHITTON	1757	88	TONY TENKATE	1001	150	BRIAN BAIRD	441	212	TRACEY COLLETT	180
27	GEORGETTE IBRAHIM	1751	89	STEVEN MATTHEWS	991	151	ERIC BROWN	441	213	DARREN GORDON	180
28	JOE CASTRO	1736	90	ROBERT MACIEJOWSKI	983	152	TIM EAST	435	214	CHRISTINE HALL	180
29	GEOFF WALTER	1649	91	NEIL BIRCH	980	153	DAVID STONEBRIDGE	434	215	GARTH HENNESSY	180
30	BILL AGNEW	1614	92	LOUISE HUDSON	965	154	RUSSELL CHIN	430	216	BRAD HYNARD	180
31	DIANE BIRCH	1603	93	ANDREW COAD	953	155	GOKHAN GIRGIN	427	217	KARL STAMP	180
32	PAUL COXHEAD	1599	94	IAN MCBARRON	943	156	SUZANNE O'BRIEN	421	218	FAYE TIERNAN	178
33	PHIL O'HEARN	1593	95	TIMOTHY FITZPATRICK	931	157	JACK PARLE	416	219	BRETT REEDY	175
34	GARY HOWARD	1592	96	FRANCES PEARSON	914	158	KEVIN RAYMENT	405	220	TANYA STREVENS	175
35	KAREN RYAN	1583	97	ENRIQUE JARQUIN	890	159	COLIN JONES	404	221	JOEL DENT	167
36	ANDREW KRAJEWSKI	1529	98	CHRIS RICHARDS	882	160	TENNILLE SHELLEY	400	222	ALISA WILLIAMS	165
37	WENDY TRANBY	1506	99	KIRK VANDEWEGHE	872	161	DAVID FEENEY	380	223	CHRIS BROWN	165
38	JOHN GULLICK	1503	100	RAFAEL MORIANA	853	162	CLARKE POTTER	380	224	CAMERON FARICY	150
39	MARIE-CLAIR KURT	1485	101	KYM BATTEN	848	163	SANDRA TOTH	380	225	KATIE PATTERSON	143
40	NED MRSIC	1485	102	MICHAEL HICKMAN	819	164	UBERLINDA CORTES	377	226	SHARNA FAIRLEY	139
41	DENIS CAUDURO	1481	103	BRIAN MORRIS	812	165	CATHERINE LEE	374	227	KATY FRIE	134
42	JULIE WHITTINGTON	1478	104	GWENDA BROKENSHIRE	810	166	DREW IBBOTSON	364	228	LORRAINE VANDEWEGH	132
43	JENNIFER.B. BURNS	1458	105	FRANK HUNGERFORD	791	167	RENEE OGNENOVSKI	361	229	COLIN SELLERS	130
44	DEREK MORIARTY	1458	106	FRANCA FACCI	787	168	REBECCA OLIVER	360	230	BRUCE MEDLEY	128
45	DAVID POMERY	1453	107	GARY RICKARDS	785	169	KAREN BLAY	351	231	NATALIE ARECCO	125
46	WAYNE MONTEFIORE	1452	108	KEVIN GOODWIN	772	170	RENNIE CURCIO	340	232	LAUREN OGNENOVSKI	125
47	ROBERT OGNENOVSKI	1447	109	GEOFF STALKER	767	171	STEVE MLACIC	340	233	MARK O'KEEFE	122
48	PHILLIP PARLE	1438	110	GREG LEARMONTH	742	172	TRUDI BARNES	333	234	CHRIS SCOTT	113
49	DAVID HIGGINS	1414	111	TOM KAPANTRIAS	733	173	PETER EVANS	332	235	BYRON ARNOLD	107
50	MICHAEL MCCARTHY	1413	112	LOUISE SAMUEL	725	174	PHILLIP HOLLAND	332	236	ROBBIE BELSITO	107
51	ROY FRANCIS	1378	113	JIM HENNESSY	691	175	KELLIE BAXTER	330	237	JARED BLAY	103
52	PAUL MICALE	1376	114	GEORGE OSADCZUK	688	176	JIM BROKENSHIRE	330	238	BOB HINCH	100
53	PASCO COPPOLARO	1364	115	MARTY WESTON	685	177	TANIA CARMODY	330	239	JON STAGG	100
54	IAN TAGUE	1347	116	RODNEY BATTEN	661	178	JEFF GRAY	330	240	JAMES HUTTON	96
55	GREG MACKEY	1330	117	SUE SCOTT	658	179	SARAH ROGER	330	241	KIRRA JONES	90
56	ANDREW RUTTY	1320	118	GARETH BUCKLEY	647	180	PETER MCKENZIE	325	242	GEMMA BURKE	71
57	KELLY EADY	1315	119	PETER ISSA	632	181	SARA BURNS	324	243	KARIN JONES	66
58	CARRINE WESTON	1310	120	HUGH MOTBEY	627	182	LAUREN ELMS	306	244	KERRY SMILLIE	59
59	LOUISE CARUANA	1299	121	MATTHEW PANDELUS	623	183	LOUIS PARNIS	300	245	NATHAN A'BELL	50
60	HEATHER RUTTY	1268	122	DARREN BAXTER	605	184	ALANA YARDLEY	298	246	AARON ANDERSON	50
61	KATHY MCCARTHY	1261	123	RAY WALES	603	185	BOB KIMBREY	297	247	MURRAY ANDERSON	50
62	JENNIFER ANN BURNS	1260	124	MARTIN CHURCH	586	186	PAUL WIEDERSEHN	291	248	TRISTAN ARNOLD	50

Kembla Joggers Senior Pointscore 2003

Pos	Name	Total	Pos	Name	Total	Pos	Name	Total	Pos	Name	Total
249	AMANDA BATCHELOR	50	261	SMILLIE ERIN	50	273	NATALIE KERR	50	285	JIM OWEN	50
250	JUSTIN BLON	50	262	SHANE FINNEGAN	50	274	ANDERS KLASSON	50	286	BRETT PARRY	50
251	ALICIA BURGESS	50	263	MICHELLE FORMOSA	50	275	SIMON KUNKLER	50	287	KEIRAN POGSON	50
252	PAUL CASSER	50	264	CLAIRE FRASER	50	276	PAUL KUNKLER	50	288	VANESS REID	50
253	DANIEL COVINGTON	50	265	ERIN HARGRAVE	50	277	HUSSEIN KURT	50	289	EMILY RICKARDS	50
254	DAWN CRITCHER	50	266	NEIL HARPER	50	278	SCOTT LUNNEY	50	290	CLARE RICKARDS	50
255	RYAN DAVIDSON	50	267	PETER HENRY	50	279	BONNIE MAURER	50	291	WILLIAM RICKARDS	50
256	SAM DOVE	50	268	WAYNE HOLDEN	50	280	JARRYD MCBARRON	50	292	EMMA RILEY	50
257	WILLIAM DOVE	50	269	ALLAN HUTTON	50	281	KERRYNN MCCANN	50	293	ERIN SMILLIE	50
258	JEN DOVE	50	270	VANESSA KEARNEY	50	282	LISA MCDONALD	50	294	LAUREN WHITEHEAD	50
259	ROD DOWSE	50	271	PETER KELL	50	283	KERRIE MCGOLDRICK	50	295	ROD WHITTINGTON	50
260	BELINDA EDMONDSON	50	272	PAUL KENDRICK	50	284	SOPHIE MCLEOD	50	296	DREW WINNING	50

Elite Male Pointscore 2003

Pos.	Name	Total
1	JARED POPPETT	87
2	BEN DUBOIS	75
3	STEPHEN BROWN	72
4	PAUL MICALE	67
5	BRENDON HINCE	48
6	DAVID POMERY	54
7	PHILLIP PARLE	47
8	STEPHEN VAN GILS	40
9	RYAN BURNS	35
10	ROBERT BATTOCCHIO	33
11	MARK SCOTT	28
12	BRENDAN SCOLLARY	25
13	MARK EVERTON	23
14	RAFAEL MORIANA	21
15	GEORGE OSADCZUK	21
16	JOHN ROSENZWEIG	21
17	RUSSELL CHIN	18
18	CHRIS RICHARDS	18
19	MARTY WESTON	17
20	CHRIS BROWN	10
21	TIM MCKENZIE	10
22	GARRY WHEELER	10
23	MURRAY ANDERSON	7
24	NEIL BARNETT	7
25	WAYNE MONTEFIORE	7
26	ANDREW RUTTY	7
27	NATHAN A'BELL	6
28	JOE CASTRO	6
29	DANIEL COVINGTON	6
30	TIMOTHY FITZPATRICK	6
31	JIM OWEN	6
32	GARETH BUCKLEY	5
33	ENRIQUE JARQUIN	5
34	PAUL COXHEAD	3
35	KEVIN GOODWIN	3
36	JAMES GREATHEAD	3
37	GEOFF STALKER	3
38	PAUL STEIN	3
39	PAUL WIEDERSEHN	3
40	AARON ANDERSON	2
41	TIM CRINNION	2
42	ROSS WALKER	2
43	TIM EAST	1
44	GREG MACKAY	1
45	ALAN ONIONS	1
46	JOSE PEREIRA	1
47	CRAIG SAKEY	1

Elite Female Pointscore 2003

Pos.	Name	Total
1	KAREN RYAN	103
2	CARRINE WESTON	85
3	EDY OGNENOVSKI	77
4	KELLY EADY	65
5	PAULA CRINNION	52
6	NARELLE SMITH	44
7	MELISSA BURGESS	37
8	JENNIFER ANN BURNS	34
9	SUSANNE RUSSELL	34
10	KATHY MCCARTHY	25
11	LOUISE CARUANA	24
12	LOUISE HUDSON	24
13	SUZANNE O'BRIEN	21
14	CAROLYN DEWS	20
15	GLENDA MACIEJOWSKI	20
16	DANA WILTON	19
17	HEATHER RUTTY	18
18	ALANA YARDLEY	16
19	ALISA WILLIAMS	14
20	LAUREN ELMS	11
21	TRUDI BARNES	10
22	LAUREN WHITEHEAD	10
23	CLAIRE FRASER	9
24	ERIN HARGRAVE	9
25	JENI GREENLAND	8
26	MELINDA SHARPE	7
27	ALICIA BURGESS	6
28	KERRYNN MCCANN	5
29	JULIE WHITTINGTON	5
30	JANELLE MCBARRON	4
31	KATIE PATTERSON	4
32	GEMMA BURKE	3
33	LEE FANNING	3
34	NATALIE KERR	3
35	HELEN RICKARDS	3
36	SARA BURNS	2
37	EMILY CRANNEY	2
38	ROWENA MULLANY	2
39	ROBBIE BELSITO	1
40	KAREN BLAY	1
41	DAWN CRITCHER	1
42	NICOLA HUMMERSTON	1
43	VANESSA KEARNEY	1

2003 Winter Series															
Name	5 Km	8 Km	4 Mile	10 Mile	8 Km	3 Mile	4 Mile	21.1 Km	8 Km	9 Mile	10 Km	3 Mile	8 Km	10 Km	5 K Jun
NATHAN A'BELL								1:20.27							
BILL AGNEW	20.20	33.25	27.40	1:09.05			26.17	1:28.32	31.52	1:00.55			32.40		
AARON ANDERSON						15.32			29.27						
MURRAY ANDERSON															
DEAN ARECCO	25.18														
NATALIE ARECCO	23.41														
BYRON ARNOLD	19.55					21.30									
KIRSTEN ARNOLD	24.21														
TRISTAN ARNOLD	20.15														
PETER ASHER	23.15	38.45	31.26	1:23.26	39.57	21.42	32.10	1:49.10	37.16	1:15.49		21.28		47.20	23.23
BRIAN BAIRD		37.11				21.36		1:52.03							
CADE BARNES									31.34		40.52				
TRUDI BARNES									33.56	1:07.28	43.29				
DAVID BARNETT	26.48	43.12	35.19	1:33.40	43.42	24.10	35.07	40.37	1:23.58	54.16	24.12	41.29	52.12	26.44	
NEIL BARNETT	19.41	31.39	25.35	1:02.32	31.21	17.43	24.50	1:24.13	29.49	56.33	38.49	17.22	30.29	39.51	19.10
AMANDA BACHELOR											21.34				
KYM BATTEN						23.06			38.58	1:14.53	50.34				
RODNEY BATTEN	24.27					23.07	31.35		38	1:15.18					
ROBERT BATTOCCHIO	15.52			53.12		15.47		1:17.53							
DARREN BAXTER	20.09			1:11.30											
ROBBIE BELSITO		36.51					34.16								
DIANE BIRCH		40.16	32.54	1:25.52	40.42		33.51	1:52.03	40.07	1:21.13	52.31		42.02	53.05	27.01
NEIL BIRCH	21.01		31.09						35.09			19.18			21.26
BRONTE BLAY	20.11	37.53			35.54	20.19	29.05								
JARED BLAY						21.02									
KAREN BLAY						22.37	32.13								
JUSTIN BLON	21.15														
SCOTT BOWLEY	20.02	33.18				18.53	26.40		31.28			18.37	32.05		
GWENDA BROKENSHERE	22.59	37.34				21.43		1:47.33					37.41		
CHRIS BROWN		27.43				16.07									
ERIC BROWN	23.33	39.25	33.25				34.46								
STEPHEN BROWN		28.02	22.32		27.37		24.22				35.06	15.49	26.58	33.33	16.40
GARETH BUCKLEY			25.06		30.27	17.25									
ALICIA BURGESS			31.06												
MELISSA BURGESS	18.37					17.48						18.07			19.46
GEMMA BURKE	20.59					20.24									
JENNIFER ANN BURNS		35.13				19.50	28.08		33.05	1:03.36			33.1	41.55	
JENNIFER B. BURNS	28.39		38.30		47.36	25.59	38.03		44.51		57.01	25.24	33.1	56.35	28.07
JOHN BURNS	21.57		29.06		36.29	20.35	29.04		33.54	1:05.46	43.17	19.08	33.34	41.26	20.34
RYAN BURNS	17.07		23.10			15.50	23.06			55.46			28.14		18.37
SARA BURNS	21.56					21.07						20.47			
GARY BURTON	21.35														
LOU CARUANA										1:08.08			32.51		
LOUISE CARUANA	21.12			1:13.10			28.12	1:39.17	33.52				34.25		22.45
PAUL CASSER													42.54		
JOE CASTRO		30.05	25.19		32.03	17.36		1:28.43	29.55	58.43	38.55	17.19		38.41	18.57
DENIS CAUDURO	23.49	40.41	33.24			22.43	33.05		39.20		49.02		39.34	51.06	24.58
RUSSELL CHIN	16.39					14.18	25.30								
DAVID CHURCH	22.39	37.03	30.13	1:17.17	36.53		30.07	1:46.46		1:10.58	45.28	20.12	35.13	45.13	21.32
MARTIN CHURCH	19.10	32.12	27.18												
ANDREW COAD	23.46	37.34		1:18.23	38.34	20.32								20.33	
PASCO COPPOLARO	23.36	34.41	30.04	1:12.17	33.11	18.49	26.35	1:30.33	33.20	1:03.08	42.16	18.45	40.59	41.39	22.37
LUIS CORTES			29.37	1:13.12	35.53	20.09	29.35	1:42.58	34.28			21.01	36.1		
UBERLINDA CORTES		59.10	47.39			1:00.34	33.02	45.40					31.42		
DANIEL COVINGTON				1:00.05											
PAUL COXHEAD	19.17	31.08		1:08.33			26.24	1:27.47	30.29	1:00.02		17.06			
EMILY CRANNEY	25.02	43.48				22.24	32.07			1:17.20					24.24
PAULA CRINNION		31.49		1:06.14			30.30			1:00.24				39.41	19.27
TIM CRINNION	18.00						25.31	1:23.54		57.3					
DAWN CRITCHER										1:11.48					
RENNIE CURCIO	24.07	42.52													
RYAN DAVIDSON	18.17														
GRANT DEITCH	20.10	33.02		1:10.04		19.09	25.17				42.55				20.47
PAUL DENOBREGA	20.39	33.50		1:10.59	34.13		28.02	1:37.37	32.51	1:05.31	43.29	18.59	34.08	42.21	20.47
JOEL DENT												19.57			
CAROLYN DEWS		34.22									41.45	18.32			
PAUL DI PIETRO		33.32	27.23	1:23.53			27.19	1:36.02	33.03	1:05.54	41.26	19.02	33.5		20.2
JEN DOVE	29.06														
SAM DOVE	30.01														
WILLIAM DOVE	30.02														
ROD DOWSE								2:02.36							
BEN DUBOIS	15.29	24.25	21.50				20.52		24.36			14.31	26.57		
KELLY EADY	20.27		27.50	1:09.13	33.20	18.48		1:34.08	32.47	1:03.14					
TIM EAST						20.05								18.47	19.09
BELINDA EDMONDSON		41.43													
LAUREN ELMS	19.26					19.11									
SMILLIE ERIN	23.53														
PETER EVANS	20.49					18.25						18.43			
WARREN EVANS	25.58	41.29	34.30	1:28.17			35.04								
MARK EVERTON	18.13	29.41	25.28	1:02.54	32.04	17.13	24.02	1:28.08	30.17	58.01	41.19	16.48	31.05	37.21	18.11
FRANCA FACCI	26.13		34.29	1:26.39											
SHARNA FAIRLEY												21.01			28.39
LEE FANNING		38.45				20.54		1:42.10	36.33						
CAMERON FARICY	19.15														
CHRISTINE FEENEY	28.09														
DAVID FEENEY	21.40														
SHANE FINNEGAN	25.51														
TIMOTHY FITZPATRICK	19.49			1:06.25	31.16	17.01					42.07			38.27	
MICHELLE FORMOSA												23.52			
ROY FRANCIS		36.15	29.35	1:13.06	36.18	20.57	29.22	1:42.02							23.07
CLAIRE FRASER	19.10														
KATY FRIE	24.13	41.58													
TERRY FROST				1:12.32		19.32							34.10		
VITO GAUDIOSI						20.40	28.32		32.20	1:02.17					
GABE GIASON	22.34	37.14	31.28	1:20.46	40.50	22.02	31.31	1:55.02	36.40	1:12.19	45.46	19.40	36.57	43.32	20.58
PHIL GILES				1:02.45			25.31								
GOKHAN GIRGIN	22.22					21.57						24.16			21.14
SEVGI GIRGIN	27.00	46.21	37.42	1:44.42	48.59	26.16			48.08	1:35.10	59.08	26.46		57.57	28.43
KEVIN GOODWIN		29.41				17.33	25.14			57.35					
TRENT GOODWIN						18.13									
JAMES GREATHHEAD				1:06.19									32.56	38.37	
JENI GREENLAND		37.01	29.59												
JOHN GULLICK	23.37	37.12		1:14.20	36.47	20.10			35.02		47.41	20.36		51.23	26.03
TONY HAMILTON		36.57	29.52			20.42			34.43	1:06.35					
ERIN HARGRAVE				1:06.15											
NEIL HARPER										1:00.55					
GLENN HAYWARD					35.43		28.29		34.05	1:03.02		18.34		40.08	
JIM HENNESSY	26.23			1:32.10		25.07	35.12				59.06				

Name	5 Km	8 Km	4 Mile	10 Mile	8 Km	3 Mile	4 Mile	21.1 Km	8 Km	9 Mile	10 Km	3 Mile	8 Km	10 Km	5 K Jun
PETER HENRY			31.47												
MICHAEL HICKMAN	28.41	48.11		1:47.29				2:22.03		1:32.52	1:01.38	26.33		1:00.14	
DAVID HIGGINS	22.55	38.37			40.14	21.50	32.00		38.30			21.40	37.46	48.08	24.14
BRENDON HINCE			24.30	54.17			21.56	1:13.17	25.27	47.43					
BOB HINCH							33.25				49.17				
WAYNE HOLDEN							39.26								
PHILLIP HOLLAND	21.07	36.08													
GARY HOWARD	22.29		30.04	1:24.47	38.16	21.05	29.41	1:51.23	35.49	1:08.57	47.04				23.47
LOUISE HUDSON		34.40	31.19	1:10.50	35.56	20.39	29.28	1:41.39	37.16						
NICOLA HUMMERSTON	21.17					20.55									
WARD HUMMERSTON	21.17	35.13		1:20.55	37.40	20.23	28.35	1:38.49							
FRANK HUNGERFORD	20.22		27.41	1:09.45		18.59									
ALLAN HUTTON			38.36												
JAMES HUTTON						23.21									
DREW IBBOTSON				1:21.41							47.34		39.47		
GEORGETTE IBRAHIM	25.51	42.53	34.39			24.38	34.55		42.23	1:22.54	54.10	23.54	42.51		
PETER ISSA	33.09	59.10	47.39	1:44.44	1:00.34	33.04	45.44				1:00.19				
MARK JAMIESON		31.17		1:06.36											
ENRIQUE JARQUIN	18.24	29.32	31.20					1:38.08		1:03.11				39.57	
MARGARET JERVIS									43.18				42.55		
BREE JONES						23.53									
COLIN JONES						22.04	30.07								24.05
KARIN JONES						26.34									
KIRRA JONES						25.47									
NICOLE JOYCE										1:12.14	46.52				
TOM KAPANTRIAS	22.14			1:11.49				1:36.49							
VANESSA KEARNEY						19.42									
PETER KELL				1:17.58											
PAUL KENDRICK	25.07														
NATALIE KERR			31.13												
BOB KIMBREY										1:15.57	48.13				
ANDERS KLASSON									36.20						
ANDREW KRAJEWSKI	19.17	31.52		1:06.25	32.43		27.00	1:32.50		1:02.09	41.24				
WITOLD KRAJEWSKI	19.57		26.53		33.21	18.30				1:00.05	41.19				
PAUL KUNKLER							28.03								
SIMON KUNKLER	26.40														
HUSSEIN KURT					42.00										
MARIE-CLAIR KURT			33.58	1:27.23	42.42	23.25		1:55.49		1:18.54	51.31	23.11			
HANS LAMBERT			29.09	1:13.52			28.55	1:37.15	33.30	1:05.40	44.48		33.19	42.06	
GREG LEARMONTH	19.17												31.53		
CATHERINE LEE	26.02														
SCOTT LUNNEY							27.17								
GLENDAC MACIEJOWSKI	24.05	38.44	31.09		37.50	22.09		1:45.20	35.52	1:08.10	45.41	20.39	35.56	45.03	22.08
ROBERT MACIEJOWSKI	23.45		31.11		42.12						22.41				24.42
GREG MACKAY	18.32	31.07	24.50				25.14	1:29.39	30.06				30.42		
TONY MALONEY			35.33		43.48	24.15	33.40		39.41			22.49		50.58	
STEVEN MATTHEWS	19.24	31.53						1:27.00	30.52		39.06			40.13	
BONNIE MAURER					43.01										
IAN MCBARRON	25.44	40.29	33.26			25.51			38.06		52.52				
JANELLE MCBARRON		37.27	31.12												
JARRYD MCBARRON	25.45														
KERRY MCCANN					34.33										
KATHY MCCARTHY	20.55	34.02			36.4		32.43					22.06	36.14	44.25	21.15
MICHAEL MCCARTHY	22.36		30.38	1:14.42	37.00	21.12	30.13		37.03	1:12.06	50.46	22.07	38.03	46.41	
RAY MCCAULEY	21.51	36.20	30.01	1:21.57	39.16			1:42.17		1:08.40	45.44	20.49	36.24	45.11	22.32
LISA MCDONALD													38.18		
KERRIE MCGOLDRICK												26.35			
PETER MCKENZIE			32.47			23.27	33.29								
TIM MCKENZIE			23.34	1:00.28		17.04	24.43								
SOPHIE MCLEOD	21.20														
BRUCE MEDLEY				1:36.13								31.50			
RITA MEIN		32.32		1:25.52	39.20	22.38	32.37		39.17	1:16.43					
PAUL MICALE					15.10	21.24					34.35	15.21	26.07		16.07
JOHN MINTOFF				1:12.06					33.53	1:08.48	44.21	18.39			26.03
STEVE MLACIC						18.15		1:28.21							
WAYNE MONTEFIORE	18.20			1:06.12	31.48	16.52	24.37		29.55		37.33	17.21	29.42	42.03	20.18
RAFAEL MORIANA	17.09		23.18	1:06.18		16.38	23.51	1:21.12							
DEREK MORIARTY	27.36		35.42	1:40.56	44.45		34.36		41.24	1:21.10	53.53		44.13	52.53	
BRIAN MORRIS	20.37	35.18		1:23.41	38.13	20.45					49.08		37.59		
HUGH MOTBEY			32.37			22.07						22.18			
NED MRSC				1:15.27		20.28	29.20	1:47.18	33.56	1:07.15	44.28	20.15			
ROWENA MULLANY											44.35				
STEVEN NEWMAN		33.26			33.21	18.23	26.38	1:31.23	31.57		39.47		35.3		
SUZANNE O'BRIEN				1:09.20	33.46			1:36.06							
PHIL O'HEARN			28.16	1:13.09	34.10	19.38	28.26		34.34	1:06.54	43.09		34.32		
MARK O'KEEFE	25.27														
EDY OGNENOVSKI	20.24	36.12	27.55	1:18.44	34.07	18.39	27.21	1:40.18	32.11	1:03.34	41.40	19.06	32.48		20.17
LAUREN OGNENOVSKI						26.15						25.47			
RENEE OGNENOVSKI	22.40					21.03									
ROBERT OGNENOVSKI	21.11	36.33	29.26	1:20.50	38.08	21.17	30.26	1:55.03	35.35	1:08.46	47.31	19.49	36.13		
REBECCA OLIVER			42.28									25.23			
ALAN ONIONS	19.39	29.52	26.06	1:06.43		18.17	26.37	1:28.42	31.01	59.57	39.17	17.42	31.29	39.49	
GEORGE OSADCZUK	17.44	29.31	24.20	1:00.53	30.07										
JIM OWEN											36.34				
MARK OWEN					34.19	19.12	27.34		32.03	1:01.07		18.16			
MATTHEW PANDELUS	23.13	37.24										21.29			
ANDREW PARKINSON						20.01		1:37.12							
JACK PARLE						18.08						17.46			21.56
PHILLIP PARLE	16.52			59.14		15.48				27.32	52.32		17.46		17.08
LOUIS PARNIS													37.05	45.30	
BRETT PARRY								1:25.46							
NEIL PARSONS YOUNG	21.05	34.35													
KATIE PATTERSON						18.56									
FRANCES PEARSON	28.24		38.25		49.54	26.49	39.11		46.21		1:00.56				
JOSE PEREIRA		30.08		1:02.04				1:25.43			39.04				
RONALD PERRY							32.40		37.53				38.24		
KEIRAN POGSON												18.58			
DAVID POMERY	17.25			57.12	28.44	16.02		1:18.40	28.38	54.24		16.44			
GARY POPPETT		40.47	33.15		42.04										24.52
JARED POPPETT			21.51		27.30	15.25	56.00		27.51	51.26		15.15	26.36	32.58	16.25
CLARKE POTTER		36.13													
BOBBY PROJEVSKI	20.01		26.40	1:09.07	35.41	18.21	26.44	1:38.57	31.50	1:04.37	40.58	18.11	31.56		20.27
KEVIN RAINES	25.27														
KEVIN RAYMENT		36.55		1:18.17	36.58										
BRETT REEDY									39.10			20.57			
VANESSA REID	26.52														
CHRIS RICHARDS	17.12	28.38		1:11.18	30.07	17.32	25.11		31.01						
CLARE RICKARDS	28.11														
EMILY RICKARDS	28.57														
GARY RICKARDS	23.19		31.08		38.33							21.57			

Kembla Joggers Medals

The Kembla Jogger medal is one of the most prestigious awards that our club offers. A medal is awarded only for a performance at either a KJ race or when an athlete is representing KJs or NSW/Australia. It is for a performance,

which is truly outstanding, in relation to that athlete and their previous performances. Therefore, a medal is awarded to athletes of all abilities, who have gone the extra mile in lifting their performance over and beyond what

could be reasonably expected of them. This year, 5 KJs have achieved membership of this elite club. They are: Alan Onions, Edy Ognenovski, Lauren Whitehead, Bob Ognenovski and Paul Micale.

They join previous medal winners:

1992			1998		
Kerryn McCann	3 miles	16.43	Tony Maloney	9 miles	70.28
Mark Everton	9 miles	49.15	Peter Evans	9 miles	52.36
1995			1999		
Karen Blay	9 miles	61.44	Ben Dubois	3km	8.12
Andrew Krajewski	5km	17.57	Jonathan Hall	4 miles	20.50
Dave Higgins	5km	19.23	2000		
Chris Stocker	10 miles	56.48	Claire Margetson	10 miles	78.01
Brendan Cato	7km	26.41	2001		
1996			2002		
Jim Hennessy	10 miles	62.37	Susan Mulready	8km	28.54
Vince O'Dwyer	5km	19.33	Suzanne O'Brien	9 miles	58.36
Jeff Dunning	3km	10.03	Carinne Weston	10 miles	67.19
Neil Barnett	3km	9.56	Bob Squires	10km	35.26
1997			Garry Wheeler	9 miles	50.30
Ben Dubois	9 miles	49.14	Russell Chin	10km	31.16
Bronte Blay	10 miles	58.54	Tony Hernandez	7 miles	41.50
Raf Moriana	9 miles	52.56	2001		
Phil Parle	21.1km	76.43	Kym Batten	7 miles	53.24
Jenny Comer	3km	13.15	Chris Richards	9 miles	52.29
Paula Crinnion	10 miles	66.38	2002		
Kevin O'Connell	21.1km	118.17	Matthew Kerr	9 miles	44.33
Kevin Raines	9 miles	63.50	Stephen Locke	9 miles	48.06
			Karen Ryan	9 miles	56.22
			Lynn Tague	4km XC	20.45

LAUREN WHITEHEAD

Lauren has been a regular runner at Kembla Joggers since 1998, when she and her sister Carla started training with Eric Brown. Although still at high school and studying for her HSC, Lauren showed a great amount of determination and dedication, willing to fit her training in around her studies. At this time, Carla was always able to out muscle Lauren at training, but when it came to crunch time and racing, Lauren's determination always won through.

In her younger days in school athletics, she had some good results. She held a cross country record at Bulli High and qualified to run the 3km track at nationals in her age group with a good time of 10.58. In 1999, her last year of school, Lauren placed 5th at CHS cross country championships and then went on

to the nationals in Darwin, placing a fantastic 6th place.

Since joining KJs, Lauren has been a mainstay in our ANSW winter teams, always making herself available for teams, always cheerful and willing to support the club in its efforts to become the best club in Australia. She is an athlete who is always grateful for help and advice and is always the first to thank her coach for his help and interest.

In 2002, Lauren had a remarkable run in the Canberra Marathon with a time of 3hrs 44.16, a time that blew us all away. For many KJs it was the run of the day, a moment for many to reflect what determination and perseverance can achieve. Following the marathon, Lauren suffered greatly with muscular problems and has since worked extensively, with the support of Phil



Lauren Whitehead

Parle, to overcome them. It is this strength of character which has been Lauren's great asset ... work hard, listen to what the coach tells you, and believe in yourself. All of these qualities came to

fruition earlier this year at the Illawarra Yacht Club Race, where Lauren doggedly hung on to Karen Ryan to finish in a wonderful time of 18:45. Once more we were shocked to see her

produce such a quality performance given the extent of her post marathon problems. It is for this fantastic effort that Lauren has been awarded a KJ Medal, a well justified one.

EDY OGNENOVSKI

Edy was a promising junior athlete whilst still at school and competed in a number of sports that included netball and athletics. She excelled in the long jump and is quick to point out to the kids, when they give her a bit of cheek, that they have come nowhere near her distance of 5m19, at age 14.

Edy also ran a few fun runs in the mid eighties, with various levels of success including, winning the female section of the 7.5 km Bridge, to Bridge race, at Ryde in a creditable time of 28.13. The late eighties and early nineties saw Edy involved in house and family building, so running hardly got a look in. Edy, kept her fitness up during this time through teaching aerobics. Anyone that has done one of Edy's aerobic classes will tell you of the effort and intensity she puts in every class and how easily she motivates class members to do their very best. These attributes along with the will to learn and improve have kept Edy at the top of the aerobics tree for over 20 years.

Edy took these fine qualities to Kembla Joggers where she has been a member, since 1996. Originally, she came to run with KJs in order to reflect on a sad time in her life, after the unexpected death of her father. Running the shorter 5km KJ events and the occasional training session in solitude was Edy's way of coping with the situation.

Edy was improving with each KJ run thus fuelling her competitive streak, where it became a constant challenge for



Edy Ognenovski

her to do better. She was hooked on the running bug. When Edy came home after a KJ race, she would rave about her run and her duels with a large stocky man that thudded like a rhino as he ran.

In the last five or six years Edy has performed admirably at most ANSW races, both individually and with the Women's Over 35's team. This is a division that KJs have dominated for quite a while and although on occasions the team has boasted higher credentialed runners than Edy, she has remained the cornerstone of the team.

Various injuries have hindered Edy's progress over the years, including a hip injury in 2001 that almost sidelined her on a permanent basis. However, a carefully planned training program of swimming (she hates swimming), light weights, long slow runs and a lot of patience has taken Edy's running to new a new level.

The early base and strength work, along with continuous injury free racing and Eric Brown's hill and fartlek sessions, have given Edy renewed confidence in her running. This in turn has taken her to no less than five age group records and numerous PB's in 2003. Edy is more intense and focused about her running than ever before and it would not surprise if her times continue to tumble in the future.

Edy's new found liking for racing and training the longer distances have made her a stronger and more disciplined runner. Some of her best results for 2003 include, a 15.43 4km at the Miranda cross country relays, a 36.41 for 8km at the hilly Nowra course, a 19.48 5km on the track, a 15.22 for the 4km road relay at Bankstown and a 63.36 for her first serious tilt at the "9 miler".

However, Edy's 18:39 effort for the 3mile at West Dapto, by far exceeded any other run she has ever competed in. The run was an age group record, as well as a 32 sec PB. She was wrapped. It is for this run that Edy gets her KJ Medal. One can't think of a more deserved winner.

BOB OGNENOVSKI

As a teenager Bob excelled in just about every sport he participated in, but his main interests were with athletics (Southern Flame), rugby league and touch football. In his late teens/early twenties Bob's love of rugby league and touch footy got the better of him and his

athletics career was put on hold.

It wasn't until the mid 1990's, when his children decided to do athletics that Bob and his family joined Illawarra Blue Stars, thus re-igniting his passion for running. In 1996, Edy joined the Kembla Joggers and a year later Bob and the kids followed. His commitment to Kembla

Joggers grew (Club Captain, KJ Juniors) along with his desire to run some longer distances and improve his fitness.

On the night of August 21, 2003 (KJ 10km Track Championships), Bob set off for the track undecided as to which race he would run (10km or 800m). "I'll decide once I have warmed up," he said.

Well, the rest is history! In his typically laid back approach he opted for the 10km, finishing in a PB time of 44.21 (not bad for a sprinter) and it is for this run that Bob has been awarded a KJ Medal.

One of Bob's great attributes is his ability to make all new KJ members - especially the Juniors, feel welcome. He makes a point of getting to know all the Juniors by name and is always encouraging them to do their best.

However, Bob's involvement with sport in 2003 hasn't just been with the Kembla Joggers. He has had his finger in "lots of pies" and being the true family man that he is, continues to encourage his children to enjoy a variety of sports and to always try their best. Not only has he

continued to improve his running times this year, he has also:

- played in a mixed touch football team with some of our KJ Juniors and assisted in their development and understanding of the game;
- is currently playing in a men's touch footy team, again with some of our Junior members;
- will be representing Wollongong Touch Association (of which he is a Life Member) at State level in mid-November;
- Has co-coached his son's soccer team (Figtree U/10 A's) to grand final victory and has led them to the Champion of Champions.



Bob Ognenovski

ALAN ONIONS

by Ian Hatfield/Raf Moriana

I first met Alan in 1996 at an aquathon here was an elite swimmer who dabbled in triathlon, as is the case with most swimmers the transition to triathlon is



Alan Onions

somewhat hampered by the need to run.

Alan emerged from the water with the leaders only to watch a large portion of the field overtakes him. This scenario has been repeated many a time since. So I remember suggesting that he join the K.J.s which he did. He ran an 8km of around 32min that year and whilst being consistent over the years his progress was somewhat static.

Enter Ian Hatfield who's association with Alan now stems some 7 years he tells how Alan's sporting achievements consisted of representation at school, club, country and state Championships at swimming.

So the challenge was to improve Alan as a runner. Ian tells of how it has been a pleasure to know and coach him. Not only is he a dedicated athlete, giving 100% at every training session, he a fine young man, full of character, generosity, and thoughtfulness. He loves his sport and gives tremendous support to all the other athletes in his squad. One of his most valuable assets is his team like approach and his friendly nature has won him many friends.

Alan's good sportsmanship was never more evident than on the day of the Hangover Handicap when a slashing

time of 24.59 saw him finish first home on handicap but could not secure the trophy because he did not qualify with the minimal running of 3 summer races. But the good form was not to be wasted. (He also made it a point of not missing another KJ race). As Ian said Alan enjoys being a member of the Kembla Joggers and looks forward to every run (he insists-no-requests I include those runs in all his programs).

Now for the improvement,

In 1999 Alan's first Forster Ironman time was 11hrs 44min, 2001 Forster Ironman time 11.33min to say that Alan hit form in 2003 would be an understatement he finished the same race in a time of 10.11min. His triathlon times are mirrored in his running with improvement in all his times over all distances.

His PB's didn't stop there either and a 57sec PB for an 8km West Dapto race in a time of 29.52 makes Alan a worthy recipient of a KJ. medal. In summing Alan Ian says not only have I gained a valuable athlete, I have gained a wonderful friend, a friendship I am sure will last for many years.

Both Ian and Kembla Joggers wish Alan the best for the future.

PAUL MICALE

by Dave Barnett

The importance of the run that won the award of a KJ medal to Paul Micale was that it provided a great morale boost and lifted the KJ Men’s Open team in the ANSW Long Distance Relays at Homebush. More importantly, it demonstrated that Paul Micale still has a will to improve, despite remaining in the shadow of some of Kembla Joggers elite runners. Dubbed the “Cinderella Man” for doing so, he has been a great clubman and has put in some consistent

performances over the years. This year he has risen above this consistency to put in some particularly fine performances, both on the road and on the track, including a great run of just over 32 minutes in the Gold Coast 10K. His 49.56 run in the 15K leg of the Long Distance Relays, however, well and truly erased the bridesmaid tag and not only spurred on the KJs into a seemingly hopeless bronze medal position, but also proved that Paul is an elite athlete in his own right.



Paul Micale

The Missing profile from 2002

Rather than write a profile on Stephen Locke, which was missed in last year’s magazine, we have decided to publish a recent email he wrote to Eric and Hazel, from Buenos Aires, last port of call on his world travels. He says it all!!! Stephen received his medal for a fantastic 9 mile time of 48.06, which he ran while running second to Matt Kerr. It was then, the second fastest time around the mountain ever, although eclipsed this year by Brendan Hince.

STEPHEN LOCKE

It is kind of you to remember me and put something together for the KJs annual mag which is always a great read! Anyway, I really didn’t think my performance in the 9 mile really did deserve a KJs medal. I think that run really was insignificant compared to what Matty Kerr ran that day. All I did do that day, was miss my handicap time while making a pre-run toilet stop, thus allowing Mat to get off before me and avoid being humiliated while Mat breezed passed me! That run I think is the best by far in club history and I was glad to just be running that day...

My introduction to running:

I guess my Dad Kevin had some sort of input with my running. Dad was a fit man in his pre-family years and was a keen runner in his day. He reminds me (unsure of the trueness of the next statement) that he was the first runner home on handicap in one of the very first KJs runs. He was often up at Mt Kembla running around the mountain, although he may struggle these days. In regards to any other family running history, it is

pretty much nil. Football and swimming are pretty much the Locke family sporting history.



Stephen Locke

Sport has always been part of my life. Starting at a very young age, memories are of weekends full of sport, whether Mum and Dad where driving me to Rugby League, Union, Cricket, Basketball or up and down the coastline to surfclub, I was just happy doing everything possible! School cross country was always a big thing and my first introduction to distance running. By no means outstanding, I loved to run and seemed to get better the longer I ran. A keen participant and happy to just keep it an enjoyable thing to do, I kept doing lots of other sports. I can also remember vividly watching Steve Monaghetti in Seoul 88’ and Barcelona 92 marathons, thinking that was a pretty amazing event and how it stuck in my head! Also Andy Lloyd in the Commonwealth Games. I was very fortunate indeed to be able to meet 2 people I admire greatly. After years of mixing my sports, it wasn’t until the age of 15 when I started to find that I loved to run long distances. After a few years of training out at Bulli’s grass track and watching Kerryn McCann and local runners, pound the track, lap after lap

and wonder how they did it, I plucked up the courage to ask Kerryn if she wouldn't mind me jumping in with some of her training. This was the beginning. I guess. I couldn't have asked for anyone better to help me out. A great person and my first real sight of true hard work and commitment. Kerryn has been my biggest help and influence and I have a lot to thank her for!

After fighting my way through high school without too many great results, I will always remember my first state champs at the Crest, coming 74th in the under 16's CHS title, a long way behind, but this only made me more and more determined. Also my first real go at a half marathon, running the Sydney half at the age of 15 and chasing Neil Barnett, but coming short and running 80 minutes. Sorry Neil, I think that was the last time you beat me!

With the influence of Kerryn and then Chris Wardlaw, it wasn't too long after some consistent running that I seemed to be progressing through the fields I was running in. With a new job, cheffing (working as a chef) not the most ideal job to be in as a runner, I still seemed to be improving quite rapidly. After a 1st place at State 5k track and then a 5th place at National U/20's, 5k was my best

result as a junior. Finishing in the top 20 at both under 18 and under 20 x-country my real love was on the road and the track.

My running took a bit of turn while in transition from juniors to seniors, I found it difficult to work as a chef, although I loved working at Bennelong at the Opera house, but my true love was running. With this being a major priority I left cheffing behind and running became more serious. The opportunity to run on the Olympic track and trial over the 5k at the Olympic trials was a major highlight.

I made the decision to move to Melbourne to experience the Victorian distance running scene. This was a great with some great training and racing, breaking into top 15 in most Victorian races, I was at the same time plagued by injuries and having a tough time of it, missing my usual running at home. I decided to come home and get back and be running for the love of it again. I returned to Wollongong and that great atmosphere running with the KJs.

My next big move was to save and head overseas for 10 months and travel, work and run. This is a must for everyone and I'm very glad I have done this. I am at the present moment very motivated and

looking forward to my running years ahead of me. Here are some highlights I have with KJs.

I'm not sure if this is remembered but I think one of my best runs is on the 8k Sheaff's Rd course at West Dapto...24.48 as an 18 year old.

1500m run at Beaton Park, 3.51mins and still my pb. I didn't think much of it at the time, but it was a good run now looking back at it.

The 9 mile run, because of the club history with the 9 miler. Nice to be able to run it and put yourself out amongst the club runners.

Other running highlights.

- 22nd place in city to surf 2000
- running 2000 Olympic trials

P.B's (track)

800-1.56	1500-3.51
3000-8.26	5000-14.51

With 2003 summer coming up and being an Olympic summer, I plan to be running at my best and am certain that I can clear out my p.b's my goal being to run Nationals in February 2004.

No matter what happens with my running, I have a lot to thank Kembla Joggers for and apart from loving running, I will always love to run with the Kembla Joggers!

Mt Kembla Cedar Stump Trophy

A personal report written by the winner, Geoff Walter

Winning the Kembla Joggers Cedar Stump Points Score Trophy for the highest aggregate number of points on handicap for the Mt. Kembla 2003 Winter Series races was an unexpected surprise for me. Out of the 4 Mt. Kembla races this winter, the best I have come, on HANDICAP, is 11th and 10th, (the other 2 places were unmentionable), so the mysteries of the handicap points scoring system continue to amaze! But ours is not to reason why! It was interesting, and reassuring, to hear the story Peter Issa told about taking the trophy to the ANSTO atomic reactor to de-termite it. I began regular running on medical advice some 8 years ago. My first attempts were very meagre, and I found myself quite exhausted after I had jogged some 200 metres up the street. After about a year, I managed to jog regular routes around hilly Balgownie of some 4-5 km, but regularly stopped at the top of all the hills for a breather, and it was quite usual to see me sitting in the gutter trying to recover, along with our dog, Daisy, who ran with me. My son, Tim, frowned at all my stops, but I reassured him there was a good reason for them- I was exhausted. When Tim entered the SMH half marathon one year, I looked on from the sidelines in envy, wondering whether I could ever run 21.1 km. So I gave myself a year to see if I could ever get up to that distance. Gradually over this year, the hill stops were eliminated, and I can still remember the first 10 km that I jogged felt like I had run a marathon. But I did enter the SMH half marathon the next year, and I did finish it. At the 18 km mark, a fellow runner passed me (one of 4000 runners) and said that he regularly saw me running past his place with my dog. This incredible fellow was Ray Wales, who, over the next year or so, (just about everytime I went jogging with his weekend running group), kept suggesting that I should join the Kembla Joggers. To me, this was an unthinkable suggestion- to join an elite group dedicated to running, and what seemed even more distant, racing. Eventually, Ray's persistence persuaded me to come along to a KJ event to see what it was like. And I am still coming along, and I like what I see! To me, the Kembla Joggers Club has been, and still is, a friendly club with a lot of very talented runners. The handicap system can be a way for people like me on zero, or low handicap times, to get out in front and try and stay there as long as possible before the really good runners catch up to you. But mostly, I find that I am competing against my previous time on that particular course, or competing against those runners who have times closest to mine. When I look back on what I have achieved over the years I have been running, it is a degree of fitness that translates into going on a morning jog, coming home, and being able to mow our very hilly lawn, which years ago would have been enough to exhaust me in itself. That's not bad for an old bloke like me.

Geoff Walter

2003 – Junior Roundup

By Rob Battochio & Bob Ognenovski

Records, Records, Records, that pretty well sums up the sensational year to date that was 2003 for the Kembla Joggers Junior Flying Foxes.

- A record number of participants at club point score events, about 170 in total.
- A record number of junior KJs at ANSW events, 48 in total, with a record number of medals at Athletics NSW events.
- A record numbers of participants at State and National Carnivals.
- Two Australian Champions in Jake Evans and Shane Cowie, three State Champions, in Madeline Heiner, Jake Evans and Alana Yardley and many Regional Champions including, Melissa Burgess, Hannah Dove, Karlie Chambers and Bree Jones.

Each year Kembla Joggers aims to improve on its already high standard of service.

The year 2003 brought in more races for juniors, new courses, the new Junior Assistance fund, Junior Open Day, Junior Participation Awards, new junior tattoos, clothing ... and more great changes on are the way for 2004!

Kembla Joggers has a fine reputation for great runners but an even higher reputation being for a club that supports runners of all standards. Our aim is embrace all runners and make them feel part of this special group. With many juniors present this season and with some exciting new developments in 2004, KJs are very confident that the future is extremely promising.

Congratulations to all KJ Juniors on their fantastic efforts in 2003.

Uncle Pete's Junior Point Score Events

Twelve events made up the 2003 Uncle Pete's Junior Winter Point Score. Across the 12 events junior numbers swelled and reached record numbers. This is a sensational achievement and it is wonderful to see juniors of all ages and

abilities enjoying their running. 2004 is set to bring event more participants, with new races and courses, especially the exciting development of the West Dapto cross country venue.

Winners and place getters of each junior division are listed below.

Sub-Junior 1km

1. Jessie Maciejowski
2. Ashlee Smith
3. Brett Cowie

Sub-Junior 2km

1. Shane Cowie
2. Benjamin Scollary
3. Guilden Girgin

Sub-Junior 3km

1. Dean Leedham
2. Scott Leedham
3. Todd Davidson

Uncle Pete's Junior Female Championship

1. Melissa Burgess
2. Alana Yardley
3. Dana Wilton

Uncle Pete's Junior Male Championship

1. Ryan Burns
2. Tim East
3. Gokhan Girgin

Uncle Pete's Junior Pointscore

1. Dana Wilton
2. Sara Burns
3. Melissa Burgess

Big Improver Awards

Isabel DiPietro
Kyran McCarthy
Kirra Jones

Top Trier Awards

Shahna Fairley
Lauren Ognenovski
Brad Gullick
Thomas Leedham

Encouragement Awards

Lucy Howard
Zac Maciejowski
Cassie Smith
Ronni Maciejowski

Junior Open Day

Kembla Joggers Hosted the inaugural KJ Junior Open Day at Cordeaux Dam on 18 May 2003. After a week of torrential rain that threatened the staging of the race and a late change of venue from Cataract Dam, the first ever Junior Open Day took place with great success.

Nearly every school within the Illawarra District was notified of the event. Many juniors made their way to Cordeaux Dam for a fun and challenging morning of racing. Had the proceeding weather been better and no venue changes, organisers are sure that many more juniors would have participated. None the less a large field of runners took to the 1km, 2km, 3km and 4km events, with some great results. The fun games afterwards made the day a special one.

Australian All Schools Titles

Madeline Heiner, Alana Yardley and Shane Cowie all represented at the Australian All Schools Cross Country Titles, following great runs at the NSW State Cross Country Carnival. This is a superb achievement and is a great testament to the talent and work ethic of these fine runners. Young super gun Shane Cowie did a blitz job and won GOLD, an Australian Champion, awesome!! Madeline put in a scorcher for Silver and in the process qualified for the 2004 World School Cross Country Titles in France, Viva, and Alana a super top 15 finish. The future is looking very bright for these young athletes.

Jake Wins National 1500m Title

New 2003 recruit Jake Evans had a super year, with records and medals galore. Earlier in the year Jake won the National 1500m titles at Australian Little Athletics Titles in a very slick time. Another young gun on the rise...



Junior race start

Beaton Park Track

A small but select number of about fifteen juniors have attended the track races on Thursday nights. Many runners use the Thursday track session to improve their speed for other races. Shane Cowie and Carlie Chambers have been regulars most Thursdays and their improvement has been nothing short of amazing. Other top liners that venture out to Beaton Park include, Madeline Heiner, Stephen Brown, Jared Poppett, Hudson Bouma and more recently Alana Yardley.

Numbers usually pick up during the school Cross Country season where there have been up to twenty juniors present.

A new summer track programme has been created to cater for the Junior KJ members and it can be found on the Web Page.

Come along and give it a go, junior races start at 6:30pm.

Uncle Pete's Junior Assistance Fund

A new Junior Assistance Fund is now in place which aims to support any juniors requiring financial assistance for such expenses as club fees, NSW fees, uniforms, shoes, travel etc. Generously supported by our junior sponsors Uncle Pete's Toys Wollongong, the assistance is irrespective of junior age-category or

ability. To date the club has already supported three junior athletes.

Beaton Park Athletic Scholarship

The Beaton Park Scholarship is awarded annually around March to one KJ member who meets the following criteria set by Beaton Park.

- Must be a KJ Member.
- Must be a registered member of ANSW.
- Must be a resident of the Wollongong City Council area.
- Must have qualified for State or National Selection.

The scholarship provides free access to Beaton Park Leisure Centre facilities including gym programs and track use for 12 months. The scholarship is an initiative of Beaton Park Leisure Centre and previous recipients have included, Stephen Brown in 2001 and Russell Chin in 2002.

This year's recipient was one of our juniors, Madeline Heiner, a very worthy choice.

Trivia Night

Unless you had been searching underground for lost treasure, then you would have heard about the wonderful success of the recent trivia night held at

Wests Illawarra. The night helped raise funds for the KJ Juniors Assistance Fund and also over \$2500 for Jeans for Genes Day Appeal. A fantastic effort and one all members should be proud of.

Final words of wisdom: **RUNNING and ITS MAGIC APPEAL**

Running to me is more than results, and personal bests (they soon are harder to come by then a gold nugget), running is about the friendships, the social activities, the freedom of training outdoors, to be able to travel around the country/world and compete in events no matter what standard of runner you are, the happiness of helping and encouraging team mates and friends, the comradeship of fellow members. Running is a leisure pursuit that warms the soul and lightens your inner spirit, through the good runs and the bad, we grow, running will make you strong. Stick with it, embrace it and live it, it's about living life, and enjoying life, running can bring you all that and more.....see you all at Kembla Joggers Juniors in 2004!!!!

Rob & Bob

Final placings in the junior pointscore 2003 Series

Place	Name	Total
1	Dana Wilton	778
2	Sara Burns	705
3	Melissa Burgess	683
4	Joel Dent	660
5	Alana Yardley	568
6	Tim East	536
7	Ryan Burns	487
8	Renee Ognenovski	450
9	Gokhan Girgin	448
10	Jack Parle	430
11	Lauren Ognenovski	424
12	Nicola Hummerston	418
13	Ryan Davidson	362
14	Sharna Fairley	355
15	Jake Evans	281
16	Gemma Burke	244
17	Jared Blay	243
18	Trent Goodwin	222
19	Byron Arnold	218
20	Nadine Dryburgh	211
21	Katie Patterson	195
22	Dean Leedham	181
23	Dean Arecco	136
24	Natalie Arecco	120
25	Scott Leedham	117
26	Kirra Jones	109
27	Bree Jones	107
28	Grace Tyerman	102
29	James Hutton	100
30	Erin Smillie	86
31	Jared Poppett	83
32	Eloise White	79
33	Alicia Burgess	74
34	Vaness Reid	58
35	Ben Dryburgh	58
36	Kyle Tenkate	52
37	James Greathead	40
38	Cameron Faricy	25
39	Clare Rickards	25
40	Connor Burke	25
41	Emily Rickards	25
42	Erin Burns	25
43	Guy Cuttill	25
44	Hudson Bouma	25
45	Jarryd Mcbarron	25
46	Laura Robinson	25
47	Madeline Heiner	25
48	Michael Maurer	25
49	Rohan Frost	25
50	Sam Dove	25
51	Smillie Erin	25
52	Sophie Mcleod	25
53	Stephanie Hummerston	25
54	Todd Davidson	25
55	Tristan Arnold	25
56	William Rickards	25

Male Junior Elite Points for Winter 2003

Place	Name	Total
1	Ryan Burns	79
2	Tim East	71
3	Gokhan Girgin	48
4	Jack Parle	46
5	Ryan Davidson	42
6	Joel Dent	38
7	Jake Evans	37
8	Trent Goodwin	30
9	Byron Arnold	23
10	Jared Blay	17
11	Ben Dryburgh	13
12	Scott Leedham	13
13	James Greathead	10
14	Hudson Bouma	9
15	Guy Cuttill	9
16	Cameron Faricy	8
17	Connor Burke	8
18	Kyle Tenkate	7
19	Dean Leedham	7
20	Tristan Arnold	6
21	Todd Davidson	6
22	James Hutton	5
23	Dean Arecco	4
24	Rohan Frost	4
25	Jarrold McBarron	3
26	William Rickards	2

Female Junior Elite Points for Winter 2003

Place	Name	Total
1	Melissa Burgess	90
2	Alana Yardley	79
3	Dana Wilton	76
4	Sara Burns	55
5	Nicola Hummerston	46
6	Sharna Fairley	37
7	Gemma Burke	32
8	Renee Ognenovski	30
9	Katie Patterson	30
10	Nadine Dryburgh	26
11	Lauren Ognenovski	16
12	Eloise White	14
13	Madeline Heiner	10
14	Sophie McCloed	6
15	Erin Burns	5
16	Alicia Burgess	5
17	Natalie Arecco	4
18	Grace Tyerman	4
19	Vaness Reid	2
20	Erin Smillie	2
21	Clare Rickards	1
22	Bree Jones	1

KJ Track Report 2003

W Squared Track 3km Trophy 2003

The lead up races to the 2003 W Squared Trophy saw some excellent racing by our junior members. Alana Yardley, (10.47.7), who did not to run in the final due to the NSW schools State Cross Country Championships being held the following day and Hudson Bouma rewrote their respective age group records. Hudson improved his age group record in each of the three races he competed in finishing with a very impressive 11.19.4 in the final. Greg Mackey, Diane Birch, Paul Di Pietro, Steve Newnam, Craig Sakey, Shahna Fairly, Bob Projevski, Jack Parle, Ryan Burns, Lauren Ognenovski and Paul Coxhead posted personal best times. The three lead up races were run under perfect conditions and attracted good size fields. Unfortunately the final of the W Squared for 2003 was run on a very cold breezy night. This however didn't deter the 14 finalists from putting on an excellent race. 78 years young Max McKay was off the front, with Phil Parle the scratch marker, off 6min 45secs. Lauren Ognenovski, starting off 1min 46secs must have been under

exceptional pressure due to the fact that her dad and sister Renee had won the event for the previous two years. With this in mind Lauren ran with determination and caught and passed Max just before the second last lap to take a commanding lead.

Lauren started the final lap 200m ahead of second place and some 500m ahead of Phil Parle. 160m behind Lauren a group of eight determined athletes including Paul Di Pietro, Craig Sakey, Hudson Bouma, Steve Newman, Tim East, Greg Mackey, Scott Leedham and Brendan Scollary were coming together and bearing down on the fast fading Di Birch. Lauren's dad Bob was not having the best of runs and was going backwards as was the ladies favourite (according to the bookmaker) Peter Evans. Phil was charging after the bunch of eight and closing at a rate of knots. Lauren had got under the handicappers guard and had the race won easily. She knew she was on a winner and came storming home to win by 120m to post a massive PB. Greg Mackey led the chasing bunch into the home straight by some 10m and must have thought he had

W Squared 3km Handicap Final 2003

1	Lauren Ognenovski	14.12.0
2	Phil Parle	9.37.6
3	Greg Mackey	10.16.0
4	Hudson Bouma	11.19.4
5	Steve Newman	10.49.8
6	Craig Sakey	10.51.5
7	Tim East	11.01.8
8	Paul Di Pietro	11.31.9
9	Brendan Scollary	10.25.2
10	Paul Coxhead	10.12.9
11	Scott Leedha	11.37.7
12	Diane Birch	14.11.9
13	Bob Ognenovski	12.13.7
14	Peter Evans	11.41.5

10km Track Championship 2003

On a perfect night for track racing, 23 intrepid KJs faced the daunting task of circumnavigating Beaton park Athletics track 25 times for the running of KJs 2003 10,000m track Championship. With such a perfect night (in contrast to last years howler) Personal Bests (PB) and age records were certain to be set. All starters finished this most mentally tough event and they all deserved the accolades given at the finish post. Fastest lady was Karen Ryan who powered around the 25 laps in a PB of 37.33.4 followed by Paula Crinnion who impressed everyone with a big PB of 38.34.8. 79 years young Max McKay set the standard in his age group with a hard earned 62.65 while Phil Parle was fastest with a solid 35.26.6. It was a delight to see new track convert Amanda Vandeweghe taking on the event with enthusiasm for the first time. Cathy McCarthy formed a trio with husband Mick and new KJ Louis Parnis for 23 laps. Louis' enthusiasm got the better of him after that and he flew home. Bob Ognenovski lowered his PB by some 6 minutes and Brendan Scollary impressed with a fine 35.54.8. It was also very pleasing to see Mark Everton returning to form after fighting off Achilles problems of the last few years with a well-earned 36.41.9. Craig Sakey has recently been taking advantage of our Thursday night races to hone his speed and was rewarded with a very impressive 38.12.



Karen Ryan

second place sown up. However, Phil had other ideas and managed to pip Greg on the line with Hudson just missing out on a podium finish by a miserly 6/10ths of a second. It was a terrific finish and a credit to the handicapper (Hazel Brown). Out of the first six finishers five posted personal bests and as mentioned above Hudson smashed his own age record. Lauren was presented with the trophy by KJ founder member Bill Williamson, after whom the trophy was named.

The results below show **KJs Age Champions** and finishing place in the second table.

KJs 10,000 m Track Championships

1 Phil Parle	35.26.6
2 Brendan Scollary	35.54.8
3 Mark Everton	36.41.9
4 Phil Giles	37.03.3
5 Daniel Covington	37.16.9
6 Karen Ryan	37.33.4
7 Jeff Stalker	37.49.1
8 Paul Coxhead	37.56.3
9 Craig Sakey	38.12.0
10 Paula Crinnion	38.34.8
11 Greg Mackey	38.37.9
12 Witold Krajewski	39.10.7
13 Robert Scibberas	41.18.4
14 Paul Di Pietro	41.30.5
15 Steve Newman	42.01.5
16 John Mintoff	42.15.4
17 Bob Ognenovski	44.21.4
18 Louis Parnis	46.54.7
19 Kathy McCarthy	47.50.4
20 Mike McCarthy	47.50.4
21 Amanda Vandeweghe	53.49.4
22 Jim Hennessy	54.48.4
23 Max McKay	62.56.5



Brendan Scollary

1 Hour Track Championship 2003

The enthusiasm for this event has declined in recent years and unfortunately the organisers are looking for an alternative for next year. However, 10 valiant KJs

turned out for the 2003 running of KJs 1 hour track run. The aim of the event is run as far as you can in 1 hour. At the finish of the event a whistle is blown or a gun fired to indicate the hour is up. All competitors stop on the spot and with a measuring wheel the distance travelled on the final lap is measured and added to the number of laps completed. Steve Van Gils managed to crack the 10-mile (16km) barrier by 41 meters to win the event and Max McKay and Kathy McCarthy broke their respective age group records. If we were to conduct this event in the future the organisers would like to see a minimum of 20 athletes take up the challenge.

1 Hour Track Run

1 Steve Van Gils	16041m
2 Greg Mackey	15043m
3 Paul De Nobriga	13862m
4 Luis Parnis	12579m
5 Kathy McCarthy	12547m
6 Eloise Peac	12547m
7 Mick McCarthy	12547m
8 Amanda Vanderweghe	11429m
9 Derek Moriarty	11026m
10 Max McKay	9389m

ANSW Report 2003

By Dave Barnett

ANSW Winter Season 2003

A Year in Retrospect.

It was a year in which Kembla Joggers established itself as a club that was able to compete at the highest level in all categories. No other club, apart from Sutherland, had this ability. The resurgence of some very fine junior teams in KJs was also something that really made the other clubs sit up and take notice. It also proved that the ordinary club runner in the KJs could make a difference whatever their ability and many of these formed the nucleus of some outstanding age category teams by adding greater depth at times when other athletes couldn't make it to a particular event.

The result! KJs won premierships for the U14M, U16M, U12F, 35+M, 35+F and finished second in the U12M, U18M, U20M, U16F, 45+F age categories. We also had a smattering of third places in the other age categories. This consistency across the board was the prime reason for Kembla Joggers winning the coveted ANSW Winter Club trophy for the second year in succession. Some results that can be considered to be of great individual merit was Sarah Mycroft taking out the NSW Female Distance Runner of the Year Award for 2003; Karen Ryan finishing first in the NSW Women's Marathon Championships, second in the Australian Championships, and third woman overall in the race. At a junior level young Shane Cowie also won the individual State U12M Road Championships at Abbotsbury and went on to become Australian Schools Cross Country champion in Queensland. Newcomer to the club, Jake Evans, also was Australian champion over 1500m in his age group in the Australian Little Athletics track championships to crown a great year for the juniors, which in addition included wins at a State level in the schools cross country championships for Karlie Chambers and a second place for Madeline Heiner. This success for Madeline followed on her win at the



ANSW Juniors Action

Cross Country championship held at Scarborough. There she also teamed with Melissa Burgess and Alana Yardley to win the teams champs as well!

Although the Men and Women's teams failed to get up to strength on several occasions they did achieve some outstanding results during the season. In the Sydney Half the men's team of Rob Battocchio, Paul Micale, Phil Parle and Chris Richards took out the gold medal in

the ANSW team's event, and in the road relays at Bankstown, the full strength Women's Open team were also victorious with a competent victory over all other teams in the State. The Women's team matched this again in the State Marathon Championships when our team of Karen Ryan, Sarah Mycroft and Alisa Williams proved to be too good in difficult blustery conditions and became NSW champions.

With other KJ events on during the winter it was a tough season for many of the runners, coping with continual racing, injuries and other commitments. The efforts they put in did bear fruit and despite a little bit of arm-twisting to get people to front up on occasions, it was none-the-less rewarding and the enthusiasm and talent of our juniors was really a sight to behold. If we can retain this great spirit that these young juniors have, then the future of the club and that of athletics in Australia is assured.



ANSW Seniors Race

Social Scene 2003

By Steven Van Gils – Social Secretary 2003

This year the committee put extra time and effort into organising some social events for all members.

30th Birthday Cake

The Winter Series started off with a 30th Birthday Cake for the Club, with the biggest possible cake being purchased and polished off in no time, by the 100+ members and friends at the first event.

Friday Feasts

Once a month on a Friday Night, a night out at a local restaurant was organised. This year we sampled Italian, Indian, Spanish, Mexican, German, Thai, Vietnamese, Chinese, and Irish Restaurants around Wollongong, with about 20-30 KJ members and friends attending on average. Several Members deserve Special Mention for their consistent attendance at Friday Feasts – Neil Barnett, Steve, Katrina and Imogen Van Gils, Paul and Lenore Coxhead, Tania Carmody, Raf Moriana, Steve Newman and Most of all, Gary Howard who has been to every single night! Most often with Julie and the kids.

Trivia Night

We began an annual Fundraising Event this year, with the KJ Trivia Night, including the ‘Jeans for Genes’ Auction. To raise funds for the KJ’s Athlete and Junior Assistance funds. This money will be used to help athletes pay for interstate and international races where they are representing KJs and also help pay for coaching fees, for anyone willing to do coaching courses to assist KJ members.

The night raised just under \$6000, and was a huge success, with over 200 people attending. A credit to the main organisers – Neil Barnett, Brendan Scollary, Paula Crinnion and Steve and Katrina Van Gils.

Plans are already beginning for next years Trivia Night to be held on Saturday, July 31st 2004. Any Club sponsors that would like to be involved please contact Steve Van Gils on 42285703.

Event BBQ’s

We had a few Picnic/BBQ’s this year after the Cordeaux Dam Races, with free

sausage sizzle, drinks and lollies for the juniors. Luckily the weather was kind to us on all occasions, and a great day was had by all.

Theatre Night

30 KJ members and friends went to Sydey’s Capitol Theatre on the 18th October to see the production of “The Lion King”, the world renowned show didn’t disappoint. Once again a theatre night will be organised next year, keep an eye on the FOX for the details.

Presentation Night

The Pinnacle of the Social Scene for the year is easily the Presentation Night on 1st November. All the big awards are presented, and all the hard work of the committee, and sub committee members duly rewarded, and thanked. Once again Wests Leagues supplied a great venue for a big party.

Kembla Joggers Committee - 2003

Executive:

President	Neil Barnett
Vice President	Eric Brown
Secretary	Peter Evans
Asst Secretary	Hazel Brown
Treasurer	Dave Higgins
Public Officer	Robyn Henry

General Committee:

Steve Van Gils
 Gary Howard
 Peter Issa
 Jim Hennessy
 Mark Everton
 Suzanne O’Brien
 Rob Battocchio
 Ward Hummerston
 Wayne Montefiore

Life Members:

Neil Barnett
 Eric Brown
 Hazel Brown
 Jim Hennessy
 Bill Williamson

The Best of Peter's Pages 2003

By Peter Evans

4WD Course!

Which KJ recently undertook a 4WD-driving course and used the boss's vehicle as his mode of transport? All was going well until it came to the steep uphill, soft sand area whereupon our dutiful KJ panicked and hit the clutch instead of the brake and careered down the hill backwards until some nice trees and boulders pulled him back to a standstill. Damage you ask? Well just as well that both of them are not really into cars and clean smooth vehicle panels! Did he pass the course? Well you'll just have to ask him. But what a series of successful years he is having with the running. Mr. Consistency even won both Open sections of the recent very popular 2003 Aquathon in Wollongong! Great work Paul Micale. I also hear that he is now teaching 'Advanced Driving' but that is a different story altogether.

AGM

Nothing like have the AGM on the day before everyone else was coming. I won't mention that El Preso, Neil, had the 10th of December 2002 written down when we had the meeting on the 11th!

Big Sweat

Another snippet from the AGM, one KJ was seen to be sweating profusely, his hands were trembling and he developed a bit of a twitchy knee that kept knocking the table leg! What was going on I thought. Don't tell me the KJ van has been written off, or the KJ funds have gone to South America! Then the truth emerged the club treasurer had done it again. Was it another Balls Up of the Year nomination I wondered, not at all! The poor treasurer had lost a lot of sleep when he discovered that there was \$2 missing from the club books! Two measly dollars! Ten 20c pieces! One gold coin! All of this in relation to a \$65000 annual turnover!

But in the end it turned out to be no sweat really. He soon enough found that one lost coin at the bottom of his bag!

Now you can understand why the KJ club is soon extremely financially healthy. I bet we are the only running club in all of Australia that has a new van fully paid for! Keep up the great work Dave Higgins.

Balls Up Nomination

If you look at the KJ website photos of the Hangover Handicap you will see that it was wet, cool and quite miserable. What you won't see is a very hung over KJ. His eyes were very red and blurry. His mind was foggy and his speech quite incoherent. We had a guest honorary life member and Olympian there to start off the races. Dave Power was ready with the gun and the first runners were warmed up when someone discovered that all the timing watches had been left at home by a certain KJ. This fellow did not know whether it was cold or hot, wet or dry, Tuesday or Wednesday. Needless to say emergency standby measures were put into action and Ward Hummerston won the race. Who could do this you reckon, none other than the 'Comeback Kid', Mark Everton? I've never seen him at the races or at track without a stopwatch in his hand so I guess we can forgive him on this occasion. Nice one Mark.

Blazing Stunt!

Which KJ tried to get out of paying for their gourmet dinner at a local restaurant recently? It seems that a small group of KJ's had a delicious meal at Hugo's when things started to get warm, warmer in fact damn hot! No it was not the chilis or the hot pepper nor the super hot latte but someone had moved around the table and forgot about the connection between long hair and flaming candles! Whoosh! This fair lady had just got a bit too close and singe, singe and more singe. It is not true that she now looks like Sinead O'Connor in her heyday or that she has given up red wine, but she is taking on the job of Club Captain for another year. Go Vanessa Kearney.

Ps Try to get your better half to clean his bike [but that is another story, Dylan can run too]

Miracles

You do not have to go to Lourdes to experience miracles, just attend a few KJ races. Who was the KJ runner that I just beat by 1 minute in a summer race but then complained to the handicapper about a sore leg on New Years Day? I then had to give him 12 minutes start! Needless to say he was at the 3 mile mark as I approached the 1 mile mark. Luckily for him the ever-vigilant Wayne Montefiore on timing duties had spotted this anomaly and duly did not record this startling time or finish. But he does do a great job of keeping numerous copies of the Mercury whenever there is a KJ item in it. Good on you Joe Pereira, but don't forget to share the secret of your miraculous recovery.

Fine Tastes

I think our fearless leader needs to undertake a spelling check 'Champaine Neil' probably needs to accompany Dylan Forbes and his good wife on a few of their wine tasting tours then he might realize his Champagne error.

Hot Seat Star

What a star he is! As I was cutting out an article from the Illawarra Mercury I came across one of those celebrity columns, which I never read. But then I spotted this colour photo of a KJ member. Not just any member, but our fearless leader, El Presidente, Neil Barnett! There were some interesting bits and pieces there. We might have to get it up on the web site? Good on you Neil, keep up the great work.

Ps Is it true that he had a date with the journalist right after that?

Who Hit What?

Come on lads own up. Who did it? Who put the first ding on the new KJ van? I heard a vicious rumour that one, El

Presidente had hit some wildlife on the road, a feral cat or dog. But to my surprise what did I see on the side of the road as I approached the West Dapto race meeting? None other than a large dead feral PIG! That razorback sure was gone! Departed! Up there with the 3 Little Pigs! The ding on the van sure looks like the mark of a razorback. It seems that one KJ has taken to helping the environment via the elimination of feral pigs. Nice one Neil. What is on the agenda next, feral donkeys or camels perhaps?

PS He really did do a fantastic job in organising full sponsorships for the purchase of the new van. How many sporting clubs do you know of that have a new van? At the recent Fitness 5 the Mercury advertising manager was amazed that our club had such a fine van!

Flat Mountain Running?

It seemed to be a very nice morning with slight cloud cover, reasonable temperature and beautiful surroundings. Yes it was an ideal time to run the ANSW Mountain Running Championships at Mt Burelli. I thought I would drive up and help out and maybe take a few photos after the KJ club was running the show. Mountain running is almost an eccentric type of sport and after the organizer stated his disappointment with the low turnout of competitors one KJ quipped that perhaps this would change with a different venue, maybe around Lake Illawarra instead. Nice one Wayne Montefiore. Keep up the good web mailing system.

Where WAS He?

Who was the KJ that called a race organisation meeting the other week? All the committees were at Peter Issa's at 7.30pm but at 7.45pm the KJ who had called the meeting was nowhere to be seen. Everyone thought that it was unusual for him to be that late so they decided to call him to see if he was on the way. His good wife answered the phone and said we couldn't talk to him at that time. Why not they asked? He was very busy, very, very busy. Doing what they muttered? Well actually he was immersed in a big bubble bath!! Yes busy blowing big bubbles all over the place.

About 20 minutes later a very apologetic and severely embarrassed KJ arrived, skin glistening and all, but he was smiling and very relaxed. It is just as well that he is a great coach and is always available to talk too otherwise we might get a bit worried. Bubble baths??? Maybe it's the new car?? Nice one Eric. Keep up the great coaching.

Ouch!

Nothing like a bit of pain to bring out the smiles. An injured KJ who has had some miraculous cures recently, decided it was time to get his hamstring problem sorted out. Physio and acupuncture were lined up. After some heat treatment, followed by the electro pulses and the magic glass balls it was time for the acupuncture. In they went all 450 needles. Mmm it was starting to feel better already. Half an hour later he was driving home feeling quite happy but after an hour he felt the pain again. He got back to work and hobbled around for a while and then put some Deep Heat on the area. A slight bit of comfort but still not bliss. Let's have a look at it said the worried wife. Down came the shorts and over came the hammy. "You idiot!" screamed his better half. "You've been sitting on this sore leg. Rubbing this sore leg and even putting cream on this sore leg, but look at what you missed." She then promptly whipped out an acupuncture needle!" There was laughter all around and needless to say Joe Pereira is running like a rabbit once again. Nice one Joe.

On? Off? On? Off? On? Off?

As a multitude of people busied themselves in preparation for the running of the KJ Fitness 5 it seems that the Seiko timing clock needed new batteries. Well that in itself is another story [see Phil Leishman]. Eventually the clock read 'batteries full' and all was ready. Not quite. The clock would not start! Not a good thing 10 minutes to start time. Many older experienced hands were put to work but to no avail. The Flying Echidna was warming up nearby so we asked him for help. He wandered over and immediately told us it was switched OFF even though the sign said ON. He then switched it OFF and all the needles went flat or out and said, "There you go it's on now!" At that

stage I was sent to summon THE CLOCK MAN, Mark Everton. After that, I don't know what happened. I was too busy taking photos, but I do know the clock was working and that the echidna has booked himself into an optometrist over Easter. Nice one Dave Higgins. Keep up the great Treasurer's job.

Those New Committee T Shirts?

Those gold t-shirts have certainly caused a bit of discussion. Who said they are merely a dating service for Neil? They reckon that all the eligible single ladies can now make a beeline for him! But in reality he probably knows more about the running of the club than anyone else so why not ask him anyway.

Actually they are in response to some concern from the newer members of the KJ's who wanted to ask a committee member something but were unsure who was what. At least we all know who Neil is!

Lost and Found

How about the new KJ member that brought his expensive mountain bike down to some training at Stuart Park. A prominent KJ person told him it would be safe chained up at the rack. It was safe while they had their 10km run. It was still safe as they warmed down but as soon as they started stretching. Bang. The chain was cut and the bike was gone. Notices were put up around the place. Web sites were contacted but to no avail. Then a week later this KJ was driving through Coniston when suddenly he spotted his bike going down the road. He jumped out and started to chase this lad. The biker gave him the Royal Finger and nipped up the roads. But he turned left into an uphill road whereupon our new member who is a track speedster quickly caught him and reclaimed his bike. The criminal you ask? No he is not joining the KJ's. Tim from Brisbane is the lad to talk to if you want more info. Good one Tim. Welcome to Wollongong.

Clock Mystery II

Speaking of the Presidente did you hear about the mighty KJ Seiko timing clock, all \$5000 worth? Well after the near disaster at the Fitness 5 I thought that nothing else could go wrong. How wrong I was. At the 4 miler at Mt

Kembla the weather was beautiful, the runners were ready, all the marshals were organized, so let's get going. Mmm, one problem, the clock would not start. Too many cooks spoil the broth I thought so I watched as expert technicians examined the ins and outs of this electronic marvel. Right way up? Yes! Batteries in? Yes! Power on? Yes! Still nothing! Not a tick nor a tock! 5 very pregnant minutes later lo and behold, someone discovered that the starting lead was NOT PLUGGED IN! Simple really, but I must admit that one KJ did some very professional fidgeting. Nice one Neil! But once again he was right into it! If all the KJ's got involved in the club they would realize just how much work is involved in making this great club of ours run so smoothly.

Crackerjack

Is it true that a certain KJ who loves his movies, was so inspired by the Aussie movie 'Crackerjack' that he has taken up the high speed, endurance sport of Lawn bowls? I believe this elder amongst us has played a few competition games and somewhat later was bewildered when all this junk mail started to arrive at his home. There was material from Retirement Homes, Superannuating Treasure Troves, Pension Funds, Manufacturers of Electric Tricycles, Companies that make Walking and Hearing Aids. I believe there was even some material from one of those pharmaceutical industries [not Pan] there were 'Opening Specials' for Viagra too. I have also heard that his much younger wife has absolutely no interest in the game!! All of this has happened since he turned the ripe old age of 50!! But it is good to seem him starting to hit some form on the track. Good on you Grandpa Wayne Montefiore.

PS Is it true that he got a parking ticket whilst attending his first pennant Match for West Wollongong Bowling Club?

Sydney Morning Herald Half Marathon Snippets

1.Echidna back in Town

It's been a while but it's great to see the club echidna back onto the trails again. It seems the bus trip up for the SMH Half Marathon in Sydney was quite an eventful one even allowing for the fog,

torrential rain and one sick KJ. We won't mention the fact that one KJ bus driver was late to start with [who knows what the resident KJ sexaholic was up to] but when the bus did arrive all boarded and went into snooze mode as the middle aged Steve took control and wended his way to the big smoke. Regular workaholic Andrew Ruttly meanwhile was putting the big Z's preparing for another ripper of a race. Apparently as they approached Heathcote, or was it Waterfall the driver started to become slightly disoriented [you know how it is for the lad from the bush]. So the ever-vigilant echidna [alias club treasure Dave Higgins] saw an opening for a new occupation, Tour Guide! Away they went, Sydney Airport, Newtown, Wentworth Park, Pitt Street, the Entertainment Centre, George Street, Macquarie Street, the Opera House, the Cahill Expressway, and Star City Casino and then even OVER the Sydney Harbour Bridge! It was only when the bus was near the big mouth of Luna Park did someone cotton onto the fact that it was getting late and they might not make the start time. I believe the trip back under the Harbour Tunnel was at breakneck speed and it is unsure who will pay the camera ticket? They all arrived with seconds to spare but had a great race due to the high levels of pre-race adrenalin!

But what the heck it is only due to the volunteering of Steve Mlacic that the bus was driven at all. Good one Steve.

Ps. it is not true that he went, or tried to go to Kings Cross while the race was on.

We must also thank Dave for all the hours he puts in as club treasurer.

Pps I believe a certain Dave Barnett was also very highly involved in the Tour but have yet to get the details.

2.Sydney Moon

A few days after the big event I received an email from a damp but very excited KJ. ...After the race a few KJ's were standing in the foyer of the Sebel Pier 1 Hotel, waiting to checkout and they noticed that there were a large group of very wet and tired runners standing out the front of the hotel, under the protection of the overhead bridge. These runners decided this was as good a place as any to change out of their wet running

clothes. But they didn't want to show off to the people standing around them, so they proceeded to back up very close to the heavily tinted foyer windows behind them and drop their pants. Well all the people in the foyer got a wonderful view of some guys hairy butt, and also a very fit woman's, very wet and very see through knickers. The KJs wanted to give thanks to the unknown runners for their morning moonings.

PS Is it true that the female was one of the first if not the first female KJ to finish?

One Armed Eric

Did you get a glimpse of KJ coach Eric Brown recently? His arm was in a sling and I have been told to tell one and all that he did not fall over in his bubble bath again [see Fox 2 2003]. No he has continues to enjoy his eccentric habits to ease the aches and pains of running but has also taken on more riskier hobbies as well. One of these is fencing, as with swords and masks etc. To find out more about this curious hobby and accident you will have to ask the master himself, that is if you can drag him away from his eager coaching. Nice one Eric!

PS Did Hazel dress the wounds?

Internet Costs Escalate

Which KJ was surfing the net recently and ended up in disaster. It seems our lad 'accidentally' clicked on the spam email which in turn 'automatically' dialled a very 'dodgy' site. He then realized his kids were in the immediate area so he minimized the window so they could not see it. One thing led to another and soon it was time for dinner. Hours later the KJ returns to close the site down after the kids had gone to bed. Ahhhhhh!! He suddenly spotted the running costs to this very lurid site! It was whipping along at \$5 per minute, not \$5 per hour but for each minute! Apparently he has gone down on his hands and knees to 'Telstra', I think he'll have to get down on his knees for prayers myself. It is just as well that he is returning to some good running form and that he is a whiz on the electrical jobs. Nice one Steve Mathews.

Do you need a Lift?

I thought all my Xmas' had come at once in a recent 8km race at West Dapto.

Actually it was in the shorter 'alternative race' [that is the correct name by the way ... it is not a junior race as some people keep trying to tell me]. There I was plodding along in sweat and pain trying to make inroads into the zippy youngsters in front of me, when a car pulled up a voice kindly said "Hop in we are heading back" I was just about to oblige when a medium sized black and white cattle dog, named Molly, jumped in and the car sped off. It seems that one of the juniors had taken off in the race and her dog and spotted her and pursued her for 4km. Needless to say the dog and the youngster beat me back.

Lunchtime

It seems the club we two spots allocated for the big West's Illawarra cheque presentation luncheon. There were over 100 people there, including some notable dignitaries. El Presidente was

there of course [I believe he is a full time KJ official these days] went and a certain KJ was our nominated second person. El Preso even reminded him about it the day before, "Yeah I'll be there, see you there tomorrow". Come 12pm, entrees out, and only one KJ. Lunch served, still only one KJ. It was getting quite embarrassing with this a spare seat beside the Honourable KJ President!! Then during the speeches his mobile started vibrating (on silent of course). He glanced down and saw it was from the KJ's phone. Neil immediately thought the worse; his wife had become ill or something like that. No! That was not it at all! He was ringing about some other matter, he'd simply forgotten about the lunch. Now come on, a lovely free luncheon, special guests and a big fat cheque. Where does it all end? Maybe he was he in that bubble bath again? Maybe he has been fishing too much recently

and has lost his land legs? Just as well he is a helpful coach! Nice one Eric Brown.

Crackerjack Strikes Again

Is it true that a certain 'aged' fellow, who has taken up lawn bowls, recently has to take his driving test again? It seems he was spotted in Warrawong recently with a big smile on his face. He was very proud of his 45-degree angle parking. His much younger wife then changed his smile by pointing out that it was parallel parking in that zone which is why his car was the odd one out! Just as well his track times are plummeting! Good on you Wayne Montefiore.

Have a great Xmas!

Good running in 2004!

Cheers Peter

Kembla Joggers Track Records (as at 10.10.03)

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 42613985).

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
15-19	Mathew Moody	16.362m	25.9.97
20-24	Ian Johnston	17.552m	24.11.79
25-29	Paul Micale	17.373m	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
45-49	Bill Williamson	18.108m	27.10.82
50-54	Peter Evans	15.639m	13.9.01
55-59	Tony Hernandez	15.568m	13.9.01
60-64	Brian Mannix	13.582m	19.9.96
70-74	Kevin O'Connell	10.940m	25.9.97
75-79	Max McKay	9.389m	4.9.03

10,000m

Open	Matthew Kerr	29.54.30	(1.10.02) Ade
15-19	Tim Robertson	33.49	15.6.00
20-24	Russell Chin	30.47.04	(15.2.03) NZ
25-29	Rob Battocchio	31.58	4.2.99
30-34	Paul Micale	32.34	15.6.00
35-39	Phil Parle	34.50	15.6.00
40-44	Phil Parle	34.54.78(e)	(10.7.01) ANZ
45-49	Peter Evans	36.27	4.3.99
50-54	Peter Evans	36.37	14.6.2001
55-59	Bob Squires	35.26	15.6.00
60-64	Bill Williamson	42.18	4.3.99
65-69	Bill Williamson	42.15.38(e)	(10.7.01) ANZ
70-74	Kevin O'Connell	54.51	25.9.97
75-79	Max McKay	62.56.5	21.8.03

5000m

Open	Ben Dubois	14.29.6	12.7.01
< 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
15-19	Barry Keem	14.37	13.1.00
20-24	Russell Chin	14.36.45(e)	(4.4.02) Melb
25-29	Ben Dubois	14.29.6	12.7.01
30-34	Paul Micale	15.39	9.9.99
35-39	Bronte Blay	16.11	27.5.99
40-44	Phil Parle	16.20.4	6.9.01
45-49	Rowan Allnutt	16.42	25.5.00
50-54	Bob Squires	17.25	20.6.96
55-59	Tony Hernandez	17.16	3.2.00
60-64	Bill Williamson	19.54	18.3.99
65-69	Bill Williamson	20.11.12(e)	(9.7.01) ANZ
70-74	Kevin O'Connell	25.42	28.8.97
75-79	Max McKay	28.48.8	8.8.02

1 Hour Run

Anna Schroeder	15.191m	14.11.80
Julie Gooding	13.857m	13.9.01
Anna Schroeder	15.191m	14.11.80
Dawn Critcher	13.049m	17.9.98
Kathy McCarthy	12.547	4.9.03
Paula Ryan	12.885m	27.10.82

10,000m

Kerryn McCann	33.20.72 (e)	(11.4.00) ANZ
Sarah Mycroft	37.06.9	(19.10.01) Banks
Dawn Critcher	45.41	17.9.98
Kerryn McCann	33.20.72 (e)	11.4.02 ANZ
Karen Ryan	37.33.4	21.8.03
Kym Batten	46.40	14.6.01
Jenny Comer	51.02	5.2.98
Gwenda Brokenshire	47.33	14.6.01

5000m

Kerryn McCann	16.03.11(e)	(4.4.02) Melb
Elivia Comer	20.16	10.11.94
Erin Hargrave	17.19.6	9.8.01
Lauren Elms	17.59	27.4.00
Kerryn McCann	16.13	8.12.93
Kerryn McCann	16.03.1(e)	(4.4.02) Melb
Karen Ryan	19.34.1	21.2.02
Edy Ognenovski	19.48.5	8.5.03
Sue Scott	23.02.2	19.4.01
Jenny Comer	23.14	23.10.97
Gwenda Brokenshire	23.01.1	20.2.03

3000m

Open	Ben Dubois	8.12	10.9.98
<10	Hudson Bouma	11.46.6	20.9.01
10-11	Hudson Bouma	11.19.4	23.7.03
12-14	Greg Hatfield	9.25	25.8.94
15-19	Stephen Locke	8.34	22.10.98
20-24	Ben Dubois	8.12	10.9.98
25-29	Ben Dubois	8.16.0	11.10.01
30-34	Paul Micale	8.53	8.4.99
35-39	Mark Everton	9.17	29.12.94
40-44	W.Montefiore	9.26	24.10.96
	Phil Parle	9.26.6	8.3.01
45-49	W.Montefiore	9.28	14.5.98
50-54	Peter Evans	9.54.6	29.3.01
55-59	T.Hernandez	9.57	13.7.00
60-64	Bill Williamson	11.25	11.3.99
65-69	Bill Williamson	12.03.7	21.6.01
70-74	Kevin O'Connell	14.58	21.8.97
75-79	Max McKay	15.50.7	3.5.01

2000m

Open	Russell Chin	5.32.9	22.11.01
<10	Shane Cowie	7.10.1	27.3.03
10-11	Shane Cowie	7.01.4	4.7.03
12-14	Jared Poppett	6.06	17.12.98
15-19	Tim Berry	5.49	20.11.97
20-24	Russell Chin	5.32.9	22.11.01
25-29	Tim Fitzpatrick	5.46.5	9.10.03
30-34	D.Forbes/P.Micale	5.52	19.11.98/18.11.99
35-39	David Pomery	6.02	9.11.00
40-44	Wayne Montefiore	5.56	21.11.96
45-49	Wayne Montefiore	6.13.1	21.11.02
50-54	Peter Evans	6.29.1	10.5.01
55-59	Andrew Krajewski	7.11.0	22.11.01
60-64	Eric Brown	7.45	9.11.00
75-79	Max McKay	9.47.8	31.5.01

1 Mile

Open	Matthew Kerr	4.09.5	20.12.01
	Dean Simes	4.23(g)	8.8.86
<10	Shane Cowie	6.09.4	20.12.01
10-11	Hudson Bouma	5.46.9	14.8.03
12-14	Jared Poppett	4.45	16.12.99
15-19	Tim Berry	4.26	19.9.96
20-24	Murray Anderson	4.21.8	27.9.01
25-29	Matthew Kerr	4.09.5	20.12.01
30-34	Dylan Forbes	4.31	25.9.97
35-39	Bronte Blay	4.37	17.12.98
40-44	Wayne Montefiore	4.42	18.12.97
45-49	Wayne Montefiore	4.4	17.12.98
50-54	Peter Evans	5.07.3	31.5.01
55-59	Bob Squires	5.22	4.3.99
60-64	Eric Brown	6.01	16.12.99
65-69	Bill Williamson	7.05.1	5.6.03
70-74	Kevin O'Connell	7.57	18.12.97
75-79	Max McKay	7.41.8	7.6.01

3000m

Kerryn McCann	9.04	20.7.00
Jessica Turner	12.33	11.3.99
Sara Burns	12.29.0	19.7.01
Alana Yardley	10.47.7	17.7.03
Erin Hargrave	9.47.5	12.7.01
Vanessa Kearney	10.06	24.9.98
Kerryn McCann	9.18	17.11.94
Kerryn McCann	9.04	20.7.00
Karen Blay	10.46	2.9.99
Edy Ognenovski	11.34.0	30.8.01
Sue Scott	13.00.9	2.8.01
Jenny Comer	13.11	23.7.98
Gwenda Brokenshire	13.22.8	27.2.03

2000m

Kerryn McCann	6.06.8	22.11.01
Karlie Chambers	8.03.5	7.8.03
Sara Burns	8.15.0	22.11.01
Bethany Comer	7.00	13.11.97
Lauren Elms	6.22	18.11.97
Vanessa Kearney	7.04	20.11.97
Vanessa Kearney	6.37.0	12.9.2002
Kerryn McCann	6.06.8	22.11.01
Karen Blay	6.47	18.11.99
Sandra Toth	7.35.1	21.11.02
Jenny Comer	8.34	25.12.97
Helen Ashton	10.04	20.11.97

1 Mile

Madeleine Heiner	4.58.7	19.12.02
Karlie Chambers	6.17.4	17.4.03
Renee Ognenovski	6.31.0	7.12.00
Lauren Elms	5.14	25.8.94
Madeleine Heiner	4.58.7	19.12.02
Vanessa Kearney	5.03	17.12.98
Vanessa Kearney	5.18	22.8.02
Paula Crinnion	5.22.6	7.12.00
Karen Blay	5.15	16.12.99
Sandra Toth	5.42.5	19.12.02
Sue Scott	6.55.2	7.12.00
Jenny Comer	6.57	18.12.97
Helen Ashton	7.40	19.12.96

1500m

Open	Stephen Locke	3.51.2	30.11.00
<10	Shane Cowie	5.11.4	6.3.03
10-11	Chris McDonald	5.17	28.12.00
	Hudson Bouma	5.17.4	6.3.03
12-14	Jared Poppett	4.28	31.12.99
15-19	Jared Poppett	4.06.3	13.2.03
20-24	Stephen Locke	3.51.2	30.11.00
25-29	Ben Dubois	3.56.1	2.8.01
30-34	Dylan Forbes	4.05.00 (e)	(6.11.97) SIAC
35-39	David Pomery	4.09.00 (e)	(14.1.01) SIAC
40-44	Wayne Montefiore	4.16	2.2.97
45-49	Wayne Montefiore	4.16.03 (e)	(22.1.00) SIAC
50-54	Peter Evans	4.41.8	17.5.01
55-59	Tony Hernandez	4.40	26.2.00
60-64	Eric Brown	5.23	24.2.00
65-69	Kevin Raines	6.10	24.2.00
70-74	Kevin O'Connell	7.11	27.11.97
75-79	Max McKay	7.15.8	10.1.02

1000m

Open	Matt Kerr	2.31.1	6.12.01
<10	Hudson Bouma	3.29.8	18.10.01
10-11	Chris McDonald	3.16.2	23.11.00
12-14	Jared Poppett	2.47	2.12.99
15-19	B. Cato/M.Scott	2.4	3.12.98
20-24	Murray Anderson	2.32.3	6.12.01
25-29	Matt Kerr	2.31.1	6.12.01
30-34	Dylan Forbes	2.34	3.12.98
35-39	Bronte Blay	2.39	3.12.98
40-44	Wayne Montefiore	2.49	4.12.97
45-49	Wayne Montefiore	2.43	3.12.98
50-54	Peter Evans	2.58.5	3.5.01
55-59	Hugh Moteby	3.14.7	7.2.02
60-64	Eric Brown	3.35	2.12.99
70-74	Kevin O'Connell	4.37	4.12.97
75-79	Max McKay	4.23.3	10.5.01

800m

Open	Dylan Forbes	1.57.10 (e)	(7.2.98) SIAC
<10	Hudson Bouma	2.46.4	4.10.01
10-11	Hudson Bouma	2.39.4	1.8.02
12-14	Jared Poppett	2.12	21.11.99
15-19	Russell Chin	2.01	13.3.97
	Jared Poppett	2.01.91(e)	(9.3.03) SIAC
20-24	Russell Chin	1.57.97 (e)	(18.12.99) SIAC
25-29	Andrew Godzman	2.02	23.12.99
30-34	Dylan Forbes	1.57.10 (e)	(7.2.98) SIAC
35-39	David Pomery	1.59.81 (e)	(3.2.00) N'castle
40-44	Wayne Montefiore	2.04.9	14.3.99 SIAC
45-49	Wayne Montefiore	2.07	18.2.99
50-54	Vince O'Dwyer	2.28	12.9.96
55-59	Eric Brown	2.31	22.12.94
60-64	Eric Brown	2.39	2.3.00
65-69	Tom Mortimer	3.33	2.3.00
75-79	Max McKay	3.23.4	3.10.02

1500m

Vanessa Kearney	4.25.70 (e)	(7.3.99) SIAC
Karlie Chambers	5.40.2	10.7.03
Sara Burns	5.55.1	29.11.01
Lauren Elms	4.42	17.11.94
Madeleine Heiner	4.33.79 (e)	Hobart
Vanessa Kearney	4.28.20 (e)	(13.2.99) SIAC
Vanessa Kearney	4.25.70 (e)	(7.3.99) SIAC
Sue Mulready	4.34.50 (e)	(18.2.00) SIAC
Karen Blay	4.52.00 (e)	(22.1.00) SIAC
Sandra Toth	5.12.4	18.1.03
Sue Scott	6.06.5	22.2.01
Wendy Bennett	6.26	2.2.94
Gwenda Brokenshire	6.15.7	13.2.03

1000m

Lauren Elms	2.50	18.9.97
Karlie Chambers	3.36.5	26.6.03
Sara Burns	3.44.1	18.10.01
Bethany Comer	3.10	4.12.97
Lauren Elms	2.50	19.9.97
Vanessa Kearney	2.54	3.12.98
Vanessa Kearney	2.56.5	6.12.01
Karen Blay	3.03	29.12.94
Karen Blay	3.10	2.12.99
Sandra Toth	3.24.6	5.12.02
Sue Scott	4.08.5	23.11.00
Jenny Comer	4.07	4.12.97
Helen Ashton	4.38	5.12.96

800m

Lauren Elms	2.09	13.3.97
Karlie Chambers	2.48.1	17.7.03
Alana Yardley	2.50.0	25.10.01
Lauren Elms	2.15	22.12.94
Lauren Elms	2.09	13.3.97
Leanne Wilford	2.13	18.8.94
Vanessa Kearney	2.13.33 (e)	(24.1.99) SIAC
Vanessa Kearney	2.11.77 (e)	(6.3.99) SIAC
Sue Mulready	2.17.90 (e)	(5.3.99) SIAC
Karen Blay	2.24.00 (e)	(23.1.00) SIAC
Sandra Toth	2.33.2	19.1.03
Ros Perry	3.11	18.1.97
Noreen Parrish	2.56	2.2.94
Noreen Parrish	2.59.3	1.3.01

600m

Open	Chris Moreton	1.24 (g)	1986
<10	Benjamin Scollary	2.09.7	9.10.03
10-11	Hudson Bouma	1.51.9	1.5.03
12-14	Troy Upward	1.40	12.12.96
15-19	Stephen Brown	1.27.3	13.12.01
20-24	Chris Brown	1.26.3	12.12.02
25-29	Andrew Godsman	1.26.4	13.12.01
30-34	D.Forbes/D.Pomery	1.24	11.12.97
35-39	Chris Moreton	1.24(g)	1986
40-44	Steve Matthews	1.36	10.12.98
45-49	Wayne Montefiore	1.29	13.1.00
50-54	Ken Challinor	1.39	9.12.99
55-59	Hugh Moteby	1.50.1	13.12.01
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
75-79	Max McKay	2.21.9	13.12.01

600m

Lauren Elms	1.32	9.10.97
Karlie Chambers	1.57.8	1.5.03
Renee Ognenovski	2.03.2	30.11.00
Bethany Comer	1.42	11.12.97
Lauren Elms	1.32	9.10.97
Lauren Elms	1.34	12.8.00
Sue Mulready	1.41	10.12.98
Karen Blay/Paula Crinnion	1.42	18.1.96/30.11.00
Karen Blay	1.43	9.12.99
Sandra Toth	1.46.3	12.12.02
Sue Scott	2.12.6	30.11.00
Jenny Comer	2.17	11.12.97
Noreen Parrish	2.00.1	30.11.00
Noreen Parrish	2.30.8	12.12.02

400m

Open	Andrew Godsman	52.3	24.2.00
<10	Shane Cowie	81.9	13.2.03
10-11	Hudson Bouma	69.8	16.1.03
12-14	Joel Dent	69.3	11.9.03
15-19	Jared Poppett	53.9	13.2.03
20-24	Eddie Muston	62.4	24.2.00
25-29	Andrew Godsman	52.3	24.2.00
30-34	David Pomery	52.8	6.3.97
35-39	Bronte Blay	56.5	24.2.00
40-44	Wayne Montefiore	57.6	26.2.98
45-49	Wayne Montefiore	58.0	11.2.99
50-54	Ken Challinor	60.8	22.2.01
55-59	Eric Brown	63.3	6.3.97
60-64	Eric Brown	76.9	13.2.03
75-79	Max McKay	84.4	14.11.02

400m

Lauren Elms	58.2	6.3.97
Karlie Chambers	72.2	11.9.03
Stephanie Hummerston	80.3	16.1.03
Renee Ognenovski	66.5	14.11.02
Lauren Elms	58.2	6.3.97
Leanne Wilford	59.7	25.8.94
Sue Mulready	64.6	11.2.99
Karen Blay	62.6	29.2.96
Lesley Simes	68.9	22.2.01
Sandra Toth	67.1	18.1.03
Sue Scott	82.4	22.2.01
Noreen Parrish	70.4	Feb-94
Noreen Parrish	69.6	6.3.97

200m

Open	Andrew Godsman	24.0	3.2.00
<10	David Ognenovski	35.1	30.1.03
10-11	Hudson Bouma	31.1	30.1.03
12-14	Scott Dent	26.2	
15-19	Darren Upward	24.9	18.2.99
20-24	Andrew Godsman	25.2	13.3.97
25-29	Andrew Godsman	24.0	3.2.00
30-34	Bronte Blay	25.8	Feb-94
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	26.7	1.3.01
55-59	Hugh Moteby	29.9	21.2.02
60-64	Warren Evans	34.8	20.2.03
65-69	Joe Novy	38.5	Feb-94
75-79	Max McKay	35.9	20.2.03

200m

Lauren Elms	26.9	18.2.99
Isabel Di Pietro	44.5	20.2.03
Renee Ognenovski	29.5	3.2.00
Renee Ognenovski	28.7	22.9.02
Lauren Elms	26.9	18.2.99
Paula Crinnion	30.9	13.3.97
Karen Blay	28.2	22.2.96
Karen Blay	35.0	3.2.00
Sandra Toth	30.5	20.2.03
Noreen Parrish	29.1	Feb-94
Noreen Parrish	30.5	18.2.99

100m

Open	Andrew Godzman	12.0	24.2.00
<10	David Ognenovski	16.1	7.8.02
10-11	Hudson Bouma	16.1	13.2.03
12-14	Jack Parle	15.6	14.2.02
15-19	Darren Upward	12.1	26.2.98
20-24	Eddie Muston	12.8	11.2.99
25-29	Andrew Godzman	12.0	24.2.00
30-34	Gary Howard	12.6	23.2.95
35-39	Gary Howard	12.3	20.2.97
40-44	Gary Howard	13.1	13.2.03
45-49	Ken Challinor	12.5	26.2.98
50-54	Ken Challinor	13.0	22.2.01
55-59	Hugh Moteby	14.7	14.2.02
60-64	Warren Evans	16.0	13.2.03
65-69	Joe Novy	18.9	Feb-94
74-79	Max McKay	18.0	13.2.03

Discus

<10	David Ognenovski	14.46	30.1.03
10-11	Andrew Poppett	17.12m	21.1.01
12-14	Andrew Poppett	24.72	19.1.03
15-19	Jared Poppett	35.83m	1.1.00
25-29			
30-34	Steve Van Gils	14.52	23.1.03
35-39	Bronte Blay	18.69	23.1.03
40-44	Bob Ognenovski	29.82	23.1.03
45-49	Wayne Montefiore	19.2	23.1.03
55-59	Andrew Krajewski	17.58	23.1.03
75-79	Max McKay	21.13	23.1.03

Shot

<10	David Ognenovski	8.84	30.1.03
10-11	Andrew Poppett	7.82	21.1.01
12-14	Andrew Poppett	10.00	18.1.03
30-34	Neil Barnett	6.68	23.1.03
35-39	Bronte Blay	8.39	23.1.03
40-44	Bob Ognenovski	9.02	23.1.03
45-49	Wayne Montefiore	7.50	23.1.03
55-59	Derek Moriarty	8.26	23.1.03
75-79	Max McKay	7.56	23.1.03

Long Jump

<10	Zac Blay	3.02	23.1.03
10-11	Hudson Bouma	3.54	23.1.03
12-14	Andrew Poppett	4.19	18.1.03
30-34	Steve Van Gils	3.93	30.1.03
35-39	Ross Walker	4.67	30.1.03
40-44	Greg Mackey	4.42	30.1.03
45-49	Wayne Montefiore	4.83	30.1.03
55-59	Derek Moriarty	3.83	30.1.03
75-79	Max McKay	3.13	30.1.03

2000m Steeplechase

15-19	Jared Poppett	6.33.1(e)	(24.11.01) SIAC
15-19	Julie Gooding	8.27.2	8.11.01
40-44	Mark Everton	7.51.9	19.1.03

3000m Steeplechase

15-19	Stephen Brown	10.26.1	7.3.02
25-29	Matthew Kerr	8.45.75	(30.9.02) Adel
30-34	Martin Church	11.21.83(e)	(11.2.01) SIAC
35-39	Gil Ruddy	11.18.5	7.3.02
45-49	Steve Matthews	11.52.5	7.3.02

100m

Lauren Elms	12.7	5.10.95
Lauren Ognenovski	20.0	26.2.98
Lauren Ognenovski	16.1	7.8.02
Erin Burns	14.7	14.2.02
Lauren Elms	12.7	5.10.95
Vanessa Kearney	13.5	11.2.99
Karen Blay	14.1	23.2.95
Lesley Simes	14.9	22.2.01
Sandra Toth	15.6	13.2.03
Jennifer B.Burns	18.1	13.2.03
Noreen Parrish	14.3	Feb-94
Noreen Parrish	14.0	26.2.98

Discus

Talissa Scott	15.73	6.6.02
Lauren Ognenovski	9.96	30.1.03
Ashleigh Scott	15.95	
Vanessa Kearney	15.44	30.1.03
Paula Crinnion	10.74	30.1.03
Karen Blay	17.56	30.1.03
Jennifer B.Burns	9.18	30.1.03

Shot

Emma McKenzie	3.42	25.7.02
Lauren Ognenovski	4.77	25.7.02
Renee Ognenovski	6.27	30.1.03
Vanessa Kearney	6.03	30.1.03
Paula Crinnion	5.18	30.1.03
Karen Blay	5.64	30.1.03
Jennifer B. Burns	4.15	30.1.03

Long Jump

Emma Mckenzie	2.30	13.6.02
Lauren Ognenovski	3.41	23.1.03
Renee Ognenovski	3.80	23.1.03

2000m Steeplechase

Jennifer An Burns	9.53.7	10.1.02

Kembla Joggers Inc.				Annual Magazine 2003			
Kembla Joggers Age Group Records							
4 mile Mt Kembla							
Age	Male	Time	Date	Age	Female	Time	Date
Open	Ben Dubois	20.12	28/07/2001	Open	Kerry McCann	22.14	28/07/2001
0-9	Garth Hennessy	31.43	24/06/1978				
10-14	Jarred Poppett	23.20	1/01/2000	10-14	Kerryn Hindmarsh	27.01	24/06/1978
15-19	Ian Kennerley	21.33	11/06/1988	15-19	Erin Hargrave	24.17	28/07/2001
20-24	Russell Chin	20.45	28/07/2001	20-24	Lucie Richards	25.08	1/01/2001
25-29	Ben Dubois	20.12	28/07/2001	25-29	Trudi Sanders	25.18	1/01/2001
30-34	Mark Everton	21.19	22/07/1989	30-34	Kerry McCann	22.14	28/07/2001
35-39	Jim Hennessy	21.24	24/06/1978	35-39	Karen Ryan	25.08	31/08/2002
40-44	Bill Williamson	22.17	24/06/1978	40-44	Suzanne O'Brien	26.10	28/07/2001
45-49	Peter Evans	23.10	1/08/1998	45-49	Wendy Bennett	29.58	11/06/1988
50-54	Peter Evans	23.55	28/07/2001	50-54	Rita Mein	31.30	31/08/2002
55-59	Bob Squires	24.04	1/01/1997	55-59	Wendy Bennett	35.16	1/01/1997
60-64	Kevin Raines	28.58	1/01/1998	60-64	Helen Ashton	38.38	28/07/2001
65-69	Kevin Raines	29.30	28/07/2001				
10k Mt Kembla							
Age	Male	Time	Date	Age	Female	Time	Date
Open	Ben Dubois	30.41	2/06/2001	Open	Karen Ryan	38.47	26/07/2003
15-19	Mark Scott	34.04	1/06/2002				
20-24	Russell Chin	32.03	2/06/2001	20-24	Sarah Mycroft	39.29	30/03/2002
25-29	Ben Dubois	30.41	2/06/2001	25-29	Vanessa Kearney	40.10	1/06/2002
30-34	Paul Micale	33.19	1/06/2002	30-34	Carinne Weston	39.15	30/03/2002
35-39	Chris Richards	35.42	1/06/2002	35-39	Karen Ryan	38.47	26/07/2003
40-44	Raf Moriana	35.10	2/06/2001	40-44	Suzanne O'Brien	39.49	2/06/2001
45-49	Wayne Montefiore	37.05	2/06/2001	45-49	Sue Scott	47.56	1/06/2002
50-54	Jim Owen	36.34	26/07/2003	50-54	Rita Mein	49.03	1/06/2002
55-59	Tony Hernandez	38.20	1/06/2002	55-59	Frances Pearson	60.41	2/06/2001
60-64	David Stonebridge	43.57	26/07/2003				
65-69	Kevin Raines	45.02	2/06/2001				
9 mile Mt Kembla							
Age	Male	Time	Date	Age	Female	Time	Date
Open	Matthew Kerr	44.33	20/07/2002	Open	Karen Ryan	56.22	20/07/2002
10-14	Anton Cattuna	56.34	23/07/1988	10-14	Elivia Comer	70.35	23/07/1994
15-19	Simon Suters	50.23	23/07/1988	15-19	Elivia Comer	62.33	24/07/1999
20-24	Stephen Locke	48.06	20/07/2002	20-24	Nicky Brown	62.45	5/07/1986
25-29	Matthew Kerr	44.33	20/07/2002	25-29	Vanessa Kearney	59.00	20/07/2002
30-34	Brendan Hince	47.43	12/07/2003	30-34	Paula Crinnion	59.29	21/07/2001
35-39	Jim Hennessy	50.32	24/11/1977	35-39	Karen Ryan	56.22	20/07/2002
40-44	Chris Stocker	50.24	20/07/1996	40-44	Suzanne O'Brien	57.36	21/07/2001
45-49	Jim Hennessy	51.08	1/08/1987	45-49	Paula Ryan	63.14	27/10/1984
50-54	Peter Evans	54.41	21/07/2001	50-54	Paula Ryan	68.35	2/09/1989
55-59	Bill Raimond	53.50	17/07/1993	55-59	Frances Pearson	76.18	24/06/2000
60-64	Kevin Raines	63.50	19/07/1997				
65-69	Kevin Raines	67.35	21/07/2001				
70+	Kevin O'Connell	81.42	17/07/1997				
8k Cataract Scout Camp							
Age	Male	Time	Date	Age	Female	Time	Date
Open	Russell Chin	25.40	14/05/2000	Open	Sarah Mycroft	31.20	19/05/2002
10-14	Dana Wilton	35.52	19/05/2002				
15-19	Barry Keem	26.22	15/05/1999	15-19	Lauren Elms	31.57	18/04/1998
20-24	Russell Chin	25.40	14/05/2000	20-24	Sarah Mycroft	31.20	19/05/2002
25-29	Rob Battocchio	26.18	15/05/1999	25-29	Paula Crinnion	33.08	18/04/1998
30-34	Paul Micale	26.45	19/05/2002	30-34	Sue Mulready	32.31	14/05/2000
35-39	Gary Wheeler	28.34	19/04/1997	35-39	Suzanne O'Brien	31.24	18/04/1998
40-44	Garry Wheeler	27.21	14/05/2000	40-44	Suzanne O'Brien	32.18	20/05/2001
45-49	Peter Evans	28.56	15/05/1999	45-49	Sue Scott	39.07	19/05/2002
50-54	Peter Evans	30.05	20/05/2001	50-54	Rita Mein	39.20	19/05/2002
55-59	Tony Hernandez	30.22	14/05/2000	55-59	Christine Hall	43.57	14/05/2000
60-64	Bill Williamson	33.49	15/05/1999				
65-69	Kevin Raines	36.59	20/05/2001				
10k Cordeaux Dam							
Age	Male	Time	Date	Age	Female	Time	Date
Open	Russell Chin	32.00	15/09/2001	Open	Suzanne O'Brien	40.12	9/09/2000
15-19	Michael Gulyas	44.17	9/09/2000	15-19	Julie Gooding	44.15	15/09/2001
20-24	Russell Chin	32.00	15/09/2001	20-24	Jemma Comer	47.05	9/09/2000
25-29	Matt Kerr	32.53	15/09/2001	25-29	Vanessa Kearney	43.14	14/9/02
30-34	Paul Micale	35.20	14/09/02	30-34	Paula Crinnion	40.37	9/09/2000
35-39	Chris Richards	36.39	15/09/2001	35-39	Suzanne O'Brien	40.12	9/09/2000
40-44	Garry Wheeler	35.09	9/09/2000	40-44	Suzanne O'Brien	44.15	15/09/2001
45-49	Peter Evans	36.28	29/08/1998	45-49	Sue Scott	58.24	9/09/2000
50-54	Andrew Krajewski	40.12	29/08/1998	50-54	Frances Pearson	56.09	29/08/1998
55-59	Tony Hernandez	39.16	9/09/2000				
60-64	Peter Asher	47.23	15/09/2001				
65-69	Kevin Raines	45.10	15/09/2001				

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5k Hill 60, Port Kembla							
Age	Male	Time	Date	Age	Female	Time	Date
Open	Russell Chin	17.05	16/01/2001	Open	Lucie Richards	20.47	16/01/2001
0-9	Patrick Mahoney	34.03	18/01/2000				
10-14	Jarred Poppett	20.26	19/01/1999	10-14	Melissa Burgess	23.36	28/01/2003
15-19	Jarred Poppett	18.44	29/01/2002	15-19	Mariana Hernandez	24.30	18/01/2000
20-24	Russell Chin	17.05	16/01/2001	20-24	Lucie Richards	20.47	16/09/2001
25-29	Robert Battocchio	18.10	19/01/1999	25-29	Fiona Campbell	21.48	16/09/2001
30-34	Paul Micale	17.49	16/01/2001	30-34	Carinne Weston	22.12	29/01/2002
35-39	Andrew Lloyd	18.51	15/01/1997	35-39	Susan O'Brien	22.00	13/01/1998
40-44	Chris Stocker	18.55	13/01/1998	40-44	Edy Ognenovski	24.22	28/01/2003
45-49	Peter Evans	20.04	13/01/1998	45-49	Sue Scott	27.19	29/01/2002
50-54	Peter Evans	21.09	29/01/2002	50-54	Frances Pearson	28.51	19/01/1999
55-59	Andrew Krajewski	22.44	28/01/2003				
60-64	Brian Mannix	25.21	13/01/1998	60-64	Helen Ashton	32.49	16/01/2001
65-69	Brian Mannix	26.39	16/01/2001				
5k Illawarra Yacht Club							
Age	Male	Time	Date	Age	Female	Time	Date
Open	BenDubois	14.21.30	20/11/2001	Open	Kirsten Molloy	18.02	18/11/1997
0-9	Matthew Harding	23.06	24/11/1998	0-9	Laura Robinson	24.36	21/11/2000
10-14	Jarred Poppett	17.00	23/11/1999	10-14	Mariana Hernandez	19.47	12/01/1999
15-19	Jarred Poppett	16.09	20/11/2001	15-19	Kirsten Molloy	18.02	18/11/1997
20-24	Stephen Locke	15.01	14/01/2003	20-24	Lucie Richards	18.02	5/11/2002
25-29	Ben Dubois	14.21.30	20/11/2001	25-29	Trudi Sanders	18.09	21/11/2000
30-34	Paul Micale	15.54	23/11/1999	30-34	Paula Crinnion	18.42	20/11/2001
35-39	Andrew Lloyd	16.03	29/01/1997	35-39	Karen Ryan	18.32	5/11/2002
40-44	Phil Parle	16.28	21/11/2000	40-44	Edy Ognenovski	19.51	5/11/2002
45-49	Rowan Allnutt	16.49	11/01/2000	45-49	Sue Scott	22.28	14/01/2003
50-54	Peter Evans	17.55	14/01/03	50-54	Frances Pearson	23.43	18/11/1997
55-59	Bob Squires	17.57	27/01/1998	55-59	Linda Cortes	32.10	20/11/2001
60-64	Alan Batchelor	20.57	11/01/2000	60-64	Helen Ashton	27.25	9/01/2001
65-69	Alan Batchelor	23.16	14/01/2003				
3 mile Road West Dapto							
Age	Male	Time	Date	Age	Female	Time	Date
Open	Ben Dubois	14.01	11/07/1998	Open	Kerryn McCann	15.38	6/07/1996
0-9	Kyle Wolsky	20.12	24/04/1999	0-9	Nadine Dryburgh	21.52	24/04/1999
10-14	Kevin Robertson	16.21	18/8/90	10-14	Jemma Comer	17.32	18/08/1990
15-19	Barry Keem	14.23	6/05/2000	15-19	Lauren Elms	16.59	24/04/1999
20-24	Ben Dubois	14.01	11/07/1998	20-24	Leanne Wilford	17.03	28/05/1994
25-29	Russell Chin	14.18	31/05/2003	25-29	Kerryn McCann	15.38	6/07/1996
30-34	Steve Mlacic	14.39	18/08/1990	30-34	Kerryn McCann	16.16	21/3/98
35-39	Mark Everton	15.26	9/07/1994	35-39	Mary Murison	17.11	18/08/1990
40-44	Wayne Montefiore	15.36	30/03/1996	40-44	Edy Ognenovski	18.39	31/05/2003
45-49	Rowan Allnutt	16.05	22/04/2000	45-49	Anneli Laajoki	17.48	18/08/1990
50-54	Bill Williamson	16.11	16/04/1988	50-54	Paula Ryan	19.57	18/08/1990
55-59	Tony Hernandez	16.39	8/07/2000	55-59	Gwenda Brokenshir	21.43	31/05/2003
60-64	Bill Williamson	18.56	22/03/1997	60-64	Helen Ashton	26.28	28/04/2001
65-69	Kevin Raines	20.53	28/04/2001				
70+	Dave Fleming	23.52	9/07/1994				
8 km West Dapto							
Age	Male	Time	Date	Age	Female	Time	Date
Open	Ben Dubois	24.25	29/03/2003	Open	Sue Mulready	28.54	22/07/2000
10-14	Jarred Poppett	29.52	7/08/1999	10-14	Mariana Hernandez	32.07	7/08/1999
15-19	Mark Scott	26.34	17/08/2002	15-19	Lauren Elms	31.35	27/03/1999
20-24	Russell Chin	24.56	18/08/2001	20-24	Lucie Richards	29.52	13/06/1998
25-29	Ben Dubois	24.25	29/03/2003	25-29	Jenny Hindmarsh	29.41	25/03/2000
30-34	Brendan Hince	25.27	5/07/2003	30-34	Sue Mulready	28.54	22/07/2000
35-39	Phil Parle	27.46	4/04/1998	35-39	Karen Ryan	29.44	17/08/2002
40-44	Gary Wheeler	26.54	22/07/2000	40-44	Suzanne O'Brien	32.00	18/08/2001
45-49	Wayne Montefiore	27.54	13/06/1998	45-49	Sue Scott	37.47	17/08/2002
50-54	Peter Evans	28.53	31/03/2001	50-54	Jenny Comer	38.36	15/08/1998
55-59	Tony Hernandez	28.28	25/03/2000	55-59	Gwenda Brokenshir	36.27	17/08/2002
60-64	Bill Williamson	32.47	27/03/1999	60-64	Helen Ashton	48.46	31/03/2001
65-69	Bill Williamson	34.58	18/08/2001				
4k West Dapto - Junior Races							
Pos.	Male	Time	Date	Pos.	Female	Time	Date
1	Stephen Brown	13.07	23/03/2002	1	Melissa Burgess	14.44	5/07/2003
2	Jarred Poppett	13.10	31/03/2001	2	Melissa Burgess	14.52	29/03/2003
3	Jarred Poppett	13.15	22/07/2000	3	Alana Yardley	15.05	5/07/2003
4	Stephen Brown	13.23	31/03/2001	4	Melissa Burgess	15.21	17/08/2002
5	Ryan Burns	13.35	29/03/2003	5	Dana Wilton	15.15	5/07/2003
6	Jarred Poppett	13.37	18/08/2001	6	Alana Yardley	15.27	29/03/2003
7	Mark Scott	13.46	22/07/2000	7	Mariana Hernandez	15.34	31/03/2001
8	Ryan Burns	13.46	23/03/2002	8	Nadine Dryburgh	15.41	29/03/2003
9	James Greathead	13.47	17/08/2002	9	Mariana Hernandez	15.48	22/07/2000
10	Stephen Brown	13.48	22/07/2000	10	Mariana Hernandez	15.57	18/08/2001

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16k West Dapto							
Age	Male	Time	Date	Age	Female	Time	Date
Open	Mark Everton	52.13	25/05/1991	Open	Kerryn McCann	59.02	30/05/1992
10-14	Jonathon Hall	62.31	25/05/1985				
15-19	Russell Chin	57.15	31/05/1997	15-19	Elivia Comer	67.37	1/05/1999
20-24	Kevin Robertson	53.54	30/05/1998	20-24	Lauren Elms	62.19	6/05/2000
25-29	Paul Micale	54.50	30/05/1998	25-29	Kerryn McCann	59.02	30/05/1992
30-34	Mark Everton	52.13	25/05/1991	30-34	Carrine Weston	63.08	4/05/2002
35-39	Phil Parle	56.02	30/05/1998	35-39	Karen Ryan	62.36	4/05/2002
40-44	Chris Stocker	54.48	31/05/1997	40-44	Sandra Toth	69.33	4/05/2002
45-49	Peter Evans	58.29	1/05/1999	45-49	Anneli Laajoki	63.29	25/05/1991
50-54	Bill Raimond	54.29	25/05/1991	50-54	Claire Margetson	78.01	1/05/1999
55-59	Bill Raimond	57.19	29/05/1993	55-59	Gwenda Brokenshir	76.33	12/05/2001
60-64	Bill Williamson	66.54	1/05/1999				
65-69	Dave Fleming	78.14	25/05/1991				
Half Marathon West Dapto							
Age	Male	Time	Date	Age	Female	Time	Date
Open	Petri Laajoki	72.48	26/05/1990	Open	Kerryn McCann	81.08	26/06/1993
10-14	Lance Kemp	90.41	26/06/1993				
15-19	Mark Scott	76.19	23/06/2002	15-19	Lauren Whitehead	94.38	24/06/2001
20-24	Petri Laajoki	72.48	26/05/1990	20-24	Tania Potter	87.41	26/05/1990
25-29	Petri Laajoki	73.15	24/06/1995	25-29	Kerryn McCann	81.08	26/06/1993
30-34	Mark Everton	73.04	26/06/1993	30-34	Paula Crinnion	86.25	24/06/2001
35-39	Phil Parle	74.49	28/06/1998	35-39	Mary Murison	83.46	26/05/1990
40-44	Chris Stocker	73.23	22/06/1997	40-44	Suzanne O'Brien	85.59	24/06/2001
45-49	Chris Stocker	76.08	17/06/1999	45-49	Sue Scott	105.52	24/06/2001
50-54	Bill Raimond	74.21	26/05/1990	50-54	Paula Ryan	102.50	26/05/1990
55-59	Bill Raimond	77.24	26/06/1993	55-59	Gwenda Brokenshir	103.26	23/06/2002
60-64	Bill Williamson	89.43	27/06/1999				
65-69	Kevin O'Connell	109.15	26/06/1993				
70+	Kevin O'Connell	118.47	22/06/1997				
3 km Stuart Park							
Age	Open	Time	Date	Age	Female	Time	Date
Open	Ben Dubois	8.43	12/03/2002	Open	Kerryn McCann	9.34	5/12/2000
0-9	Taylor Oggenovski	16.02	5/12/2000				
10-14	Mitchell Burns	10.34	5/12/2000	10-14	Sara Burns	12.11	12/03/2002
15-19	Tim Robertson	9.14	5/12/2000	15-19	Lauren Whitehead	11.15	5/12/2000
20-24	Mark Scott	9.18	12/03/2002	20-24	Lucie Richards	10.22	5/12/2000
25-29	Ben Dubois	8.43	12/03/2002	25-29	Trudi Barnes	10.46	4/12/2001
30-34	Paul Micale	8.55	12/03/2002	30-34	Kerryn McCann	9.34	5/12/2000
35-39	Dave Pomery	9.43	12/03/2002	35-39	Suzanne O'Brien	11.05	5/12/2000
40-44	Phil Parle	9.29	12/03/2002	40-44	Edy Oggenovski	11.34	12/03/2002
45-49	Rowan Allnutt	9.58	12/04/2001	45-49	Sue Scott	13.08	12/03/2002
50-54	Witold Krajewski	10.32	5/12/2000	50-54	Lynne Tague	15.57	5/12/2000
55-59	Bob Squires	10.59	5/12/2000	55-59	Noreen Parrish	15.19	5/12/2000
60-64	Peter Asher	12.44	4/12/2001	60-64	Helen Ashton	16.19	4/12/2001
65-69	Bruce Medley	14.25	5/12/2000				
5 km Puckey's Cross-Country							
Age	Male	Time	Date	Age	Female	Time	Date
Open	Ben Dubois	14.49	17/12/2002	Open	Kerryn McCann	16.06	18/12/2001
0-9	David Gregory	23.52	11/03/1995	0-9	Lauren Oggenovski	26.54	7/11/2000
10-14	Jarred Poppett	16.58	21/12/1999	10-14	Melissa Burgess	18.37	15/03/2003
15-19	Jarred Poppett	16.20	17/03/2001	15-19	Lauren Elms	18.02	21/12/1999
20-24	Russell Chin	14.54	18/12/2001	20-24	Lucie Richards	18.05	17/12/2002
25-29	Ben Dubois	14.49	13/03/1999	25-29	Kerryn McCann	16.52	16/03/1996
30-34	Paul Micale	15.39	17/12/2002	30-34	Kerryn McCann	16.06	18/12/2002
35-39	Andrew Lloyd	16.17	11/03/1995	35-39	Suzanne O'Brien	18.42	3/07/1998
40-44	Phil Parle	16.39	9/03/2002	40-44	Edy Oggenovski	20.09	17/12/2002
45-49	Wayne Montefiore	16.55	9/03/2002	45-49	Sue Scott	23.55	22/10/2002
50-54	Peter Evans	18.02	17/12/2002	50-54	Jenny Comer	24.28	16/12/1997
55-59	Tony Hernandez	17.27	11/03/2000	55-59	Gwenda Brokenshir	22.59	15/03/2003
60-64	Bill Williamson	20.14	13/03/1999	60-64	Helen Ashton	27.13	6/11/2001
65-69	Kevin Raines	23.15	17/03/2001				
70+	Kevin Raines	25.27	15/03/2003				
8k Stuart Park							
Age	Male	Time	Date	Age	Female	Time	Date
Open	Murray Smith	27.15	27/07/2002	Open	Karen Ryan	30.52	23/08/2003
15-19	Jared Poppett	26.36	23/08/2003	15-19	Mariana Hernandez	34.37	27/07/2002
20-24	Matthew Feeney	31.57	27/07/2002	20-24	Michelle Wu	32.21	23/08/2003
25-29	Ben Dubois	26.57	23/08/2003	25-29	Sarah Roger	37.22	27/07/2002
30-34	Paul Micale	26.07	23/08/2003	30-34	Carrine Weston	31.58	23/08/2003
35-39	Chris Richards	29.32	27/07/2002	35-39	Karen Ryan	30.52	23/08/2003
40-44	Raf Moriana	28.02	27/07/2002	40-44	Edy Oggenovski	32.48	23/08/2003
45-49	Steve Tyerman	30.47	27/07/2002	45-49	Sue Scott	38.53	27/07/2002
50-54	Wayne Montefiore	29.42	23/08/2003	50-54	Lynn Tague	42.30	27/07/2002
55-59	Tony Hernandez	30.58	27/07/2002	55-59	Gwenda Brokenshir	37.41	23/08/2003
60-64	Peter Asher	37.11	27/07/2002				
65-69	Kevin Raines	37.50	27/07/2002				

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3k Stuart Park - Junior Races							
Pos.	Male	Time	Date	Pos.	Female	Time	Date
1	Jake Evans	10.12	23/08/2003	1	Dana Wilton	10.57	23/08/2003
2	Ryan Davidson	10.13	23/08/2003	2	Melissa Burgess	11.01	23/08/2003
3	Stephen Brown	10.43	27/07/2002	3	Melissa Burgess	11.11	27/07/2002
4	James Greathead	10.43	27/07/2002	4	Sophie McLoed	12.01	27/07/2002
5	Ryan Burns	10.44	27/07/2002	5	Sara Burns	12.07	23/08/2003
6	Tim East	11.26	23/08/2003	6	Nicola Hummerston	12.09	27/07/2002
7	Trent Goodwin	11.22	27/07/2002	7	Sharna Fairley	12.15	23/08/2003
8	Tim East	11.34	27/07/2002	8	Sara Burns	12.18	27/07/2002
9	Gokhan Girgin	11.38	23/08/2003	9	Nadine Dryburgh	12.24	23/08/2003
10	Jared Blay	11.41	27/07/2002	10	Renee Ognenovski	12.56	27/07/2002
City To Surf (14km)							
Age	Male	Time	Date	Age	Female	Time	Date
Open	Ben Dubois	43.12	1/08/2001	Open	Kerryn McCann	46.46	1/08/2001
10-14	Jonathan Hall	48.31	9/08/1987	10-14	Dana Wilton	63.28	13/08/2003
15-19	Barry Keem	45.00	16/07/2000	15-19	Kerryn Hindmarsh	53.32	1/08/1986
20-24	Ben Dubois	44.02	9/08/1998	20-24	Sarah Mycroft	53.31	11/08/2002
25-29	Ben Dubois	43.12	1/08/2001	25-29	Tania Connor	53.59	1/08/1990
30-34	Mark Everton	44.49	11/08/1991	30-34	Kerryn McCann	46.46	1/08/2001
35-39	Andrew Lloyd	45.25	10/08/1997	35-39	Karen Ryan	53.47	11/08/2002
40-44	Bill Williamson	47.22	1/08/1977	40-44	Suzanne O'Brien	55.50	1/08/2001
45-49	Rowan Allnut	50.02	15/08/1999	45-49	Annelie Laajoki	57.27	1/08/1991
50-54	Dave Power	48.14	1/08/1981	50-54	Rita Mein	69.18	13/08/2003
55-59	Jim Hennessy	57.23	10/08/1997	55-59	Gwenda Brokenshir	65.24	1/08/2001
60-64	Brian Mannix	64.21	11/08/1996				
65-69	Kevin Raines	67.04	1/08/2001				
Fitness Five (5 km)							
Age	Male	Time	Date	Age	Female	Time	Date
Open	Russell Chin	15.00	6/05/2001	Open	Erin Hargrave	18.00	7/04/2002
10-14	Mitchell Burns	17.47	6/05/2001	10-14	Melissa Burgess	19.11	6/04/2003
15-19	Stephen Brown	16.37	7/04/2002	15-19	Erin Hargrave	18.00	7/04/2002
20-24	Russell Chin	15.00	6/05/2001	20-24	Sarah Mycroft	18.23	7/04/2002
25-29	Ben Dubois	15.14	6/05/2001	25-29	Rachel Agnew	21.06	6/05/2001
30-34	Robert Battocchio	15.36	6/04/2003	30-34	Paula Crinnion	19.19	6/05/2001
35-39	Tim Crinnion	17.18	6/04/2003	35-39	Kerryn McCann	19.22	6/04/2003
40-44	Phil Parle	16.38	7/04/2002	40-44	Suzanne O'Brien	19.54	7/04/2002
45-49	Wayne Montefiore	17.26	7/04/2002	45-49	Sue Scott	22.13	7/04/2002
50-54	Peter Evans	17.14	6/05/2001	50-54	Jackie Becker	32.49	6/05/2001
55-59	Andrew Krajewski	19.49	7/04/2002	55-59	Gwenda Brokenshir	22.46	6/04/2003
60-64	Peter Asher	21.28	6/05/2001				
65-69	Kevin Raines	22.16	6/05/2001				

THANK YOU

WHERE WOULD WE BE WITHOUT YOU?

Neil Barnett, life member, club president for hundreds of years and the anchorman of our club. Neil is still single, but his life partner is KJs. He works solidly to keep our club on the right track, setting a blueprint for all other Australian clubs.

Jim Hennessy, life member and a key player on the race organization committee. Jim is the KJ gentleman, who never fails to be supportive and to give most generously of his time and advice. Jim is an active member of the Fitness Five Committee.

Eric Brown, life member and vice president. Eric has the unenviable job of organising marshals for all KJ events to ensure they run smoothly. He is also part of the team which organises track races every Thursday evening. He puts countless hours in to training athletes and writing appropriate programs for them.

Hazel Brown, life member who has been responsible for arranging refreshments at KJ races for the past 20 years. Hazel organises the Thursday night track races, acts as recorder at both track and road events, bakes cakes for all ANSW races and is a member of the medals committee. She contributes regularly to the FOX. Hazel is a non runner.

Peter Evans is our hardworking secretary, club photographer, stand up comic and author of Peter's Pages...a light hearted look at our club and its members.

Dave Higgins, club treasurer who has the onerous task of chasing and keeping track of the large amounts of money, which our club generates. Dave is also our registrar, and is a magnificent help in promoting KJ's through the officialdom of ANSW.

Brendan Scollary, KJs web master, who has produced a fantastic web site. Brendan is VERY prompt in getting news and results up onto the web site and harasses Thursday night race organisers if they don't get results to him within an hour of arriving home. He also attends all KJ committee meetings, although not a committee man himself.

Karen and Bronte Blay, who organise and distribute KJ clothing and uniforms. Karen is the ANSW contact person for several age groups and, although not competing regularly still attends most races and supports others.

Peter Issa, race organiser and coordinator of the Fitness Five Fun Run. Peter is also the person responsible for driving the KJ van to all events (which also involves packing and unpacking the van....help ALWAYS needed here) and for enlarging our club photos to poster size....all in his own time.

Wayne Montefiore, committee member, who also distributes all KJ mail via the internet. Wayne also coordinates the engraving of medals and helps to keep Peter Evans in line.

Dave Barnett, organiser of special events, relay organiser, ANSW age group organiser, medals committee and ANSW reporter for the FOX.

Gary Howard...what can we say? Gary is the club handicapper, a thankless job, for both winter and summer events. He rarely gets ruffled, even when unthinking people criticise the handicap. "Walk a mile in my shoes" should be considered before being critical. Gary has done a marvellous job, which consumes many hours of his and his family's time.

Julie Howard, who has been massively supportive of Gary and the time he has to put into the handicapping job. Julie has also helped out at Junior races and cooked BBQ's for hungry runners.

Vanessa Kearney, our club captain and junior girls coordinator for ANSW. A long, long drawn out injury has not stopped Vanessa from supporting our club at both KJ events and ANSW races. She is ever helpful to new members.

Mark Everton, member of the Fitness Five committee and the road organiser's committee. Mark helps out at the track events, is the backup handicapper for Gary and an age group coordinator for ANSW races.

Louise Samuel, who has given so generously of her time and expertise over many years, in designing and formatting our KJ handbook and logos for clothing. She is off now on a different career and will be sorely missed.

Bob Ognenovski, our male club captain, who once more has done a sterling job in organising our junior members into races. Bob is a great motivator and a fine role model for club members.

Suzanne and Mark O'Brien, for their wonderful support of KJ junior program.

Steve and Katrina Van Gils, social organisers extraordinaire, who have introduced many great opportunities this year for KJs to become involved socially with each other outside of racing. A mega effort guys.

Andrew Ruty and Steve Mlacic, who have given so generously of their time to KJs this year. Both, are only too willing to drive KJs to major events so that we don't have the hassles of parking. This fine gesture has helped the club to save much money.

Pasco Coppolaro, our FOX editor, who stepped in at very short notice to take over this role. He has done a great job with our bi monthly publication and we are really grateful.

Robyn Henry, committee member, medals committee member and KJs Public Officer. Robyn can also be seen helping to issue handicaps before races. Robyn is not a runner.

Rob Battocchio, for his involvement in junior development in our club.

Ray Wales for organising the popular Ray's Relays.

Hans Lambert, for his efforts in running the Gong Run each year.

Steve Greathead, who although not a runner, makes himself freely available for ANY work at KJ events, including the least popular job of towing the portaloos.

Kym and Rod Batten, our dunny men, who, without ever complaining, have collected and returned the portaloos for all of those events, thus ensuring your comfort. We are all grateful guys.

Karl Stamp, who volunteered for, and then expertly constructed the frames for all of those road signs. An excellent job and, at that time, Karl wasn't even a current member.

Ann Asher, who has stood guard over the hot water and refreshments, thus ensuring that juniors were safe from hot, scalding water.

Ward Hummerston, committee man who has put in many hours and effort into organising junior races.

John Wilton, who came forward when we needed someone to oversee the summer series of races. He, Ward and Gary Howard did a great job.

Garry Wheeler, who screen prints our T shirts and sells them to the club at a discount price.

Diane Birch, Wendy Tranby and Jennifer B. Burns, who marshalled at stop signs for many junior races at West Dapto, (more than their required quota of marshalling jobs) thus ensuring a much safer race.

Peter Trad, who is ever ready to help out timekeeping at the track on a Thursday night.

The Fitness Five Committee who were responsible for putting on a wonderful event once again in 2003.

Robbie Belsito (Corrimal Wines), **Graeme Jay** (McGoo's Spit Roast), **Michael Hickman** (Teddy Bear Collection), club members and sponsors who have been willing to help the club out with prizes for raffles and promotions.

Many thanks to all of you. Let's hope that your fine example encourages others to volunteer and therefore, make our club even better.

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