



2011

Annual Magazine



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Presentation Night 2011 - Award Winners

Senior Winter Pointscore	1st 2nd 3rd	Mark Everton Greg Mott Luis Cortes
Kerryn McCann Elite Female Pointscore	1st 2nd 3rd	Lorraine Hince Heather Sinclair Alisa Bateman
Kerryn McCann Elite Male Pointscore	1st 2nd 3rd	Elad Haas Done Martinoski Joshua Hewitt
Mt Kembla Pointscore	1st 2nd 3rd	Steve Johnson Hill Mark Everton Lorraine Hince
Over 60 Pointscore	1st 2nd 3rd	John Burns Luis Cortes Witold Krajewski
Most Meritorious (Golden Boots)		Sarah Carli
Most Improved		Chris Llewellyn
KJ Medal		Witold Krajewski
Athlete's Athlete Award		Witold Krajewski
 Wilson's Bikes		
Club Person of the Year		Roy Francis
Encouragement Awards		Grant Fraser Nella Magnante Linda Zanotto
Participation Awards		Luis Cortes, Paul Denobrega, Liz Meldrum, Trent Dawson, John Mintoff, David Church, Graeme Hough
		
Ballsup of The Year		Kym Batten

Presidents Report



Another big year for Kembla Joggers has been and gone in the blink of an eye. Last year was certainly a year which couldn't be out done with the opening of the new clubhouse but it has brought with it new opportunities moving forward. We were able to take advantage of some of these during the last 12 months and have set

ourselves up for many more in the years ahead. With the clubhouse project largely out of the way the committee has this year been able to focus on some of the core issues in the club and hopefully these will result in some big improvements in the way we do things very soon. On the other hand we have let slip in a couple of key areas and it will be our prime objective to make sure these things are back up to scratch as soon as possible. As always your enthusiasm for participating and volunteering at club activities has been the main driving force for our motivation in bringing them to you. We hope you enjoy the 2012 edition of the Kembla Joggers Annual Magazine which I would like to dedicate to former long-time KJ and training buddy Steve Matthews who was tragically swept away in the Toowoomba floods with his wife Sandy back in January.

Membership and Participation

Membership surged to new highs again this year largely boosted by the ever growing junior membership base. There was no doubt that the new cross-country facilities at our West Dapto venue would attract many new juniors and this proved true. A large contingent of junior runners now is part of the club from the Campbelltown/Narellan area mostly thanks to club coach Phil Austen whose squad is based up there. Event participation was down slightly from the highs of last year but still very strong overall and well in front of just a few years ago. We weren't helped by one of the poorest winters for weather although by sheer luck we did seem to escape the very worst of it. The Nowra Challenge at Cambewarra attracted another 200+ crowd so is likely to be a permanent fixture on the KJ program. A few course changes were made to the 10km and 16km at West Dapto in the name of safety and the treacherous mud at Mt Kembla resulted in 2 events being modified earlier in the season. The new 4km course at the cross-country venue attracted solid crowds whenever used and got very good feedback, including the Nowra contingent who made the trek up in August.

Juniors

Our juniors are well and truly the club's biggest success story. To think 15 or so years ago we didn't feature any junior races on our club racing programs and here we are today with over 50% of club participation represented by junior

runners. They are the future of the club, the sport and society so it makes complete sense that we continue to support their involvement in healthy lifestyle activities. The junior programs all ran smoothly this year thanks to the involvement of our Junior Sub-Committee lead by Junior Development Officer Keith Hamilton and a band of helpers. Running our junior events is like running a club of its own and behind the scenes a great deal needs to be organised. Next season we may look to involve parents of juniors in compulsory marshalling duties at junior events as a way of easing the burden on senior runners who take on the majority of this effort. Helping out for 2 or 3 hours only each year surely is a small price to pay for the benefits the kids get of running with the club. Some of our junior members have also been flying the club flag high around the globe in the past 12 months and we are very proud of their commitment to the sport and their well deserved achievements. Regardless of ability we are just happy to see all juniors participating and having fun, that's what it's all about!

Clubhouse & Cross-Country Park

Stage 2 of the Clubhouse and Cross-Country Park Project was completed in March. This involved almost \$300K in work including upgrading and returfing trails, drainage works, extensive course landscaping using over 6,000 plants and trees, the 4km course extension and the new causeway across Sheaffes Creek. We still had work to do on the clubhouse fine tuning things and finishing off some work that we didn't complete last year, like tiling the canteen. The new course improvements proved popular with club members and the many school carnivals that were held at the venue during the cross-country season mid-year. Thanks to a very hard working crew of mostly retired club volunteers the courses and gardens are just getting better and better. In 5 years from now the place will be picture postcard stuff thanks to them, if it isn't already. The facilities made a profit in their first year of operation which is a great achievement and proof positive that this will be a great investment for the club. Next year on July 1 the venue will host the NSW Little Athletics Cross-Country and Road Walks Championships after our bid was accepted ahead of several other top class bids from around the state. I'm still pinching myself that we actually own this wonderful facility and don't owe a cent to the bank. I'm sure many members feel the same way.

Sponsorship

Wests Illawarra continues to a major driving force behind our successes by recently committing to major sponsorship of the club in to the future. Not only did their previous support help us win our federal government funding but their ongoing support will ensure that the facilities are maintained to the highest possible standards. Thanks to former CEO Phil Bragg, new CEO Luke Walker, Chairman Trevor Castle and the Board for sharing our vision and helping us to attain things we once only dreamt of. Ever since the Illawarra Credit Union have been on board as major sponsor of the Fitness 5 Funrun it has grown in size. They are

Presidents Report (continued)

supporting the event again in 2012 and we are most grateful for their long term backing of one of the region's best loved community fitness events. Thanks also to all of our many other sponsors who stayed with us during the year, allowing us to purchase new equipment and assist with the costs of running our large sporting organisation. The Ibis Hotel is leaving Wollongong and we thank them for their support in the past year but we welcome back K-Swiss who will return as our Winter Series sponsors in 2012 after a short siesta. A full list of our wonderful sponsors can be found elsewhere in the magazine and, as always, please make the effort to support them in return for supporting your club.

Club Finances

The last 18 months has been a major accounting exercise with almost \$2 million flowing through the accounts with the clubhouse project landing on top of normal club income. I'm happy to report that the clubhouse and cross-country park project only went over budget by about \$200 – not bad financial control and a testament to the professional approach taken by our Project Team and, of course, club Treasurer, Dave Higgins. Clubhouse accounts are run entirely separately to club operating funds which will ensure transparency and prevent any future complacency. So far the facilities are making a profit and expenses have been well below our forecasts so that we have plenty of reserves to make any improvements and pay bills well in to the future. Normal club funds still managed to increase during the year despite the significant outlay on new timing equipment, the new website development and athlete donations. Your efforts in helping with club fundraising activities such as the Fitness 5, Illawarra Aquathon, Trivia Night and raffle certainly were a big reason for this and for club fees remaining low. Combined these activities raised about \$18K this year, helping to boost our Clubhouse and Athlete Development Funds. A full list of club accounts is available to any member at the AGM or any other time from the club Treasurer.

Athlete Performances

What stunning year it was for the tribe of KJ athletes representing us on the state, national and international stage. The biggest star was undoubtedly Sarah Carli who not only represented Australia at the World Junior Championships in France for the 400m hurdles but made the final and won the silver medal with a blistering finish. Sarah is a very bright star in junior athletics and I'm sure we will be seeing a lot more of her in the years to come in the senior ranks. At the National Cross-Country Championships in Canberra the club had no less than a record 19 representatives in the NSW team. I doubt it if any other Australian club could boast such riches. Super vet Witold Krajewski won many gold medals in the 60+ category and had a stellar year at club level too, and was recognised as the only KJ medal recipient in 2012 and also won the club's Athlete's Athlete Award. Well done to all of our athletes, quick and slow, male and female, young and old, for your running achievements in the past year. It's not always about quick times (as I'm starting to discover myself!

but more about reaching your own personal goals.

The Year Ahead

Another big and exciting year looms for Kembla Joggers. From next Winter Series the club will be introducing timing chips in most events, with the exception of track events. Over summer the Race Organising team will be mastering and fine tuning the timing system, and are likely to trial it in a few select events before winter. The new website was launched recently and will be tweaked here and there in the next 12 months to make sure it runs as perfectly as is possible. The virtual non-existence of race results and point scores this year was something the committee views as entirely unprofessional and unacceptable. We apologise ten-fold for this situation which many of you know was largely out of our control. Take my word, it won't be happening again! In July our cross-country venue will host the Little Athletics NSW XC Championships and in the lead up we will continue to develop and improve the condition and drainage along our trails. On top of this we have the usual KJ race programs to organise and, of course, the ever popular 5 Funrun on April 1st. As always we look forward to your input and contribution either as a committee or sub-committee team member, volunteer or helper on race days. Every little bit of assistance makes it so much easier for those who shoulder the great majority of the burden.

Thankyou

A very big and heartfelt thanks to our wonderful committee team who toil away week in, week out, rain, hail and shine. In particular, thanks again to the dedicated bunch of guys who look after the clubhouse, the gardens and course maintenance. A special thank you to Eric Brown for his leadership and to Roy Francis for working so hard to make sure the facilities continue to be maintained to the highest standards. Roy was deservedly rewarded with Club Person of the Year to recognise his wonderful commitment to the club in 2011. John Burns as Race Organiser has done another fantastic job as has Murray Smith leading the Fitness 5 organising team and as Male Club Captain. And thanks to the many other non-committee club volunteers who help with some aspect of the club's operation from the canteen to the website, from taking club photos to turning snags on the BBQ. Also not forgetting all club members who don't shirk their responsibilities and make the effort to marshal just a few times a year. Without your help we wouldn't be putting on any events whatsoever, plain and simple. Thanks one and all. If you would like to assist us in a bigger way please get in touch, we'd love to hear from you. We look forward to your continuing involvement with Kembla Joggers in to 2012 and beyond. See you again very soon.

Best wishes
Neil Barnett
President

Award Winners Profiles

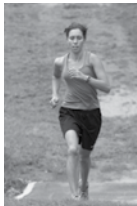
Kerryn McCann – Male Elite Pointscore



A very strong year saw **Elad Haas** (left) win the Kerryn McCann Male Elite Pointscore for the second year running. Such was Elad's domination he missed 2 races due to injury and another 2 due to overseas travel. Of the 9 races that Elad competed in he won 6 and placed 2nd in the other 3. Elad's better performances included 28:00 for the very tough 8km at Cordeaux Dam, 23:55 for the 7km at Mt Kembla and 16:37 for the 5km road race at West Dapto.

Done Martinoski (middle) had a consistently strong year to finish second in the pointscore for 2011. Done had two 1st places, two 2nd places, two 3rd places and two 4th places throughout the 15 races of the series (very consistent indeed!). Third place in the 2011 pointscore was **Josh Hewitt** (right) who, like last year, regularly picked up a top 5 finish in the races he competed in. Well done Josh – 3rd place for the second year in a row.

Kerryn McCann – Female Elite Pointscore



Lorraine Hince (left) took out the 2011 Kerryn McCann Female Elite Pointscore with a mix of four 1st places, three 2nd places and two 3rd places. Her year was affected early by injury but Lorraine was running very fast at the end of the Winter Series. This makes the 4th year (a club record) that Lorraine has won this Pointscore. Lorraine's better performances included 25:43 for the 7km at Mt Kembla and 17:41 for the 5km road race at West Dapto. Lorraine did not have the same domination as her male counterpart, Elad Haas, and she was regularly pushed by **Alisa Bateman** (middle). Alisa finished second in the pointscore with a solid set of races including two 1st places, two 2nd places and three 3rd places. Third in this year's pointscore was **Heather Sinclair** (right) who ran very strongly in the races she contested, sometimes finishing in front of both Lorraine and Alisa on a good day. As a side note all three placegetters (Lorraine, Alisa and Heather) train together a couple of times a week.

Mount Kembla Pointscore

Newcomer **Steve Johnson-Hill** showed that you needed a determined effort not years of local knowledge to win the



Mount Kembla pointscore. Steve ran well in each of the 4 races (his best being in 57.55 in the 9 mile race) to edge out the evergreen Mark Everton who does recognise every landmark in the race area and Lorraine Hince whose consistency was also rewarded by winning other trophies. The Mount Kembla races are still popular on the KJ winter calendar and are a welcome change to the relatively flat West Dapto courses. Next year will see the 40th consecutive race year of the 4mile/7km race from the cattle grid at O'Brien's Gap to the Manor building and return.

Winter Pointscore – Mark Everton



Mark has been an active member of Kembla Joggers for many years since a young age. He certainly was one of our classiest open runners in the 90's winning local funruns and recording impressive times like 44:49 in the City to Surf and

a PB of 15:16 for 5000m track. Mark rarely misses a KJ event whether it is road, cross-country or track, and has competed in Athletics NSW events representing the club. He has won the club person of the year award on two occasions (1991 & 1998), the Athlete's Athlete Award in 1991, a KJ Medal in 1992 for his 49:15 9-mile, the Most Meritorious Award and the Elite Pointscore both in 1989. The only award to elude Mark it seems has been the Winter Pointscore (President's) Trophy. Well after a long club career and a solid season of running 2011 is finally Mark's year. Mark's consistency also spilled over in to the Mt Kembla Pointscore in which he placed second behind Steve Johnson-Hill.

Over 60 Pointscore – John Burns



As usual the Over 60s trophy was keenly contested with John Burns (recently work retired) emerging as the surprise winner from the consistent Peter Asher (a place getter every year) and the super consistent Witold Krajewski, who scooped several other awards.

Obviously John had previous knowledge as Race Organiser pre-checking the courses prior to racing. But on the other hand this was no advantage either as John was always pre-occupied on race days organising the events and rarely has time to warm up and prepare like the rest of us. John had some very impressive runs at Mount Kembla which boosted his points in this competition and was solid all round at West Dapto events. The series is now in its 8th year and is very popular. Congratulations to all the evergreen 60+ runners who take part and in the races and still maintain their keenness. They set a great example for younger club members.

Award Winners Profiles (continued)



Athlete's Athlete - Witold Krajewski

This year's winner of the Athlete's Athlete Award is 60 year old Witold Krajewski who also the only recipient of a KJ medal in 2011. Witold had a fantastic year both at club and state level and this was recognised by club members in the only club award decided by popular

vote. Witold is one of the keenest KJs and rarely misses a club event including being the only person to have competed in every Fitness 5 Funrun since its inception 22 years ago. Witold's achievements have in the past made headlines on a well known running website back in his home country Poland. There's no doubt Witold will be back keener than ever in 2012, eager to knock off a few more of his brother Andrew's club age-group records.



Most Meritorious Golden Boots Award - Sarah Carli

Sarah has been a member of Kembla Joggers for almost 7 years; this is a special achievement of its own merit as she is just 17 years of age. Sarah has represented Kembla Joggers, Wollongong City Little Athletics and her school at both State and National level in a

variety of distances from 100m to 3km. She has more recently specialised in the 400m hurdles achieving 1st place in the Australian Junior Athletics Championships in 2010 and 2nd in the same event in 2011, competing up an age group in the Under 18s. Her most recent outstanding performance which has lead to her winning the club's prestigious Most Meritorious (Golden Boots) Award came from representing Australia in the 400m hurdles at the 2011 IAAF World Youth Championships in Lille, France. Sarah raced amazingly to win her semi final and make the final, and then in the final winning the silver medal in a PB time of 58:03. This time was almost 2 seconds better than her qualifying time achieved in February 2011, an incredible achievement. We are very proud to be part of the wonderful journey of a very talented athlete.



Most Improved Award - Chris Llewellyn

Chris Llewellyn is a long serving Kembla Joggers member who has been a consistent performer over the years. It is usual that an athlete's times will slow down with age, but it seems that Chris is getting faster even with an extended period off

running over the past 12 months due to illness and surgery. His most notable improvement was the 2011 City to Surf time of 59:23, a PB of 2 minutes. This

performance is extra special due to the fact that he had very little sleep after a Bucks party the night prior to the race. Once the winter season got cracking so did Chris notching up PB after PB including 68:30 in the 16km which saw him win the G-Man Bolt Memorial Trophy in June. In his other life Chris is the lead of the heavy metal band Segregation which has been support act to a number of international bands over the years and is also a nationally acclaimed tattooist. A multi talented individual indeed!

Encouragement Awards -



Nella Magnante and Grant Fraser

Nella Magnante and Grant Fraser (left & middle) are a fantastic husband and wife team that have been keen members of Kembla Joggers for a few years now, along with their two lovely daughters. Both Grant and Nella rarely miss a KJ event and this year they have both showed much enthusiasm for running and for KJs. They are also frequently seen at the track on a Thursday night, and it feels great to be a runner when you talk to this pair as their enthusiasm seems to rub off onto you. They have shown significant improvements this year and Nella also completed her first marathon this year, the Sydney Marathon, in a most satisfying time of 4:19.. Nella also completed the Kembla Joggers Half Marathon in June in a time 1:15:50, the 9 mile 74:46, 4 mile 31:29, and the 8km at Nowra in an impressive 43:27. Grant's times included the 4 mile in 31:14, 7km in 35:05, 5km road in 22:11 and 1 mile track in 5:49. This couple really seems to be enjoying their running and we hope it continues for many, many years to come. Congratulations Nella Magnante and Grant Fraser.

Linda Zanotto

Linda Zanotto (right) is a very dedicated runner who was a regular at most of the KJ events this year. She has certainly stepped up this season and was one of our big improvers. This lady also tackled her first marathon, also the Sydney Marathon, where she ran alongside Nella Magnante, doing a great job of completing it (also running 4:19). Linda enjoyed the experience so much that she is already planning her next marathon! Some of Linda's other impressive times this year are her 9 mile in 75:46, 4 miles in 32:22, 7km in 33:55, 5km road in 23:05 and 16km in 78:51. Linda certainly loves her running, is an inspiration to many and we hope that she continues to run for many years to come. Congratulations Linda Zanotto.

Award Winners Profiles (continued)

Club Person Of The Year - Roy Francis



Roy (left) joined Kembla Joggers in 2002. Being a retired barber Roy loves a good old chinwag, so after joining KJs he looked forward to hard race and this each week and a good old natter with his new found running pals. But, in 2008, health problems began to slow Roy down to the point that he could no longer be competitive in his age group and so was reduced to very controlled slow jogging. Roy enjoyed the friendliness of KJs so much this did not stop him from regularly attending KJ races and would immediately put his hand to help out. Hail, rain, sleet or snow, summer or winter, Roy takes on any job on offer. In 2009 Roy's passion for the club saw him volunteer to become a member of our

hard working Race Organising Committee.

With the onset of the building of our clubhouse, early in 2010, Roy became our watchdog at West Dapto. Regular updates were posted to the committee with progressive photos and course condition. After the gardens around our courses were finished a head count of the number of plants that had been planted was requested to ensure we were getting a fair deal. A total of 7000 plants were ordered. Roy once again volunteered to take on the task. After his first marathon count he came up extremely short of the 7000. To be sure he had counted correctly off he went again not once but twice. The discrepancy was accepted by the landscapers and the club was credited with about 600 more plants.

Roy has also joined our West Dapto Cross-Country Park Committee spending many hours keeping our clubhouse and courses in top condition. It is for Roy's dedication to the club and more specifically for his passion for the development of our cross-country venue that he was awarded **Club Person Of The Year 2011**.

Summer Series Report 2010/11

By Gary Howard

This summer series saw 10 races at 5 different venues and a total of 632 race registrations of which 158 were juniors. The biggest turn out for summer was 117 at the 3km Stuart Park event with 39 runners taking part in the female race and 70 taking part in the 3km Open race. Thanks to the Savvy team who helped boost the numbers and we hope to see them again this year. The highlight of the season is the annual YDOIDOIT trophy which is awarded to the winner of the senior Pointscore. The series was keenly contested with at least 10 runners in the running for the top 3 places going into the last race of the summer.



And the winner is **Geoff Smith** (left). Geoff not only

wins the YDOIDOIT trophy but he also won the W-Squared Series trophy and the Hangover Handicap Running Nut trophy. Geoff had a good consistent Summer Series and should back it up in the winter. Taking 2nd place was Mick McCarthy who left his best performance of the year till the last race at the Yacht Club with a 20.00. Taking 3rd place with a great series was John Mintoff who really stood out with 2 great runs one being 10.57 for the 3km Stuart Park race and a blinding 18.47 at the Yacht Club 5km. Just outside of the top 3 were Linda Zanotto, Elad Haas, Whitney Noone, Raf Moriana, Craig Sakey, Ian Tague and Patricia O'Dea. Congratulations to all runners who took part in the Series.

In the juniors section of the main races **Whitney Noone** (right) took out the Series comfortably from two other speedsters Olivia Lavalle and Alexander Seal. Whitney showed the juniors up with her good form and consistency. In the Junior 1km race pointscore the winner was Ciaran Flynn who ran 9 out of the 10 races, well done Ciaran. Taking the other 2 places were Mack Berry and Tynan Walsh. In the 2km Junior race pointscore Jye Berry was the winner from Emmett Walsh and Tom Rutty. Well done to all the juniors and we hope to see you all back next summer.

Many thanks to Dave Barnett, Eric Brown, Jim Hennessy, Roy Francis and Susan Flynn who made sure that all the marshal positions were covered and also to all the runners

Summer Series Pointscore 2010/2011

1	GEOFF SMITH	1552
2	MICHAEL MCCARTHY	1274
3	JOHN MINTOFF	1270
4	LINDA ZANOTTO	1253
5	ELAD HAAS	1248
6	WHITNEY NOONE	1214
7	RAFAEL MORIANA	1206
8	CRAIG SAKEY	1176
9	IAN TAGUE	1135
10	PATRICIA O'DEA	1122
11	NEIL BARNETT	1120
12	WITOLD KRAJEWSKI	1095
13	PETER O'BRIEN	1091
14	PETER BERRY	1068
15	DARREN BAXTER	1034
16	ALAN ONIONS	1011
17	NICOLA HUMMERSTON	1008
18	KATHY MCCARTHY	992
19	CHRIS FRASER	977
20	MUTAH WAMBUGA	954
21	ALISA BATEMAN	949
22	ELIZABETH MELDRUM	929
23	PAUL MICALE	926
24	PAUL DENOBREGA	924
25	BRIDGET RUTTY	911
26	TIM EAST	895
27	JOHN SCHOL	844
28	LYNN TAGUE	827
29	LUIS CORTES	801
30	GREG MACKEY	774
31	NOEL GRANT	763
32	ADRIAN PANOZZO	750
33	ANDREW RUTTY	750
34	SHAHNA FAIRLEY	737
35	WARREN EVANS	737
36	DARRIN JAMES	664
37	ROSS STEWART	641
38	PETER ENRIGHT	603
39	MELINDA STOCKER	590
40	RODNEY BATTEN	590
41	KEITH HAMILTON	588
42	BREE JONES	580
43	VICKI MCPHILLIPS	573
44	ALEXANDER SEAL	567
45	JULIE WHITTINGTON	552
46	WARD HUMMERSTON	527
47	MICHAEL HICKMAN	524
48	PHILLIP PARLE	510

49	OLIVIA LAVELLE	458
50	MARTIN CHURCH	423
51	SCOTT BOWLEY	421
52	DEREK MORIARTY	419
53	MURRAY SMITH	413
54	JOHN O'CONNELL	411
55	BOBBY PROJEVSKI	406
56	GEOFF STALKER	397
57	ROBERT SCIBERRAS	397
58	KATRINA VAN GILS	382
59	NOEL WEEKS	378
60	TROY WHITTINGTON	375
61	JANA MUMBY	369
62	GREG MOTT	365
63	ERIC BROWN	360
64	JONATHAN CLENNAR	360
65	DAVID FAIRLEY	360
66	GAVIN FLYNN	360
67	SUSAN FLYNN	360
68	DAVID HIGGINS	360
69	GARY HOWARD	360
70	JANICE HENDERSON	357
71	JANE CLEARY	354
72	JIM COX	354
73	ALLISON DICKINSON	351
74	JAKE MCCRAKEN	339
75	KAREN RYAN	322
76	JENNIFER ANN BURNS	320
77	CHRIS LLEWELLYN	316
78	KASEY JANA MUMBY	313
79	ANDREW WEBB	295
80	MATTHEW DAVENPORT	279
81	JOSHUA RADFORD	243
82	CHRIS STOCKER	222
83	BILL AGNEW	180
84	PIA ANGELUCCI	180
85	RYAN BAILIE	180
86	DAVID BARNETT	180
87	KYM BATTEN	180
88	BRENDAN BOYAN	180
89	DEAN BOYTON	180
90	HAZEL BROWN	180
91	SARAH CARLI	180
92	DES COMER	180
93	ROISIN CONCANNON	180
94	JOHN CONNORS	180
95	TIM CRINNION	180
96	JAMES DAVY	180

97	CAROLYN DEWS	180
98	MARK EVERTON	180
99	ROY FRANCIS	180
100	VITO GAUDIOSI	180
101	SEVGI GIRGIN	180
102	LISA GROGAN	180
103	BRAD GULLICK	180
104	JOHN GULLICK	180
105	AMELIA HALLAGAN	180
106	LIAM HENDERSON	180
107	JIM HENNESSY	180
108	LORRAINE HINCE	180
109	BLAKE JAMES	180
110	COLIN JONES	180
111	KRISTENE LYN SAY	180
112	NATHAN MCINNES	180
113	PATRICK MCPHILLIPS	180
114	BEN MEZEDI	180
115	JOHN MEZEDI	180
116	GARETH CHARLES MUMBY	180
117	JACOB NOONE	180
118	DANIEL PARKER	180
119	CLAIRE RAYNER	180
120	CLAYTON RUGG	180
121	STEVE SHAW	180
122	GARY SMITH	180
123	GEOFF STUTSEL	180
124	SAM TOLHURST	180
125	MILES WARING	180
126	ANDREW WEBB	180
127	MAREE WILLIAMS	180
128	ROD WILLIAMS	180
129	DAVID WISHART	180
130	PAUL WRIGHT	180
131	HOLLY O'DEA	180
132	PETER ASHER	180
133	JENNY COMER	180
134	IAN EAST	180
135	BRODIE FRASER	180
136	BARRY KEEM	180
137	KARA LAMOND	180
138	GRANT MATHIESON	180
139	DARRIN NOONE	180
140	ELYSE YARDLEY	180

Junior Report 2011

By Keith Hamilton

It was a great year this year for the KJ juniors, with 300 signing up for the season and it was nothing unusual to see 150 turn up on race day. It is also good to see a lot of the same juniors turning up season after season so I think the future of KJs is looking very bright indeed.

Many thanks to Tim and Paula Crinnion from the Junior sub committee, Pia Angelucci, Phil Austen, Ian Hatfield, Geoff Stalker and Paul Micale for their many hours spent coaching these kids and steering them in the right direction. And of course the quintessential club people Neil Barnett and Murray Smith who always have a huge input when it comes to all things KJ. Also my thanks to Dave Barnett who on race days organised help for me with the junior registrations etc. It was incorporated as a designated marshalling duty and worked a treat.

The coaching this year has obviously played a huge part in the development of the juniors with a very noticeable improvement in a lot of the kids. This in turn made it extremely difficult to work out who received the various trophies on offer at our Presentation day which was held at the end of our Winter Series. If this keeps up we may have to put all the names in a hat and draw out the winners!! This improvement has also had an effect on the Schools Cross Country races which are held over the winter with a lot of KJ kids filling the top 3 positions in their respective races. A record 19 also made it to the Australian Cross Country Championships held in Canberra this year including Jessica Hull, Grace Musgrove, Julien Smith, Liam Henderson, Troy Chauvin, Sian Fennell, James Seal, Olivia Lavalley, Matilda Offord, Cameron Roberts, Tayla Merrick, Hamish Paine, Tayla Nasko, Keely Small, Henry Illingworth, Brent Rushworth, Kasey Mumber, Kade Szacacs and Susie Sedaridis. All athletes performed with distinction. A special mention must also go to Sarah Carli who this year competed in the 7th IAAF World Youth Championships held in Lilli,

France. Sarah received a silver medal for her OUTSTANDING EFFORT to finish second in the final of the 400m hurdles to an American athlete in an amazing PB time of 58.03 seconds. Only 0.13 of a second behind the winner! We are all looking forward to seeing you run in the future, Sarah. I would not be surprised at all if a KJ junior or two made national senior champion status in the years to come.

With everything aside what I love about the junior movement is seeing over a hundred smiling faces trying their best every time we have a KJ meet. It is a wonderful atmosphere and I look forward to the Saturdays when KJs is on. The emphasis is still definitely on participation and I look forward to being a part of it all again next year.

All the best to everyone,

Keith Hamilton
Junior Development Officer



Pointscores

Mt Kembla Pointscore 2010

2	Elivia Burcher	846
4	Neil Barnett	795
6	Craig Sakey	744
8	Alisa Bateman	673
10	Bobby Projevski	669
12	Paula Crinnion	653
14	Michael McCarthy	637
16	John Mintoff	623
18	Linda Zanotto	616
20	Heather Rutty	603
22	Andrew Krajewski	550
24	Tim East	505
26	Matthew Davenport	473
28	Paul DeNobreg	396
30	Peter Acher	396

Junior Male Elite 2010

2	Mitchell Hennessy	73
4	Christopher Austen	63
6	Ben Mezedi	39
8	Rory O'Driscoll	36
10	Samuel Groeller	25
12	Blake James	17
14	Kade Szacaks	17
16	Jacob Hennessy	12
18	Jacob Noone	10
20	Ethan Baird	7
22	Matthew Preeo	5
24	Ben Rutty	5
26	James Bosnich	3

Over 60 Pointscore 2010

2	Ray McCauley	212
4	Andrew Krajewski	212
6	Lynne Tague	196
8	Michael Hickman	127
10	Tony Maloney	47
12	Dave Higgins	36
14	Luis Cortes	24
16	Roy Francis	16
18	Derek Moriarty	14

Junior Female Elite 2010

2	Bree Jones	37
4	Whitney Noone	32
6	Catlin Brown	28
8	Kaitlin Mott	28
10	Tara Oesterheld	33
12	Katelyn Smith	18
14	Campbell Rutty	12
16	Grace Musgrove	10
18	Kristen Martinoski	9
20	Sydney Rutty	8
22	Elizabeth Hudson	6
24	Bianca Elphick	6
26	Samantha Kavangh	5
28	Suzie Seitaridis	4
30	Elyssa Angelucci	2
32	Klah Taylor	1

Kerryn McCann Female Elite 2010

2	Paula Crinnion	67
4	Bree Jones	50
6	Danielle Gregson	33
8	Olivia Lavelle	30
10	Heather Sinclair	29
12	Heather Rutty	24
14	Patricia O'Dea	20
16	Lorraine Hince	16
18	Kathy McCarthy	12
20	Kellie Kembrey	11
22	Sarah Carli	10
24	Erin Hargrave	10
26	Carolyn Dews	9
28	Christine O'Connell	7
30	Susan Flynn	7
32	Christine O'Connell	7
34	Janice Henderson	5
36	Rebecca Jeffery	5
38	Jane Cleary	4
40	Kasey Jana Mumby	3
42	Rhonda Meredith	2
44	Bridget Rutty	1

Kerryn McCann Male Elite 2010

2	Clayton Rugg	63
4	Gareth Charles Mumby	53
6	Murray Smith	49
8	Neil Barnett	29
10	Darrin James	21
12	Garry Wheeler	19
14	Joshua Radford	18
16	Greg Mott	14
18	Steve Shaw	14
20	Jake Montgomery	13
22	Mitchell Connor	11
24	Brendan Boyan	10
26	Rafael Moriana	8
28	Paul Keem	7
30	Dean Boyton	6
32	John Mintoff	5
34	Geoff Stalker	5
36	Steven Newman	4
38	Craig Sakey	4
40	Jonathan Clennar	3
42	Chris Llewellyn	2
44	Blake James	1
46	Grant Mathieson	1

Pointscores yet to be made available

Pointscores (continued)

Kembla Joggers K-Swiss Winter Senior Pointscore 2010

2	Peter Berry	2299
4	Craig Sakey	2153
6	Michael McCarthy	2145
8	Chris Llewellyn	2050
10	Joshua Hewitt	1954
12	Clayton Rugg	1949
14	Linda Zanotto	1899
16	Steve Shaw	1822
18	Bobby Projevski	1750
20	Paul DeNobrega	1742
22	Peter O'Brien	1713
24	Elad Haas	1659
26	Ian Tague	1653
28	Jana Mumby	1636
30	John Burns	1577
32	Warren Evans	1577
34	Paul Wright	1560
36	Ray McCauley	1556
38	John Mezedi	1513
40	Tim East	1501
42	Done Martinoski	1479
44	Narelle Smith	1458
46	Greg Mott	1449
48	Darrin James	1415
50	Witold Krajewski	1312
52	Elizabeth Meldrum	1257
54	Paul Mical	1189
56	Tim Cinnion	1164
58	Wayne Holden	1128
60	Mick Hurst	1110

62	Adrian Panozzo	1084
64	Kellie Kembrey	1068
66	Noel Weeks	1067
68	Mitchell Connor	1040
70	Nigl Emmerson	1035
72	Nella Magnante	1024
74	Joe Godina	1019
76	Holly O'Dea	998
78	Lynn Tague	975
80	Rebecca Jeffery	968
82	Lorraine Hince	947
84	Greg Mackey	906
86	David McCarthy	884
88	Bill Agnew	859
90	Danielle Gregson	850
92	Ryan Burns	826
94	Colin Jones	813
96	Natalie Heywood	786
98	Michael Hickman	769
100	Jake McCracken	766
102	Angela Emmerson	746
104	Pasco Coppolaro	731
106	Rita Mein	704
108	Luke McNamara	676
110	Janice Henderson	634
112	Leonie Moate	631
114	Brendan Scollary	621
116	Mark Jamieson	594
118	Chris Fraser	560
120	Shahna Fairley	544

122	Ian McBarron	530
124	David Higgins	510
126	Barry Keem	510
128	Mark Haber	502
130	David Barnett	480
132	Hazel Brown	480
134	Suzanne Keem	480
136	Des Corner	470
138	Brad Fowler	449
140	Peter O'Driscoll	439
142	Kelly Hewitt	415
144	John Wilton	410
146	Garry Wheeler	389
148	Tony Maloney	362
150	John Wilton	360
152	Roy Francis	360
154	Rhonda Meredith	360
156	David Tyce	360
158	Christopher Austen	349
160	Brad Gullick	347
162	Louise Brewer	339
164	Danielle Szakacs	330
166	Joshua Radford	327
168	Gary Howard	314
170	Rebecca Colquhoun	300
172	Jake Montgomery	287
174	Renato Crapis	286
176	Rory O'Driscoll	256
178	Whitney Nisane	234

180	Jody Hennessy	230
182	Paul Sparks	230
184	Evan Johnston	193
186	Ryan Bailie	180
188	Nadine Bazaz	180
190	Domenic Cardilo	180
192	Luis Cortes	180
194	Maria Crapis	180
196	Greg Davids	180
198	James Davy	180
200	Isabel Di Pietro	180
202	Lauren Eager	180
204	David Fairley	180
206	Stephen Gregson	180
208	John Wilton	180
210	Erin Hargrave	180
212	Stephanie Hill	180
214	Troy Kembrey	180
216	Jason Lewis	180
218	Sonja Martinoski	180
220	Rory McLeod	180
222	Belinda Morgan	180
224	Peter Newton	180
226	Christine O'Connell	180
228	Lee Oyston	180
230	Simon Parkes	180
232	Matt Pellow	180
234	Deborah Preeo	180
236	Daniel Smith	180
238	Leanne Taylor	180

Pointscores yet to be made available

Pointscores (continued)

240	Lorraine Vandeweghe	180
242	Marty Weston	180

244	Jemma Chambers	180
246	Tayla Merrick	180

248	Kasey Jana Mumby	180
250	Kaitlin Mott	180
252	Jenny Comer	180

254	Hugh Gilberg	180
256	Chris Scrivener	180

Kembla Joggers Junior Pointscore 2010

2	Christopher Austen	608
4	Brad Gullick	430
6	Whitney Noone	352
8	Olivia Lavelle	330
10	Gareth Charles Mumby	310
12	Kaitlin Mott	240
14	Kasey Jana Mumby	215
16	Katelyn Smith	184
18	Sarah Carl	173
20	Elyssa Angelucci	148

22	Jemma Chambers	121
24	James De Luca	115
26	Alexander Seal	109
28	Chloe Douglass Savage	103
30	Hamish Paine	92
32	Blake James	89
34	Lucas Appleby	88
36	Kade Szakacs	70
38	Tayla Jeffery	68
40	Kristen Martinoski	68

42	Kiah Taylor	68
44	Scotti Hamilton	64
46	Campbell Ritty	61
48	Tayla Merrick	58
50	Nadine Bazaz	25
52	James Bosnich	25
54	Olivia Burzacott	25
56	Luca Cossu	25
58	Linda Elvy	25
60	Emily Fraser	25

62	Lydia Hince	25
64	Samantha Kavanagh	25
66	Rory McLeod	25
68	Joshua O'Dea	25
70	Michael Oetsch	25
72	Matthew Preeo	25
74	Liam Ryan	25
76	Evie Seddon	25
78	Daniel Smith	25
80	Chloe Tighe	25

Kembla Joggers Junior 1Km Pointscore 2010

2	Tyla Hurst	1569
4	Luncinda Preeo	1572
6	Torah Boyton	1481
8	Zachary Heywood	1424
10	Travis Moon	1292
12	Keely Boyton	1276
14	Stephen Borg	1239
16	Mason Elphick	1215
18	Nathan Dring	1043
20	Ruby McPhillips	1017
22	Noah Grant	947
24	Mack Berry	885
26	Erin Gullick	807
28	Zoe Dribbus	756

Pointscores yet to be made available

30	Julia Cleary	769
32	Casey Cleary	677
34	Jye Berry	658
36	Nathan Scollary	633
38	Max Fraser	612
40	Amber Deitch	551
42	Kimberley Elvy	525
44	Cara Crinnion	510
46	Ashley Dribbus	497
48	Luke Kembrey	487
50	Estelle Appelby	442
52	Ben Hunter	404
54	Jesse Oyston	366
56	Kristen Martinoski	355

60	Colquhoun Euan	293
62	Aiden Colquhoun	287
64	Brodie Fraser	285
66	Shauna Flynn	273
68	Alanah Hunter	271
70	Ella Moate	267
72	Evie Seddon	252
74	Aysha Bowley	247
76	Jordan Heywood	229
78	Bree Collett	163
80	Olivia Rose McEwan	117
82	Claire Parker	117
84	Thomas Jeffery	112
86	Callum Joyce	105

88	Elyssa Angelucci	50
90	Hannah Black	50
92	Georgia Chapman	50
94	Carla Crapis	50
96	Ned Glasgow	50
98	Joshua Head	50
100	Ben Mezedi	50
102	Jack Mott	50
104	Eloise Pickering	50
106	Lauren Shelley	50
108	Cassandra Smith	50
110	Shayla Szakacs	50
112	Mali Taylor	50
114	Tynan Walsh	50

Pointscores (continued)

Kembla Joggers Junior 2Km Pointscore 2010

2	Finlay McPhillips	1600
4	Bianca Crapis	1446
6	Thomas Jeffery	1382
8	Dannielle Crapis	1303
10	Samantha Moon	1178
12	Callum Joyce	1082
14	Brock Scrivener	1001
16	Jordan Heywood	935
18	Marco Cossu	880
20	Bree Gross	850
22	Tynan Walsh	768
24	Jye Berry	673
26	Serena Davies	665
28	Luca Cossu	614
30	Callum Appleby	570
32	Tyler Egan	547
34	Tahlia Fennell	517

36	Thomas Mott	508
38	James Carli	495
40	Bridget Hennah	486
42	Tom Rutty	482
44	Faith Proctor	448
46	Sian Fennell	386
48	Sienna Stuart	375
50	Maddison Angelucci	342
52	Kaitlin Mott	311
54	Mitchell Wright	282
56	Matilda Offord	260
58	Monique Austen	253
60	Rixon O'Driscoll	250
62	Troy Chauvin	228
64	Alanah Hunter	218
66	Madeline Pajdoski	216
68	Elyssa Angelucci	168
70	Aysha Bowley	168

72	James Brewer	168
74	Nathan Dring	168
76	Kimberley Elvy	168
78	Ciaran Flynn	168
80	Nathan Henderson Walls	168
82	Ella Hewitt	168
84	Luke Hince	168
86	Tyla Hurst	168
88	Declan Joyce	168
90	Ruby McPhillips	168
92	Dylan Parker	168
94	Nathan Scollary	168
96	Evan Johnston	167
98	Jesse Oyston	119
100	James Scollary	117
102	Kiah Taylor	117
104	Aris Seitaridis	108

106	Keely Boyton	50
108	Sarah Carli	50
110	James De Luca	50
112	Alice Fox	50
114	Callum Glasgow	50
116	Sarah Gomes	50
118	Lydia Hince	50
120	Jessica Hull	50
122	Olivia Lavelle	50
124	Elizabeth Martin	50
126	Jasmine Matthews	50
128	Tom Montgomery	50
130	Maddison Naulty	50
132	Whitney Noone	50
134	James Paine	50
136	Josie Robinson	50
138	Chris Scrivener	50

Pointscores yet to be made available

Kembla Joggers Junior 3Km Pointscore 2010

2	Tom Rutty	1538
4	Sydney Rutty	1433
6	Lydia Hince	1316
8	Bianca Elphick	1243
10	Liam Henderson	1163
12	Scotti Hamilton	1084
14	Julius Cleary	924
16	Joshua Cornford	845
18	Katelyn Smith	715
20	Caitlin Brown	573
22	Jackson Walsh	520

24	Jack Parkes	497
26	Samantha Kavanagh	483
28	Maddison Angelucci	459
30	Kaitlin Mott	452
32	Sarah Gomes	436
34	Susie Seitaridis	428
36	Roisin Concannon	390
38	Lachlan Hannah	385
40	James De Luca	362
42	Mitchell Hennessy	305
44	Kevin Galwey	300

46	Mali Taylor	267
48	Blake James	246
50	Brad Gullick	232
52	Ben Mezedi	229
54	Sarah Carli	218
56	Matthew Preeo	197
58	Lucas Appleby	150
60	Luca Cossu	131
62	Christopher Austen	50
64	Mitchell Connor	50
66	Joshua Cuthbert	50

68	Jordan Gregson	50
70	Mili Haber	50
72	Jordan Heywood	50
74	Elizabeth Martin	50
76	Tom Montgomery	50
78	Matilda Offord	50
80	Abby Parkes	50
82	Cameron Powe	50
84	Liam Ryan	50
86	Alexander Seal	50
88	Abby Tozer	50

Results

Kembla Joggers K-Swiss Winter Series 2010

Name	6-Mar 5Km	20-Mar 8Km	3-Apr 8Km	17-Apr 5Km	8-May 7Km	22-May 8Km	5-Jun 10Mile	12-Jun 4Mile	27-Jun 21.1Km	3-Jul 5Km	24-Jul 9Mile	31-Jul 10Km	14-Aug 5Km	21-Aug 8Km	4-Sep 10Km
Pia Angelucci					39.45	46.52	1.34.27				1.33.32	59.05			57.08
Peter Asher	29.25	46.50	46.37	34.12	43.08	51.13	1.39.08	41.23		26.57	1.31.41	58.37	27.36	47.56	54.24
Phil Austen	24.28												20.49		
Neil Barnett	24.45	38.17	36.35	26.32	31.25	35.39	1.05.11	28.53	1.26.09	19.07	58.35	39.27		32.41	38.43
Kym Batten			45.23	34.13	41.27	47.11	1.28.15				1.24.58		27.40		
Nadine Bazaz													27.59		
Ian Black	29.44														
Scott Bowley		33.53												35.44	
John Boyle			34.18				1.08.20	29.42							
Louise Brewer							1.26.38	36.48							53.09
Eric Brown	30.47														
Elvia Burcher				31.33	36.37		1.26.30	35.51			1.15.29	50.24			
John Burns	24.22	39.16	37.30		34.23	41.35	1.16.09	33.44		21.26		47.39		39.02	
Domenic Cardillo	22	Results yet to be made available													
Jemma Chambers										19.29					
Jane Cleary	27.39	41.45		31.06				38.38		24.17		55.18	27.04		
Des Comer					44.47			41.41							
Mitchell Connor	19.34			23.45		34.32		28.26				40.41	18.48		
Paul Coxhead		34.28			31.02	36.56	1.12.02		1.33.03				20.43		
Paula Crinnion		38.33	36.53		33.33		1.12.38	31.25	1.38.46	21.22	1.08.18	46.27	22.3	37.57	45.11
Mark Dakin				28.13											
Greg Davids	24.31														
Maree Davies	28.55														
James Davy									1.19.47						
Ashley Deitch										26.32					
Paul DeNobrega	21.58	34.54	35.26	25.31	32.32	37.15	1.13.38	31.34	1.44.21	20.42	1.10.25	45.01	20.51	35.57	43.56
Isabel Di Pietro													25.33		
Chloe Douglass Savage	24.17			26.42											

Results (continued)

Kembla Joggers K- Swiss Winter Series 2010 Continued

Name	6-Mar 5Km	20-Mar 8Km	3-Apr 8Km	17-Apr 5Km	8-May 7Km	22-May 8Km	5-Jun 10Mile	12-Jun 4Mile	27-Jun 21.1Km	3-Jul 5Km	24-Jul 9Mile	31-Jul 10Km	14-Aug 5Km	21-Aug 8Km	4-Sep 10Km
Alison Dring	34.19									28.20		1.01.14	28.32		
Lauren Eager		51.16													
Angela Emmerson		37.08	39.03		34.06	40.10			1.47.32		1.13.20				
Warren Evans	30.19	47.35	46.43	35.11	42.21			45.05		28.19	1.25.53	1.01.53	28.05	53.48	58.25
David Fairley	33.44														
Susan Feigler			36.28	27.36		38.28	1.16.34	32.58						38.28	
Susan Flynn									1.54.34				23.50		49.30
Brad Fowler	32.04			33.20											
Chris Fraser		49.11			38.1										
Kevin Galwey										18.55			19.39		
Hugh Gilbert								43.09							
Joe Godina		39.49			34.58		1.19.00	33.13							
Danielle Gregson		35.11		27.25	32.49			30.51			1.10.22				
Brad Gullick	20	Results yet to be made available												19.26	
Mark Haber			35.17						1.35.39			42.23	20.30		
Erin Hargrave									1.23.48						
Jody Hennessy					40.21										
Mitchell Hennessy	24.00									20.54			19.04		
Cathy Hewitt						44.44									
Natalie Heywood		47.54			42.33		1.38.15	40.46							
David Higgins													33.35		
Wayne Holden		50.06	47.11	32.33	34.27	46.29	1.35.09	38.21		25.00		54.46			51.3
Elizabeth Hudson	26.22			29.25			1.21.02	34.20	2.02.48						
Frank Hungerford					36.32			35.04			1.36.35	48.22			
Mick Hurst		34.49		24.50	30.07			28.57		19.08		41.27			
Blake James			32.07					35.48		19.06					
Mark Jamieson	23.19				30.36			29.46							
Steve Johnson Hill												39.08			46.35
Bree Jones	20.03			25.39	35.08			30.09		22.53			19.40	33.55	

Results (continued)

Kembla Joggers K- Swiss Winter Series 2010 Continued

Name	6-Mar 5Km	20-Mar 8Km	3-Apr 8Km	17-Apr 5Km	8-May 7Km	22-May 8Km	5-Jun 10Mile	12-Jun 4Mile	27-Jun 21.1Km	3-Jul 5Km	24-Jul 9Mile	31-Jul 10Km	14-Aug 5Km	21-Aug 8Km	4-Sep 10Km
Kirra Jones					34.46	40.01		31.20		20.20					
Kellie Kembrey	26.36			28.29	36.06		1.17.15				1.13.09				
Andrew Krajewski		36.01	36.33		31.10	38.34	1.12.34	32.26	1.36.26	20.55	1.06.19	45.14	21.54		
Marie Clare Kurt									2.07.48						
Bridget Leggett	25.28		37.49												
Beraldo Lilli	24.06														
Greg Mackey		35.36						29.35		19.11			19.50		
David Mainwaring									1.18.43						
Done Martinoski	24.46		30.07	26.59						19.30			18.33	31.03	
Ian McBarron		45.19								24.25					
David McCarthy	36.17	57.01		40.40	46.28				2.27.14		1.37.09	1.04.12	29.04	49.50	
Michael McCarthy	25.37	40.33	38.38	28.34	34.51	39.33	1.20.25	32.37		21.41		46.39	22.09	37.33	44.34
Jake McCracken			32.04	27.04	35.28							43.06	18.38		
Rory McLeod													24.34		
Patrick McPhillips		36.06													
Elizabeth Meldrum	26.51									24.49			23.40	40.54	47.5
Tayla Merrick										19.22					
John Mezedi	27.12	38.16			33.04	39.08	1.12.04		1.36.00		1.22.27	48.20	21.43	37.30	
John Mintoff	26.02	39.46	39.36	29.42	36.45	39.01	1.10.21	32.13	1.41.51	19.34	1.04.50	42.32			40.23
Wayne Montefiore	23.45	36.05	35.36	26.38	32.06	38.01	1.10.54	30.59	1.37.18				25.19		45.37
Belinda Morgan	38.54														
Derek Moriarty													32.12		
Kaitlin Mott													21.09		
Gareth Charles Mumby	18.08			21.08	25.18			26.12		16.42			17.46		
Kasey Jana Mumby													21.39		
Sally Musgrove	22.11	33.56	34.1	25.46	31.44	36.37						46.31	21.37		43.07
Jacob Noone	24.26														
Peter O'Brien		38.43		29.23	36.02	41.37	1.16.52	33.46	1.47.23	22.16		48.27	23.15	41.29	48.49

Results yet to be made available

Results (continued)

Kembla Joggers K- Swiss Winter Series 2010 Continued

Name	6-Mar 5Km	20-Mar 8Km	3-Apr 8Km	17-Apr 5Km	8-May 7Km	22-May 8Km	5-Jun 10Mile	12-Jun 4Mile	27-Jun 21.1Km	3-Jul 5Km	24-Jul 9Mile	31-Jul 10Km	14-Aug 5Km	21-Aug 8Km	4-Sep 10Km
Holly O'Dea	33.16	53.04		36.24				39.48		26.48		59.17			59.28
Patricia O'Dea	26.55	42.10	40.53	31.11	36.03	42.44		34.26	1:47.48	22.41	1:14.48	49.14	23.38	40.31	45.46
Rory O'Driscoll	25.55												20.03		
Lee Oyston	40.27														
Daniel Parker			38.00				1:20.25				1:29.27	47.22		37.37	
Andrew Parkinson									1:48.02						
Paul Partland			28.20		25.23										
Jose Pereira		35.01													
Bobby Projevski	22.08				31.01	36.19		30.05	1:34.59	19.12		42.44	20.25		
Clayton Rugg		30.29	29.29	22.15	26.16	30.33				17.48			17.56	30.39	37.24
Heather Ruddy			38.40	28.51	34.46	41.55	1:16.54	33.38		21.49	1:12.12	47.04			
Craig Sakey	22.41	34.18				37.17	1:09.20	30.18	1:32.43	19.34	1:03.13	41.43		34.03	40.24
Brendan Scollary										21.12	1:04.30	43.43			
Susie Settaridis													27.59		
Heather Sinclair				25.54			1:13.16					42.15	20.04	34.44	
Byron Smith	28.20	45.52													
Eilesha Smith										23.57					
Murray Smith			29.18	21.09		29.35		25.39		17.22		36.05		29.29	
Paul Sparks											1:03.54				
Ross Stewart	20.46														
Ian Tague		39.25	39.37	29.32	39.40	43.03	1:19.50	34.53	1:44.38	22.29	1:12.32	48.46	23.22		47.21
David Tyce									1:47.47						
Lorraine Vandeweghe													23.10		
Noel Weeks	27.25			31.45		45.48	1:26.17			23.29			24.45	42.43	
Marty Weston												38.01			
Maree Williams	34.39		49.56	36.03			1:41.34	42.38		27.41					1:00.21
Rebecca Wilson	29.49			35.12						26.07					
Paul Wright	24.08		37.15		31.58		1:11.43			19.24	1:02.48	41.45			43.38
Linda Zanotto	32.41	51.13	45.35	35.15	43.3	47.54	1:34.28	38.56		24.54	1:17.17		24.37		

Results yet to be made available

Results (continued)

Kembla Joggers Winter Alternative Races 2010

Name	20-Mar 4Km	3-Apr 4Km	17-Apr 4Km	8-May 3Km	22-May 4Km	5-Jun 4Km	12-Jun 3Km	24-Jul 3Mile	31-Jul 4Mile	21-Aug 4Km	4-Sep 4Km
Gary Angelucci				16.04		20.11	14.17				
Pia Angelucci										24.24	
Christopher Austen	16.52	15.48	16.33	11.44	16.12			19.26	19.01	15.50	16.49
Rodney Batten						21.29		27.08			
James Bosnich				13.07							
John Boyle			16.37								
Caitlin Brown			17.02	12.22			11.30				
Jennifer.b. Burns										23.23	
Olivia Burracott				15.54							
Sarah Carli				13.12	17.24					17.28	17.34
Jane Cleary						19.32				21.51	
Mitchell Connor	17.01			11.37				17.50		15.54	16.13
Luca Cossu							12.10				
Tim Cinnion	Results yet to be made available										
Ashley Deitch	22.03			15.35	22.16	20.26	13.56	26.18	25.45		19.20
Chloe Douglass Savage	18.07	16.45									
Bianca Elphick				14.02			12.41				
Mark Everton								22.43			
Gavin Flynn					20.48						
Alice Fox				13.49							
Emily Fraser				17.30							
Kevin Galwey				12.09							15.20
Danielle Gregson						17.38					
Brad Gullick	16.02	14.49	15.26	11.36			10.20	17.30	17.32	15.09	15.50
Keith Hamilton	18.43	18.50	19.30	13.19				20.48			
Lachlan Hannah				19.03							
Liam Henderson				12.07			11.06				
Jody Hennessy	23.32		22.00		23.49					22.00	

Results (continued)

Kembla Joggers Winter Alternative Races 2010 Continued

Name	20-Mar 4Km	3-Apr 4Km	17-Apr 4Km	8-May 3Km	22-May 4Km	5-Jun 4Km	12-Jun 3Km	24-Jul 3Mile	31-Jul 4Mile	21-Aug 4Km	4-Sep 4Km
Kelly Hewitt					25.53			33.11		26.19	
David Higgins	26.43	24.24								27.31	25.01
Lydia Hince				13.46							
Jessica Hull					15.35						
East Ian	35.16			23.56				37.20			
Blake James		14.27			21.08		10.43				
Tayla Jeffery				16.37			14.45				
Bree Jones		18.46			18.52	17.04					
Kirra Jones						17.43					
Olivia Lavelle		16.22			16.43	16.48				16.12	16.09
Nella Magnante										20.38	
Kristen Martinoski				13.33			12.22				
Glenn Mcewan			21.07								
Tayla Merrick					16.16					17.30	
Paul Micala											15.52
Stewart Morton				15.52	22.32						
Kaitlin Mott				12.12	17.26		12.55		19.33		
Gareth Charles Mumby		13.33			15.22			16.25	16.27		14.06
Phil Munn								20.55			
Libby Newton				13.02							
Jacob Noone	22.44		16.32								
Hally O'Dea					24.24			26.39		23.54	
Peter O'Driscoll	25.43	24.12							29.03		
Tara Oesterfeld	17.22			12.28	17.25					16.21	
Shaun Osborne				15.41							
Daniel Parker								21.16			
Andrew Ruddy										17.28	
Bridget Ruddy									24.11		

Results yet to be made available

Results (continued)

Kembla Joggers Winter Alternative Races 2010 Continued

Name	20-Mar 4Km	3-Apr 4Km	17-Apr 4Km	8-May 3Km	22-May 4Km	5-Jun 4Km	12-Jun 3Km	24-Jul 3Mile	31-Jul 4Mile	21-Aug 4Km	4-Sep 4Km
Tom Rutty				13:42			12:44				
Liam Ryan				14:27							
Ben Scollary	17:27					14:22					
Kirralee Scrivener											
Evie Seddon				12:10							
Eileesha Smith			22:41	22:17	30:02						21:50
Murray Smith	14:14										
Kade Szakacs				11:40			10:42				
Chloe Tighe			14:53								

Results yet to be made available

KJ Medal Profile 2011



Witold Krajewski

By Andrew Krajewski

Witold Krajewski is a dedicated Kembla Jogger of long standing. In his early days there was no indication that he would ever participate in competitive long

distance running. He was a budding actor. As a young student of The University of Technology in Poland he joined the Pantomime Theatre and the pinnacle of his artistic career was a Theatre's tour of Scandinavian countries. At this stage of his life his hero was Marcel Marceau, not Ron Clarke, and he had never heard about Dave Power.

It all changed one day when one of the four Krajewski brothers mentioned a forthcoming marathon being advertised in the local media. On the spur of the moment, with no training at all, three of the brothers decided to give it a go and two weeks later they finished and survived their first long distance run. Witold finished in 4.20 but the following year he improved his time by a whopping 47 min, bringing it down to a credible three and a half hours.

There was no holding Witold back. He was hooked and over the years ran in many different countries and cities. However, it wasn't long before Witold needed a new

challenge and soon discovered triathlons and the next natural progression didn't take long and once again he was testing himself to the extremes when finishing the Foster Ironman. He finished in the middle of the pack despite coming out the water the fourth last. Witold would be the first to concede that he cannot swim and many people can confirm this. So, he switched to duathlons - bike and run with no swim. Again he excelled and has represented Australia in his age divisions in several World Championships, always proudly wearing Kembla Joggers' logo.

Witold has represented KJs at NSW Athletics championships on many occasions winning bronze, silver and gold medals in his age-group. There is no better example of his dedication than this year's Road Relays when competing as a member of our gold winning 40-45 yrs team, giving his mates 20 years start.

In the 2011 Winter Series Witold lifted himself to another level, a remarkable feat considering that he has now turned 60. In 2009 he ran 95.52 for the KJ half marathon, this year he ran 90.29. He also won his age group in the 2011 City to Surf and improved his time over several KJ races. It was his great time of 29.06 for the 7km at Mt Kembla, at 60 years of age, which was judged worthy of a KJ medal.

Witold is proud of being the only person who has participated in all 21 KJ Fitness 5 races. Witold's stella year also culminated in him receiving the members vote for Athletes Athlete Award, a true indication of his standing within our club.

KJ Medals 2011

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 can be awarded to athletes of any ability, who have gone that extra mile in lifting their **performance over and above what could be reasonably expected of them.**



Below are previous winners:-

1992					
Kerryn McCann	3 miles	16.43	2002	Matthew Kerr	9 miles 44.33
Mark Everton	9 miles	49.15	Stephen Locke	9 miles	48.06
1995			Karen Ryan	9 miles	56.22
Karen Blay	9 miles	61.44	Lynn Tague	4km XC	20.45
Andrew Krajewski	5km	17.57	2003		
Dave Higgins	5km	19.23	Edy Ognenovski	3 miles	18.39
Chris Stocker	10 miles	56.48	Alan Onions	8km	29.52
Brendan Cato	7km	26.41	Lauren Whitehead	5km	18.45
1996			Paul Micale	15km	49.56
Jim Hennessy	10 miles	62.37	Bob Ognenovski	10km	44.21
Vince O'Dwyer	5km		2004		
Jeff Dunning	3km		Stephen Brown	9 miles	48.49
Neil Barnett	3km		Narelle Smith	10 miles	59.22
1997			Ray Wales	4 miles	29.29
Ben Dubois	9 miles	49.14	Michael Hickman	10 miles	95.12
Bronte Blay	10 miles	58.54	2005		
Raf Moriana	9 miles	52.56	Jared Poppett	9 miles	48.56
Phil Parle	21.1km	76.43	Rob Sciberras	21.1km	91.23
Jenny Comer	3km	13.15	Jennifer B. Burns	4 miles	36.42
Paula Crinnion	10 miles	66.38	Joe Castro	21.1km	82.59
Kevin O'Connell	21.1km	118.17	2006		
Kevin Raines	9 miles	63.50	Sevgi Girgin	10km	50.42
1998			Jim Owen	9 miles	54.24
Tony Maloney	9 miles	70.28	2007		
Peter Evans	9 miles	52.36	Heather Ruddy	4km	16.39
Ben Dubois	3km	8.12	Peter Asher	10km	48.13
Jonathan Hall	4 miles	20.50	Gwenda Brokenshire	10 miles	75.40
1999			2009		
Claire Margetson	10 miles	78.01	Lorraine Hince	10km	36.58
2000			2010		
Susan Mulready	8km	28.54	Ryan Gregson	1500m	3:31.06
Suzanne O'Brien	9 miles	58.36	2011		
Carinne Weston	10 miles	67.19	Witold Krajewski	7km	29.06
Bob Squires	10km	35.26			
Garry Wheeler	9 miles	50.30			
Russell Chin	10km	31.16			
Tony Hernandez	7 miles	41.50			
2001					
Kym Batten	7 miles	53.24			
Chris Richards	9 miles	52.29			

Track Report 2010/2011

By Eric Brown

It was a lean year on the track in terms of attendance. However, as always, the competition each week was hotly contested. Many personal bests and club records were broken. Sian Fennell, Pat O'Dea and Andrew Krajewski were on fire, as can be seen below, breaking 11 records between them.

Track racing is the only way you can get an accurate time for an accurate distance. So, if you really would like to know what time you can run for anything from 100m to 10km come along to our Thursday night track races. We are there all year round from 6.30pm sharp, hail, rain, sleet or snow. All ages are catered for so bring yourself and the kids along for approximately 60-90 minutes of serious but fun races. Check out the handbook or website to see what races are on each week.

KJs Track Championships 2011

Over the three days of competition and the 8 events contested a total of 210 results were recorded.

W Squared Final

Greg (Makka) Mackey had to produce a season's best time in order to win this year's W Squared Final. The handicapper, as always, did a fine job in creating a tight finish. The excitement had built throughout the race as the field started to bunch up with one lap to go. Chris Fraser had his hands on the trophy with 300m to go and still held the lead at the 100m mark but was struggling to maintain form. Makka had closed the gap to just 20m and was now "on a mission". He could see his name on the trophy standing proud on the mantelpiece. Digging into reserves he thought he had lost and with arms and legs pumping like a champion Makka breasted the line to finish two seconds ahead of Chris who had given it his all, with Mick McCarthy finishing in third place. Fourteen of the seventeen starters finished within 30 seconds, which indicates how good the handicapping was.

Flying Fox Final

Casey Cleary won her second Flying Fox by producing a big personal best of 6.08 for the 1500m. Amazing what handicap racing and the dangle of a small carrot can do to bring out the best in these kids. The Flying Fox Series is held in conjunction with the W Squared Series.

Short Series Finals

Three one mile finals were run with each race being closely contested and personal bests again were required by all three winners. Heat one was won by vision impaired junior athlete Rachel Schipp. Heat two saw the fast finishing Lauren Smith prevail and race three was a runaway victory to James Seal.

Kembla Joggers Track Records broken in 2010/11 (as of October 17, 2011)

Name	Age Group	Time
5000m		
Barry Keem	30-34	15.23.4
2 mile		
Caitlin Brown	12-14	12.38.0
Janice Henderson	45-49	13.13.0
3000m		
Ryan Gregson	20-24 and Open	7.49.53
Barry Keem	30-34	8.46.9
Andrew Krajewski	65-69	11.57.0
Jessica Hull	12-14	10.07.16
Chloe Tighe	20-24	9.49.0
2000m		
Andrew Krajewski	65-69	7.40.8
Sian Fennell	Under 10	7.29.4
1mile		
Andrew Krajewski	65-69	6.08.9
Sian Fennell	Under 10	6.06.8
1500m		
Troy Chauvin	10-11	4.52.82
Andrew Krajewski	65-69	5.34.4
Pat O'Dea	50-54	6.15.9
Sian Fennell	Under 10	5.14.8
1000m		
Peter Enright	60-64	3.26.2
Pat O'Dea	50-54	3.55.4
800m		
Done Martinoski	40-44	2.03.24
Sian Fennell	Under 10	2.36.7
600m		
Pat O'Dea	50-54	2.14.6
300m		
Darcy Hennessy	Under 10	54.9
Gary Angelucci	50-54	47.1
Peter Enright	60-64	51.1
Ashley Dribbus	Under 10	48.7
Sarah Carli	15-19	42.2
Heather Sinclair	25-29	55.2
Pat O'Dea	50-54	60.9
200m		
Georgie McEwan	10-11	28.9
Sarah Carli	15-19	25.2
Melissa Logan	20-24	26.3
100m		
Darrin James	45-49	12.3
Georgie McEwan	10-11	14.0
400m Hurdles		
Sarah Carli	Open/15-19	58.05
2km Steeple (76.2cm)		
Darrin James	45-49	7.55.13
Taylor Nasko	Under 16	7.45.7
Tayla Merrick	Under 18	7.12.04
2km Steeple (91.4cm)		
Gareth Mumbly	Under 18	6.33.52

ANSW Report

By Dave Barnett

The start of the winter season saw a number of new faces in ANSW ranks and increased numbers in the junior ranks with some very exciting prospects to boost the already high quality of our junior teams. All-in-all we had over 134 compete for the club over the season with a strong contingent from the Campbelltown, courtesy of KJ coach, Phil Austen. Many of these went on to represent their State with KJs perhaps being one of the leading clubs in Australia with 19 of its members representing NSW in the National XC Championships at Canberra, both at senior and schools level. It is hard to imagine any other club having this level of representation.

At an international level Ryan Gregson went from strength to strength after eclipsing the national record for the 1500m, which had stood for 19 years. Ryan then succumbed to an injury that limited his track appearances during the last year. This did not diminish him in any sense and the year did finish on a high note with selection in the Australian team for the World Champs. Despite not achieving peak fitness he still performed admirably in reaching the semi-finals of the 1500m displaying a will that should see him feature prominently at next year's Olympic Games.

Another athlete that shone on the international front was Sarah Carli. On paper she was not favored to make the finals of the 400m hurdles at the World Youth Games. Not that that prospect daunted Sarah and with some fine runs in the heats she earned herself a place in the final having the unenviable task of running the outside lane. With purpose and determination she fought her way from 4th place entering the final straight to almost run down the USA favorite, Shelbi Hailey, on the finishing line. Another 5m and Sarah would have won gold instead of silver. A great run from this diminutive athlete - one that will be remembered by KJs for a long time.

In the ANSW winter championships KJs lost its mojo a little and for once lost its supremacy in the Winter Club Championship after holding a slight lead over Bankstown for most of the year. In the final events, the half-marathon and marathon, Bankstown mustered sufficient numbers to amass the necessary points to overall KJs and then some. Perhaps next year we can counter the many senior runners that Bankstown can put together to score well in the 55+ age categories. Well done Bankstown! A much deserved victory in the Winter Club Trophy.

In terms of the 2011 Winter Premiership KJs did exceptionally well winning 7 out of the 19 age premierships, with the nearest clubs, Hills and Bankstown, winning 3 each. The U12M team won comfortably whilst the U14M remained undefeated during the season and were perhaps

one of the strongest teams in the country for their age division. The U18M team also won a deserved premiership in their age category. The U12F team was also in a class of its own as were the U16F and U18F teams.

From a senior's perspective the women's open team was the front runner for most of the season with great wins in the XC relays and at the Nowra XC Championships. With a healthy lead going into the final events we allowed Bankstown to overtake us by not being able to field a team in the half marathon championship at Bankstown. This ultimately allowed Bankstown to take out the premiership with KJs finishing second. In a reverse of this, after trailing for most of the year, the KJ 35+M team managed to take out the gold medal and clinch the 35+M premiership, which was the only premiership that the seniors managed to win.

From any point of view KJs still had a very successful season. Greater participation in some of the events could have brought us more rewards but overall we did good and many fine athletes emerged from the junior ranks that should hold us in good stead for the future. We now look forward to an exciting summer track season before renewing our efforts for another season of road and cross-country championships next winter.



2011 Fitness Five Report

By Murray Smith

The morning after the end of daylight savings for another year was sunny, mild and still in Wollongong CBD. As runners started to mill around the registration area it was uncertain as to who from out of town was going to be racing the local contingent of athletes. By the time the start came around it was evident both the mens and womens races were to be a competition between triathletes and runners. Representing the pure runners were course record holder (also Olympic and Commonwealth Games rep) Youcef Abdi, Canberra's Lennon Wicks, KJs Barry Keem (race winner in 2003), Chloe Tighe (race winner in 2010) and Grace Musgrove. The triathlete contingent included NSWIS athletes Aaron Royle and Charlotte McShane, and youngsters James Davy and Natalie Van Coevorden (all either past or present KJ members).



With Wollongong City Council starting major construction works on the Blue Mile earlier in the week, it meant that an alternate course was needed. At this point I should make mention of extra effort put in by the race organising committee to meet the challenge of not only coming up with a new course (of exactly 5km) but also amending all the approvals with the 2 weeks notice that we had before race day. The alternate course involved an out and back section between 1km & 3km. Later competitors commented that the changed course enabled them to have a good look at their rivals on the turnaround compared to the usual circular course as well as to cheer on the front runners as they crossed paths. Approximately 680 runners faced the starters' gun.

After cruising through the first 1km in about 2:50, Youcef Abdi put the foot down and was never challenged again, winning by almost 30 seconds(14:36). There was a bit of a tussle for second place with KJ – Barry Keem surging a couple of times in the last 1.5km to come through in 2nd place (15:03) from Aaron Royle (15:13). KJ – James Davey was 4th over the line (15:31), while 3rd KJ home in the mens was Elad Haas in 16:13. The womens race was a

totally different affair with only 20 seconds separating the top 5 placings. Former KJ Natalie Van Coevorden (currently doing very well in triathlons) proved too strong in the last 800m to the finish line to beat KJ athlete Chloe Tighe, (17:00) to (17:07). Charlotte McShane was 3rd place in 17:11, followed by Joanne Crackett (17:17) and KJ junior athlete Grace Musgrove (17:19).

As always the Fitness 5 could not be put on without a major sponsor and again this year it was the Illawarra Credit Union. Supporting organisations included RFYL magazine, Rebel Sport, The Illawarra Mercury, i98FM, D & D Traffic Management, Wollongong City Council and Savvy Fitness. Many thanks to all the KJs and their family members who assisted on the day, you made the event run like clockwork. Timing chips were used for the first time with great success. Times were accurate, results were known promptly for the

presentations and all results were on the KJ website by 4pm that afternoon. The timing system and personnel was hired from ANSW, but the club has since purchased the same timing system so we should be using our own system next year. **Next year's race is on Sunday 1st of April so put that in your diary.**



Social Report

By Paula Crinnion

How quickly yet another fabulous KJ social season has come to an end. This year we taste tested many different restaurants throughout Wollongong and the surrounding suburbs at our Friday Feast dinners. We had some new faces joining our regulars, and a range of ages from young to old, who joined us for a laugh and a good feed. Friday Feasts will recommence again from March next year.

ANSW events, again this year, were attended by many KJ families. The ongoing tradition of stopping for a meal on the way home after a hard day of running (and cheering) always completed a great day out. With a great time had by all, this tradition will surely continue next year.

Kembla Joggers Trivia Night, held in July, was a great success again this year, raising much needed funds for the West Dapto Cross Country Park and Athlete Development Funds. The numerous teams fought it out amongst cheesy pizzas and laughs, and many KJ juniors joined us too, making this a great family night out.

The ANSW Road Relays was just another popular social event on the calendar and was generously supported by our KJ members with an ample (and very tasty) supply of cakes and sweets which were sold on the day. Our friendly KJ juniors cheerfully helped sell cakes and hot food all day long. Again, thanks to all of you who helped out on the day. The day ended with lots of runners and helpers going to dinner at Aqua and, as always, Anna excited us with her many special delights...yum yum.

The City to Surf has always drawn an excited KJ crowd, and this year was no different. This beautiful day was enjoyed by all and thanks to our dedicated helpers, who on the day served up a storm and cleaned up afterwards.

Let us know if you have ideas for social events next year, or if you would like to help out on the committee. We hope to see you over the Summer Series and stay tuned for details of the annual Brewery Bash in December, our official Christmas get together. Until next year, smile and keep on running.

Photos:
Neil Barnett and Roy Francis (top)
Kym Batten (middle)
Grant Fraser and Nella Magnante (Bottom)



Clubhouse and Cross-Country Park Report

By Neil Barnett

In August this year the Kembla Joggers clubhouse celebrated a milestone, it's very first birthday. When we officially opened the building and Cross-Country Park 12 months ago it certainly didn't signify the end of the project but rather the start of new beginnings for the club. We knew this meant a lot more work had to be done to bring the facilities up to a level we would be satisfied with while also maintaining the existing facilities and keeping them running. Thanks to the dedication of a small but hard working team we have in fact achieved a great deal more in our first year than we could have ever imagined.

Once the winter season of running had finished last year we had the task of getting stage 2 of the project finished in time for this year's season. The funds for stage 2 came as part of the \$1.2m federal government grant which included the clubhouse construction. This money had to be spent by the end of March so there were some nervous moments at times that we may have to give some back and not complete everything we had planned to do. But we did get everything completed in the nick of time despite the atrocious weather which included flooding and parts of the course being under 3m of water in March!

Stage 2 work included the upgrading up the trails, particularly the first 400m from the start which suffered greatly due to poor drainage and an uneven surface. It also featured the creation of the new 4km loop by extending the existing trail on the BlueScope Steel property to the north-eastern corner of the park. A new causeway way was also constructed to cross Sheaffs Creek and an alternative wet weather diversion created at the small dam. Gates and side fencing were installed at various locations along the course on the BlueScope Steel property as a deterrent to people who in the past had been inclined to use the trails as a circuit for motorbikes or stolen cars. New gates were also installed at the causeway, wooden bridge and the West Dapto Rd access to keep things even more secure. The strategy has so far proved to have been successful.

The landscaping was also completed between January and March and involved the planting of almost 6,500 plants and trees. The gardens were strategically placed to delineate the course and have saved us many hours of time by eliminating the need to put out so many marker flags. On top of this they are a great feature of the park and by the next season you should see the plants becoming more mature and established. During the year Dave Barnett has made it his mission to plant as many trees along the course on the BlueScope side spending hours each week planting and then watering them. Fortunately the rather wet conditions in the last year have helped our plants get off to the best possible start. John and Tracey Mintoff have also been regulars on-site and have done a fantastic job maintaining the gardens around the clubhouse and along the courses all year round.

The courses and surrounds have been well maintained all season by our team well lead by Eric Brown and including Roy Francis, Jim Hennessy, Dave Barnett, Dave Higgins and Derek Moriarty. These guys do a great deal more and are on-site every week (if not every day!) fixing things in the clubhouse, maintaining equipment and making sure the course gets closer looking to a bowling green with every cut. Without their enthusiasm and commitment we wouldn't have got so far in one year and I can't thank them enough personally. Thanks to you all.

Six school and regional carnivals were held at the venue this year including almost 800 students from TIGS senior and junior schools. Our team set up the courses and prepared things to near perfection such that every school gave rave reviews and have booked their dates for next year. More school carnivals are mooted for 2012 as the word is quickly spreading what a great venue it is. A few months ago we got word that the 2012 Little Athletics NSW Championships will be held at the venue in July which is a huge achievement in our first year. It is also very likely senior state events will feature in the near future.

The clubhouse has proved popular with club members and gives us the flexibility to do so much more than we ever could before. The canteen has been a big hit in particular and more people hang around after each race to mingle and socialise. Wet weather is no longer an issue as was the case for our Junior Presentation Day where everyone was able to huddle inside in comfort. Many enquiries are now coming in about the clubhouse from the public and we have taken quite a few bookings, including a wedding reception and a few Christmas parties. Our weekly Yoga for Runners classes are also proving to be a hit. Peter Issa has taken on the clubhouse management role helping to make sure those little jobs that can prove to be 'show stoppers' get done. Hazel Brown and Jen Burns have been our in-house tidy team ensuring things are spotlessly clean before we lock up and leave.

Things don't happen on their own and I've already mentioned some of our hard working volunteers that toil away behind the scenes at the park. We really need more help especially maintaining the gardens so if you can assist for an hour or two a week or a month then please let us know. We have kicked off an 'adopt a garden' scheme so you or your family can 'adopt' a small garden on the course which you look after for the year. That way you can take pride in the park and contribute in a small way to keeping it looking in tip top shape.

Don't forget the park is yours to enjoy. We encourage you as KJ members to use the trails for training at any time on any day. We look forward to seeing you out there soon.

Thank You, Thank You...

By Hazel Brown

Neil Barnett is a Life member and a very deserved one. He works tirelessly for the benefit of the club and all of its members and has done so since 1992 when he first became president. He is a major mover and shaker in the area of NSW athletics and we are very lucky to have him in our club. He is a member of the Medals Committee, race organising committee, Fitness 5 committee, social committee, juniors committee etc etc!!!

Eric Brown, Life Member, KJ's Vice President, member of the race organising committee and the West Dapto maintenance crew, who keep our courses in excellent condition. Eric officiates every Thursday night at our track races. He is a member of the Medals Committee and a very active member of the Race Organisation Committee. Eric no longer runs, so this makes him extra special.

Hazel Brown, Life Member and non runner who organises track races every Thursday night and assists on race days in handing out handicaps for winter events. She is a member of the Medals Committee and organises the engraving of all trophies and medals. Hazel is also club secretary.

Jim Hennessy, Life Member and dedicated KJ. Jim is race starter for all KJ track races and has served Kembla Joggers in many roles over the years, including tea lady and treasurer, race organising committee and so on and so on. Jim has also now taken on a coaching role and his young charges are coming on in leaps and bounds. Jim is an integral part of the West Dapto course maintenance squad and gives many hours to mowing and improving our wonderful cross country course.

Bill Williamson, Life Member and founder member of Kembla Joggers and the real reason we exist at all. He has always been a race and fitness enthusiast and this is evident every Thursday night at the track and at winter races, where he encourages and berates runners to do their best. A club stalwart who in his prime was a talented runner and who still holds club records for distance events, both road and track.

Dave Higgins, our newest Life member and our treasurer who handles all monetary matters for our club. He is also the club's registrar for ANSW as well as KJ's. Dave can be called upon to perform anything asked of him, from accounting to clearing lantana...and without ever grumbling...a true club man.

West Illawarra, our major sponsor, without whose support the club would not be as successful as it is today.

Pia Angelucci, female club captain and club coach, who does great work with her junior athletes in preparing them for races and getting them organized in ANSW events. Pia

is also assistant secretary and takes and types the meeting minutes each month. She is, in addition, a member of the social committee, which organises the Trivia Night and Annual Presentation and the Fitness 5.

Dave Barnett has been the organiser of special events, the age group organiser for ANSW events, a member of The Fitness 5 committee and a regular track race helper. In addition to this, Dave has worked tirelessly all winter, planting out on the cross country course and keeping garden beds weed free. Dave was not asked to do this work, he just got in and did it...thanks Dave.

Murray Smith is our male club captain, who has looked to the welfare of seniors and juniors alike. He is a mainstay of Thursday night track racing and taken over, without pause, whenever Hazel and Eric are away. Murray very often, gives up the opportunity to race if he sees a need to be filled, or a marshalling duty not covered. Murray is the director of the Fitness 5 and heavily involved with our juniors.

Done Martinoski is a wonderful club person, who can be called upon to fulfil any role. He is involved with our juniors, the cross country course and the security of the clubhouse. And while he loves to run and compete, it is never a problem for him to miss a race in order that others can compete. Done is also the Public Officer for Kembla Joggers.

John and Jen Burns are a combined power house in terms of commitment to our club. Together, they have organized the races, cleaned the clubhouse, been involved in the social committee and the Fitness 5 for several years.

Michelle and Simon Hull, new to the committee this year, but ever helpful with regard to helping set out race courses, helping in the canteen, taking meeting minutes and generally giving a hand wherever they can....thank you both.

Elad Haas and Joshua Hewitt have been a new and very welcome addition to KJ's road organising committee. They have been responsible for ensuring that the timekeeping and photo finish areas run smoothly. They also lend a hand in other areas of the setup and collection of equipment at the end of our races. Elad has also been a cool head at KJ meetings, bringing a runner's perspective to many decisions. Well done guys.

Roy Francis has been exceptional this past 12 months. He, along with Eric and Jim, are the reason your cross country course is always kept mowed and in tip top condition. Roy turns up at West Dapto several times every week and weeds or cuts down dead scrub, or picks up garbage. He takes an active interest in the condition of the clubhouse and tidies and cleans the garage whenever necessary. He is our Club Person of the year for 2011.

Thank You, Thank You...

Friday Feasts to organising the Trivia Night and Annual Presentation Night. We so easily take all of these things for granted and turn up and enjoy them. But remember that someone has put many hours into these events, so please find time to thank them.

Derek Moriarty has helped out on our cross country course when work allows him to. For even small amounts of time, it really helps our other workers and we are most grateful.

Ian Tague, a new member to our KJ committee, who is prepared to become involved in the IT aspects of running our club. Ian is a busy person, who realises that our club needs more volunteers of all talents.

John and Tracey Mintoff who, without asking, have been turning up on a regular basis to weed the garden beds planted around the cross country course. It is wonderful that we have members such as these who can take the initiative to help in any way they feel able.

Raf Moriana and Alan Onions, who have been our first aid officers, available whenever needed at our winter races.

Peter Issa is a long time volunteer for KJ's, even though he rarely runs any more. Peter is the Club House Manager who ensures that mundane but important things, such as the septic tank pump out take place and that a risk assessment policy/programme is in place.

Jane Cleary who, once again took on the role of clothing organiser and, with the help of Casey, Maddison and Jules, has done a great job.

Jana Mumby, who has helped Jane on clothing sales during the busy period at the start of the season.

Gary Howard has taken a step back this year from handicapping, but still maintains an interest as assistant handicapper. Gary is also on the Medals Committee and the race organising committee

Trent Dawson who took over the very big role of race handicapping in order to give Gary a well earned break.

Tim Crinnion who is every ready to help out with working bees and is a big help at the Fitness 5.

Ray McCauley for his continuing help at the Fitness 5.

Ian Hatfield, Pia Angelucci, Geoff Stalker, Phil Austen, Noreen Parrish, Mel Logan, our volunteer club coaches who are responsible for the high standing of many of our athletes at ANSW events.

Paul Micale, who also coaches some of our juniors and has coached them to very meritable performances.

Chris Fraser is a very important KJ member, uploading race results and records to the club website and sending out the important emails, so that all members know what is going on.

Sarah Smith from Colour Print Solutions, who has done a marvelous job with all of our publications...KJ handbook, magazine, raffle tickets, editing, layout etc so that we have a very professional face to present.

Sharon East who has taken great photos all year, many of which will adorn the new website

Ann Asher who has been our tea lady for several years now and is now in charge of the KJ's canteen. We really appreciate your efforts Ann.

Dave Fairley who provides the balloons and table decorations for our Trivia Night and annual presentation night.

Ross Stewart who has been injured for a long time, but who regularly turns up at the track to offer help whenever he can.

Greg Mackey and Greg Mott, who are track regulars and prepared to step up and help out whenever there is a need. Both are great with the kids and encouragement to other runners.

Warren Budd for casting an experienced eye over our legal documents and for his assistance as a club sponsor...we are most grateful.

Wollongong City Council for their help in ensuring that the Fitness 5 is so successful every year and for their cooperation in maintaining our cross country venue.

Narelle Smith, who for the second year has been a valued member of the Medals Committee.

Kym and Rod Batten...how could we do without them? Our dunny men who collect and return the Portaloos every time we run at Mt Kembla. They have taken this on for several years now and most people take it for granted that we will have a toilet up there, but without these two dedicated KJ's we would be most uncomfortable. Kym is also a valued member of the Medals Committee for the second year running.

Andrew Ruddy and Steve Mlacic, a great help with transporting club members to City to Surf, so that we don't have the bothers of finding parking.

Thank You, Thank You...

Beaton Park Leisure Centre and Kristine Jurman, who have allowed free entry to The Kerryn McCann track when we are organising fund raisers such as Jeans for Genes.

Fitness 5 Committee, led by Murray Smith (director) John Burns, Jim Hennessy, Pia Angelucci, Peter Issa, Neil Barnett, Sarah Smith, Dave Barnett, Dave Higgins and Tim Crinnion, who, as usual, put on a superb event that ran like clockwork.

Clubhouse and Cross Country Park Development group of Neil Barnett, Eric Brown, Jim Hennessy, Roy Francis, Dave Higgins, Murray Smith, Done Martinoski and John Burns, who oversee the maintenance and development of our venue and clubhouse.

Sponsors...Wests Illawarra, Illawarra Credit Union, D and D Traffic Management, The Good Guys, RapidCool Airconditioning and Refrigeration, Transelect, IPS Home Loans, DGB Lawyers, MMJ, Aqua Café, Illawarra Sports Medicine Clinic, Premier Illawarra, Bluescope Steel, Kennards Hire, Rebel Sports and Ibis Hotel, whose sponsorship allows us to do the innovative things which make our club the best in Australia.

Keith Hamilton who has done much work this year with our juniors and organized BBQ's, face painting and other fun things for them at certain events throughout the year.

Colour Print Solutions for the excellent quality of the printing they do for us.

Wendy Weekes for her regular and valuable help in our canteen. Remember to thank all of our canteen helpers, who often slip under the radar.

Rosemary Noone for also helping in canteen and buying supplies.

Deane Boynton who, despite being injured most of the season, still turned up at every opportunity he could and volunteered to do anything that was asked of him and not just what he had nominated for.

Kellie Kembrey, another of our photographers, who help bring to life races at KJ's and to pretty up the website

Many Thanks to You All and we hope that your example can motivate others to come along and help.

Lace up shoes and run at KJs open meet

ATHLETICS

By MIKE GANDON

KEMBLA Joggers will be hosting their summer series open meet at Stuart Park tomorrow night.

All keen runners are invited to join this annual 3km women's race and men's open.

"We have invited the Savvy crew and athletes from the Illawarra Triathlon Club to challenge our runners and this should provide some interesting racing," KJs secretary Peter O'Brien said.

"But we have also decided to extend the invitation further to any runners.

"All guests have to do is sign our standard visitors' form, lace up their shoes and enjoy a great night of running."

O'Brien said the evening would be primarily focused on the women's 3km event but there is also the open 3km for men and the girls who want to back up for another crack at a PB (personal best), and for youngsters who want to compete in the junior races.

Last year the women's event was taken out by Anita Keem in a slick time of 10min17sec.

Keem's brother, Barry Keem, won the open race in 8:52.

The first 11 runners in the open division all broke 10:00.

The evening's events will kick off with the junior 1km and 2km races from 5:45pm, the women's race is on at 6pm and the open at 6:30pm.

Because the KJs have thrown open the entry, it is advised that everyone get there 20 minutes before the

Gregson's Classic

ATHLETICS
By JOHN SALVADO

BULLI athlete Ryan Gregson has powered home for an impressive victory in the mile at the Prefontaine Classic track and field meet in Eugene, Oregon.

As it was his first individual race of the season after recovering from stress fractures in his left foot, 21-year-old Gregson chose to enter the secondary International Mile at the Diamond League meet rather than the A race.

The rising star was rewarded with victory in 3min53.06sec - his third-fastest time in his career.

"I ran the Penn Relays (last month) but this is my first real race since August last year," said Gregson.

"I came here last year and ran well and thought it would be a good place to start the season. It's no use throwing me into the

deep end first up.

"There will be plenty of time to race those big boys in Europe in July."

Gregson's next challenge is to force his way onto the Australian team in the 1500m for the upcoming world championships in Daegu, South Korea.

The other standout performance by an Australian at the Prefontaine Classic came from Gregson's training partner, Collis Birmingham, who was seventh in a loaded two-mile race, slashing 20 seconds off his personal best.

American superstar Bernard Lagat claimed the win in 8:13.62, while Birmingham clocked 8:17.91.

Gregson and Birmingham head to Europe,



RYAN GREGSON

where their next outing will be a 3000m in Strasbourg, France.

"It was a great result for Ryan to win that race (in Eugene)," said Tim O'Shaughnessy, Athletics Australia's national distance coordinator.

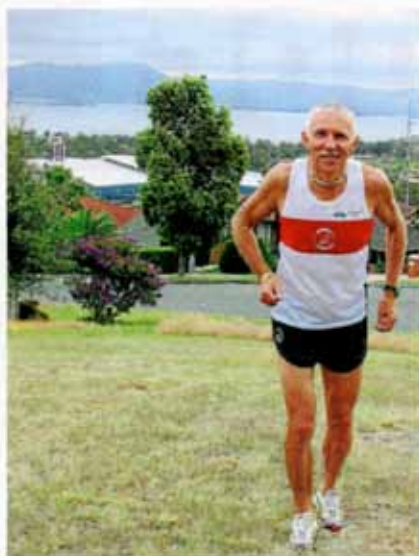
"He's a winner to start off with his first race with a win and in a strong field.

"And Collis certainly had a good placing. For him to improve his time in an event he doesn't run that often is a great achievement," O'Shaughnessy added.

"Seventh in that field is a good result." In other Australian action, Lachlan Renshaw was sixth in the 800m in 1:46.11, his fifth fastest time.

World Indoor and Commonwealth champion Fabrice Lapierre was fifth in the men's long jump with a best effort of 7.94m.

Yusef Abdi trailed in last in the men's 3000m steeplechase and Zoe Buckman was 11th in the women's 1500m.



Still running: Blackbutt runner Witold Krajewski is the only competitor to have run in all 21 previous Kembla Joggers Fitness 5 events.

Picture: AGRON LATIFI

Fitness 5 record a fun run for Witold

By AGRON LATIFI

A passion for running has seen Witold Krajewski complete 21 marathons in places such as Berlin, Warsaw and Sydney.

The 61-year-old Blackbutt resident has taken great delight from finishing these marathons but it is an event closer to home that has given Krajewski his greatest satisfaction.

On April 3 Krajewski will turn out for his 22nd consecutive Kembla Joggers Fitness 5 Fun Run and Walk.

The Poland-born runner is the only competitor to have completed all previous 21 events.

"I can't believe I'm the only person to have run all of them. I've enjoyed them all," he said. "Each year I strive to better my best time, and it won't be any different this year. I will try to better my 18.18 minutes record I did in 2000. I also hope to win my age group."

A fitness "tragic", Krajewski runs, cycles or swims every day, and runs on average about 80km a week. "I just love to run," he said. "It's a great way to keep fit. I started running in Poland about 40 years ago. Over the years I have continued to exercise as much as possible."

Krajewski has also competed in five World Duathlon Championships, including last year's event in Edinburgh, Scotland, where he ran strongly for 13th place in the 60-64 years category.

With his "major sponsor", wife Teresa cheering him on, Krajewski also realised a life-long dream in 2001 when he completed an ironman event at Forster. "It was exhausting but definitely a highlight," he said.

The Fitness 5 Fun Run and Walk will be held along Wollongong's beaches, starting near Cliff Rd.

Information: 0408 423 823 or
f5@kembلاجoggers.org.au

New running park opens

CROSS-COUNTRY

THE Kembla Joggers will be opening their new national cross-country running park at Integral Energy Recreation Park, Kembla Grange, tomorrow. "The clubhouse opened in August last year and some events have been run at the site," Kembla Joggers president Neil Barnett said yesterday. "But this weekend marks the completion of the whole project which includes newly refurbished courses and feature landscaping." The unveiling of the courses will coincide with KJs' Registration Day which kicks off with junior events from 2.15pm and the senior race at 3pm. A crowd of almost 300 is expected.

- MIKE GANDON

Keira High's Carli, 16, on silver cloud

ATHLETICS
By MIKE GANDON

ST Pleasant Heights athlete Keira High's 16-year-old daughter Carli has produced another stellar performance at the 9th IAAF World Youth Championships in Lille, France.

Keira High School student Carli, 16, finished second in the girls' 800m hurdles final in a personal best time of 2:41.66 seconds. Gold medalist Tereza Stupova of the United States, however, had won World Youth leading performance to win in 2:30.

"I'd be real glad if it had been the gold for the first, which maybe not from this event."

Carli had punched off the water in the final, crossing in the outside lane right before grabbing the silver finishing position. She crossed from fourth up to second and second to first.

Carli's result was her best since June Pittman's gold 1990, Kim Cox's silver 1991 and Lauren Jacobs' bronze 2005 success. Australian 800m hurdles coach Peter de Bruin congratulated.

"I'd not see that coming, especially from the outside lane," Carli said. "It's just so exciting. There are so many people that get me here - my coach, my family, the team, and to have a medal is just unbelievable."

"This was Carli's first time representing Australia."

Carli is an Australian Academy of Sport scholarship holder.

"No one would have ever said I am right now," she told her coaches.

coach Mel Logan.

Kembla Joggers Club captain Warren Smith praised her performance. "She's had great success in a middle distance runner a few years ago, while still keeping up the sprint hurdles," Smith said of his former Kembla Jogger.

"In the last couple of years she has found that a mixture of her general speed, and endurance training has directed her towards the 800m hurdles."

"She's always been such a powerful athlete but she's got more the technique and targeted young lady will only keep improving after this outstanding finishing performance."



Right side: Keira High's Sarah (left) and gold medalist Therese Polley in Lille. Photo: Gerry Randall

Kembla Joggers' set-up big hit with runners

RUNNING
By MIKE GANDON

KEMBLA Joggers' new cross-country park and clubhouse is proving popular with competitors in the winter series.

While the \$1.2 million Kembla Grange clubhouse was officially opened last August, \$300,000 worth of additional work has now been completed.

That work includes drainage systems, new turf, levelling courses and the planting of feature landscaping along the course, including thousands of trees.

"This will make the site a spectacular venue in the



Right on track: Kembla Joggers use the upgraded circuit.

years to come as the trees grow," Kembla Joggers president Neil Barnett said yesterday.

Kembla Joggers already have set a new record on and off the course with more than 200 competitors and

more than 300 membership registrations already signed up for the winter series.

The venue will be used for as many as 10 school and regional carnivals in the next two months alone and will be able to host state and national championship events in the near future.

Elad Haas (16min54sec) took out the men's 5km race on the first day of KJs' winter series last Saturday, ahead of Murray Smith (17:07) and Paul Micalle (17:30) while Heather Sinclair (19:12) won the women's 5km race, Lorraine Hince (19:16) was second and Olivia Lavelle (20:46) third.

The male 5km race went to Alex Seal, Liam Hender son was second and James Seal was third. Jessica Hull won the female 5km at Sydney Buty second and Carla Crapis third.

Sian Fennell won the female 2km race ahead of Megan Doe and Siarn Rowcliffe while Jordan Heywood won the male 2km race ahead of Regine Fennell and Tom Seal.

In the 1km race, Jarru McClelland was first in the male section, Luke Hinc second and Zachary Heywood third while the female 1km race went to Jessa Green, ahead of Tegan De and Shalis Hungerford.

Shellharbour all the richer for Ian

PEOPLE WE MEET **Ian Matfield**

For 50 years, IAN MATFIELD has been making a significant contribution to the Shellharbour community of civic and sporting levels. An ALEX ARMOUR columnist, Byron Bay's best man and Shellharbour's best.

I arrived in Shellharbour in 1961 at the age of 19 from Byron Bay and started work as a junior clerk at Shellharbour Council. I spent just 10 days there. I was successful in applying for three junior clerk positions at Shellharbour, Parkland and Waverley Councils but elected to take the one at Shellharbour which was based at Alden Park then. I haven't regretted that decision. It was a nice healthy place, wasn't too far from Sydney but far enough from the hustle and bustle of the city. There were nice nice King Government men. He was a very capable person and that was a big influence. When I retired in 1996, I'd worked my day through different positions, and was the director of corporate services.

I played rugby league for Alden Park, then Alden Park Club. I was a full back and I was a full back for the club. I was a full back for the club. I was a full back for the club. I was a full back for the club.

The Alden Park Little Athletics Club was formed in 1963. It was the first president and my three children went right through the club. It was a great club and it was a great club. It was a great club and it was a great club.

something I always had a love for. I always loved the things I did. I always loved the things I did. I always loved the things I did. I always loved the things I did.

I started with a small group and I suppose when you start to get a good group of athletes in your school it's not too hard to get. The success of some of my athletes has attracted other athletes to my school. There is an old saying athletes make the weather and that's true. There is an old saying athletes make the weather and that's true.

One of the most important things in my school is communication. It's a coach needs to be prepared to listen, athletes know their bodies, sometimes far better than their coaches. As a coach you need to understand your professional responsibilities and learn off other coaches, you never stop learning.

It's about how you develop your athletes to believe in themselves, and then believe in themselves. It's about how you develop your athletes to believe in themselves, and then believe in themselves. It's about how you develop your athletes to believe in themselves, and then believe in themselves.



On track since 20 years with Shellharbour Council, Steve now runs half-marathon races to be fit for an athletic club.

It's about how you develop your athletes to believe in themselves, and then believe in themselves. It's about how you develop your athletes to believe in themselves, and then believe in themselves.

Heated battle in handicap

SPORT

By Steve Matthews

It's a heated battle in the Shellharbour community of civic and sporting levels. An Alex Armour columnist, Byron Bay's best man and Shellharbour's best.

I arrived in Shellharbour in 1961 at the age of 19 from Byron Bay and started work as a junior clerk at Shellharbour Council. I spent just 10 days there. I was successful in applying for three junior clerk positions at Shellharbour, Parkland and Waverley Councils but elected to take the one at Shellharbour which was based at Alden Park then. I haven't regretted that decision. It was a nice healthy place, wasn't too far from Sydney but far enough from the hustle and bustle of the city. There were nice nice King Government men. He was a very capable person and that was a big influence. When I retired in 1996, I'd worked my day through different positions, and was the director of corporate services.

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Steve now runs half-marathon races to be fit for an athletic club.

Friends and family farewell inspirational Lockyer parents

Writin Shorten

At 80 and 82, Steve and Sandy Matthews were laid to rest yesterday, moments apart in the same place they had spent their lives together.



Steve and Sandy Matthews were laid to rest yesterday, moments apart in the same place they had spent their lives together.

The couple were killed when a flood hit them through their Spring Hill home in the Lockyer Valley on January 31.

The bodies of Steve, 80, and Sandy, 82, were later found together about 2km from their home.

Steve's best friend of 20 years, Isabel Quinlan, said she missed Sandy's laugh and beautiful blue eyes.

"Her sparkling blue eyes would show incredible peace when she died," she said. "Her laughter was like Ernie of Sesame Street (TV show). We laughed and cried together in life through many obstacles in our path. The loved being a wife and a mom, but she often said being a grandma was really special."

and to her parents' love through God.

"We know they loved us and were proud of us," she said. "All of the children know and love Father."

God can now guide us in the rest of the way. Friend Eric Trill said Steve, a thoughtful, electrician and former pastor, loved a challenge and obeying God's love and that family, a teacher's wife, was "thoughtful, intuitive and selfless."

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"Her sparkling blue eyes would show incredible peace when she died," she said. "Her laughter was like Ernie of Sesame Street (TV show). We laughed and cried together in life through many obstacles in our path. The loved being a wife and a mom, but she often said being a grandma was really special."



Steve and Sandy Matthews were laid to rest yesterday, moments apart in the same place they had spent their lives together.

Feisty Pauline loved Grantham

MORE than 800 mourners at Grantham yesterday remembered a feisty, energetic woman who lived her life in the Lockyer Valley town.



Pauline Magner, 85, had four children, 17 grandchildren and three great-grandchildren, a family which now live a happy life in town.

Pauline Magner, 85, had four children, 17 grandchildren and three great-grandchildren, a family which now live a happy life in town.

The funeral service, at a Lutheran church in nearby Gullah, reflected Mrs Magner's life. She was feisty and independent, but she had a heart as big as an oxheart.

Her daughter Melissa, 60, recalled Mrs Magner's birth in Canton, NSW, in her first marriage and child, and feisty "cousin" Gary Magner, who died in 2008.

Mrs Magner, the couple passionately forbade a two-year-old "Mumma" when she was born. "Mumma" had her dream home, Ms. Rose said.



Steve and Sandy Matthews were yesterday remembered at their funeral by friends and family.

KJ Race Age Group Records

Stuart Park (Puckeys) – 5 km Cross-Country

Age	Male	Time	Date	Age	Female	Time	Date
Open	Ben Dubois	14.49	17/12/2002	Open	Kerryn McCann	16.06	17/12/2001
12-14	Jared Poppett	16.58	21/12/1999	12-14	Melissa Burgess	18.37	15/03/2003
15-19	Ryan Gregson	15.29	11/03/2006	15-19	Lauren Elms	18.02	21/12/1999
20-24	Russell Chin	14.54	18/12/2001	20-24	Barbara Riveros	17.42	03/02/2009
25-29	Ben Dubois	14.49	17/12/2002	25-29	Kerryn McCann	16.52	16/03/1996
30-34	Paul Micala	15.39	17/12/2002	30-34	Kerryn McCann	16.06	18/12/2002
35-39	Paul Micala	16.08	12/03/2005	35-39	Kerryn McCann	16.55	13/03/2004
40-44	Phil Parle	16.39	09/03/2002	40-44	Eddy Ognenovski	19.57	16/12/2003
45-49	Wayne Montefiore	16.55	09/03/2002	45-49	Sue Scott	21.15	17/10/2006
50-54	Wayne Montefiore	17.17	16/12/2003	50-54	Christine O'Connell	23.04	03/02/2009
55-59	Tony Hernandez	17.27	11/03/2000	55-59	Gwenda Brokenshire	22.59	15/03/2003
60-64	Witold Krajewski	19.46	23/02/2010	60-64	Gwenda Brokenshire	23.18	23/10/2007
65-69	Peter Asher	23.08	17/10/2006				
70-74	Kevin Raines	25.27	15/03/2003				
75-79	Michael Hickman	30.51	13/01/2009				

WEC - Brewery Bash 5 km

Age	Male	Time	Date	Age	Female	Time	Date
Open	Barry Keem	15.13	15/12/2009	Open	Kerryn McCann	16.56	13/12/2005
12-14	Blake James	17.31	18/12/2007	12-14	Bree Jones	18.05	18/12/2007
15-19	David Mainwaring	16.26	15/12/2009	15-19	Natalie Van Coevorden	18.29	15/12/2009
20-24	Cameron Good	15.53	15/12/2009	20-24	Tanya Strevens	19.38	10/02/2004
25-29	Barry Keem	15.13	15/12/2009	25-29	Anita Keem	17.19	18/12/2007
30-34	Ben Dubois	16.01	13/12/2005	30-34	Ainoha Murva	17.31	15/12/2009
35-39	Paul Micala	16.53	14/12/2004	35-39	Kerryn McCann	16.56	13/12/2005
40-44	Paul Micala	16.47	15/12/2009	40-44	Janice Henderson	21.49	12/12/2006
45-49	Phil Parle	17.42	15/12/2009	45-49	Sally Musgrove	21.08	15/12/2008
50-54	John O'Connell	17.36	18/12/2007	50-54	Christine O'Connell	21.17	18/12/2007
55-59	Witold Krajewski	19.19	18/12/2007	55-59	Marj Kearton	25.09	13/12/2005
60-64	Witold Krajewski	19.49	15/12/2009	60-64	Gwenda Brokenshire	25.32	12/12/2006
65-69	Peter Asher	24.10	12/12/2006				
70-74	Alan Batchelor	26.26	18/12/2007				

Illawarra Yacht Club – 5 km (Bike Path)

Age	Male	Time	Date	Age	Female	Time	Date
Open	Ben Dubois	14.21.30	20/11/2001	Open	Ainoha Murva	17.29	17/03/2009
12-14	Jared Poppett	17.00	23/11/1999	12-14	Bree Jones	18.34	27/01/2010
15-19	Ryan Gregson	15.15	31/10/2006	15-19	Kirsten Molloy	18.02	18/11/1997
20-24	Stephen Locke	15.01	14/01/2003	20-24	Lucie Richards	18.02	05/11/2002
25-29	Ben Dubois	14.21.30	20/11/2001	25-29	Trudi Sanders	18.09	21/11/2000
30-34	Ben Dubois	14.50	01/11/2005	30-34	Ainoha Murva	17.29	17/03/2009
35-39	Paul Micala	15.40	18/01/2005	35-39	Karen Ryan	18.32	05/11/2002
40-44	Phil Parle	16.28	21/11/2000	40-44	Lorraine Hince	18.43	27/01/2010
45-49	Rowan Allnutt	16.49	11/01/2000	45-49	Jennifer Ann Burns	20.36	18/01/2005
50-54	Wayne Montefiore	17.23	04/11/2003	50-54	Christine O'Connell	21.34	15/01/2008
55-59	Bob Squires	17.57	27/01/1998	55-59	Marj Kearton	24.11	01/11/2005
60-64	Witold Krajewski	19.22	27/01/2010	60-64	Gwenda Brokenshire	24.38	15/01/2008
65-69	Andrew Krajewski	20.53	22/11/2011				
70-74	Alan Batchelor	26.16	15/01/2008				
75-79	Michael Hickman	30.44	27/01/2010				

Stuart Park – 3 km (Bike Path)

Age	Female	Time	Date	Age	Male	Time	Date
Open	Kerryn McCann	9.34	05/12/2000	Open	Ben Dubois	8.43	03/12/2002
10-14	Alana Yardley	10.33	29/11/2005	10-14	Brad Gullick	10.24	01/12/2009
15-19	Alana Yardley	10.30	28/11/2006	15-19	Jake Evans	9.10	29/11/2005
20-24	Lucie Richards	10.22	05/12/2000	20-24	Cameron Good	8.59	02/12/2008
25-29	Anita Keem	10.10	04/12/2007	25-29	Ben Dubois	8.43	03/12/2002
30-34	Kerryn McCann	9.34	05/12/2000	30-34	Paul Micala	8.55	03/12/2002
35-39	Karen Ryan	10.52	02/12/2003	35-39	Paul Micala	9.09	28/11/2006
40-44	Eddy Ognenovski	11.09	02/12/2003	40-44	Phil Parle	9.29	03/12/2002
45-49	Ann Burns	12.17	28/11/2006	45-49	Rowan Allnutt	9.55	03/12/2002
50-54	Christine O'Connell	12.24	04/12/2007	50-54	Wayne Montefiore	9.58	02/12/2003
55-59	Marj Kearton	13.55	29/11/2005	55-59	Bob Squires	10.59	05/12/2000
60-64	Gwenda Brokenshire	13.41	04/12/2007	60-64	Andrew Krajewski	11.24	02/12/2003
				65-69	Peter Asher	13.27	28/11/2006
				70-74	Michael Hickman	15.44	30/11/2004
				75-79	Michael Hickman	18.16	01/12/2009

Hill 60, Port Kembla – 5 km (Varied Terrain)

Age	Male	Time	Date	Age	Female	Time	Date
Open	Stephen Brown	18.12	01/02/2005	Open	Sophie McCloud	21.23	30/01/2007
12-14	Gokhan Girgin	22.16	01/02/2005	12-14	Alana Yardley	22.34	24/01/2006
15-19	Stephen Brown	18.12	01/02/2005	15-19	Sophie McCloud	21.23	30/01/2007
20-24				20-24	Erin Hargreave	22.00	01/02/2005
25-29	Chris Brown	21.04	24/10/2006	25-29	Alisa Williams	22.16	01/02/2005
30-34	Mark Jamieson	20.48	30/01/2007	30-34	Sophie Egan	23.46	01/02/2005
35-39	Paul Micala	18.39	01/02/2005	35-39	Heather Rutty	35.39	01/02/2005
40-44	Dave Pomersy	19.46	24/01/2006	40-44	Janice Henderson	26.27	30/01/2007
45-49	Mark Everton	22.22	30/01/2007	45-49	Ann Burns	24.42	30/01/2007
50-54	Wayne Montefiore	22.04	30/01/2007	50-54	Marj Kearton	29.54	01/02/2005
55-59	Andrew Krajewski	22.43	01/02/2005	55-59	Marj Kearton	32.10	30/01/2007
60-64	Jim Brokenshire	23.34	30/01/2007	60-64			
65-69	Eric Brown	27.17	24/01/2006	65-69			

KJ Race Age Group Records (continued)

Cordeaux Dam - 5km

Age	Male	Time	Date	Age	Female	Time	Date
Open	Ben Dubois	15.26	18/09/2005	Open	Lorraine Hince	18.30	06/09/2009
12-14	Ryan Gregson	16.33	19/09/2004	12-14	Alana Yardley	19.42	20/09/2003
15-19	Jared Poppett	16.25	20/09/2003	15-19	Natalie Vancovevorden	19.52	06/09/2009
20-24	Stephen Brown	15.50	18/09/2005	20-24	Suzanne Russell	20.01	20/09/2003
25-29	Ben Dubois	15.26	18/09/2005	25-29	Trudy Williams	19.58	17/09/2006
30-34	Paul Micale	16.07	20/09/2003	30-34	Alisi Barnes	19.27	18/09/2005
35-39	Paul Micale	17.10	18/09/2005	35-39	Lorraine Hince	19.24	16/09/2007
40-44	Phil Parle	17.08	20/09/2003	40-44	Lorraine Hince	18.30	06/09/2009
45-49	Kevin Goodwin	18.26	19/09/2004	45-49	Sue Davies	22.25	17/09/2006
50-54	Wayne Montefiore	19.13	19/09/2004	50-54	Sue Feigler	22.12	14/09/2008
55-59	Witold Krajewski	19.36	18/09/2005	55-59	Lynn Tague	29.34	17/09/2006
60-64	Witold Krajewski	20.40	06/09/2009	60-64	Gwenda Brokenshire	24.15	16/09/2007
65-69	Peter Asher	24.37	17/09/2006				
70-74							
75-79	Michael Hickman	31.11	06/09/2009				

Cordeaux Dam - 8km

Age	Male	Time	Date	Age	Female	Time	Date
Open	Stephen Brown	25.55	15/06/2008	Open	Lorraine Hince	30.04	15/06/2008
15-19	Johnathan Malka	27.27	15/05/2005	15-19	Shana Fairley	41.16	15/05/2005
20-24	Stephen Brown	25.55	15/06/2008	20-24	Lauren Whitehead	32.11	18/05/2003
25-29	Clayton Rugg	29.29	03/04/2010	25-29	Clare Rayner	31.09	26/04/2009
30-34	Paul Partland	28.20	03/04/2010	30-34	Alisa Williams	33.21	15/06/2008
35-39	Paul Micale	27.17	15/05/2005	35-39	Lorraine Hince	31.15	13/05/2007
40-44	Elad Haas	28.37	03/04/2010	40-44	Lorraine Hince	30.04	15/06/2008
45-49	Garry Wheeler	29.51	16/05/2004	45-49	Sally Musgrove	34.10	03/04/2010
50-54	Wayne Montefiore	30.17	16/05/2004	50-54	Sue Feigler	34.48	15/06/2008
55-59	Andrew Krajewski	32.43	18/05/2003	55-59	Rita mein	42.56	15/06/2008
60-64	Witold Krajewski	33.55	03/04/2010	60-64	Frances Pearson	50.15	15/05/2005
65-69	Roy Francis	36.33	13/05/2007	65-69			
70-74				70-74			
75-79	Michael Hickman	53.06	03/04/2010	75-79			

West Dapto - Half Marathon

Age	Male	Time	Date	Age	Female	Time	Date
Open	Stephen Brown	67.39	25/06/2006	Open	Kerryn McCann	81.08	26/06/1993
15-19	Brendan Sexton	75.40	26/06/2005	15-19	Lauren Whitehead	94.38	24/06/2001
20-24	Stephen Brown	67.39	25/06/2006	20-24	Tania Potter	87.41	26/05/1990
25-29	Petri Laajoki	73.15	26/06/1995	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	Lorraine Hince	82.06	29/06/2008
45-49	Chris Stocker	76.08	17/06/1999	45-49	Caroline White	99.11	28/06/2009
50-54	Bill Raimond	74.21	26/05/1990	50-54	Sue Feigler	97.17	29/06/2008
55-59	Bill Raimond	77.24	26/06/1993	55-59	Gwenda Brokenshire	103.26	23/06/2002
60-64	Bill Williamson	89.43	27/06/1999	60-64			
65-69	Kevin O'Connell	109.15	26/06/1993	65-69			
70-74	Kevin O'Connell	118.47	22/06/1997	70-74			
75-79	Michael Hickman	156.38	28/06/2009	75-79			

West Dapto - 10 Mile

Age	Male	Time	Date	Age	Female	Time	Date
Open	Mark Everton	52.13	25/05/1991	Open	Lauren Shelley	58.00	06/06/2009
15-19	Brendan Sexton	54.11	11/06/2005	15-19	Elivia Comer	67.37	01/05/1999
20-24	Cameron Good	52.26	06/06/2009	20-24	Lauren Elms	62.19	06/05/2000
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	Lauren Shelley	58.00	06/06/2009
35-39	Paul Micale	53.13	11/06/2005	35-39	Karen Ryan	62.36	04/05/2002
40-44	Chris Stocker	54.48	31/05/1997	40-44	Lorraine Hince	61.04	07/06/2008
45-49	Peter Evans	58.29	01/05/1999	45-49	Anneli Laajoki	63.29	25/05/1991
50-54	Bill Raimond	54.29	25/05/1991	50-54	Sue Feigler	69.01	09/06/2008
55-59	Bill Raimond	57.19	29/05/1999	55-59	Gwenda Brokenshire	76.33	12/05/2001
60-64	Bill Williamson	66.54	01/05/1993	60-64	Gwenda Brokenshire	75.40	23/08/2007
65-69	Dave Fleming	78.14	25/05/1991	65-69			
70-74	Michael Hickman	95.12	05/06/2004	70-74			
75-79	Michael Hickman	100.46	06/06/2009	75-79			

West Dapto - 8 km Road

Age	Male	Time	Date	Age	Female	Time	Date
Open	Ben Dubois	24.25	29/03/2003	Open	Kerryn McCann	26.01	02/03/2005
10-14	Jared Poppett	29.52	07/08/1999	10-14	Mariana Hernandez	32.07	07/08/1999
15-19	Ryan Gregson	25.21	25/03/2006	15-19	Lauren Elms	31.35	27/03/1999
20-24	Stephen Brown	24.54	22/03/2008	20-24	Lucie Richards	29.52	13/06/1998
25-29	Ben Dubois	24.25	29/03/2003	25-29	Anita Keem	29.11	22/03/2008
30-34	Brendan Hince	25.27	05/07/2003	30-34	Sue Mulready	28.54	28/07/2000
35-39	Paul Micale	25.35	26/03/2005	35-39	Kerryn McCann	26.01	26/03/2005
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	Sally Musgrove	33.56	20/03/2010
50-54	Peter Evans	28.53	31/03/2001	50-54	Sue Feigler	32.11	22/03/2008
55-59	Tony Hernandez	28.28	25/03/2000	55-59	Gwenda Brokenshire	36.27	17/08/2002
60-64	Bill Williamson	32.47	27/03/1999	60-64	Gwenda Brokenshire	37.38	22/03/2008
65-69	Bill Williamson	34.58	18/08/2001				
70-74	Michael Hickman	44.14	04/09/2004				
75-79	Michael Hickman	55.48	20/03/2010				

KJ Race Age Group Records

West Dapto - 10km

Age	Male	Time	Date	Age	Female	Time	Date
Open	Stephen Brown	30.27	01/09/2007	Open	Anita Keem	36.20	01/09/2007
15-19	Jared Poppett	32.58	06/09/2003	15-19	Grazee Musgrove	43.18	30/08/2008
20-24	Stephen Brown	30.27	01/09/2007	20-24	Suzanne Russell	40.57	06/09/2003
25-29	Mark Scott	34.07	22/08/2009	25-29	Anita Keem	36.20	01/09/2007
30-34	Owen Thomas	36.32	08/07/2006	30-34	Carinne Weston	39.25	06/09/2003
35-39	Elad Haas	33.57	01/09/2007	35-39	Lorraine Hince	38.00	01/09/2007
40-44	Paul Micalc	33.24	22/08/2009	40-44	Lorraine Hince	36.20	22/08/2009
45-49	Garry Wheeler	36.34	09/07/2005	45-49	Sally Musgrove	40.50	30/08/2008
50-54	Wayne Montefiore	37.04	09/07/2005	50-54	Sue Feigler	41.13	30/08/2008
55-59	Witold Krajewski	39.52	08/07/2006	55-59	Marj Kearton	51.41	01/07/2006
60-64	Jim Brokenshire	41.12	01/09/2007	60-64	Gwenda Brokenshire	46.14	01/09/2007
65-69	Peter Asher	48.13	01/09/2007				
70-74	Michael Hickman	57.24	09/07/2005				
75-79	Michael Hickman	64.20	22/08/2009				

West Dapto - 3 Miles

Age	Male	Time	Date	Age	Female	Time	Date
Open	Ben Dubois	14.01	11/07/1998	Open	Kerryn McCann	15.38	06/07/1996
10-14	Jake Evans	15.55	29/05/2004	10-14	Jemma Comer	17.32	18/08/1990
15-19	Barry Keem	14.23	06/05/2000	15-19	Madeline Heiner	16.47	29/05/2004
20-24	Ben Dubois	14.01	11/07/1998	20-24	Leanne Wilford	17.03	28/05/1994
25-29	Russell Chin	14.17	29/05/2004	25-29	Kerryn McCann	15.38	06/07/1996
30-34	Steve Mlacic	14.39	18/08/1990	30-34	Kerryn McCann	16.16	21/03/1998
35-39	Paul Micalc	15.05	29/05/2004	35-39	Mary Murison	17.11	18/08/1990
40-44	Wayne Montefiore	15.36	30/03/1996	40-44	Lorraine Hince	17.46	16/05/2009
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	08/07/2000	55-59	Gwenda Brokenshire	21.43	31/05/2003
60-64	Bill Williamson	18.56	22/03/1997	60-64	Gwenda Brokenshire	22.57	29/07/2006
65-69	Kevin Raines	20.53	28/04/2001				
70-74	Dave Fleming	23.52	09/07/1994				
75-79	Michael Hickman	29.47	16/05/2009				

Mount Kembla - 9 Miles

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	Stephen Brown	48.49	24/07/2004	15-19	Elivia Comer	62.33	24/07/1999
20-24	Stephen Brown	47.12	26/07/2008	20-24	Kate Agnew	62.36	23/07/2005
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	01/08/1987	45-49	Paula Ryan	63.14	27/10/1984
50-54	Peter Evans	54.41	21/07/2001	50-54	Sue Feigler	65.15	26/07/2008
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	60-64	Jenny Comer	94.26	22/07/2006
65-69	Kevin Raines	67.35	21/07/2001				
70-74	Kevin O'Connell	81.42	17/07/1997				
75-79	Michael Hickman	TBA	24/07/2010				

Mount Kembla - 10 km Road

Age	Male	Time	Date	Age	Female	Time	Date
Open	Ben Dubois	30.41	02/06/2001	Open	Lorraine Hince	36.58	01/08/2009
15-19	Mark Scott	34.04	01/06/2002	15-19	Alana Yardley	41.09	31/07/2010
20-24	Stephen Brown	31.33	27/05/2006	20-24	Sarah Mycroft	39.29	30/03/2002
25-29	Ben Dubois	30.41	02/06/2001	25-29	Sarah Mycroft	39.23	28/05/2005
30-34	Paul Micalc	33.19	01/06/2002	30-34	Carinne Weston	39.06	01/05/2004
35-39	Paul Micalc	33.27	28/05/2005	35-39	Karen Ryan	38.47	26/07/2003
40-44	Elad Haas	34.35	31/07/2010	40-44	Lorraine Hince	36.58	01/08/2009
45-49	Wayne Montefiore	37.05	02/06/2001	45-49	Ann Burns	43.41	01/05/2004
50-54	Jim Owen	36.34	26/07/2003	50-54	Sue Feigler	44.20	10/05/2008
55-59	Jim Owen	36.21	27/05/2006	55-59	Marj Kearton	51.47	27/05/2006
60-64	David Stonebridge	43.57	26/07/2003	60-64	Frances Pearson	61.32	28/05/2005
65-69	Kevin Raines	45.02	02/06/2001				
70-74	Michael Hickman	64.10	27/05/2006				
75-79	Michael Hickman	66.00	01/08/2009				

Mount Kembla - 4 Miles

Age	Male	Time	Date	Age	Female	Time	Date
Open	Ben Dubois	20.12	28/07/2001	Open	Kerryn McCann	22.13	01/01/2005
15-19	Ryan Gregson	21.08	22/04/2006	15-19	Erin Hargrave	24.17	28/07/2001
20-24	Russell Chin	20.45	28/07/2001	20-24	Barbara Riveros	25.02	01/01/2009
25-29	Ben Dubois	20.12	28/07/2001	25-29	Anita Keem	25.02	24/05/2008
30-34	Mark Everton	21.19	22/07/1989	30-34	Kerryn McCann	22.14	28/07/2001
35-39	Jim Hennessy	21.24	24/06/1978	35-39	Kerryn McCann	22.13	01/01/2005
40-44	Bill Williamson	22.17	24/06/1978	40-44	Lorraine Hince	24.53	01/01/2011
45-49	Peter Evans	23.10	01/08/1998	45-49	Sally Musgrove	27.30	23/05/2009
50-54	Peter Evans	23.55	28/07/2001	50-54	Sue Feigler	27.58	24/05/2008
55-59	Bob Squires	24.04	01/01/1997	55-59	Marj Kearton	33.34	22/04/2006
60-64	Witold Krajewski	28.00	01/01/2010	60-64	Helen Ashton	38.38	28/07/2001
65-69	Kevin Raines	29.30	28/07/2001				
70-74	Kevin Raines	37.25	10/04/2004				
75-79	Michael Hickman	42.09	23/05/2009				

KJ Race Age Group Records (continued)

100 m

Age	Male	Time	Date	Age	Female	Time	Date
Open	James Russell	11.43(e)	21/01/2006	Open	Danni Gregson	12.5	15/12/2005
<10	Joshua Head	14.2	04/12/2008	<10	Ashley Dribbus	14.6	29/08/2010
10-11	Brock Scrivener	13.7	26/11/2009	10-11	Georgia McEwan	14.0	23/06/2010
12-14	Scott Dent	12.1	11/08/1994	12-14	Caitlin Brown	13.3	29/07/2010
15-19	Nicky Logan	11.54(e)	05/11/2011	15-19	Danni Gregson	12.5	15/12/2005
20-24	James Russell	11.43(e)	21/01/2006	20-24	Vanessa Kearney	13.5	11/02/1999
25-29	Trent Dawson	11.5	21/12/2006	25-29	Daniella Szakacs	13.62(e)	01/04/2006
30-34	Gary Howard	12.6	23/02/1995	30-34	Karen Blay	14.1	23/02/1995
35-39	Done Martinoski	12.2	09/02/2006	35-39	Pia Angelucci	14.3	21/04/2005
40-44	Darrin James	12	10/01/2008	40-44	Pia Angelucci	14.8	16/01/2010
45-49	Darrin James	12.30	10/03/2011	45-49	Jane Cleary	16.1	14/10/2010
50-54	Ken Challinor	13	22/02/2001	50-54	Noreen Parrish	14.3	01/02/1994
55-59	Dennis Lane	13.6	28/04/2005	55-59	Noreen Parrish	14	26/02/1998
60-64	Dennis Lane	14.5	14/10/2010	60-64	Noreen Parrish	15.5	12/02/2004
65-69	Eric Brown	15	15/12/2005	65-69	Noreen Parrish	16.1	14/01/2010
70-74	Michael Hickman	18.5	10/02/2005	70-74			
75-79	Max McKay	17.2	11/12/2003	75-79			
80-84	Max McKay	17.7	13/01/2005	80-84			

200 m

Age	Male	Time	Date	Age	Female	Time	Date
Open	James Russell	23.20	22/12/2005	Open	Sian Mowbray	25.48	10/02/2006
<10	Joshua Head	30.40	03/08/2008	<10	Shenay Edwards	30.5	29/08/2010
10-11	Joshua Head	27.10(e)	21/10/2010	10-11	Georgia McEwan	28.9	12/05/2011
12-14	Gareth Ryan	25.40	19/04/2007	12-14	Melissa Logan	26.97	10/02/2006
15-19	Gareth Ryan	23.8	03/12/2009	15-19	Sarah Carli	25.2	01/09/2011
20-24	James Russell	23.20	22/12/2005	20-24	Melissa Logan	26.3	10/02/2011
25-29	Trent Dawson	23.60	03/01/2008	25-29	Vanessa Kearney	30.80	19/02/2004
30-34	Bronte Blay	25.80	Feb-1994	30-34	Daniella Szakacs	27.56	02/04/2006
35-39	Done Martinoski	24.90	22/03/2007	35-39	Pia Angelucci	30.23	25/01/2009
40-44	Darrin James	24.3	03/01/2008	40-44	Pia Angelucci	30.08	07/03/2010
45-49	Darrin James	24.99(e)	27/11/2010	45-49	Jane Cleary	32.9	18/11/2010
50-54	Ken Challinor	26.70	01/03/2001	50-54	Noreen Parrish	29.10	Feb-1994
55-59	Dennis Lane	29.7	21/04/2005	55-59	Noreen Parrish	30.50	18/02/1999
60-64	Derek Moriarty	31.20	19/02/2004	60-64	Noreen Parrish	31.18 (e)	08/11/2003
65-69	Eric Brown	31.40	16/02/2006	65-69	Noreen Parrish	33.9	09/08/2007
70-74	Michael Hickman	45.20	17/02/2005				
75-79	Max McKay	35.90	20/02/2003				
80-84	Max McKay	37.30	18/03/2004				

400 m

Age	Male	Time	Date	Age	Female	Time	Date
Open	Gareth Ryan	50.94	07/11/2009	Open	Danni Gregson	56.25	10/12/2004
<10	Brock Scrivener	73.6	19/03/2009	<10	Ashley Dribbus	71.0	29/08/2010
10-11	Joshua Head	62.5	07/10/2010	10-11	Karlie Chambers	63.80	19/03/2005
12-14	Gareth Ryan	54.20	13/09/2007	12-14	Karlie Chambers	59.21	06/12/2007
15-19	Gareth Ryan	50.94	07/11/2009	15-19	Danni Gregson	56.25	10/12/2004
20-24	James Russell	51.25	02/02/2006	20-24	Sue Mulready	58.00	09/07/2009
25-29	Andrew Godzman	52.30	24/02/2000	25-29	Sue Mulready	64.60	11/02/1999
30-34	David Pomery	52.80	06/03/1997	30-34	Karen Blay	62.60	29/02/1996
35-39	Stephen Smart	53.81	24/03/2007	35-39	Pia Angelucci	68.62	24/01/2009
40-44	Done Martinoski	54.56	29/12/2010	40-44	Sandra Toth	66.80	04/12/2003
45-49	Darrin James	55.42(e)	04/12/2010	45-49	Jane Cleary	71.7	24/01/2008
50-54	Ken Challinor	60.80	22/02/2001	50-54	Noreen Parrish	70.40	Feb-1994
55-59	Eric Brown	63.30	06/03/1997	55-59	Noreen Parrish	69.60	06/03/1997
60-64	Eric Brown	72.00	29/01/2004	60-64	Noreen Parrish	78.20	10/03/2005
65-69	Eric Brown	71.80	09/02/2006	65-69	Noreen Parrish	79.40	16/08/2007
70-74	Alan Batchelor	97.10	07/02/2008	70-74			
75-79	Max McKay	74.4	14/11/2002	75-79			
80-84	Max McKay	87.20	09/02/2006	80-84			

600 m

Age	Male	Time	Date	Age	Female	Time	Date
Open	Gareth Ryan	1:23.5	04/12/2008	Open	Lauren Elms	1:32	09/10/1997
<10	James Seal	1:54.7	22/10/2009	<10	Ashley Dribbus	1:55.9	28/10/2010
10-11	Joshua Head	1:39.4	28/10/2010	10-11	Karlie Chambers	1:45.3	08/12/2005
12-14	Troy Upward	1:40	12/12/1996	12-14	Olivia Lavelle	1:41.3	28/10/2010
15-19	Gareth Ryan	1:23.5	04/12/2008	15-19	Lauren Elms	1:32	09/10/1997
20-24	Stephen Brown	1:23.6	14/12/2006	20-24	Lauren Elms	1:34	12/08/2000
25-29	Trent Dawson	1:25.9	04/12/2008	25-29	Sue Mulready	1:41	10/12/1998
30-34	D. Forbes/D. Pomery	1:24	11/12/1997	30-34	Karen Blay	1:42	18/01/1996
35-39	Chris Moreton	1:24 (g)	1986	35-39	Paula Crinnion	1:42	30/11/2000
40-44	Darrin James	1:29.4	04/12/2008	40-44	Karen Blay	1:43	09/12/1999
45-49	Wayne Montefiore	1:29	13/01/2000	40-44	Sandra Toth	1:46.3	12/12/2002
50-54	Wayne Montefiore	1:35.3	11/12/2003	45-49	Kathy Hewitt	1:58.7	13/12/2007
55-59	Peter Enright	1:48.4	07/05/2009	50-54	Pat O'Dea	2:14.16	15/09/2011
60-64	Andrew Krajewski	1:49.4	14/12/2006	55-59	Noreen Parrish	2:00.2	30/11/2000
65-69	Eric Brown	1:58.9	09/12/2004	60-64	Noreen Parrish	2:13.4	09/12/2004
70-74	Kevin O'Connell	2:38	11/12/1997	65-69	Noreen Parrish	2:40.4	22/10/2009
75-79	Joe Novy	2:38	30/11/2000	70-74			
75-79	Max McKay	2:21.9	13/12/2001	75-79			
80-84	Max McKay	2:27.8	09/12/2004	80-84			

KJ Race Age Group Records

800 m

Age	Male	Time	Date	Age	Female	Time	Date
Open	Ryan Gregson	1.46.04	04/03/2010	Open	Sally Fitzgibbons	2.08.73	08/12/2006
<10	Joshua Head	2.27.31	16/10/2008	<10	Sian Fennell	2.36.7	28/04/2011
10-11	Joshua Head	2.15.56 (e)	30/11/2010	10-11	Karlie Chambers	2.28.74 (e)	03/11/2004
12-14	Sam Martyn	1.59.9	08/12/2006	12-14	Sally Fitzgibbons	2.14.70 (e)	09/12/2005
15-19	Ryan Gregson	1.46.04	04/03/2010	15-19	Sally Fitzgibbons	2.08.73	08/12/2006
20-24	Stephen Brown	1.57.1	04/01/2007	20-24	Erin Hargrave	2.10.4	10/02/2002
25-29	Tim Fitzpatrick	2.00.5	17/06/2004	25-29	Vanessa Kearney	2.11.77 (e)	06/03/1999
30-34	Dylan Forbes	1.57.10 (e)	07/02/1998	30-34	Sue Mulready	2.17.90 (e)	05/03/1999
35-39	David Pomey	1.59.81 (e)	03/02/2000	35-39	Karen Blay	2.24.00 (e)	23/01/2000
40-44	Done Martinoski	2.03.24(e)	10/04/2011	40-44	Sandra Toth	2.33.2	19/01/2003
45-49	Wayne Montefiore	2.07	18/02/1999	45-49	Cathy Hewitt	2.48.58	09/03/2008
50-54	Wayne Montefiore	2.12.0	22/04/2004	50-54	Noreen Parrish	2.56	02/02/1994
55-59	Tony McDonald	2.20.6	30/03/1986	55-59	Noreen Parrish	2.59.3	01/03/2001
60-64	Eric Brown	2.39.8	02/03/2000	60-64	Noreen Parrish	3.20.33 (e)	08/11/2003
65-69	Eric Brown	2.49.1	16/02/2006	65-69			
75-79	Max McKay	3.22.02 (e)	09/07/2001	75-79			
80-84	Max McKay	3.24.7	27/03/2004	80-84			

1,000 m

Age	Male	Time	Date	Age	Female	Time	Date
Open	Ryan Gregson	2.17.69(e)	22/08/2010	Open	Lauren Elms	2.50	18/09/1997
<10	James Seal	3.18.6	11/03/2010	<10	Sian Fennell	3.32.8	21/10/2010
10-11	Hamish Paine	3.02.2	15/05/2008	10-11	Karlie Chambers	3.14.8	01/12/2005
12-14	Jared Poppett	2.47	02/12/1999	12-14	Jessica Hull	3.02.6	11/03/2010
15-19	Miles Waring	2.37.0	17/12/2009	15-19	Lauren Elms	2.50	19/09/1997
20-24	Ryan Gregson	2.17.69(e)	22/08/2010	20-24	Vanessa Kearney	2.54	03/12/1998
25-29	Matt Kerr	2.31.1	06/12/2001	25-29	Vanessa Kearney	2.56.5	06/12/2001
30-34	Dylan Forbes	2.34	03/12/1998	30-34	Karen Blay	3.03	29/12/1994
35-39	Bronte Blay	2.39	03/12/1998	35-39	Karen Blay	3.10	02/12/1999
40-44	Steve Shaw	2.48.2	21/10/2010	40-44	Sandra Toth	3.24.6	05/12/2002
45-49	Wayne Montefiore	2.43	03/12/1998	45-49	Cathy Hewitt	3.36.5	08/11/2007
50-54	Wayne Montefiore	2.54.7	02/12/2004	50-54	Patricia O'Dea	3.55.4	08/09/2011
55-59	Peter Enright	3.13.8	23/04/2009	55-59	Gwenda Brokenshire	4.04.9	04/12/2003
60-64	Peter Enright	3.26.2	11/11/2010	60-64			
65-69	Eric Brown	3.41.0	02/12/2004	65-69			
70-74	Kevin O'Connell	4.37	04/12/1997	70-74			
75-79	Max McKay	4.23.3	10/05/2001	75-79			
80-84	Max McKay	4.46.0	11/03/2004				

1500 m

Age	Male	Time	Date	Age	Female	Time	Date
Open	Ryan Gregson	3.31.06(e)	22/07/2010	Open	Madeleine Heiner	4.18.37	17/02/2005
<10	James Seal	5.05.2	04/03/2010	<10	Sian Fennell	5.14.8	02/06/2011
10-11	Troy Chauvin	4.52.82 (e)	12/02/2011	10-11	Karlie Chambers	5.07.3	10/02/2005
12-14	Sam Martyn	4.15.47	09/12/2006	12-14	Sally Fitzgibbon	4.32.99 (e)	09/12/2005
15-19	Ryan Gregson	3.35.42(e)	28/02/2010	15-19	Madeleine Heiner	4.18.37	17/02/2005
15-19	Ryan Gregson	3.31.06(e)	22/07/2010	20-24	Vanessa Kearney	4.28.20 (e)	13/02/1999
25-29	Ben Dubois	3.56.1	02/08/2001	25-29	Vanessa Kearney	4.25.70 (e)	07/03/1999
30-34	Dylan Forbes	4.05.00 (e)	06/11/1997	30-34	Sue Mulready	4.34.50 (e)	18/02/2000
35-39	David Pomey	4.09.00 (e)	14/01/2001	35-39	Karen Blay	4.52.00 (e)	22/01/2000
40-44	Wayne Montefiore	4.16	02/02/1997	40-44	Edu Ognenovski	5.11.3	27/11/2003
45-49	Wayne Montefiore	4.16.03 (e)	22/01/2000	45-49	Wendy Bennett	5.30.34	29/11/1987
50-54	Wayne Montefiore	4.25.1	17/01/2004	50-54	Patricia O'Dea	6.15.9	01/09/2011
55-59	Tony Hernandez	4.40	26/02/2000	55-59	Gwenda Brokenshire	6.12.2	08/11/2003
60-64	Eric Brown	5.23	24/02/2000	60-64	Gwenda Brokenshire	6.26.32	06/10/2007
65-69	Andrew Krajewski	5.34.4	01/09/2011				
70-74	Kevin O'Connell	7.11	27/11/1997				
75-79	Max McKay	7.10.02 (e)	05/07/2001				
80-84	Max McKay	7.25.35 (e)	09/04/2004				

1 Mile

Age	Male	Time	Date	Age	Female	Time	Date
Open	Ryan Gregson	3.52.24	14/08/2010	Open	Madeleine Heiner	4.58.7	19/12/2002
<10	James Seal	5.36.7	01/04/2010	<10	Sian Fennell	6.06.8	31/03/2011
10-11	Troy Whittington	5.18.6	22/09/2011	10-11	Nadine bazaz	5.57.2	29/10/2009
12-14	Jared Poppett	4.45	16/12/1999	12-14	Lauren Elms	5.14	25/08/1994
15-19	Ryan Gregson	3.58.9(e)	25/07/2009	15-19	Madeleine Heiner	4.58.7	19/12/2002
20-24	Ryan Gregson	3.52.24	14/08/2010	20-24	Vanessa Kearney	5.03	17/12/1998
25-29	Matthew Kerr	4.09.5	20/12/2001	25-29	Vanessa Kearney	5.18	22/08/2002
30-34	Dylan Forbes	4.31	25/09/1997	30-34	Paula Crinnion	5.22.6	07/12/2000
35-39	Paul Micale	4.36.7	18/12/2003	35-39	Karen Blay	5.15	16/12/1999
40-44	Wayne Montefiore	4.42	18/12/1997	40-44	Sandra Toth	5.42.5	19/12/2002
45-49	Wayne Montefiore	4.40	17/12/1998	45-49	Cathy Hewitt	6.16.0	20/12/2007
50-54	Wayne Montefiore	4.58.7	18/12/2003	50-54	Jenny Comer	6.57	18/12/1997
55-59	Bob Squires	5.22	04/03/1999	55-59	Helen Ashton	7.40	19/12/1996
60-64	Andrew Krajewski	5.48.2	21/12/2006	60-64			
65-69	Andrew Krajewski	6.08.9	06/08/2011	65-69			
70-74	Kevin O'Connell	7.57	18/12/1997	70-74			
	Kevin Raines (eq.)	7.57.3	05/02/2004				
75-79	Max McKay	7.41.8	07/06/2001	75-79			
80-84	Max McKay	8.19.6	12/08/2004				

KJ Race Age Group Records (continued)

2,000 m Steeplechase

Age	Male	Time	Date	Age	Female	Time	Date
Open	Tim Fitzpatrick	6:27.5	17/03/2005	Open	Barbara Schornstein	8:53.6	17/03/2005
15-19	Gareth Mumby	6.29	05/11/2009	15-19	Julie Gooding	8:27.2	08/11/2001
20-24				20-24	Barbara Schornstein	8:53.6	17/03/2005
25-29	Tim Fitzpatrick	6:27.5	17/03/2005	25-29			
30-34	Adrian Panozzo	8:06.7	24/08/2006	30-34			
35-39	Murray Smith	7:19.3	24/08/2006	35-39			
40-44	Greg Mackey	7:37.1	17/03/2005	40-44	Jennifer A. Burns	9:53.7	10/01/2002
45-49	Darrin James	7:55.13	15/01/2011				
75-79	Max McKay	10:31.21	14/07/2001				
80-84	Max McKay	11:44.44	23/10/2004				

2,000 m

Age	Male	Time	Date	Age	Female	Time	Date
Open	Russell Chin	5:32.9	22/11/2001	Open	Kerryn McCann	6:06.8	22/11/2001
<10	James Seal	6:59.8	29/07/2010	<10	Sian Fennell	7:29.4	24/03/2011
10-11	Joshua Head	6:29.8	07/10/2010	10-11	Caitlin Brown	7:16.8	22/05/2008
12-14	Jared Poppett	6:06	17/12/1998	12-14	Bree Jones	6:36.7	22/11/2007
15-19	Tim Berry	5:49	20/11/1997	15-19	Lauren Elms	6:22	18/11/1997
20-24	Russell Chin	5:32.9	22/11/2001	20-24	Vanessa Kearney	7:04	20/11/1997
25-29	Tim Fitzpatrick	5:46.5	09/10/2003	25-29	Vanessa Kearney	6:37	12/09/2002
30-34	Dylan Forbes	5:52	19/11/1998	30-34	Kerryn McCann	6:06.8	22/11/2001
	Paul Micale		18/11/1999	35-39	Karen Blay	6:47	18/11/1999
35-39	Paul Micale	5:50.8	18/11/2004	40-44	Lorraine Hince	6:35.5	01/10/2009
40-44	Wayne Montefiore	5:56	21/11/1996	45-49	Cathy Hewitt	8:07.3	22/11/2007
45-49	Wayne Montefiore	6:13.1	12/11/2002	50-54	Jenny Comer	8:34	25/12/1997
50-54	Peter Evans	6:29.1	10/05/2001	55-59	Helen Ashton	10:04	20/11/1997
55-59	Peter Enright	7:09	26/03/2009	60-64			
60-64	Andrew Krajewski	7:08.4	23/11/2006	65-69			
65-69	Andrew Krajewski	7:40.8	25/08/2011	70-74			
70-74	Eric Brown	10:23.1	07/10/2010	75-79			
75-79	Max McKay	9:47.8	31/05/2001	80-84			
80-84	Max McKay	11:19.6	09/06/2005				

3,000 m Steeplechase

Age	Male	Time	Date	Age	Female	Time	Date
Open	Matt Kerr	8:45.75	30/09/2002	Open	Madeline Heiner	10:17.3	08/12/2005
15-19	Stephen Brown	10:26.1	07/03/2002	15-19	Madeline Heiner	10:17.3	08/12/2005
25-29	Matthew Kerr	8:45.75	30/09/2002				
30-34	Martin Church	11:21.83 (e)	11/02/2001				
35-39	Gil Ruddy	11:18.5	07/03/2002				
45-49	Steve Matthews	11:52.5	07/03/2002				

3,000 m

Age	Male	Time	Date	Age	Female	Time	Date
Open	Ryan Gregson	7:49.53 (e)	12/06/2011	Open	Kerryn McCann	9:04	20/07/2000
10-11	Joshua Head	10:15.9	01/07/2010	10-11	Matilda Offord	11:32.7	16/12/2010
12-14	Ryan Gregson	9:13.5	19/03/2005	12-14	Jessica Hull	10:07.16(e)	11/02/2011
15-19	Ryan Gregson	7:57.45 (e) NZ	13/03/2009	15-19	Madeline Heiner	9:29.35	05/02/2005
20-24	Ryan Gregson	7:49.53 (e)	12/06/2011	20-24	Chloe Tighe	9:49	26/02/2011
25-29	Ben Dubois	8:16.0	11/10/2001	25-29	Kerryn McCann	9:18	17/11/1994
30-34	Barry Keem	8:45.9	27/01/2011	30-34	Kerryn McCann	9:04	20/07/2000
35-39	Paul Micale	8:46.38 (e) SIAC	10/01/2004	35-39	Kerryn McCann	9:05.3	02/03/2006
40-44	Wayne Montefiore	9:26	24/10/1996	40-44	Lorraine Hince	10:19.9	26/06/2008
	Phil Parle	9:26.6	08/03/2001	45-49	Sally Musgrove	11:32.8	02/07/2009
45-49	Wayne Montefiore	9:28	14/05/1998	50-54	Susan Feigler	12:07.4	18/12/2008
50-54	Wayne Montefiore	9:52.3	27/05/2004	55-59	Gwenda Brokenshire	13:22.8	27/02/2003
55-59	Tony Hernandez	9:57	13/07/2000	60-64	Uberlinda Cortes	18:01.7	13/11/2005
60-64	Witold Krajewski	11:06.3	24/06/2010				
65-69	Andrew Krajewski	11:57.0	11/08/2011				
70-74	Peter Asher	14:42.0	03/03/2010				
75-79	Max McKay	15:50.7	03/05/2001				
80-84	Max McKay	17:43.6	22/07/2004				

2 Mile

Age	Male	Time	Date	Age	Female	Time	Date
Open	Stephen Brown	9:59.3	11/11/2004	Open	Kerryn McCann	10:02.9	12/01/2006
10-11				10-11	Sarah Carli	12:47.6	20/04/2006
12-14	Blake James	10:28	10/01/2008	12-14	Caitlin Brown	12:38.0	31/03/2011
15-19	Stephen Brown	9:59.3	11/11/2004	15-19	Sophie McLeod	11:47.1	11/01/2007
20-24	Jared Poppett	10:41.7	20/04/2006	20-24	Karlee Ryles	11:17.8	14/09/2006
25-29	Daniel Covington	10:30.6	22/04/2004	25-29	Vanessa Kearney	12:30.4	13/11/2003
30-34	Paul Micale	10:18.5	13/11/2003	30-34	Kerry Auguston	13:35.9	10/11/2005
35-39	Paul Micale	10:06.0	12/01/2006	35-39	Kerryn McCann	10:02.9	12/01/2006
40-44	Phil Parle	10:39.0	01/04/2010	40-44	Edy Ognenovski	12:24.7	13/11/2003
45-49	Paul Micale	10:49.6	10/11/2005	45-49	Janice Henderson	13:13	31/03/2011
50-54	Wayne Montefiore	11:07.7	13/01/2005	50-54			
55-59	Andrew Krajewski	11:45.8	21/04/2005	55-59			
60-64	Andrew Krajewski	12:13.2	11/01/2007	60-64	Gwenda Brokenshire	16:15.5	20/04/2006
65-69	Eric Brown	15:09.3	10/11/2005				
70-74	Bruce Medley	16:16.4	21/04/2005				
80-84	Max McKay	18:48.0	22/04/2004				

KJ Race Age Group Records

5,000 m

Age	Male	Time	Date	Age	Female	Time	Date
Open	Ryan Gregson	13.56.83	05/03/2009	Open	Kerryn McCann	15.41.76	17/02/2005
12-14	Greg Hatfield	16.40	18/08/1994	12-14	Olivia Lavalle	18.58	10/06/2010
15-19	Ryan Gregson	13.56.83	05/03/2009	15-19	Erin Hargrave	17.19.6	09/08/2001
20-24	Russell Chin	14.36.45	04/04/2002	20-24	Lauren Elms	17.59	27/04/2000
25-29	Ben Dubois	14.29.6	12/07/2001	25-29	Kerryn McCann	16.13	08/12/1993
30-34	Barry Keem	15.23.4	24/03/2011	30-34	Kerryn McCann	16.03.1 (e)	04/04/2002
35-39	Jim Hennessy	15.20	05/04/1980	35-39	Kerryn McCann	15.41.76	17/02/2005
40-44	Jim Hennessy	15.47	03/04/1983	40-44	Edy Oggenovski	19.16.8	16/10/2003
45-49	Bill Williamson	16.01	30/03/1986	45-49	Anneli Laajoki	19.03.5	08/03/1992
50-54	Bill Williamson	16.26.2	01/12/1987	50-54	Patricia O'Dea	22.47	27/10/2011
55-59	Tony Hernandez	17.16	03/02/2000	55-59	Gwenda Brokenshire	22.10.81 (e)	08/11/2003
60-64	Andrew Krajewski	19.29.70	15/03/2007	60-64	Gwenda Brokenshire	22.14.19	08/10/2007
65-69	Bill Williamson	20.11.12 (e)	09/07/2001	65-69			
70-74	Kevin O'Connell	25.42	28/08/1997	70-74			
75-79	Max McKay	28.48.8	08/08/2002				

10,000 m

Age	Male	Time	Date	Age	Female	Time	Date
Open	Matt Kerr	29.54.30 Adel.	01/10/2002	Open	Kerryn McCann	33.20.72(e)	11/04/2000
18-19	Tim Robertson	33.49	15/06/2000	15-19			
20-24	Stephen Brown	30.37.39(e)	02/02/2007	20-24	Sarah Mycroft	37.06.9	19/10/2001
25-29	Matt Kerr	29.54.30 Adel.	01/10/2002	25-29	Anita Keem	35.59.96	08/02/2008
30-34	Paul Micale	32.34	15/06/2000	30-34	Kerryn McCann	33.20.72 (e)	11/04/2002
35-39	Jim Hennessy	32.14	06/04/1980	35-39	Karen Ryan	37.33.4	21/08/2003
40-44	Jim Hennessy	32.26	01/04/1983	40-44	Edy Oggenovski	42.27.42 (e)	08/11/2003
45-49	Jim Hennessy	33.57.17	29/11/1987	45-49			
50-54	Bill Williamson	34.13.4	29/11/1987	50-54	Jenny Comer	51.02	05/02/1998
55-59	Bob Squires	35.26	15/06/2000	55-59	Gwenda Brokenshire	47.33	14/06/2001
60-64	Andrew Krajewski	42.14.3	11/10/2007	60-64			
65-69	Bill Williamson	42.15.38 (e)	10/07/2001	65-69			
70-74	Kevin O'Connell	54.51	25/09/1997	70-74			
75-79	Max McKay	62.56.5	21/08/2003				

One Hour Run

Age	Male	Time	Date	Age	Female	Time	Date
Open	Bill Williamson	18108 m	27/10/1982	Open	Anna Schroeder	15191 m	14/11/1980
15-19	Mathew Moody	16362 m	25/09/1997	15-19	Julie Gooding	13857 m	13/09/2001
20-24	Ian Johnston	17552 m	24/11/1979	20-24	Anna Schroeder	15191 m	14/11/1980
25-29	Paul Micale	17373 m	17/09/1998	25-29	Dawn Critcher	13049 m	17/09/1998
30-34	Roberto Rojas	17350 m	15/10/1982	30-34			
35-39	Paul Dignam	17771 m	27/10/1982	35-39	Kathy McCarthy	12547 m	04/09/2003
40-44	Jim Hennessy	17190 m	27/10/1982	40-44	Paula Ryan	12885 m	27/10/1982
45-49	Bill Williamson	18108 m	27/10/1982	45-49			
50-54	Peter Evans	15639 m	13/09/2001	50-54			
55-59	Tony Hernandez	15568 m	13/09/2001	55-59			
60-64	Brian Mannix	13582 m	19/09/1996	60-64			
65-69				65-69			
70-74	Kevin O'Connell	10940 m	25/09/1997	70-74			
75-79	Max McKay	9389 m	04/09/2003				

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