

KJ Athletics

Athletics NSW



Kembla Joggers is affiliated with Athletics NSW and all members have the option of joining and competing for KJs in all ANSW and AA sanctioned cross-country, road and track events. Over 100 KJ members were affiliated members of ANSW in 2018 allowing us to enter many teams in state relay events across all categories from juniors through to veterans.

An additional registration fee is payable on registration with ANSW and all members must compete in the club uniform for all championship and inter-club events. Dual Little A members get free ANSW membership. Registration with ANSW may be made when joining the KJs or anytime by contacting our ANSW Registrar Dave Higgins on 0412 641 317.

The KJs also provides generous financial assistance for travel and accommodation for club members representing the KJs at a national/international event sanctioned by Athletics Australia.

Weekly Track Events

The Kembla Joggers track competition takes place every Thursday evening throughout the year. A varied program is in place with distances from sprints to 5000m. A full program is available from the club or on our website. Senior events start at 6.45pm at Kerryn McCann Athletics Centre and are free to enter for members. Junior events over shorter distances start at 6.30pm. A track entry fee is charged as you enter the complex.

KJ Major Track Events 2017

- July 5 3km W-Squared & 1500m Flying Fox - Race 1
- July 12 3km W-Squared & 1500m Flying Fox - Race 2
- July 19 3km W-Squared & 1500m Flying Fox - Race 3
- July 26..... 3km W-Squared & 1500m Flying Fox - Race 4

For more information on ANSW or club track racing contact Dave Barnett on 02 4271 3299.



Kembla Joggers wishes to thank the following sponsors and supporters for their ongoing assistance.

All members are encouraged to support the businesses that support our club.

Major Sponsor



Winter Series Sponsor



Van Sponsors



Other Sponsors & Supporters



2018

INFORMATION AND EVENTS



Key Club Contacts

- President..... Neil Barnett 0419 256 047
- Secretary Chris Llewellyn..... 0427 990 131
- Treasurer Done Martinoski 0439 190 587
- Race Organiser Elad Haas 0406 080 855
- Athletics NSW Dave Higgins 0412 641 317
- Juniors Patrick McPhillips .. 0425 335 096
- Club Clothing..... Bridget Rutty 0478 064 735
- Fitness Five Dave Higgins 0412 641 317

PO Box 527, Dapto NSW 2530
 Email: runners@kemblajoggers.org.au
 Website: www.kemblajoggers.org.au



Who are the Kembla Joggers?

The Kembla Joggers are one of the largest and most respected running clubs in NSW. The club organises a Winter and Summer Road Racing Series as well as weekly track events and the Illawarra's largest fun runs, The Greater Bank Fitness 5 and Peoplecare Kerryn McCann 10.

The KJs attracts athletes of all ages and abilities and are renown for their friendly, non-elitist approach to the sport of running. Whether you're the quickest runner around or simply just want to get fit, you wont feel out of place at the KJs.

How do I join?

Just turn up to any KJ event to register or join online. Membership fees for 2018/19 are \$90 for individuals, \$180 for families or \$60 for juniors aged 18 and under, and provides membership from March 2018 until February 2019.

A membership form can be downloaded from the KJ website www.kemblajoggers.org.au or even better join on-line.

Benefits of KJ Membership

All KJ members are entitled to the following benefits at no cost:

- Entry to all Winter & Summer Series events.
- Entry to all KJ weekly track events.
- Refreshments after most events.
- Club Handbook/Annual Magazine.
- Discounted club clothing.
- Great discounts at selected local businesses.
- Insurance coverage in KJ & ANSW events.
- Free access to club training and coaching.
- Great company and great fun!!

Social Events

A number of social activities are held during the year including our Presentation Night, several monthly "Friday Feasts", Trivia Night and bus trips to major events such as the City to Surf. In fact every KJ event is a social event with most runners staying behind after each race to enjoy the free refreshments and good company.

Training and Coaching

Kembla Joggers is able to offer KJ members access to organised group training and coaching sessions. These sessions will be conducted by our team of qualified, committed and voluntary coaches in a fun and relaxed atmosphere. Held every Tuesday afternoon at 4.30pm (5pm during daylight savings) from Stuart Park, Wollongong for drills and mixed Fartlek. Runners of all abilities are catered for.

More Information?

For more information about the Kembla Joggers contact Neil Barnett (President) on 0419 256 047 or look up our website: www.kemblajoggers.org.au or [Facebook page](#) for the latest news and information.

2018 Mizuno Winter Series

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|--------|---|--|---------|
| Mar 3 | 5km XC * | West Dapto Registration Day | 3:00pm |
| Mar 17 | 8km | West Dapto | 3:00pm |
| Mar 31 | 5km * | Cordeaux Dam | 2:00pm |
| Apr 7 | 8km XC | West Dapto Junior Open Day | 3:00pm |
| Apr 14 | 10km | Kanahooka | 3:00pm |
| Apr 28 | 8km XC * | Cambewarra Nowra Challenge 1 | 3:00pm |
| May 12 | 5km * | West Dapto | 3:00pm |
| May 19 | 5km XC * | Killalea | 3:00pm |
| Jun 2 | 16km 8km ** | West Dapto G-Man Bolt Memorial Trophy | 2:00pm |
| Jun 16 | 8km XC * | West Dapto Nowra Challenge 2 | 3:00pm |
| Jul 1 | KJ Half Marathon * Champs (21.1km) 8km ** | Kanahooka | 8:00am |
| Jul 14 | 9 mile | Mt Kembla Eric Brown Trophy | 2:00pm |
| Jul 28 | 4 Mile | Mt. Kembla AC Mitchell Memorial Trophy | 3:00pm |
| Aug 4 | 8km XC | West Dapto | 3:00pm |
| Aug 18 | 5km XC * | West Dapto Junior Presentation Day | 11:00am |

* mass start event - all other races on handicap
senior non-pointscore event
- all other races included in Pointscores.
Race course & distance subject to change without notice.
Up to date race info & results on the KJ Website
www.kemblajoggers.org.au

Starting Times:

- All races start promptly at advertised times. • Alternative shorter races will start with first runner in longer handicapped event. • See Junior Program for Junior start times.

Race Registrations:

- Last registrations taken at 15 min prior to race start. • Handicap time penalties issued for late registrations. • The handicapper's decision is always final.

Pointscores:

- Best 12 out of 15 included in Winter/Over 60s and Elite Pointscore tallies.
- Best 10 out of 13 included in Jnr Pointscore tallies.

Main Venues:

- West Dapto - IE Recreation Park, Darks Rd, Brownsville. • Mt Kembla - Harry Graham Drive, Kembla Heights (adjacent to Motor Cross Circuit). • Cordeaux Dam - Dam Picnic Grounds, Picton Rd. • Cambewarra - Browns Mt Rd, Cambewarra (west of Nowra) • Kanahooka - Lakeside Park, Lakeside Drive • Killalea - Killalea Drive, Shell Cove

Kembla Joggers Juniors

The KJs caters for juniors of all ages and abilities. The club organises a Junior Race Series, held in conjunction with senior race days, for both summer and winter. There are shorter events of 1km and 2km for juniors of all ages, and events up to 3-5km for juniors over the age of 11. Most of these events are held on cross-country courses with the emphasis always being on fun and participation. The full program of junior events is shown on the KJ website.

Being a KJ Junior is GREAT because your child gets to participate in safe, well organised events with absolutely no pressure to perform. In fact all KJ juniors are treated like winners for just having a go.

Races start 1 hour before the scheduled senior events. Registrations close at 15 minutes prior to race start time so please arrive early.

Juniors are most welcome to compete in other KJ events not listed on the Junior Program but please remember juniors under the age of 10 can only compete in events up to 2km, juniors aged 11 in events up to 3km, 12-14 years in events up to 5km, 15-16 years in events up to 8km and 17 years events up to 10km.

Track events especially for juniors are held on Thursday evenings at Kerryn McCann Athletics Facility and start at 6.30pm. Entry fees to the track apply.

KJ Juniors are also able to compete in KJ teams which contest Athletics NSW cross-country events during winter. Access to junior training and coaching is also available and free of charge.

For more information please contact Junior Development Officer Patrick McPhillips on 0425 335 096.

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|--------|--|-----------------|--------------|
| Mar 3 | 1/2/3km - from 2:00pm | 5km - 3:00pm | West Dapto |
| Mar 17 | 1/2/3km - from 2:00pm | 4km - 3:00pm | West Dapto |
| Mar 31 | 1/2/3km - from 1:00pm | 5km - 2:00pm | Cordeaux Dam |
| Apr 7 | Junior Open Day 1/2/3km - from 2:00pm | 4km - 3:00pm | West Dapto |
| Apr 14 | 1/2km - from 2:00pm | 3km - 2:30pm | Kanahooka |
| Apr 28 | 1/2/3km - from 2:00pm Nowra Challenge 1 | 4km - 3:00pm | Cambewarra |
| May 12 | 1/2/3km - from 2:00pm | 5km - 3:00pm | West Dapto |
| May 19 | 1/2/3km - from 2:00pm | 5km - 3:00pm | Killalea |
| Jun 2 | 1/2/3km - from 1:00pm | 4km - 2:00pm | West Dapto |
| Jun 16 | Nowra Challenge 2 1/2/3km - from 2:00pm | 4km - 3:00pm | West Dapto |
| Jul 14 | 1/2/3km - from 1:00pm | 3 mile - 2:00pm | Mt Kembla |
| Jul 28 | 1/2km - from 2:00pm | 3km - 3:00pm | Mt Kembla |
| Aug 4 | 1/2/3km - from 2:00pm | 4km - 3:00pm | West Dapto |
| Aug 18 | Junior Presentation Day 1/2/3km - from 11:30am | 5km - 11:00am | West Dapto |