



# The Fox

April 1996

P.O. Box 527 Dapto, NSW 2530

## The Presidents Report

The winter road running series is now underway and looks like being our biggest yet. It was terrific to see such a big crowd turn up to our first registration day at Puckey's two weeks ago, particularly considering the gale force winds and rain. Ninety runners made this a course record. It was good to see so many new members join us - from all accounts they will all be back.

Some great news follows in this issue regarding the recent decision to affiliate the KJ's with Athletics NSW. By joining ANSW through the KJ's, members will now at long last have the opportunity to represent the KJ's at branch athletics meets as well as state road relays and cross country events. We hope many of you decide to join but because of the additional cost this will always remain optional.

Congratulations to long time KJ Kerry McCann who was selected in the recently announced 58 member Australian athletics squad for the upcoming Atlanta Olympic Games. Kerry is in pretty good form at the moment and we are sure she will do Australia proud. Kerry still has to maintain this good form right through to the Olympics which start on 22nd July and is planning to compete in the Boston marathon in a few weeks time as a trial run. Good luck Kerry from all KJ's. Another long time KJ Brian Mannix is also competing in the Boston marathon and we also wish him well.

Yours in running,

Neil Barnett

## Upcoming Events

13th APRIL 8K  
West Dapto, 3pm



20th APRIL 10K  
Dons Farm, 11am  
with a BBQ after.

4th MAY 10K  
Mount Kembla  
Cross Country and  
5K Junior Dash,  
3pm



Don't forget that track races are on every Thursday night at Beaton Park.

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## KJ Training Sessions

### Monday

Track work from 4.30pm.  
Lysaghts Oval, Figtree.  
(Includes junior training)

### Wednesday

4.30pm Mt. Kembla,  
adjacent to Motor Cross  
Circuit, Harry Graham  
Drive, Kembla Hts.

### Friday

Track work from 4.30pm.  
Lysaghts Oval, Figtree.

### Saturday

3pm (alternative weekends to  
race meets) Mt. Kembla,  
adjacent to Motor Cross  
Circuit, Harry Graham  
Drive, Kembla Hts.

Please let us know if you  
participate in a group training  
session that may be more  
suitable for some people, in  
particular the northern or  
southern suburbs. We will  
try to publish these in the  
next issue.

## KJ Teams

John Gullick, KJ Vice-President is looking to form teams of KJ runners in many of the big events during 1996. The first of these is the Fitness 5 Fun run on April 28th and entry forms will be available very soon for this event.

If any KJ's are planning to enter any of the events listed below could you please contact John on 724274 or simply see him at the next KJ race so that he can put you in a KJ team. It is hoped that male and female teams as well as veterans, mixed and junior teams will be formed for most of the major fun runs. These include The Fitness 5, Sydney Half Marathon, the College to Coast, Lighthouse 10, City to Surf, Sydney Marathon, Hopetown Road Relay and the Royal National Park Ultra Relay.

John is accepting completed entry forms for the Sydney half at the moment and is organising a Kembla Joggers bus for the race. It is anticipated that we will stop somewhere for lunch on the way back to make it a great day out. John will have blank entry forms at the next few KJ races and will be taking names for the bus.



### FOX ON VOX

Saturday mornings  
some time between  
6:50 and 7:10am  
2VOX FM  
106.9

Wake up to the latest from the KJ's on Wollongong radio 2VOXFM. Hear race results, previews of upcoming events, and interviews with club members. Don't forget to set your alarm.



## Don't be late !

Don't forget that there are strict handicap penalties for runners who turn up less than 30 minutes before any handicap race.

The handicapper was recently overheard saying that anyone who misses the 30 minute deadline will be off behind Ian Kennerley !

## Mr Consistency

It is an impressive effort to run every race in any one running season whether it is summer or winter. This summer, only 1 athlete achieved this task. Hans Lambert ran all 11 of the races in the KJ's summer program. Hans is also the person looking after the clothing sales. No-one can complain about having trouble getting clothing from Hans - he is always there ! We hope to be featuring a profile of Hans in a future issue of The Fox.





## Race Reports by Neil Barnett

## Yacht Club 5k

24 Jan 1996

Almost 50 KJ's turned up for the second Yacht Club 5km for the series. Guest runner Tim Grose from the UK came down from Sydney on the train to compete and didn't leave disappointed, finishing in first place in 16.40. Gary Burton continued his improvement during the summer to claim second place in an impressive 16.57. Raphael Moriana's 17.36 was perhaps run of the day. First female home was Carrine Weston who claimed 22.30 along with Paula Crinnion.

**Results:**

Male 1. *Tim Grose* 16.40, 2. *Gary Burton* 16.57, 3. *Ian Kennerley* 17.10, 4. *Paul Hellier* 17.10, 5. *Dave Pomeroy* 17.24.

Female 1. *Carrine Weston* 22.30, 2. *Paula Crinnion* 22.30, 3. *Christine Wales* 29.50.

## Croome Rd 6k

7 Feb 1996

Ben Dubois put in another solid effort on this tough course along Croome Road. Ben had little competition to push him in this one but still stormed home in 20.05. Gary Burton ran well taking second place in 21.41 ahead of Neil Barnett who finished third in 21.53. In case that wasn't enough, Gary backed up the next day in the Vets 10,000m and a few days after that completed the NSW Long Course Triathlon in Wollongong. Andrew Krajewski's 22.17 was another top effort for an athlete still on the comeback trail after major surgery last year - if anything, Andrew looks even stronger.

**Results:**

Male 1. *Ben Dubois* 20.05, 2. *Gary Burton* 21.41, 3. *Neil Barnett* 21.53, 4. *Andrew Krajewski* 22.17, 5. *Anthony Barron* 22.31.

Female 1. *Carrine Weston* 27.52, 2. *Paula Crinnion* 32.28

## Stuart Park 5k

21 Feb 1996

Last December Ben Dubois broke the Stuart Park 5km record by 28 sec in a blistering 16.10. In this race Ben went a staggering 30 sec quicker in 15.40, almost one minute faster than anyone else has ever completed the course. A swag of runners then finished in the 17 and 18 minute zone with Johnathan Hall first of these in 17.03. Garth Hennessy jogged to halfway and then stormed through the field to take third place and a time of 17.08. Andrew Krajewski impressed again with 17.52 as did Bill Agnew (17.45) who is quickly returning to his old form. Sue Mulready ran well and was the quickest female on the day.

**Results:**

Male 1. *Ben Dubois* 15.40, 2. *Johnathan Hall* 17.03, 3. *Garth Hennessy* 17.08, 4. *Paul Micale* 17.14, 5. *Bill Agnew* 17.45.

Female 1. *Sue Mulready* 18.59, 2. *Carrine Weston* 23.04, 3. *Linda Cortes* 33.40



## Off the road and into the water

an anonymous contribution.

There is no reason why you should just run. The introduction of swimming into your running program can supplement your running sessions and improve your performance. Swimming can aid your fitness, help recovery or provide a needed break in routine. It enhances cardiovascular fitness, endurance and strength.

Swimming does not cause undue stress as your body weight is supported by the water. It also helps remove the build up of lactic acid from running training.

Swimming is however a technically difficult sport to master, particularly for athletes with no swimming background. For this reason, it is a good idea to find a good swimming coach to teach you the basic skills.

It is important that you try to develop a "feel for the water" and that you learn to relax when developing your stroke technique. It should come as no surprise to find your upper body fatiguing quickly, so build up your work load gradually. You don't have to be Samantha Riley to enjoy swim training.

## Junior News

### Junior Pointscore

The Kembla Joggers Junior Pointscore Series gets underway on the 4th of May (please disregard incorrect date in last issue) so get along to our junior training sessions (see below) to get into shape. The first event of the series this year is a new 5km cross-country course which will be held at Mt. Kembla. Five races make up the series with your best four efforts on handicap counting towards the final tally. Last years winner was young David Gregory with Brendan Cato second and Stephen Locke finishing third.

Junior club champion medals for both male and female will be awarded for the first time this season. This will be based on the quickest times recorded in the same events as the point score championship.

### Junior Training

Here is some great news for all junior KJ members. Starting in April the KJ's will be running weekly training sessions especially for our junior athletes. Here is the chance to train with other juniors and best of all training sessions will be supervised during 1996 by Ian Kennerley and Nathan Brown.

Training will be held at Lysaghts Oval, Figtree (opposite Westfield Shopping Centre), on Monday afternoons starting at 4.30pm. The sessions are open to juniors of all abilities. Ian and Nathan are keen to make it as fun as possible. For further information call Ian on 265593 or Neil on 713299.

### International Update

Congratulations to all KJ's juniors who competed in the State Athletics Champs that were held recently at Homebush Olympic track.

2 KJ juniors are soon to embark on a trip of a lifetime in April when they contest the World Schools Cross Country champs that are being held in Antalya, Turkey. Lauren Elms and Stuart Perry are members of the



Australian contingent who were all selected on good form in the NSW All schools cross country championships that were held last year in July. 23 countries are competing including Great Britain, France, Algeria and South Africa, so the competition is going to be of a high level. The athletes leave on the 2nd of April, and their results will be published in the next issue of the Fox. The club made a donation of \$100 to each runner.

Other athletes will soon be competing in school cross country races, and we wish all athletes well and hope that they stay injury free.

## KJs Affiliate with ANSW



The KJ committee meeting on 13th March passed a motion that KJ apply to become affiliated with Athletics NSW. Athletics NSW is the "official" wing of athletics. They conduct state titles in cross country, track and field as well as many other events.

### What does this mean to KJ members?

It means that KJ members can now become registered with Athletics NSW and compete in these events as a KJ member without having to join a track and field club. It must be stressed that this registration with Athletics NSW is completely optional. It is NOT, and NEVER will be a compulsory part of KJ membership.

### In what events does this registration entitle you to compete?

The following are the major events being held over winter. Most of them have categories for juniors (under 12 to under 20), open and veterans (40+ and 50+).

|          |  |
|----------|--|
| April 20 | NSW Mountain Running Championships, Jenolan Caves. |
| April 27 | NSW Novice cross country, Scarborough Park.        |
| May 4    | Australian Mountain Running Championships, ACT.    |
| May 11   | NSW Road Championships, Holsworthy.                |
| June 8   | NSW 12/6K Cross Country, Nowra.                    |
| June 22  | NSW Cross Country Relays, Fairfield.               |
| July 13  | NSW 8/5K Cross Country, Centennial Park.           |
| July 27  | NSW Road Relay Championships, Holsworthy.          |

The entry fee is usually around \$4 per event. I hope to see some KJ teams in the relays.

### What will it cost to become registered?

For a full year (the ANSW year starts on 1 April) the fee for seniors is \$50 and vets is \$40. Lower rates apply for juniors and there is a family rate. This fee includes a monthly magazine of athletics news and results.

### When will this happen?

Our application is going to the next ANSW meeting on April 9, so people who put in their applications by the end of March should be registered in April. After this initial registration, new applications will be sent in regularly, depending on numbers.

### Want to register or get more information?

See Ron Perry and he will answer your questions, and/or take your nomination. He can be contacted on 283807 (H).

## KJ's Ultra Club

### Ultra Club Relays to start soon

The aim of the KJ's ultra club is to compete in ultra races and relays. The club was formed in 1991 when a group of highly committed runners and support crew successfully broke the Australian 1000km ultra-relay record between Sydney and Melbourne.

The runners did a continuous relay of 5K legs and completed the relay in the outstanding time of 70 hours, 14 minutes and 47 seconds. This success has inspired us to organise something big for 1997.

There will be an ultra club 24 hour relay later in the season. The idea of the relay is to help runners to prepare for the techniques of frequent running combined with eating and sleeping (or lack thereof). I will advise everyone of the date once it is confirmed.



The ultra club generally caters for those interested in running both relay runs and longer distances over widely varied terrain. The president of the Kembla Joggers Ultra club, (Neil Harper) together with Glenn Hayward have run 4 ultras each since the start of the last season. We would like to see some more members of the club at these races. Please see either of them for information about races coming up and/or entry forms.

Those looking to do their first ultramarathon in 1996 may be interested in the Royal National Park Ultra which is returning this year after an absence due to the closure of tracks after the big bushfires. There is both an individual event and a teams relay so start building your base now.

### Some Upcoming Ultra distance Events

- April 27 Brisbane Waters Bush Bash, 47K trail Gosford
- June ?? Shoalhaven King of the Mountain, 45K and 32K
- August 17 Wollongong 24 hour track race.
- September 28 Glasshouse Mountains 100 mile trail run
- September 28 Royal National Park Ultra 50K trail run

Note that the National Park race has a relay category with teams of 3. Members run one of 3 legs which are 19k, 16k and 15k. This is a good opportunity for anyone to experience some of the conditions and terrain that you would expect in a trail ultra.

For more information on the above races or for entry forms contact Neil Harper on 266151 or Glenn Hayward on 844574.

## 6 foot track ultra

Race Report by Glenn  
Hayward

Saturday 2/3/96 47K

The 1996 Six Foot Track Marathon travelled from the Explorer's Tree at Katoomba, cross country to Jenolan Caves, 47 kilometres away. This course is rarely flat and is a combination of fire trails, bush tracks and a short road section. Obstacles included water crossings, very rocky sections and a 7 foot brown snake!

The race began at 9 o'clock with a mad rush over the first 300 metres. This is a steep, downhill and rocky section which funnels into a very steep single file track. This is a particularly treacherous section and it is just as well that all but the leaders are reduced to a crawl in this human traffic jam.

The run began in cool and misty conditions, however the sun soon came out would remain for the rest of the day resulting in several sun-burnt bodies by day's end. The heat was a major factor in the 12 DNF's however there was still a race record number of finishers at 320.

The event was won by one of Australia's best ultra runners, Andrew Kromar, in an excellent time of 3,29.20.

This was over 15 minutes faster than the second placed runner.

Louise O'Brien from Gynea was the first female finisher, and 48th overall, in an excellent time of 4,57.51. The proportion of females participating in this event is high when compared to most fun runs. All the finishers in this race are winners with the emphasis being on finishing rather than winning. Highs and lows are felt during this long event however once the finishers medallion is awarded all the pain is forgotten. This is a fantastic run whether it be raced or jogged with the atmosphere decidedly social culminating in the end of race party at Jenolan Caves.

*Editors Note : Glenn ran a superb race even though he had a slight head cold and finished in 5:36:04. Neil Harper finished in 5:53:34.*



## Pens out !

Why not sit down with a nice hot cup of tea or coffee and write a contribution to The Fox. All contributions will be censored of course but please help us improve the quality of this newsletter if you feel that you have something to share.

Contributions must be received no later than 2 weeks prior to the following edition dates: 4/5, 1/6, 6/7, 3/8, 31/8, 28/9. Just hand it to one of the committee members or send it in to our correspondence address on the first page.

## The last word

Don't forget that the KJ's are here to help you enjoy your running by encouraging improvement.

Events are organised for you to participate in, so come along and share the fun with your extended group of friends :

The Kembla Joggers.

"The Fox" is the official newsletter of the Kembla Joggers Inc. All material contained therein is copyright, and cannot be reproduced without the express permission of the Kembla Joggers running club. All submissions welcome and should be handed to a committee member or posted to P.O. Box 527 DAPTO NSW 2530. The April issue of The Fox was compiled by Neil Harper. Thanks to all those who submitted information and thanks to Neil Barnett for editing the final document.

## The Kembla Joggers Fitness Five Sponsored by Sportsco

### Proceeds to purchase an Oximeter for the Children's Ward

**The Course :** Wollongong's Premier Fun run is on again. 28th of April is the day when Andrew Lloyd will be lining up in an attempt to win the event for the second year in a row. He is expected to give the course record which was set by Jamie Harrison, a good shake. Last years female winner was Lorraine Davis and there is another strong female field lining up for this years event. Why not come along and join in by running this very scenic, fast track ? The course starts at the Illawarra Performing Arts Centre and makes its way along some of our best beaches.

**New Categories and Prizes :** There is a special new category for corporate teams as well as the School Challenge Shield which will go to the school with the most entries. There will also be plenty of random prizes.

**Entry Forms :** There will be an entry form for the event included with The Fox and additional forms can be obtained from Sportsco or by ringing Robyn Henry on 565274.

**Marshals :** We are still desperate for helpers at the event. We need people to help out in the registration area and the start/finish line. Those willing to lend a hand, please contact Neil Barnett ASAP on 713299.

## 1996 KJ's Committee

|                       |              |                       |
|-----------------------|--------------|-----------------------|
| <i>President</i>      | Neil Barnett | 713299 or 0419 256047 |
| <i>Vice President</i> | John Gullick | 724274                |
| <i>Secretary</i>      | Karl Stamp   | 015 280091            |
| <i>Asst Secretary</i> | Neil Harper  | 266151                |
| <i>Treasurer</i>      | Ron Perry    | 282807                |
| <i>Public Officer</i> | Robyn Henry  | 565274                |

|                            |                 |        |
|----------------------------|-----------------|--------|
| <i>Race Organiser</i>      | Jeff Dunning    | 617599 |
| <i>Asst Race Organiser</i> | Pasco Coppolaro | 293767 |
| <i>Social Secretary</i>    | Jim Hennessy    | 292490 |
| <i>Club Handicapper</i>    | Gary Howard     | 743411 |

### *General Committee members*

|                |        |
|----------------|--------|
| Paula Crinnion | 848218 |
| Tim Crinnion   | 848218 |
| Kevin Brennan  | 618811 |
| Hans Lambert   | 711892 |

|                           |                              |
|---------------------------|------------------------------|
| <i>Asst Handicapper</i>   | Pasco Coppolaro              |
| <i>Awards and Prizes</i>  | Kevin Brennan                |
| <i>Publicity Officer</i>  | Neil Barnett                 |
| <i>Special Events</i>     | John Gullick                 |
| <i>Women's Liaison</i>    | Paula Crinnion               |
| <i>Junior Development</i> | Neil Barnett                 |
| <i>First-Aid Officer</i>  | Karl Stamp                   |
| <i>Editor "The Fox"</i>   | Lynelle Stamp / Neil Harper  |
| <i>Clothing Sales</i>     | Hans Lambert                 |
| <i>Teams Co-ordinator</i> | John Gullick                 |
| <i>Auditors</i>           | Hans Lambert<br>Jeff Dunning |

|                               |              |              |              |                |
|-------------------------------|--------------|--------------|--------------|----------------|
| <i>President Vets Club</i>    | Jim Hennessy |              |              |                |
| <i>President Ultra Club</i>   | Neil Harper  |              |              |                |
| <i>Fitness Five Committee</i> | Karl Stamp   | Ron Perry    | Neil Barnett | Hans Lambert   |
|                               | John Gullick | Robyn Henry  | Tim Crinnion | Paula Crinnion |
|                               | Jeff Dunning | Jim Hennessy |              |                |

|                         |              |              |               |
|-------------------------|--------------|--------------|---------------|
| <i>Medals Committee</i> | Eric Brown   | Hazel Brown  | Neil Barnett  |
|                         | Jeff Dunning | Jim Hennessy | Kevin Brennan |

Please do not hesitate to contact any committee member if you have any concerns about the way that the club is run or any suggestions for improvement !

