



The Fox

August 1996

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<http://terumi.cs.uow.edu.au/People/Neil/kjs.html>

Junior News

A large field of junior KJ's turned up to the 3 mile at West Dapto on July 6th. Quickest junior was Gregory Hatfield who ran 15.28 to place third overall and the second quickest was Stephen Locke who ran 15.51 to place seventh overall - both great runs! Elivia Comer (18.38) and Lauren Elms (18.51) were the second and third placed females overall respectively. It shows our juniors are now giving the seniors a real run for their money - pardon the pun! On adjusted handicap Tim Robertson (19.09) placed first, David Gregory (21.54) second and Rachelle Giles (25.28) third. *Results: 1. Gregory Hatfield 15.28, 2. Stephen Locke 15.51, 3. Brendan Cato 18.09, 4. Elivia Comer 18.38, 5. Lauren Elms 18.51, 6. Tim Robertson 19.09, 7. Stuart Perry 19.42, 8. Bethany Comer 20.37, 9. David Gregory 21.54, 10. Ian Gregory 22.15, 11. Rachelle Giles 25.28*

The Junior Pointscore is still being headed by 1995 winner David Gregory with Elivia Comer and Bethany Comer not far behind. There is a big gap to fifth place but it is really very close with almost everyone in contention at this stage. This is due to the fact that many competitors have missed one race which you can do without penalty. The Junior Championships are even closer still with Stephen Locke just 1 point ahead of Matthew Moody and David Gregory for the boys; and Elivia and Bethany Comer neck and neck for the girls. Keep it up, there are still two races to go - 3 August, 7km, Mt Kembla & 31 August, 5km cross-country, Cordeaux Dam.

Junior Boys Championship : Stephen Locke 19, Matthew Moody 18, David Gregory 18, Ian Gregory 17, Stuart Perry 16, Brendan Cato 16, Tim Robertson 14, Greg Hatfield 10.

Junior Girls Championship : Elivia Comer 29, Bethany Comer 25, Lauren Elms 19, Rachelle Giles 15, Sara Arcioni 7, Jaquie Wales 6.

Junior Pointscore : David Gregory 280, Elivia Comer 256, Bethany Comer 240, Ian Gregory 238, Tim Robertson 170, Rachelle Giles 162, Brendan Cato 160, Stephen Locke 144, Stuart Perry 140, Matthew Moody 133, Lauren Elms 120, Greg Hatfield 60, Sara Arcioni 55, Jaquie Wales 50.

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Next issue

Race reports :

The Olympic Marathon

The Sydney Marathon

City to Surf

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August Birthdays



1st	Peter Issa
4th	Karl Stamp
5th	Peter Low
7th	Barry Harper
7th	Hans Lambert
10th	Jackie Dettman
10th	Paul Stein
11th	Don Lewis
11th	Rafael Moriana
12th	Michael Kiely
14th	Phil Giles
14th	Steve Matthews
15th	Tim Crinnion
16th	Ian Martens
16th	Chris Paesler
19th	Michael Longhurst
19th	Ron Perry
22nd	Garth Hennessy
22nd	Jurgen Szutowicz
25th	Eric Brown
27th	Witold Krajewski
27th	William Lovegrove
28th	Anneli Laajoki
29th	Mark Owen
30th	Joe Cachia



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.

KJ Pointscore - The Latest Betting

3/1 Pasco Coppolaro

Leads the betting. Pasco won the pointscore last year and has quickly firmed as a favourite this year. Leads the pointscore list with only 4 races remaining. Pasco's peculiar early season form has given way to PB performances in recent times. With indications that there is further room for improvement, Pasco will be hard to beat. *Tip: don't put your life savings on him just yet!*

3/1 Jeff Dunning

A big improver during the season, Jeff has shot up the pointscore table to be in 2nd place just behind Pasco. Jeff ran a blinder in the last 3 mile event which may affect his handicap time for the worse. However if Jeff can maintain his good form he is a definite chance of taking the top prize. *Tip: put some money on him.*

4/1 Ian Tague

His improvement in fitness during the season has seen Ian move up into 6th place from well down the pointscore list. A lot of improvement left yet - a real chance of going all the way. The quiet achiever in 1996. *Tip: best value bet.*

5/1 Paula Crinnion

Having a big year and showing she can easily handle the longer distances and tougher courses. Paula's consistent form should see her cement a top three position on the pointscore very soon. If Pasco and Jeff falter under the pressure Paula will make her move. *Tip: a good value bet but odds are shortening.*

6/1 John Gullick

A solid performer in 1996. Has had incentive to run quicker with Pasco breathing down his neck in most races. Currently in 3rd place but under mounting pressure from behind. *Tip: a dark horse - worth a bet each way.*

10/1 Claire Margetson

Claire has run very honestly in 1996, rarely finishing in the bottom half of the field. A late burst of improvement will catapult Claire into top three contention. Her return from injury has been inspirational! *Tip: could sneak in for a place.*

10/1 Gary Howard

Gary has shown this year that he is not just a short distance specialist with some big efforts recorded in the endurance events. Gary has started to step up his training in readiness for the NZ relay trip so should keep his momentum of climbing up the pointscore list. *Tip: good value for a place.*

300/1 John Cooper

What more can we say. Coop needs to win every race from here! *Tip: no chance at all - worth a sympathy bet though.*

Stop Press - after 9 mile John's odds lengthened to 1000/1.

KJ Presentation Night



Friday 1st of November
7 for 7:30pm
Kembla Grange

\$30 per head, also special rates for children - to book see Robyn Henry at one of the races or call her on 565274.

New Equipment

KJ members will notice the committee has been busy spending some of the club funds in recent times. Most notable is the new Seiko Sports Clock which will be used at most official club events to improve handicap start procedures. The clock is also available for hire to local sports groups.



Another acquisition is the new marquee which will be used when no undercover facilities are provided such as at the Mt Kembla venue. This all follows the purchase of our very distinctive club banner earlier in the year. The marquee and banner were purchased using funds passed on to the club by Reebok representing 10% of all sales clocked up by Lloydly at club events.

Westfield to Hopetown Relays

The KJ's are forming teams to enter the 1996 Westfield to Hopetown Relays. Twelve runners are required in each team with a minimum of 2 females. The event is on Sunday, 8th September and starts at Westfield Shoppingtown, Pagewood at 7am and heads north to Hopetown. Each runner must complete one of the 12 stages which range between 6.5 & 12.4km. The event is getting national television exposure this year, being televised by ABC and Sky Channel. You don't need to be an elite runner to join in as we expect to form several teams. The cost to enter is \$15 per runner which includes a BBQ after the race. We may consider hiring a mini-bus to transport runners more easily so it could cost slightly more. Interested KJ's should contact John Gullick ASAP on 724274 to be part of the Kembla Joggers contingent.

Discount Participants

The following businesses offer a discount to KJ's members on presentation of a current membership card:

Sportsco, Crown Central, Wollongong, 10%

Nutrafit, shop 5, North Beach Novotel, ph. 265353. 25% off assessments.

Phil Parle, City Physiotherapy Centre, Crown Street Mall, Above Pigalle cafe, ph. 261015. All visits \$30.

Vita Health Foods, on the lower mall. 10-25%

Wilson's Discount Bikes, Wollongong, Warrawong and Albion Park Rail. 5-10%

Wollongong 24hr track race

By Neil Harper

Can you see yourself running a track race which involves running as far as you can within 24 hours?

Maybe not...well, Australia actually has the best 24 hour runners in the world both in the male and female divisions and many world age group record holders. You have the opportunity to take a look and even help out when the Wollongong 24hour race is staged on the 17th of August. This race is actually the NSW and Australasian 24 hour track championships. The race starts at midday on Saturday 17th at the Beaton Park Athletics centre and runs through to the same time on Sunday morning. The race will attract some of the best 24hour runners in Australia.

Glenn Hayward and myself are after some helpers to help crew for a friend of ours called Kevin Tiller who actually runs with the Sydney Striders ultrarunning club. We need help to score his laps and organise his drinks and food that he will have with him.

Kevin represented Australia after being selected for the World 100k road race a couple of years ago and if he makes his goal of 200k within 24 hours then he will qualify for the prestigious Tasmanian 7-day race which is on next year. He is also using the Wollongong 24 hour race as preparation for a 100mile trail race which he is running in September.

If anyone can help out, even for an hour or two, please let me know (ph 266151 or catch me at one of the KJ's races).

Congratulations



To Jenny and Glenn Hayward
on the birth of
Joshua Daniel Hayward
18/7/96

Upcoming Events



KJ's Races

August 3rd 7K Mt Kembla - this is also included in the junior pointscore.

August 17th 8K West Dapto

August 31st 10K Cordeaux Dam - Start at 12 midday cross country - BYO BBQ after run. There is also a 5K mass start junior dash.

Track races **every** Thursday night at Beaton Park

Other Events

August 11th 14K City to Surf

August 17th/18th NSW & Australasian 24 hour track championship - Beaton Park

August 18th 42K The Sydney Marathon

August 25th 8K & 4K St George RLFC Fun runs free entry to the rugby league main game afterwards.

September 8th Westfield Hopetown 120k relay

September 15th 9.5K Luke Savage Memorial Bush Bash. Teams of 2 with runners doing 9.5K each on a great bush course. This is a relay run mostly through the bush and includes running though a river and along a beach. Starts at Bundeena.

September 28th 55K Royal National Park Ultra in conjunction with a relay run

September 28th 100 mile trail run in the Glasshouse Mountains. Also a 100K and a 50K bush run.

October 5th Sydney Tower Runup 1,385 steps

September club challenge date T.B.A. Help defend the top 25 shield and win the club champion shield.



Race Reports by Neil Barnett

3 Mile West Dapto 6 July 1996

Yet another 100 plus crowd took the starting line for the second of the 3 milers in the winter series. Conditions were cold with a stiff breeze blowing into the runners on the way out. Ben Dubois opened up a big lead early in the race and stormed home to win in a PB time of 14.48 (20-24yrs record). A great effort but still 22 sec off Dave Pomery's course record set in 1990! Dave Pomery was second in 15.21, over half a minute quicker than the time he ran in the 3 mile event held in March.

Junior athlete Greg Hatfield finished close behind in an impressive 15.28. Kerryn McCann blistered over the course and smashed her own course record by 38 sec with a time of 15.38. Thirty runners broke the 18 minute barrier on the day - an indication of the quality of the fields the KJ's are attracting this season. Other great efforts were recorded by Stephen Locke (15.51), Rafael Moriana (16.22), Jeff Dunning (16.51) & 12 yr old Tim Robertson (19.09) - all big PB's. Wendy Bennett ran 23.44 to set a new 55-59 age-group record.

Results: 1. Ben Dubois 14.48, 2. Dave Pomery 15.21, 3. Gregory Hatfield 15.28, 4. Ross Walker 15.31, 5. Kerryn McCann 15.38. Female: 1. Kerryn McCann 15.38, 2. Elivia Comer 18.38, 3. Lauren Elms 18.51. Junior results in Junior News.

9 mile Mt Kembla 20 July 1996

A special day - this was the first race at the Mt Kembla venue since permission was granted to hold official KJ events on the Sydney Water property. Most runners handled the tough course well with those who trained over the course during recent weeks achieving the best results. Ian McBarron was one of these and held off the approaching quicker runners to win the Tony McMichael Memorial Trophy for first on handicap. Well done to good sports Duncan Wallace, Klara Favalaro and Martin Church who finished in front of Ian but were ineligible to win the trophy on the day. Chris Stocker once again showed his true style as he stormed through the field to place 10th on handicap with a great time of 50.24 (40-44yrs record). David Pomery struggled but still posted a credible effort to finish second quickest in 51.53. Garth Hennessy was third fastest with a gutsy 52.11. Karen Blay was quickest female in 64.58. Junior Elivia Comer ran a great race and was second placed female on the day with her time of 65.35 which smashed the 15-19yrs record. Other top times were recorded by Phillip Parle (53.55), Jeff Dunning (57.01), Louise Samuel (68.37, 35-39yrs record) and Paula Crinnion (65.37) who ran courageously with a slightly injured knee. Only four runners contested the alternative 3 mile event with junior Mathew Moody first home in 17.52.

Results: 1. Chris Stocker 50.24, 2. David Pomery 51.53, 3. Garth Hennessy 52.11, 4. Phillip Parle 53.55, 5. Wayne Montefiore 53.55. Female: 1. Karen Blay 64.58, 2. Elivia Comer 65.35, 3. Paula Crinnion 65.37.

Physio on the Run

(Advice from the Clinic and the field.)



Shinsplints

Shinsplints is the layman's term for an overuse shin pain. The most common form of shinsplints occurs along the inside edge of the Tibia (Shinbone). The pathology includes a repetitive stress to the muscles that line this inside edge and sometimes the periosteum (outer layer of the bone). These muscles along with others at the knee and hip are important in the control of pronation (flattening of the arch). They function specifically to pull the arch of the foot up at the midstance phase of running. Where forces from within or outside the body are excessive towards pronation, overstretching of these muscles occur and pain and inflammation result.

Signs and symptoms

Diffuse Pain and tenderness region described. Severity (Gr1): pain occurs after running, (Gr2): during warm up/cool down (Gr3): gets worse as you run, or (Gr4): Constant pain

Differential Diagnosis

Anterolateral shinsplints: Pain is along the anterolateral aspect and is more a result of foot slapping.

Stress Fractures: Pain is more localised and over the bone rather than the soft tissue.

Compartment syndrome: Associated with a build up in pressure within the muscle compartments with exercise. Acute episodes can be a medical emergency

Aetiological Factors:

Intrinsic Factors

1. Pronating Feet
2. Poor Pelvic Stability
3. Overweight/heavy runner
4. Tight calves / hamstrings
5. Tendency towards pronation

Extrinsic Factors

1. Increased volume of Training
2. Unstable or old shoes
3. Return from lay off
4. Road / beach camber, track, hills
5. Inexperienced runner

Management

Early Recognition is preferable for fast recovery

Relative Rest

Gr 1-2 : correct Aetiological factors above and watch symptoms

Gr 3: 2-6 weeks with correction of aetiological factors.

Gr 4: Long layoff-up to 12 months. A bone scan may be needed to differentiate from a stress fracture

Icing post run and more regularly in the acute stage

Massage under the medial border with difflam or other anti-inflammatory cream

Correction of the pronation factor via shoes with stability properties and a straighter last, Taping or orthotics.

Calf stretching

Medication: Non steroidal anti inflammatories as prescribed by a sports Physiician

Phillip Parle (M.A.P.A M.M.P.A.A)

City Physiotherapy Centre 135-137 Crown St Wollongong)

For further Advice: Ph 261015 or catch me at the KJ races

In a recent ten kilometre fun run, two male Kembla Joggers finished in the top three places, while three of their female club mates finished in the top ten of their particular section of the event.

Their respective times are shown below, but due to a series of unfortunate errors, one of the ladies did not register her race time. She did not clock her own time and misplaced the ticketed time which was given to her by the official time keeper.

As it happens, the lost time was also the winning female time overall.

Can you, by simply deducing the correct formula, find the missing time?

41:25.60	31:50.10
49:06.00	29:55.00
: .	

Conclusion.

Minutes advance by 2 - 4 - 6 - 8
 Seconds decrease by, 5 - 10 - 15 - 20
 One hundredths advance by, 10 - 20 - 30 - 40
 The missing time is, 35:40.30

Andrew, Neil, Bryan, Helen and Paula are members of the same runner's club, and because they are so astute, that club just happens to be - you guessed it, Kembla Joggers.

Now being your typical serious runners, each thinks that the variety of his/her training program and choice of running shoes are the best for good performance.

So, every Monday morning, each runs for varying lengths of time wearing their own choice of running shoe.

Using the given facts, work out who wears what and how long each person runs.

- 1) Helen runs twice as long as the runner wearing Asics, and one half of the time that Andrew runs in his Nikes.
- 2) Bryan and Helen run 160 minutes between them, but Bryan runs three times longer than Helen does.
- 3) The runner wearing Saucony runs half the time Bryan does, while Neil runs three times as long as Paula
- 4) The runner wearing Reeboks runs the longest, while the runner wearing Puma runs one half of the time of the runner in Nikes.

NAME	Sauc	Nike	Asic	Puma	R'bok	TIME	NAME	SHOE TYPE	TIME
Neil							Neil		
Paula							Paula		
Brvan							Brvan		
Andrew							Andrew		
Helen							Helen		
TIME									

Conclusion

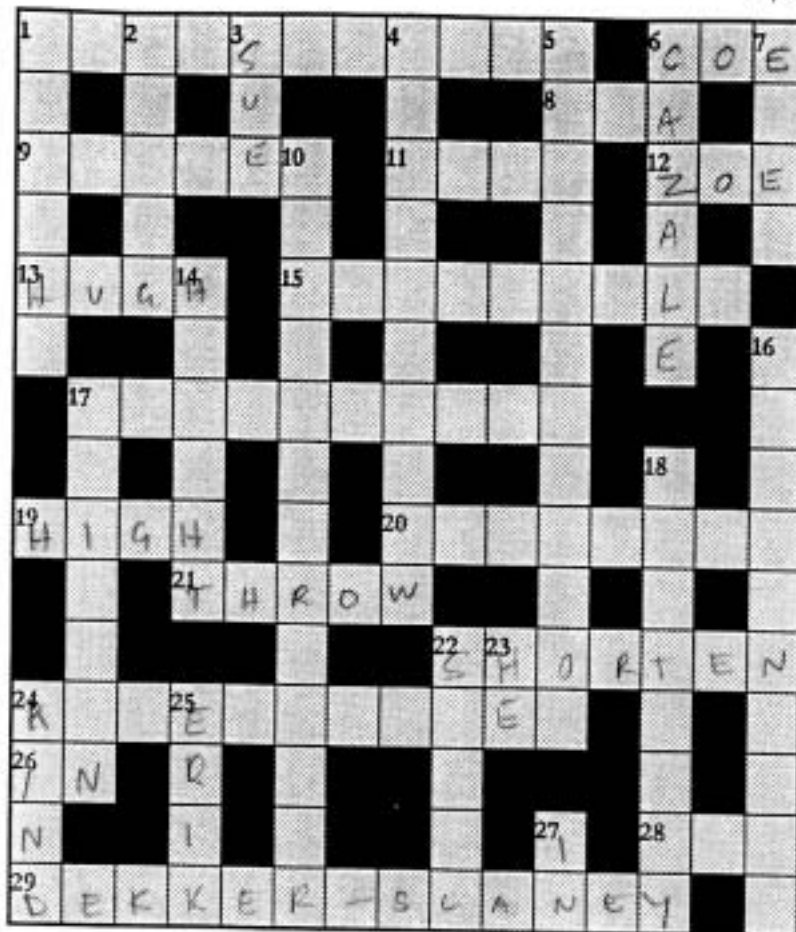
Brvan runs 3 times the time Helen runs, and they run 160 min between them, then Helen must run for 120 min in his Reeboks. Helen, therefore, runs for 40 min. Neil runs 3 times as long as Paula, so his run is for 60 min while Paula runs for 20 min in her Asics, because it is half of Helen's running time. Therefore, Andrew has a run of 80 min during in his Nikes. Helen wears Pumas, while Neil wears his old faithful Sauconys.

C'est finis!

Wimbledon, the most famous of all lawn tennis centres and home of the "Lawn Tennis Championships on Grass", the oldest and most prestigious of the tournaments. Wimbledon is situated in Church Road, in a residential district of southwest London. There are some 16 grass courts and 10 clay courts. The Centre Court and the No.1 are the two principal courts. The first championships were held by the All-England Club in 1877 at the original site in Worple Road, Wimbledon. The All-England Club was then titled the All-England Croquet and Lawn Tennis Club; in 1882 it changed to the All-England Lawn Tennis and Croquet Club. In 1922 the club moved to its present site. The club is private and was founded originally in 1869 as the All-England Croquet Club. The annual Wimbledon Championships are staged by the All-England Club in conjunction with the Lawn Tennis Association (LTA), the governing body of the game in Great Britain.

The men's singles began in 1877, the women's in 1884. Men's doubles started in 1879, and the women's doubles and mixed doubles in 1913. Until 1922 the Championships were organized on a challenge round basis in which the defending champion met the winner of an all-comers tournament in the final. The tournament became open in 1968. From 1877 to 1906 the men's singles were dominated by British players, as were the women's singles from 1884 to 1914. Thereafter British players have had minimal success and since the mid-1930s have made virtually no impact on world tennis.

Huge sums of money accrue from the Championships. In 1994 the All-England Club made a record £28 million (about US\$42 million) pre-tax profit (a 70 per cent increase on the £16.4 million (about US\$25 million) of 1993). This money is invested in facilities and tournaments, development at grass-roots level, and the training and coaching of British players.



CLUES

Across

Down

- | | |
|---|---|
| <p>1. Regarded by some judges as the greatest swimmer of the first half of this century (11).</p> <p>✓ 6. Sebastian Newbold (3).</p> <p>8. Athletic group, formed in 1880 (inits) (3).</p> <p>9. Prolific Russian modern pentathlon winner during 1970's, Pavel Serafimovich (6).</p> <p>11. One time exclusive English organisation, (inits) (4).</p> <p>✓ 12. Australian women's cricket ex captain, Goss (3).</p> <p>✓ 13. Queensland and Australian rugby union prop, McKenzie (4).</p> <p>15. Australian rugby union scrum half, capped 27 times, 13 as Captain (9).</p> <p>17. Driving force in world tennis for 20yrs, winner of 8 grand slam singles titles (3&7).</p> <p>✓ 19. In lawn bowls, the bowl closest to the "Jack" (4).</p> <p>20. Bulgarian light heavy-weight freestyle wrestler, won gold medal at 1983 European championships (8).</p> <p>✓ 21. What one does with a Discus (5).</p> <p>✓ 22. That which occurs with one's stride when one hits the wall (7).</p> <p>24. Finnish cross country ace, early 1900's, Johannes Petteri (11).</p> <p>✓ 26. Like Flynn (2).</p> <p>28. Crucial for a good result (3).</p> <p>✓ 29. Zola Budd's friend, Mary (6 & 6).</p> | <p>1. New Zealand middle distance runner. The first to break 4 min 50 sec (3 min 49.4) for the mile (6).</p> <p>2. Men's hockey team, virtually unbeatable until recent times (5).</p> <p>✓ 3. Australian female distance runner, Malaxos (3).</p> <p>4. Played at 11 across (4 & 6).</p> <p>5. Where you finished (4 & 8).</p> <p>✓ 6. "Up there" Roy (6).</p> <p>7. This park is far from "Paradise" for many (4).</p> <p>10. "Brassy" Australian batsman, scored first ever "ton" before lunch (6 & 7).</p> <p>14. New York "Jets" star quarter back. Led the team to victory in the 1969 Super Bowl Champs (6).</p> <p>16. The other "Flying Finn" (5 & 5).</p> <p>17. Ben, "Magic", Jack and others (7)</p> <p>18. Sir Roger Bannister's famous "hare" Sir Christopher John (8).</p> <p>22. New Zealand middle distance runner. Gold medals 800m, 1960 and 1500m, 1964 (5).</p> <p>✓ 23. Human endurance (inits) (2).</p> <p>✓ 24. What we should be to our web footed friends (4).</p> <p>✓ 25. International soccer's "bad boy" Cantona (4).</p> <p>✓ 27. Not out (2).</p> |
|---|---|

Solution

1	W	E	I	S	S	M	U	L	L	E	R	6	C	O	E				
	A	N	U					A		A	A	A			D				
9	L	E	D	N	E	V		11	W	A	E	C	12	Z	O	E			
	K	I						I	N	E			A		N				
13	E	W	A	N				15	C	A	T	C	H	P	O	L	E		
	R		A					T	E				O		Y		16	P	
		17	I	I	M	C	O	N	N	O	R	S						A	
			O	A				R	N					18	C			A	
19	S	H	O	T					20	I	A	N	T	C	H	E	V		
				21	H	U	R	L	S										
										22	S	H	O	R	T	E	N		
24	K	O	L	E	H	M	A	I	N	E	N							A	U
26	I	N			R													W	R
											27	L	I		28	A	I	M	
29	D	E	C	K	E	R	-	S	L	A	N	E	Y						I

Nurmi, Paavo Johannes (1897-1973), Finnish middle- and long-distance runner, the world's finest track athlete in the 1920s. Born in Turku, Nurmi became known as the Flying Finn and, through his training methods, had a big influence on the development of running. Nurmi ran with a stopwatch in hand and was vastly superior to most other competitors. He broke 29 world records and achieved a record tally of 12 Olympic medals (9 gold and 3 silver). He succeeded his fellow countryman, Hannes Kolehmainen, as Olympic 10,000 m champion in 1920, but the Finnish athletic association refused to let him defend the title in 1924 to allow another Finn to win it (which he did). Nurmi regained the title in 1928.

In 1924 he achieved a double (which may never be equalled) by winning the 1,500 m and 5,000 m within 90 minutes. Nurmi also took five other gold medals in events now no longer in the Olympic Games: the 8,000 m individual and team cross-country (1920), the 3,000 m team race, and the 10,000 m individual and team cross-country (1924). He won silver medals for the 5,000 m (1920, 1928) and the 3,000 m steeplechase (1928).

In 1924 he achieved world records at 1,500 m (3 minutes 52.6 seconds) and 5,000 m (14 minutes 28.2 seconds). Nurmi also created records at 1 mile, 3 miles, 6 miles, 10,000 m, and 10 miles. In 1932 he was disqualified from the Olympics for professionalism and made his final Olympic appearance as the torch-bearer at the 1952 games in Helsinki.*