



# The Fox

P.O. Box 527 Dapto NSW 2530

May 1997

## CANBERRA MARATHON

Report by Ray Wales

On Saturday the 12th April I set off for Canberra with the aim of finishing the Canberra Marathon starting at 7am on Sunday morning. After checking into an overnight caravan I went to watch the Marathon Eve 10k and 5k runs. Vince O'Dwyer ran the 5k while Ian Kemp and Jenni Greenland ran the 10k. Ian was going to marshall at the marathon the following day.

Sunday saw a lovely morning for running as myself, Phil Parle, Phil Austin, Jason Stalker and Petri Laajoki lined up with around 600 runners - some doing a 50k race instead of the marathon. My aim was to run no faster than 6 minute kilometres so I could finish and drive home. At the start I was going so slow, at one stage I was last. A nice little group of tail enders was forming - some looked nothing like a runner but chatting as we ran I found they had all done better than me at marathon running.

The run goes around Parliament House and then uses an out and back course that you do twice - apart from a small modification. You are running past buildings like the High Court and the National Gallery with Lake Burly Griffin always in view.

A woman runner was running at my pace and we became an item - chatting as we stayed at the 6k pace. We caught other runners who would join in the conversation and some runners would catch us and have a chat. At about 27k my running partner wanted to walk a bit. I was feeling good so I kept going. I ran really easily to 30k and thought I would finish well under 4:30. At 35k I wasn't feeling too frisky but I still thought things were OK.

At 38k I felt my legs were hurting too much so I started to walk. I had worn a drink bottle and had taken water at every drink stop as well as drinking on the run. The weather was mild so dehydration should not have been a problem. At 40k I was shot and over the last kilometre my legs were starting to cramp. I made it to the finish line in 4 hours 43 minutes to be handed a medal by Ian Kemp.

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As soon as I stopped my legs cramped something awful and I started to feel sick. I made it to the medical tent where I was wrapped in blankets as my temperature was below normal and they worked on my legs to get rid of the cramps. After 5 minutes I leaned over and vomited up what seemed like one litre of water. When things seemed under control the first aid guys gave me a coffee and wished me luck. But now I felt a desperate need to get to a toilet - luckily I got there in time. When I left the toilet, for some reason I brought up the coffee I had drunk 10 minutes before.

Finally I was able to drive and made it back to the caravan park where the owners let me have a shower before driving home. On the way home I pulled over and slept for an hour. After the sleep I felt heaps better and was able to have a drink and some bread. I made it home safely and was able to go to work the next day and recover enough to run the 8k at Cataract Scout Park the following weekend.

Thanks go to the other Kembla Joggers either running in the marathon or watching for singing out heaps of encouragement during the run.

### Canberra Marathon Results

Phil Austin 2hours 44min  
Phil Parle 2hours 55min  
Petri Laajoki 3hours 00min  
Jason Stalker unfortunately pulled out at 35k  
Ray Wales 4hours 43min

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## FOX TROTS

by Gary Howard

### 5 Mile West Dapto 5/4/97

Very hot, sunny, and little wind (sounds like Don's Farm weather) were the order of the day for this 5 mile race. 98 runners lined up for the 1st handicap race of the year. 9 runners started on scratch and the back marker was Ben Dubois on a handicap of 19.45 minutes. With the long stretches of runners along the way it was easy to pick out the runners that you would like to catch and over take, but the hard part was being able to do it. Steve VanGils however was very busy during the race over taking runners at will. Mark Everton (30.06) showed that he is back in form with a slashing run. Joe Pereira (29.54) continues to improve with another great run. Christine Hall (40.40), and Claire Margetson (40.53) duelled all the way with only 3 seconds between them at the finish. The back markers of Ben Dubois, Dave Pomery and Ross Walker had a great race with only 14 seconds separating them on handicap at the finish. The female backmarkers also figured in a very close finish with only 32 seconds separating Elivia Comer, Jenny Biela, and Trudi Sanders. Gavin Mooney 1st, Peter Bloomfield 2nd and Mathew Groznik 3rd fought out the handicap honors. A special mention also to evergreen runner Bill Williamson who took out the only Age Group record on the day, the Male 60-64 category in a time of 32.26.

#### Results

**Male:** 1: Ben Dubois 27.54, 2: Dave Pomery 27.50, 3: Ross Walker 27.51, 4: Paul Micale 29.01, 5: Steve VanGils 29.24.

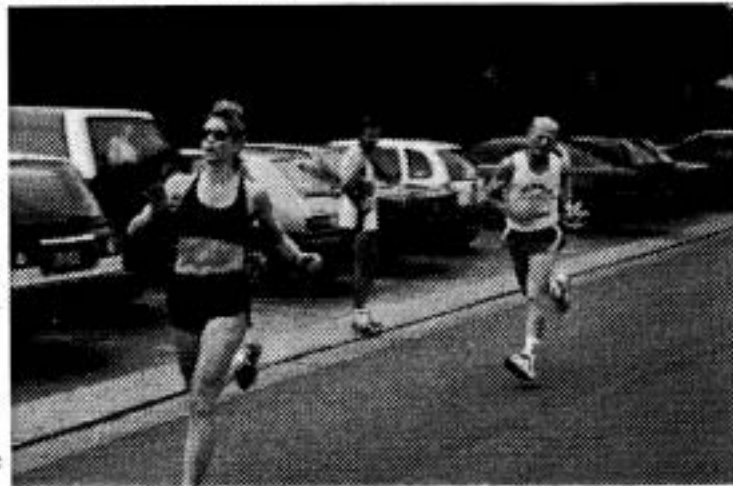
**Female:** 1: Elivia Comer 34.20, 2: Jenny Biela 34.38, 3: Trudi Sanders 34.40, 4: Lauren Elms 34.45, 5: Carrine Weston 35.34.

### 8km & 4 km XC Cataract Scout Park 19/4/97

Don's Farm was given a rest for this year and a new race was to take its place much to the disgust of sadist Vince O'Dwyer. After many hours of running over a number of possible suitable courses by Neil Barnett and Jeff Dunning it was decided to run at Cataract Scout Park. Ray Wales then took on the responsibility of organising the tricky course. Ray and Jeff took on the challenge and decided to experiment and not place marshals on the course but instead use signs with arrows directing runners at cross points and just use 2 marshals roving through the course on foot and on a bicycle. The result was tremendous, not one missing runner, well done Ray and Jeff. Both the 4k and 8k

runners started at the same time with over 28 runners starting on scratch. ( See Junior News for 4km results). The 8km race had all the excitement as the 4km race. The tight twisty course meant that you could only see about 100 meters in front of you at any time and you didn't know what to expect around the next corner. By the time backmarker Ben Dubois had started, the front markers were approaching the 4km mark or just completing the first loop. 64 year old Kevin Raines (36.05) had the best run of the day and finished very strongly at the finish. Jim Hennessy (32.39) is also getting back to his best with a great run. Pasco Coppolaro (32.50) needed a good run to get himself back into the *Points* and didn't disappoint finishing 7th on handicap. Many runners may take it easy on a rough cross country course but the rougher the course the faster Steve Mathews (29.56) goes leaving some well known training partners to eat his dust. Ultra marathoner Dave Taylor

(39.36) having his first short race in 2 months found the course to be 992 km too short for his liking but still enjoyed the hit out. Many of the backmarkers finished at the front of the field with Mark Everton (30.09), Paul Micale, Dave Pomery, Ben Dubois and Chris Stocker (28.45) all finishing in the top 25 handicap placings. Paul Micale had been working at Cataract Scout Park during the week and must have put in a couple of training



*Derek Moriarty chases Louise Samuel to the finish line at Stuart Park.*

runs to familiarise with the course. Paula Crinnion was at her best in this race and recorded a great time of 33.39 just in front of Elivia Comer. Kym Batten (40.09), Janelle McBarron (39.46), and Christine Hall (40.46) all ran well. The main honours of the day went to Ben Dubois who has now won 4 races in a row. 76 runners ran in the 8km race. A BBQ after the race completed a great day of running.

**8km Results** *Male:* 1: Ben Dubois 25.49, 2: Russell Chin 27.39, 3: Dave Pomery 27.40, 4: Ross Walker 28.06, 5: Paul Micale 28.34, 5: Gary Wheeler 28.34

*Female* 1: Paula Crinnion 33.39, 2: Elivia Comer 35.03, 3: Jeni Greenland 36.34, 4: Sue Heaney 37.13, 5: Isabel Garrett 37.14

**Handicap Results** 1: Ian McBarron 35.50, 2: Rod Batten 37.53, 3: Kevin Goodwin 31.10

**4km Results** 1: Mathew Moody 14.10, 2: Tim Robertson 15.01, 3: Brendan Cato 15.08, 4: Phil Parle 15.52, 5: Bethany Comer 17.01.

## PRESIDENT'S MESSAGE

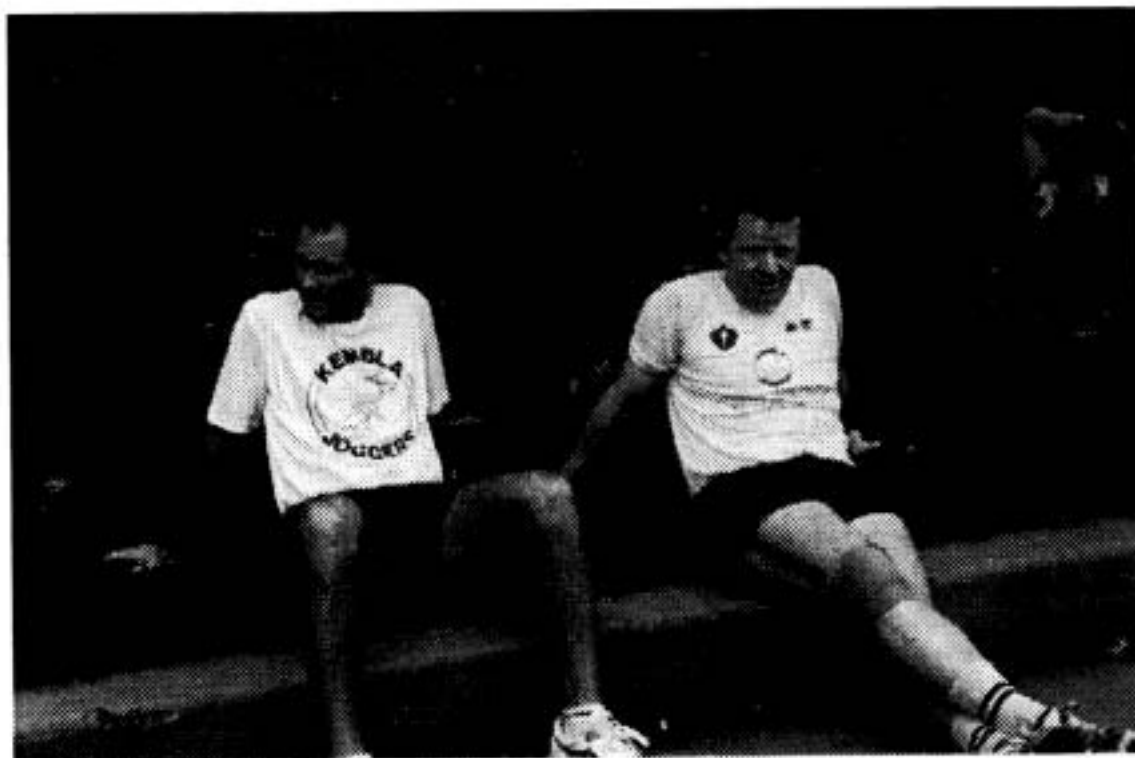
The new season is now well underway and from most reports, so far so good! A most pleasing aspect is the large number of new faces appearing at KJ races, particularly women and junior runners. We hope all new members become actively involved not just by participating in our winter events but also KJ training sessions, track events and social activities such as bus trips to the major Sydney funruns etc. There are plenty of fellow club members willing to give advice if required so don't hesitate to ask.

The recently held KJ Fitness Five Funrun was another outstanding success for the club. On behalf of the funrun committee and race director Peter Issa I would like to thank everyone who helped in any way including all KJ helpers, our sponsors including Frank Hungerford (AMT Drilling), Saucony, Louise Samuel (Graphic Connection), Illawarra Mercury, i98FM WINTV and Lube Markovski (Sportsco), and those who donated towards the barrell draws. This event has huge future potential to become a major feature on the NSW funrunning calendar as long as we can gain assurances from the Police, Council and a major sponsor for ongoing support.

I would like to encourage all interested KJ members to become registered with ANSW. The KJ's have a great opportunity to form many strong teams including Vets, Womens and Open teams at major state events including the State Relay titles to be held at Cordeaux Dam in a few months time. As a specialist club, ie just running, we would be able to enter our own KJ teams rather than being part of the South Coast Branch team. This will apply to the Hopetown Relays in September which from this year will also be an ANSW relay event. Here's our chance to really make an impression! See Ron Perry for an application form or see the last issue of *The Fox* for a copy.

Finally, congratulations are in order for Kerryn & Greg McCann on the news that they are expecting their first child later in the year. Kerryn has still managed to run in the first few KJ events and is enjoying just being able to "plod along" for a change (it is worth noting though that Greg hasn't managed a race at all!). All the best Kerryn & Greg from all your KJ mates.

Yours in running, Neil Barnett



*Dave Taylor & Dave Higgins recover after a hard run.*

## 96/97 Summer Series Report

by Gary Howard

The summer series races again proved to be a big success. The 10 different courses give runners a good mixture of road racing and cross country running to keep their fitness levels up for the winter season which is already in progress. The average attendance for each race was 38 runners. The Illawarra Yacht Club and Stuart Park venues were well received with a record 57 runners lining up at the Yacht Club for the Tri Club versus Kembla Joggers on the 20/11/96.

The newer races all attracted record attendances. The 5km Port Kembla Challenge proved again that this course must be one of the hardest around with race times resembling 6km times. Andrew Lloyd is now the course record holder with a time of 18.51. The Hangover Handicap (72 runners) on New Years Day saw the re introduction of the 4 mile race that was last run in 1989. This race was won on handicap for the second year in a row by Robbie Belsito.

The Albion Park 6km race was reduced to a field of only 12 very keen runners due to the very heavy rain. The Club Challenge at Gray's Point saw over 70 Kembla Joggers represent their club and again win the Top 25 Shield. Unfortunately no results were taken for this race. The Dapto Teams Duathlon attracted 20 teams with the winning team comprising of Rafael Moriana, Sid Brown(cycle) and Jeff Dunning.

Many runners recorded personal bests during the season with too many names to mention. Fifteen year old Mathew Moody was the surprise of the season winning 2 races and being prominent in most others. Paul Micale, Jonathan Hall, Garth Hennessy, Neil Barnett, Steve Matthews, and Dave Pomery were always in the top 10 finishers. Runners who consistently backed up race after race and ran well were Ian Kemp, Anders Klasson, Andrew & Witold Krajewski, Hans Lambert, Dave Higgins, Vince O'Dwyer, Bruce Medley, Tony Maloney, Peter Henry, Derek Moriarty, Andrew Godzman, Phillip Leishman and Neil Harper.

The runner who I believe had the best season was Joe Pereira. Joe started the season off by finishing his races a little better than mid field and by the end of the season was consistently in the top 5 finishers.

The female section saw Karen Blay, Paula Crinnion, Trudi Sanders, Isabel Garrett, Wendy Rivera, Jenny Biela, Kirsty Unsworth, Claire Margetson, Carrine Weston, Kerry McCann all record good victories while Robbie Belsito, Anne Higgins, Helen Ashton, Diane Birch ran well in their races.

Congratulations to Neil Barnett who never missed a race in the summer and thanks to Jeff Dunning, Jim Hennessy and all other people who marshalled during the summer series.

## KJ's WOMEN ON THE RUN

By Paula Crinnion

The 8km run at West Dapto was held on a very warm day, but, nonetheless 97 keen runners turned up to battle the heat. The KJ women's numbers keep growing with 30 of these runners being females! Elivia Comer put in a great effort to finish first female in a time of 34:20, very closely followed by Jenny Biela (34:38), Trudi Sanders (34:40) and Lauren Elms (34:45). Other good runs on the day included Carrine Weston (35:34), Christine Hall (40:40) and Claire Margetson (40:53). It is great to see so many females taking part in our runs this year. Lets keep the numbers up!

Our two races at Cataract Scout Camp attracted 95 competitors on 19th April for this fabulous cross country run. A great day was had by all in the near perfect conditions, with most runners taking advantage of the sunshine and remaining after the race for a BBQ lunch. The first female home in the alternative 4km race was junior Bethany Comer in a great time of 17:01. Second female to cross the line was Anne Higgins (22:05) with Karen Lawler (23:06) taking out third place. The 8km run saw Sue Heaney as the first female home on handicap in a time of 37:13. Jemma Comer (38:44) finished second on handicap closely followed by Janelle McBarron (39:46) who was the third female finisher on handicap. The fastest three female times were Paula Crinnion (33:39), Elivia Comer (35:03) and Jenny Greenland (36:34). Two other impressive runs on the day went to Christine Hall (40:46) and Wendy Bennett (45:23).

Until next issue,  
Keep on running



KJ's have their own radio segment on 2VOXfm (106.9). Our segment has now reverted to our winter timeslot of approximately 6.50 am each Saturday.

Don't miss it for the latest news and club gossip.

## Junior News

The first Junior Pointscore race was held at Cataract on April 19th over the new 4km cross-country course. Most juniors gave the course the thumbs-up despite the hills. Thirteen junior athletes ran in this event setting a new race record attendance for a KJ junior event. Not bad for the first race hey! Some good performances were recorded in the 4km with the ever improving Mathew Moody finishing first in 14.10. Tim Robertson's improvement has been even more rapid during the last 6 months and he came home in second place in 15.01. Brendan Cato was just behind Tim in 15.08. Bethany Comer ran well to be first girl home with her time of 17.01. Sister Elivia decided to contest the 8km instead to maintain her lead in the Female AMT Pointscore. Joel Walsh was perhaps the biggest improver though and on adjusted handicap he was the winner ahead of Ainslee O'Brien and David Gregory, last year's junior pointscore winner. Well done all juniors and good luck in the next few junior events. *Results: Mathew Moody 14.10, Tim Robertson 15.01, Brendan Cato 15.08, Bethany Comer 17.01, David Gregory 17.07, Ian Gregory 17.57, Joel Walsh 18.50, Peter Bloomfield 19.40, Matthew Groznik 20.07, Allad Walsh 22.03, Anne Higgins 22.05, Ainslee O'Brien 23.22, Rachel Kemp 23.28.*

Coming KJ Junior Events: 3 May - 5km cross-country, Mt Kembla; 31 May - 4.8km, West Dapto; 5 July - 4.8km, West Dapto; 2 August - 7km, Mt Kembla; 30 August - 5km, Cordeaux Dam (all of these events will be mass-starts except for the 7km at Mt Kembla where runners will be set off on handicap).

Some people wondered whether Mathew Moody and Tim Robertson had run a lap short on hearing the times they set in recent KJ 3,000m track events. Yes, they both completed the full 7.5 laps and yes, they both went very quick. Mathew recorded a swift 9.25 and Tim 10.14. Just too many weet-bix I think! Well done lads.

## Web Watch

This is a new column which will regularly preview some of the thousands of internet websites dedicated to running. If anyone out there has a favourite running website (besides our very own of course!) please drop us a line and tell us what it is all about.

Most internet users would be aware of the many chat sites that can be accessed. These chat sites involve users engaging in general chit-chat to discussing topics as obscure as dog obedience and Cuban politics. Well then, you probably won't be surprised that there are chat sites where the topic of conversation is just running.

One of these sites is called *RunChat!* and can be directly accessed at [http://www.4-lane.com/sportschat/newsc/rc\\_index.html](http://www.4-lane.com/sportschat/newsc/rc_index.html). *RunChat!* is part of the *SportsChat!* website and if you like you can gain access to other chat lines which cover almost every sport, even snorkelling! This site is free and you can talk to runners all over the world, 24hours a day.

Another good chat site is hidden in the *On The Run ... Northwest!* website. This site has lots of other great info on running mainly relating to the northwest region of the US and southwest Canada - both well known running paradises. The *Chat Room!* usually always has half a dozen or so runners on-line at any time. Again access is free. Get there through <http://www.ontherun.com>.

Don't be shy, why not give it a go? Gain advice, socialise with other athletes, swap strategies, whinge and whine about your injuries etc, all in the comfort of your own home! What could be better? PS don't forget to tell them about the KJ's website

## *The Bare Facts - A Fun Run Preview*

And here's one from the "It could only happen in America" file (recently found on the Net).

The *Bare Buns Funrun* is being held on Sunday, 27th July, 1997 at the Kanixsu Ranch in Washington State, US. In case you haven't already guessed, the event is for those who enjoy going for a run in just their running shoes. The 5km course is said to run over an unpaved road through scenic forest at an elevation of 2700 feet (brrrrrrrrr that's cold guys!). Times will be called out at 1 and 2 miles by the nude officials, so it says. Drink stations much the same. Race numbers will be mailed out upon receipt of entry, it goes on - can anyone tell me where these go? do they provide pins? or adhesive tape? There is even a wheelchair division. And before you think of it, leave the camera at home. Cameras will be confiscated, it states,

unless you have obtained a signed release from the organisers - they will be returned later minus the film. Interested? Then why not make a weekend of it? There's a weekend camping package available including yes, a nude carbo loading night and even a dance on the Saturday night. The course records are 15.29 for the guys and 19.34 for the ladies - not bad! Finishers will receive an "I finished in the nude!" t-shirt. Interested now? We printed off a few entry forms in anticipation of a huge response. By the way its \$20 to enter (well that's me out then!). NB

*(If there was enough response from within the club to run a race such as this Neil has graciously offered to train any ladies who'd like to participate - approach Neil at one of the next races if interested - Ed)*

## AN AWESOME TIMING SYSTEM

by Ray Wales

If any KJs have helped out at the finish of one of our handicapped runs you would realise the difficulty we have in keeping track of the finishers. Some runners don't take tags or take the wrong number, some don't go and record their name - the problems go on.

This leads to problems sorting out everyone's time and entering results on the pointscore. The timing system used at the Canberra Marathon would go along way to eliminating any errors at the finish of our races and simplify the results. The system in use used large coils across the road. These produced a magnetic field or a beam of some sort. Every runner was issued with a chip which was worn on your ankle - it was attached by a velcro strap.

As you crossed the coils you were identified and timed - without any stopwatch being used or anyone writing down a number. The system had around 600 runners cross it at the start and is said to be capable of identifying each runner.

This system is said to be worth over \$100,000. The one used at Canberra was owned by the organiser of the Gold Coast Marathon. He had brought it down from Queensland for this event.

Obviously the cost is out of the question for our club plus the equipment is too complex for a club run. What we need is an improvement on our system to streamline the identification of runners as they cross the finish line. If any members have any suggestions please put them forward to Ray Wales or Jeff Dunning at an upcoming race.

## HOW DO YOU TRAIN FOR A MARATHON?

by Ray Wales

As I have only run two marathons I am far from an expert but my experiences may help any runner who has a goal of running a marathon in the future.

I am a big believer in the training program listed in Jeff Galloway's "Book on Running". In the chapter on marathon training he makes the statement "A race is the worst time to run your longest distance". This means to run a marathon, you must have run 42 kilometres in a training run leading up to the event.

Obviously you can't jump from 10k training runs to a 42k training run in one go. What you have to do is slowly lengthen your longest run over months of training until your longest training run has equalled the marathon distance. This also applies to running 1/2 marathons or any long run - you can't line up and hope for the best if your body has not slowly been trained to cope with the distance.

Leading up to Canberra I ran a training run around the escarpment that kept me on my feet for 2hours 45 min. I did this once every two or three weeks over a period of several months. Once I lengthened the run to 4hours but this was too much of a jump in one hit and I was knocked up the whole day. Close to the marathon I did a 3hour 20 min run on the cycle way resulting in legs struggling at the finish.

During the Canberra marathon I ran slowly (6min/kilometre pace) but had no trouble running 30k and could have finished well if the run was only 35k. In my case the trouble came having to go the extra distance. As Galloway says "If your body has never travelled that distance before, it doesn't know how to handle the stress".

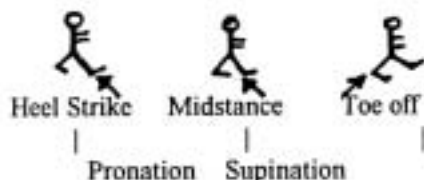
There are far more experienced marathon runners in the Kembla Joggers than me - including an Olympic marathon runner. For a more informed training discussion talk to someone like Kerryn McCann or Chris Stocker. If you have set your sights on a marathon make sure you put in the work - good luck.

## PHYSIO ON THE RUN

(Advise from the Clinic & the Field)

### Pronation :The Truth.

In nearly every article written about running injuries the biomechanical term "Pronation" arises often as the villain. Why is this the case? The aim of this article is to explain this function and its implication in running.



#### What is Pronation?

Pronation is the combined movement that occurs in the foot during the phase of running or walking from the moment your heel strikes the ground to the moment the base of the big toe hits the ground (midstance). It occurs in response to motion and forces from up the lower limb as the body moves forward.

#### What is its function?

1. Pronation renders the foot mobile allowing it to adapt to the ground below.
2. Pronation absorbs the shock of impact.

At midstance when your body passes over the foot the lower limb starts to turn out relative to the body. The foot then begins to supinate as a response.

**Supination:** involves a locking up of the arch of the foot providing a stable base for the lower limb to propel the body forward for the next stride.

#### What's the problem?

This normal function requires good timing between what happens at the foot and the lower limb. Pronation occurs with a relative inward rotation of the lower limb and supination occurs with a relative outward rotation. If the synchrony is altered then it will lead to altered forces being distributed through the joints of the lower limb and altered stresses within the soft tissues such as the achilles tendon resulting in overuse injury if combined with excessive demands in training.

#### Excessive pronation can come about in the following ways.

##### Relative pronation:

If the heel lands in an inverted position relative to the ground, (most obvious in old shoes with heels worn on the outside) the foot has to pronate over a wider angle to get the base of the big toe onto the ground. This can also occur with unstable shoes.

##### Prolonged Pronation

The foot can go into pronation and stay there too long. This can occur with the typical flat foot or can be a function of muscle weakness in the lower limb, knee or pelvis.

- Runners with this problem are also inefficient as they end up continually pushing off on a relatively mobile and sloppy foot thus causing strains of the Planta Fascia (sole) and muscle fatigue in the lower limb.

##### Early pronation:

People land on the inside of the heel thus are already in pronation at heel strike causing altered forces. Often associated with a problem higher in the limb.

*Continued on Page 8*

## *Physio on the Run Cont.*

### **Under pronation:**

These are people have high arched and/or stiff ankles and do not pronate enough. Their problem results in an inability to shock absorb and are susceptible to stress fractures.

**Common Injuries:** Plantar fasciitis, Shinsplints, Achilles Tendonitis, Patello femoral (Kneecap) pain, Lateral Hip pain and low back pain.

### **How do you control pronation ?:**

- **Running shoes** with good stability properties. These include a solid midsole, a straightish last and rearfoot control
- **Orthotics:** Most useful when there is a demonstrated or dominant foot problem. However other contributing factors must be addressed such as muscle tightness, pelvic stability and training errors
- **Pelvic Stability:** Good abdominal and gluteal control provides a solid base for the lower limbs to work efficiently.
- **Muscle stretching:** Hamstring, Calves and Iliotibial tightness can contribute to poor foot/lower limb control. Addressing these factors should enhance the relative control.
- **Training errors.** Pronation is only a problem in conjunction with the relative training that one is undertaking. Given enough time and a balanced training program those with mild pronation problems will adapt.

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

## **VETS THURSDAY NIGHT RACE REPORT**

by Eric Brown

With the vets track championships well and truly over one would be forgiven to have thought that there would be a sudden drop in the competitiveness of our Thursday night races for a while. Not so. On April 4th, a perfect night for racing, there were three age, five P.Bs. and one women's open age records set.

The ideal track racing conditions inspired the 33 starters in the 3km to some very close finishes. At the front were Paul Micale and Mathew Moody finishing in 9.24 and 9.25 respectively, both P.Bs. Then there was a ding dong battle with the ever improving Joe Pereira, Andrew Krajewski and Lauren Elms finishing just three seconds apart. Lauren set an age record and P.B. with a good 10.25. Andrew reduced the over 50s age record to 10.22 and Joe lowered his own P.B. to 10.22. Phil Lieshman dipped under 11 mins for the first time with a P.B. of 10.55. Then Eric Brown, making up for a disappointing State Vets championships, broke his own over 55s record with an 11.17, just holding off the fast finishing Vince O'Dwyer and Bethany Comer. Bethany's father Des also had a close tussle with Ron Perry, both finishing in the same time of 12.26. There were also some mighty efforts put in by the back markers Jenny Comer, Peter Issa, Karen Lawer and Helen Ashton, who turn up week after week and get just as much encouragement as the top guns and are not over awed by top competitors. On the same night in the 1500m 16 years young Teresha Moxham broke Karen Blays record by 2 seconds with a hard fought 4.48.

Paul Micale just keeps on churning out the P.Bs and the following week in the 5k (17.4.97) posted a terrific 16.09 after staying with Russell Chin and David Pomery until the last lap. Russell outlasting David by the closest of margins. 16.03 to 16.04. The rest of the field also posted some good times I was very impressed with Mark Everton's 17.48 who is making a comeback after having heel surgery. Teresha set a new age record of 10.19 for 3km in the same race.

Thursday night track races are held all year round (we have not missed a Thursday night in 3 years) regardless of weather conditions. It is a great way of improving your race speed, so come along and give it a try.

THURSDAY	10.5.97	800m & 5000m.
	17.5.97	3000m & 1500m



## KJ's ROAD RELAYS

Don't forget to get your entry in for our inaugural relay event which will be held on May 11.

Details were given in the previous edition of The Fox but will comprise handicapped teams of 4 runners with legs varying between 6.5 to 6.8 km.

**Entries close on 3 May 1997 so be quick!**

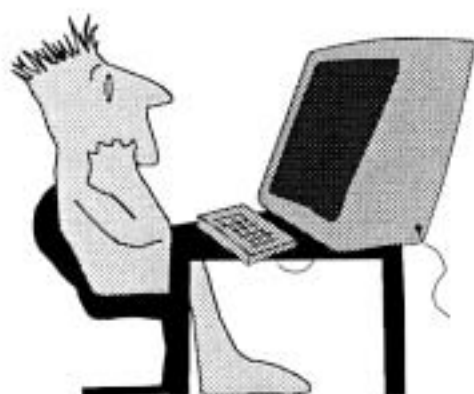
Contact Ray Wales on 831148 or Gary Howard on 743411.

## SYDNEY HALF-MARATHON

This great event is scheduled for Sunday 25 May 1997.

KJ's will be hiring a mini bus so if this interests you contact Ray Wales on 831148.

KJ's will also be entering as many teams as we can. If you wish to be in a KJ's team please contact Eric Brown on 613985 ASAP.



## KJ's is back on the Internet

Check out our new web site on:

<http://www.ozemail.com.au/~kjoggers>

## STOP PRESS

### FITNESS 5 FUN RUN

**27 APRIL 1997**

Our fantastic run of good weather continued for this year's Fitness 5. Approximately 700 runners and walkers took advantage of a warm, sunny day to compete in Wollongong's most popular Fun Run.

KJ's again had success with Jono Hall winning the event in 15.12 with Ben Dubois only 5 seconds behind followed by local junior Barry Keem in 15.24.

New KJ's member Teresha Moxham highlighted her potential by being the first female home in a fantastic time of 17.07 - and Teresha is only 16 years old!!!

A full race report with KJ's times will be published in the next edition of The Fox.

### ON SPECIAL

If you missed out on your Fitness 5 T-Shirt on the day or if you'd like to wear a great looking T-Shirt then Hans Lambert will have them on sale at the next few KJ's events.

Special reduced price \$12 each. All proceeds go to Camp Quality.

Sizes L, XL & XXL.

## WINTER SERIES POINTSCORE UPDATE

1.	Joe Pereira	678 pts
2.	Peter Henry	628
3.	Peter Evans	626
4.	Christine Hall	598
5.	Ben Dubois	588
5.	Ian Kemp	588
7.	Michael Hickman	568
8.	Barry Harper	560
8.	Kevin Raines	560
10.	Paul Micale	552

## AMT DRILLING POINTSCORE UPDATE

### Female

1.	Elivia Comer	29pts
2.	Paula Crinnion	27
3.	Jenny Greenland	23
4.	Trudi Sanders	17
4.	Jenny Biela	17

### Male

1.	Ben Dubois	40pts
2.	David Pomery	31
3.	Ross Walker	29
4.	Paul Micale	21
5.	Stephen Locke	18

## MAY BIRTHDAY'S



2	KERRYN MCCANN
2	CHRIS NICHOLSON
5	MARK EVERTON
8	DAVID POMERY
9	IAN McBARRON
12	CHRISTINE WALES
19	SUZANNE O'BRIEN
21	GARRY WHEELER
28	ALISTER PERRY
30	IAN KEMP

## UPCOMING EVENTS

3 May	KJ's Winter Series - 10 & 5 km Cross Country - Mt Kembla
3 May	Sutherland 1/2 Marathon
11 May	Kembla Joggers Road Relays - West Dapto
17 May	KJ's Winter Series - 7 km - Mt Kembla
25 May	Sydney 1/2 Marathon
31 May	KJ's Winter Series - 16 km - West Dapto
1 June	Blacktown Advocate Fun Run - 10 km
7 June	KJ's Winter Series - 8 km - West Dapto - Sheaffes Rd
8 June	Woodstock Fun Run - 8 km - Burwood
15 June	Lighthouse 10 Fun Run
22 June	KJ's Winter Series - 1/2 Marathon - West Dapto
29 June	Cities Marathon - Sydney
5 July	KJ's Winter Series - 3 miles - West Dapto
13 July	Dapto Duathlon
19 July	KJ's Winter Series - 9 miles - Mt Kembla
27 July	College to Coast Fun Run - 10 km

Entry Forms for some non-KJ's events may be available. If you need an entry form contact John Gullick on 724274.

REMEMBER - KJ's Vets conduct track races every Thursday Night at 6.30pm at Beaton Park. Distances include 5000m and 3000m plus middle distance events. Come along and sharpen up for the Winter series.