



# The FOX



The Official Newsletter of Kembla Joggers Inc.

February, 1999



## President's Report

With our 25th anniversary year now behind us, the Kembla Joggers is back into normal swing with another exciting year of running ahead of us. The next 2 years should be quite exciting too on another front with the Sydney 2000 Olympics fast approaching and our club's involvement in some aspects of it. Undoubtedly the enthusiasm the Olympics creates will result in many new participants to our sport so hopefully the club will be able to benefit from this.

Our 1999 Winter Program is enclosed and many will notice that whilst the format has drastically changed the content has not. The main difference is the order in which the events are being held. The return of our old 10km course at West Dapto will be at the expense of one 8km which should please many KJ's given the recent demise of all local 10km funruns. There will be 2 fewer races included in the Pointscore - the 3 mile on August 21st one of these due to the Hoptown Relays held the next day. All in all another great season of road and cross-country running is ahead of us so start dusting off those running shoes.

Registration day will be held at our first event, the Puckey's 5km Classic, on March 13th. Registrations will be taken between 1.45-2.45pm but please be early and bring your completed membership form with you. If you can't make it send it to our PO Box. There has been a slight increase in fees this year due to a hefty increase in our expenses however I'm sure everyone would still agree the KJ's represents excellent value for money.

I would like to welcome some new sponsors to the club in 1999. The Athletic Edge (formerly the Runners Shop) at Randwick will be providing all KJ's 15-20% off all goods. A percentage will also go back to the club. Owner Steve Howard will set up his store at a number of club events for members to purchase the discounted gear so be sure to take advantage of this. Uncle Pete's Toyworld will also be sponsoring our Junior Pointscore by providing some great prizes to juniors who compete with the club. Please support these businesses because they have gone out of their way to support us.

Many thanks to John Gullick who has now retired as Fox Editor and to Peter Evans for taking it on. John has done a fantastic job over the last 2 years and we all have appreciated the quality of this newsletter, much of it due to his efforts. And finally farewell to Ian Kemp who is moving to Wellington, New Zealand, this month with his family to take up a new job. Through his website 'Coolrunning' Ian has provided the club valuable publicity and great service in promptly posting KJ race results. Thanks Ian and all the best.

**Yours in running,  
Neil Barnett**

## Kembla Joggers Capture ANSW Country Track Championships

At the ANSW Country Championships on 23/24 January 1999, Kembla Joggers ANSW registered athletes took home 5 gold, 2 silver and 2 bronze medals.

Russell Chin ran strongly despite the rainy conditions to win the Open 5000m with Phil Parle and Peter Evans winning the respective Over 35 and Over 45 divisions of the same race. Bronte Blay won gold in the Over 35 1500m in the smart time of 4.18. This was matched by Wayne Montefiore in the Over 45 800m which he won in new record time of 2.06.28. Silver medals were won by Sue Mulready in the Over 35 1500m and Ian Kemp in the Over 35 5000m. Bronze medals were gained by Dave Higgins in the Over 45 5000m and Rachael Kemp in the Under 12 80m Hurdles.



Bronte in action

Congratulations to all medal winners!!!

Comment : There is no doubt that the keenly contested Thursday night local track races are the springboard for these successes. Jim Hennessy and Eric and Hazel Brown welcome all Kembla Jogger members to test their abilities on the Beaton Park track each Thursday night commencing at 6.30 p.m. Come along and join in the fun - it's worth the effort!!!

### Results

**1500m M35:** Bronte Blay 1st 4.18; Open Women: Sue Mulready 2nd 4.53; WU20: Elivia Comer (WSF) 1st 5.04; Stuart Perry (WSF) 4.14; Edy Ogenovski (IBS) 5.47; Jared Poppett (IBS) 4.42; Bethany Comer (WSF) 5.09; Allison Couldwell (IBS) 5.29; Marianna Hernandez (IBS) 5.07. **5000m M45:** Peter Evans 1st 17.54; Dave Higgins 3rd 20.09; M35: Phil Parle 1st 16.29; Ian Kemp 2nd 18.55; Open Men: Russell Chin 1st 15.45. **800m Open Women:** Vanessa Kearney 3rd NSW 2.13; Sue Mulready 6th 2.21; Lauren Elms (WSF) 2nd 2.09; Open Men: Dylan Forbes 2.01; M45: Wayne Montefiore 1st 2.06 (new record); W35: Edy Ogenovski (IBS) 1st 2.45; M16: Jared Poppett (IBS) 1st 2.16; W18: Bethany Comer (WSF) 3rd 2.26; Allison Couldwell (IBS) 2.27; Ken Challinor (WSF) 2.21; Elivia Comer (WSF) 2.29; Marianna Hernandez (IBS) 2.35. **80m Hurdles W10:** Rachel Kemp 3rd 19.01.

## The Fox 1999

There has been a changing of the guard at The Fox for 1999. Our thanks to John Gullick who has done a great job as Editor for the last 2 years. He is one of a small number of KJ members who do a tremendous amount of work behind the scenes. Well done and thanks again John. This year Fox will be produced by the combined efforts of Dave Higgins, Eddie Muston [Roving reporters] & Brendan Scollary. I will attempt to assume the role of Editor.

### The Last Issue

This is the last issue of The Fox for the current membership year. If you want to keep getting your copy make sure you return your membership form and fees before mid March. After that the membership list for 1998 will be deleted ready for 1999. If you can't make it to either of the first 2 events then send your form and fees to Kembla Joggers, PO Box 527, Dapto, NSW 2530.

## March Editorial & Photo Deadline

By March 13th to Peter Evans.

### Submissions for The Fox

If you wish to contribute something to any edition of The Fox please put them on a 3.5 inch floppy disk (ASCII file format for Mac or PC) with a final print out of the file(s) and give it to Dave Higgins, Eddie Muston or myself. Alternatively they may be emailed directly to the following address: d4501pn1@ozemail.com.au

Unfortunately due to time constraints [read lack of typing skills] we are unable to accept any handwritten material.

### Desperately Needed!!!!!!

Good photos for inclusion in The Fox. Clarity essential! Close ups with good lighting are very helpful. Will be returned if needed. Give to any committee member or directly to the Editor.

Please allow plenty of time for inclusion. We will endeavour to publish as much as possible.

**Cheers, Peter Evans**

## Inside Your February 1999 Issue of *The FOX*

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# Track Update

## State Championship Track Relays Homebush, December 1998

Yet another pioneering land mark for Kembla Joggers was created at the 1998 State Championship Track Relays. This is the first time we have contested the state track relays and our team members did us proud.

Our over 30's male 4 x 800m team of Dylan Forbes, Bronte Blay, Paul Micale and Ian Kemp mixed it with the big Sydney clubs and gave them a run for their money to take out the silver medal. The following day Dylan, Bronte and Paul, teamed up with Phil Parle to take out second place in the over 30's 4 x 1500m, with Phil running a PB for his 1500m leg.

The men's over 40's, 4 x 1500m team of Peter Evans, Wayne Montefiore, Chris Stocker and Dave Higgins ran very well for an excellent 4th placing, just out of the medals.

Vanessa Kearney, Sue Mulready, Lauren Elms (running for Southern Flame) and Kylie Watkins (IBS) combined as a South Coast Regional team in the Open Women's 4 x 800m and 4 x 400m, to take out two silver medals.

There wouldn't be any team in any age group in the NSW athletic fraternity who now would not fear Kembla Joggers. Hopefully in 1999, with the ongoing improvement of the likes of Ben Dubois, Rob Bartochio, Jenny Biela, Jeff Chaseling, Suzanne O'Brien etc and the youngsters...Carla and Lauren Whitehead, Melinda Mlacic, Brendan Cato and Mark Scott etc, we will have a season to remember.

Many thanks to all the KJ's, who joined ANSW for either the whole season or for the winter only, we are very proud of your efforts and commitment. Let's do even better in '99.

### Vanessa and Lauren

Two of our female runners have been invited to contest the "ELITE" series at Homebush. Vanessa Kearney and Lauren Elms are classed in the top 4 runners for the 800m and 1500m in NSW. On January 9th, both Vanessa and Lauren contested the "ELITE" 800m. Lauren running in her favourite event, ran magnificently to take out second place in a great time of 2.08. Vanessa, running the race of her life ran an excellent 2.13 to take out 5th place. This race was conducted in very gusty conditions which probably accounted for between 1 and 2 seconds of the final times.

On January 23rd, following the Country Championships, Vanessa and Lauren again toed the line for the "ELITE" 1500m, Vanessa's favourite event. 16 invited athletes from NSW and interstate contested a fabulous race. It was taken out very hard by Suzy Walsham, who holds all women's state 1500m records from U/16 to Open. She led from start to finish and won in a creditable 4.22. However, it was Lauren Elms, running very strongly who came; second in a 5 second PB to record 4.26.9!! Will this be Lauren's best event, or will it be the 800m, an event in which she has figured strongly as a junior. Keep watching this space!

Not to be outdone, vanessa worked her way through the field to finish strongly in 4.31, her fastest time of the season. With a few more 1500m races, watch Vanessa dropped her times to mid 4.20's.

Also running for WSF in the Elite series was Stephen Locke who stayed with the leaders for the first 61/2 laps, only dropping when the fast push came for the places. Stephen ran well to record a time somewhere in the mid 8.40's



Above: Our Kembla Joggers' Silver Medal winning team in the Over 30's Male 4 x 800m included Ian Kemp, Dylan Forbes, Bronte Blay and Paul Micale.

## KJs Track Events for 1999

### Track Championships

Order of Events	Date	Time
Day 1	1500m	11.2.99
	100m	6.30pm
	400m	
Day 2	800m	18.2.99
	200m	6.30pm
	5000m	
Day 3	3000m	25.2.99
Day 4	10km	4.3.99
	1 mile	7.30pm
	(altern. event...non champ)	7.00pm

\* please note starting times for 10km and 1 mile non championship events

\* 10km runners MUST provide their own lap scorer

\* note that certain events may be graded

### Squared Series

Graded races		
Race 1	24.6.99	6.30pm
Race 2	8.7.99	
Race 3	22.7.99	
Race 4	5.8.99	FINAL
1 Hour Run	16.9.99	6.30pm

\* All runners must provide their own lap scorer.

### Xmas Short Run Series

Graded races		
2000m	18.11.99	6.30pm
1500m	25.11.99	
1000m	2.12.99	
600m	9.12.99	
1 mile	16.12.99	FINAL

Track races are held every Thursday at Beaton Park, starting at 6.30pm. The usual program is 5000m/1500m alternating fortnightly with 3000m/800m. Other races are organised by request and consensus.

### Contacts:

Hazel and Eric Brown	.....4261 3985
Jim Hennessy	.....4229 2490
Mark Everton	.....4284 5379

### Hot Off The Press!

As a consequence of their consistent and excellent performances, both Vanessa and Lauren have been invited to contest the 800/ 1500m at the Canberra Athletic's Grand Prix in February. Other possibilities of an invitation are Stephen Locke and Stuart Perry. We are very proud of all of them and wish them well.

By Eric and Hazel Brown

## The 'Gong Run

6.30am, February 28, 1999

To run this, we require volunteers for:

- Start (need to be there by 6.00am) This time we will just record all names for either the 23.8 kms or 31.25 kms distances and someone to operate the clock.
- Along the course - 14 marshalls, 9 of whom will also be water stops (I have 6 so far).

### Positions vacant are:

- Deakin Reserve in Oak Flats - is a water stop (Approx. 6.40am)
- Central Park in Oak Flats (Approx. 6.43am)
- Ski club/Cycleway intersection (Approx. 6.46am)
- Bonnerah Point, near swings - is a water stop (Approx. 6.55am)
- South West side of Windang Bridge - is a water stop - (Approx. 7.05am). We will need 2 people here, as this is the point where the long course extra loop commences and returns. Andrew and Witold Krajewski's mum will assist at this spot so we need one more person here.
- North end of Windang Bridge, on the West side of the road.
- Corner Banksia / Windang road - is a water stop.
- Corner Windang Road & Primbee By-pass
- Corner View & Lakeview Roads - is a water stop at Peter Buckman's house.
- Along Northcliffe Drive, on cycleway near Yacht club - is a water stop
- Entrance to Hooka Park Point (Long course only)
- Finish in Holborn Park. Require 2 people to take times as people finish.

Also, there is a toilet adjacent to the finish (but no showers). There are some taps if someone wants to rig up a hose.

Tea / Coffee / Water will be available - someone to help please. (We may be able to use Council's power so we will have an urn available).

Finally a BBQ. Can anyone cook sausages, eggs, bacon? The runners are all going to have to pay an extra gold coin to help shout the workers a free breakfast.

If you can help please notify me at one of our runs or phone 4271 1892.

Thankyou, Hans Lambert ↗

# Uncle Pete's TOYWORLD

## Junior News

Here's some great news for KJ juniors. Uncle Pete's Toyworld are now sponsors of the Kembla Joggers Junior Pointscore Series for 1999. There will be 7 great events during the Winter Season for all under 18 KJ's to compete in starting on April 24th with a 4.8 km event at West Dapto. Uncle Pete's Toyworld will be awarding store vouchers for all placegetters in the Junior Pointscore and Junior Championships as well as special embroidered Uncle Pete's shirts for all the winners. But wait, there's more!!!! At every junior event there will also be random draws, so all you have to do is have a run to be in with a great chance to win more prizes from Uncle Pete's.

There are many other events suitable for juniors which are not in the Pointscore, like the 5km Puckey's cross-country event on March 13th (Registration Day) and of course our Thursday night track races at Beaton Park, so why not get along to these too. For our speedier youngsters our club track championships are on soon and include junior categories with certificates awarded to placegetters in each event. And if that's not enough why not register with ANSW like many of our juniors did last year. You can then compete in our junior KJ relay teams at state championship events. Get involved, it's great fun. Just fill out the ANSW section on the back of our membership form.

See you all at the races in 1999.

## 1998 Fitness 5

Our thanks to all the members, especially those on the Fitness 5 Committee, that helped run the successful, 1998 Fitness 5. To the right is a lovely letter of thanks regarding the KJ's donation of the proceeds.

Let's see if we can continue the great work in 1999.

## Kembla Joggers Club Contacts 1999

### Committee:

President	Neil Barnett . (h) 4271 3299 (w) 4275 7469 0419 256 047
Vice President	Eric Brown .....4261 3985
Secretary	John Gullick .....4272 4274
Asst Secretary	Peter Evans .....4297 0082
Treasurer	Dave Higgins ....4284 1317
Public Officer	Robyn Henry .....4256 5274
Race Organiser	Ray Wales .....4283 1148
Asst Race Organiser	Peter Issa .....4283 7760
Social Secretary	Kevin Brennan ...4261 8811
Handicapper	Gary Howard ....4274 3411
Mark Everton, Jenny Comer, Jim Hennessy Hazel Brown, Hans Lambert, Christine Hall	

### Other Roles:

ANSW	Eric Brown .....4261 3985
Publicity	Rafael Moriana ...4296 6656
Clothing	Hans Lambert ....4271 1892
Fitness Five	Hans Lambert ....4271 1892
Fox Editor	Peter Evans .....4297 0082
Teams Co-ordinator	Mark Everton ....4284 5379
Juniors	Neil Barnett .....4271 3299

### HOMICIDE VICTIMS' SUPPORT GROUP (AUST) INC.

Family Support After Murder  
CFN : 15381



7<sup>th</sup> September, 1998

Hans Lambert  
Race Director  
Kembla Joggers Inc.  
PO Box 527  
DAPTO NSW 2530

Dear Hans,

On behalf of the Committee and Members of the Homicide Victims' Support Group (Aust) Inc., thank you for your cheque for the sum of \$2,500.00 from the proceeds of your Fitness 5 Fun Run/Walk held on Sunday 26<sup>th</sup> April, 1998.

In accordance with your wishes, we will put the funds you have raised towards the running costs of the Groups Recovery Centre, "Ebony House" at Waterfall. Your donation will be used to maintain the house so as to enable more victims to be able to benefit from it's facilities.

It is heart warming to know that people who have not been personally touched by homicide are willing to put themselves to raising funds for the benefit of those who have so tragically lost a loved one to murder.

I will personally extend your thanks for his efforts to our President, Peter Simpson when I next see him.

I hope that the weather will be a little kinder to you all on next year's run, and once again thank you most sincerely.

Yours truly,

Martha Jabour  
Executive Director.

Level 4, 1-15 Francis Street, Darlinghurst, 2010  
Phone : 02 9339 1700 After Hours 02 9339 1777 Fax : 02 9339 7802

## Marshalling Duties

### 1999 Winter Pointscore

To continue to run a successful winter program and comply with the police and council requirements all the Kembla Joggers members will be required to do marshalling duty for at least one run this season.

- Members names will be placed in a hat and drawn at random to suit each run. A list of marshals and runs will be printed and distributed to members.
- The only members who's names will not be in the draw are the committee members. These members are required to work at every run issuing handicaps, setting the course, providing tea and coffee or doing handicaps through the week.
- Please note. Asking a family member to marshal for you is not acceptable. You are required to do marshalling duty.
- If you are listed to marshal at a run that is one of your favorites, you can swap your duty with another member but you must still marshal at another run.

The committee looks forward to your cooperation so we can continue to organize a safe winter running program.

## KJ's on the Airwaves



KJ's have their own radio segment on 2VOXFM-106.9 just after 7am each Saturday.

Closely followed by the Illawarra Cycle Club and the Triathlon Club. So tune in and catch up on the latest gossip and what's happening.

## Remember the Cyber Jogger?



KJ's internet address:

[www.ozemail.com.au/~kjoggers/](http://www.ozemail.com.au/~kjoggers/)

Plenty of interesting reading and links to other great sites around the world. Get into it!

## ➤ Presentation Night

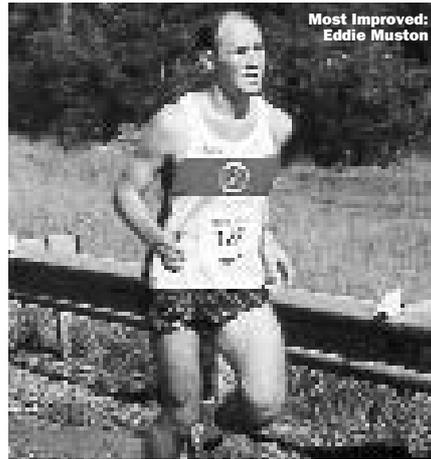
The 1998 Season Presentation Night held last year was another great success. Just think, there were even predictions from some that we would be lucky to half fill the Mt Kembla Hotel!! Why? Well we were all supposed to have been 'functioned out' after our 25th anniversary celebrations. How wrong we all were. Almost a hundred packed into the function room with probably another 30-40 or so wanting to come but unable to, a complete sell-out!!

The night ran smoothly this year. There were no mercy dashes to locate a working PA system, all trophies were engraved correctly, John Cooper was on his best behaviour coz he wasn't even there, the bugs at Mt Kembla had something else on that night, Derek was kept well away from the microphone and the number of Paul Micale jokes during the presentations was kept to less than 20 (this one took some effort).

Many thanks to Robyn Henry for organising another great evening and to everyone who turned up to congratulate the winners. As it turned out the night was to be the Peter Evans show with Pete winning no fewer than four awards. Well done to all winners. And the winners were.....



The Irrepressible Peter Evans.



### Pointscore

1. Mark Owen; 2. Tony Maloney; 3. Peter Evans

### Junior Pointscore

1. Jack Parle; 2. Melinda Mlacic; 3. Tim Robertson

### Junior Club Champions

Tim Robertson & Melinda Mlacic

### AMT Drilling Elite Pointscore

Paul Micale & Suzanne O'Brien

### Wilson's Bikes Athletes Athlete

Peter Evans

### Most Meritorious (Golden Boots)

Peter Evans

### Club Person of the Year

Mark Everton

### Encouragement Awards

Ruth Russell & Dawn Critcher

### Most Improved

Eddie Muston

### Ballsup of the Year

Robyn Henry

### 25th Anniversary Special Pointscore

Eddie Muston

### KJ Medals

Peter Evans (9 mile), Tony Maloney (9 mile), Ben Dubois (3 mile & 3000m), Jonathon Hall (4 mile - 1997)

By Neil Barnett

## Sydney Marathon Rescheduled

It is now strongly rumoured that the Sydney Marathon, originally pencilled in for the 18th April, has been moved to the 6th June following the controversy over its closeness to the Canberra Marathon date. This would please many KJ's with much more time to prepare for this event and allowing them to maybe conquer both Canberra and Sydney. It also avoids a clash with our own Fitness Five Funrun and leaves our event as the only major funrun scheduled for 18th April. Most other funrun organisers deliberately avoided this weekend and this could ensure us a high-class field. Although only rumoured at this stage, announcements are expected to be made soon. Apparently Police and Council approvals are in for the 6th June.

While on the subject of rescheduled events, the Olympics next year will provide a major headache for funrun organisers with August/September being declared a funrun free zone by most major event organisers in Sydney at the request of Police, Councils etc. The City to Surf will definitely be moved to July although no dates have been set yet due to Bondi Beach being the beach volleyball venue (more headaches!). Other funrun organisers are trying to co-ordinate dates so that clashes are kept to a minimum. Be prepared for a lot of funruns earlier in the year than usual and very few from August on.

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## An Interview with Derek 'Sharky' Moriarty

By Eddie Muston



### How did you find yourself here today running with this mad bunch?

In my early days in Hay I thought I might have had a career in the boxing ring. Every year a troop of boxers would come to town for the Hay show. The leader of the troop would offer a cash prize to anyone who lasted 3 rounds with the champion. In my first year I walked away with £3. The next year, with a crash course in boxing and a lot of

Dutch courage under my belt, I stepped up to face the "Great Afghan". In the 3rd round I was dragged out of the ring by my feet and spent 3 days in hospital. I'm still waiting for the £3. Following this I gave the boxing away and spent many years playing and refereeing rugby league. Every year I wanted to run the City to Surf but football injuries always stopped me from doing it. Finally as a broken footballer (the best runners are - Ed) I got around to running it. The next week I saw an ad in the paper for the Fitness 5 and me and the young bloke decided to give it a go. I joined the KJs on the day and have run with them ever since.

### What are you enjoying watching?

I'm not a big television watcher. I've pretty much decided to boycott the TV since LA Law was taken off.

### What are you reading at the moment?

I have these European magazines sent to me which are always hard to put down (running magazines that is). I also subscribe to Runners World, which keeps me inspired.

### Who inspires you?

Dave Taylor is really inspirational. My favourite sportsman ... it would have to be Muhammed Ali.

### What is your favourite run?

There is this great long run up at Mt Kembla but the directions are a little hard to explain ... seriously though, I've only raced the Puckys 5km once but I think it would have to be my favourite course.

### What are the real highlights of your running career?

Winning the handicap mile a year back. I was late to the race and managed to out fox Hazel with the handicapping - that was an achievement in itself.

### What are your pre-race rituals?

I always eat a honey sandwich before I run. Other than that it's just a bit of 'self-talk' I suppose.

### Who do you train with?

I usually train by myself. I'm a truck driver so I take my running gear with me wherever I go. I would have run in thousands of different towns over the years, which really keeps it interesting. When I'm at home I try and run a 10km course from home into Warrarong about 3 times a week. At the moment I'm doing a bit more distance work for a marathon.

### What are your best times over 5 and 10 kms?

24.01 and 48.48.

### What is your greatest ambition?

Gold Coast Marathon in July this year.

## Welcome back Ben!

Good to see Ben Dubois making a 'gradual' comeback after his recent injuries and a nasty fall off his racing bike during what I call "Thursday Night Madness". He told me he was going to jog the Yacht Club race in about 20 minutes. Sure Ben...16 minutes later Ben cruised to the finish. Then at the Croome Road race he jogged from home and then ran "firmly" for a nice 2nd position to the ever faster "monkey" man Russell, while the man of the Summer-Robert Battachio hung onto 3rd.

1999 could be another special year for Ben. No more-"Thursday Night Madness"!

## Welcome!

Surprise! Surprise! There is life at the other end of Lake Illawarra! It was great to see a record number of runners turn up to the Croome Road race at Albion Park. Historically this has been a quite poorly attended race. Too far for our northern members to travel to? Anyway there were so many runners there that 2 divisions were formed and I hope they all enjoyed the open areas and country roads, horses etc.. that are an integral part of this Summer race. see you all there next year.

Congratulations to Russell on breaking the open record. Great to see so many of our fast runners hitting top form. Keep it up!

## El Presidente

Just what is El Presidente up to these days? His times are plummeting as he sets himself up for a fine year. Maybe he picked up a few pointers on his European jaunt? Whatever it is, keep up the good form.

## Stop Press:

A little sparrow has just told me Neil's secrets. He has lost in the vicinity of 7kilograms and is doing a Chris Stocker./Andrew Krajewski ...ie running 150km per week. Now we know!

## KJ Trains the Kenyans!!!

I have it on good authority that Paul Micalalias Dickey Knee- has been to Africa to help train the Kenyans for the Sydney 2000 Olympics.

He apparently went to join the Masai Tribe and run in the high altitudes through the Rift Valley on their famous long distance training runs! We hope it is not true that he had challenged the great Daniel Komen to a 2 mile race! [ Daniel of course is the only person on planet earth to have run a sub 8 minute 2 miler! Yes! 2 sub 4 minute miles end to end! And he's done it twice! Paul has had a great season and we trust his travels through Africa went well. He met up with that great athlete, Dave Pomery [ who was already traversing the African continent in search of...the Holy Grail or the elusive female????] and we know Dave tried to keep him on the straight and narrow and keep his running ambitions in tune with reality. Hope you had a great trip guys!!! Is it really true that there was some sort of identification problem when Dickey visited and sat with the famous "Gorillas of the Mist"? Something about mistaken identity? And ..what about this rumour of Dickey being held in QUARANTINE in Karachi?? It seems that in the rat-infested,disease-ridden, plague generating areas of down town Karachi our Dickey's arrival caused some sort of furor. They would not believe he was from civilised Australia and immediately put him into isolation for 24 hours. By all accounts he survived; had a great trip; did not drive Dave mad and is now back on track, literally and figuratively, working towards another great year.

They tell me he is going to try to do a Pasco [double handicap winner] and win the Elite

Pointscore 2 years in a row! Well done and good luck to him!!

## Steroids for the Voice Box??

It is definitely not true that Hazel Brown takes steroids to increase her voice power. Anyone that ran at the recent A.N.S.W. State Relay Championships or at the Country Championships at Homebush Stadium can vouch for the prowess in her cheering. It's truly amazing how that "Come on Kembla Jogger! Go the Kembla Jogger!" can carry all the way across the track. Her strong vocal power is a result of years of teaching in primary schools across NSW. Not from giving Eric a hard time! Well done Hazel and keep up the good work because it is always appreciated!

## How were your legs after the Hill 60 Race?

Gritty determination! Beautiful rhythm! Great striding! Swift pace! Fantastic hill strength! Fluid movement!! Wow..he's just very fit!! Some of the thoughts and comments on Robert Battachio's record breaking run at the recent Hill 60 race. Anyone that has run the race knows what a lung and quad buster it is. It was remarkable to see Robert smash the old record of Andrew Lloyd's by over 40 seconds. Incredible effort Robert! You're having a great summer season!



PS.. Good to see Andrew G make an appearance! I'd been told that he had migrated to New Zealand??? He had a good race too .....so whoever said that he had given up running and taken up more leisurely pursuits was not right. Come on fellows next time you whisper in my ear, make sure of your facts.

## Share, Share Alike! or Caught short!

Congratulations to Dylan Forbes for his generous sharing spirit at the A.N.S.W. State Relay Championships at Homebush Stadium. As the 45+ team was registering one of the members was spotted to be out of club colours and officialdom being what it is at Homebush insisted on full club uniforms. No problem says Dylan he immediately offered our new club treasurer his shorts. The race was completed and the lads ran a commendable 4th. Dave says he'll never forget them again and that its not a symptom of alzheimers at all.

## Kembla Joggers Spread their Influences

Congratulations to Raf Moriana on his recent wins in the triathlon scene. He travelled to Tasmania with Steve Van Gils and took out 1st place in his age category. This followed another 1st in one of the Sydney races. Then at the January race of the Kurnell Series he managed a second, with Kembla Joggers coming 3rd & 4th in the same category. Well done Garry Wheeler and Mark Owen.

P.S. Who among those three was the fanatic that came home and in the afternoon went on his weekly 2 hour run?

## Stop Press:

A big congratulation to Hans Battaerd on winning his age category at the Australian Triathlon Championships in Canberra recently. Maybe the recent KJ events have helped Hans improve his running. Well done Hans!

## Committee Member To Star on Burke's Backyard?

Is it true that one of our fearless members is to appear on Don Burke's TV show? On a recent outing he was accompanying his newly arrived cousin on a pre-purchase house inspection. As Richard looked around the home his cousin went astray. The house inspection continued on until finally as Richard was leaving, he spotted his faithful cousin kneeling over [excuse the pun] a small bush in the back yard. It appears that he was suffering from some sort of 'post alcoholic drink binge daze'. The daze became dizzy until he decided to invent a new form of liquid garden fertiliser which he generously poured [spouted?] around a lovely garden plant. We have it on good authority that member is now much better. The house purchase fell through, but the plant in question is now thriving and Don is keen to get our KJ committee member to appear on the show as soon as possible. He wants our member to share all his scientific knowledge on natural fertilisers.

## We Know What You Meant!

We all know what Hazel was talking about at the 5000m race at Beaton Park recently when she uttered those famous words to John Guillick. All John wanted to know was whether there was an 800m before the 5km. He needed a comfort stop. No problems to the ever pleasing Hazel.

"I'll hold it!"

## 1999

Good to see the nominations for the 1999 Balls Up Award starting to pour in! Gee it's only February too! Mum's the word.

## Aussie P.B. Double in Tokyo!

Good to see the Aussies do well at the recent Tokyo Half Marathon. Our local champ Kerryn McCann recorded a staggering 4 minute Pb in reducing her time to 1.09.03! She finished a fantastic 3rd but it took a world best mark of 1.06.40 [Elana Meyer from South Africa] to beat her.

Congratulations Kerryn!

The KJ Half record looks a bit wobbly now! I believe she is the first KJ [male or female -Dickey Knee] to do a sub 70 minute Half Marathon.

Lee Troop also recorded a PB of 1.00.59 beating his previous best of 1.03.57. Wow..that's fast! Lee was a podium finisher too. Go the Aussies!

## Stop Press:

More congratulations go to Kerryn on her winning the Wollongong Australia Day Sportsperson of the Year. Well done Kerryn. I believe that's two KJ athletes in successive years.

## 5km Illawarra Yacht Club

November 24, 1998

Rob Battocchio took advantage of the windy conditions on the way out for this race, by the turnaround point he had a 200 metre lead over Russell Chin, Jono Hall, and Paul Micale. Russell made up a lot of ground on the return journey but Rob was too strong on the day. Rob beat the Open course record by 2 seconds which was held by Andrew Lloyd, with Russell 2nd and Jono Hall 3rd. Mariana Hernandez ran a good race to be first Female home with the ever improving Jeni Greenland 2nd and Melinda Mlacic 3rd. The 12 juniors all had good runs with Brendan Cato, (15-19) Jarred Poppett 17.44 (10-14), Matthew Harding 23.06 (0-9), Renee Ognenovski 27.56 (Fm 0-9), and Mariana Hernandez 20.04 (Fm 10-14) all recording Age Group Records. Raf Moriana was first over 40, Andrew Krajewski first over 50. Others who had good runs on the day were Steve Matthews 18.18, Glen Hayward 19.28, Luis Cortes 20.56, and both Shelly Jacks 23.43 and Ronda Meredith 23.53 who went well in their first race with the KJ's. Other AGR's were (Open and 25-29) Robert Battocchio, Jeni Greenland (Fm 20-24). In all 64 runners ran on the day which is a race record.

By Gary Howard

### Results

R. Battocchio 16.01, R.Chin 16.26, J.Hall 16.38, P.Micale 16.42, Brendan Cato 16.43, (1st Junior Male) Female: Mariana Hernandez 20.04 (1st Junior Female), J. Greenland 21.18, M.Mlacic 21.39, L.Samuel 22.00, Julie Whittington 23.07.

## 5km Mt. Kembla Ring Track

December 8, 1998

A record 57 starters in the summer season set out to conquer the Mt.Kembla Ring Track course on a cool humid evening. Not surprisingly 13 new course records were established (6 Male and 7 Female) with Russell Chin and Rob Battocchio murdering Mark Everton's 3 year old Open Male record. Similarly the previous Open Female record was bettered by 7 female runners with Elivia Comer smashing the previous best time by over 3 minutes. Good runs on the day were recorded by Neil Barnett 18.30, Zac Browse 19.06, Kirk Vandeweghe 19.53, John Wilton 21.30, Gary Howard 22.11, Bob Scott 23.14, and Christine Hall 27.11. Also it was good to see long term KJ's Glen Hayward 19.20, and Don Lewis 30.47 back in action after breaks from running. Newcomer Ian Fargher showed determination to finish his first race. Age Group Records were recorded by Russell Chin (Open + 20-24), Jarred Poppett 18.34 (10-14), Rob Battocchio (25-29), Peter Evans (45-49), Tony Maloney 22.53 (55-59), Elivia Comer (Fm Open + 15-19), Jenni Greenland (Fm 20-24), Julie Whittington 24.38 (Fm 30-34), Louise Samuel 22.39 (Fm 35-39), Rosalind Perry 28.36 (Fm 45-49), Jenny Comer 25.43 (Fm 50-54)

By Dave Higgins

### Results

Russell Chin 16.17, Rob Battocchio 16.30, Paul Micale 17.45, Peter Evans 18.20, Tim Berry 18.26, Female: Elivia Comer 20.43, Alison Couldwell 21.28, Melinda Mlacic 21.32, Jeni Greenland 22.27, Louise Samuel 22.39

## 5km Puckey's Reserve

December 22, 1998

Another record summer season field of 75 starters took on the popular Puckey's cross country course on a warm evening. Despite some very tough previous times being recorded, another 5 Age Group Records were set. Rob Battocchio (AGR 25-29) ran brilliantly to spredeagle the field and just missed Jonathon Hall's Open Male Record by 3 seconds. In close pursuit were the pack of Stuart Perry (AGR 15-19), Paul Micale (AGR 30-34), Phil Parle. Juniors Brendan Cato and Tim Robertson 16.44 continue to impress as does Jarred Poppett 17.41 (AGR 10-14) who is re writing the records during the summer series with every race. The first 3 females all ran well with Mariana Hernandez outlasting Elivia Comer and Melinda Mlacic. Other good runs on the day were recorded by Andrew Krajewski 18.10 (AGR 50-54), Eddie Muston 19.20, Anthony Corolla 20.28, Brian Ashton 21.43, Tony Maloney 21.47, Ray Wales 21.58, Matthew Harding 23.53, and Ellen Kemp 26.02. It is pleasing to see lots of new runners ( 10 in this race). Lets hope they enjoyed their run and are encouraged by the experienced runners to continue in the 1999 summer series races.

By Dave Higgins

### Results

Robert Battocchio 15.36, Stuart Perry 16.21, Paul Micale 16.23, Phil Parle 16.31, Brendan Cato 16.35, Female: Mariana Hernandez 19.42, Elivia Comer 20.08, Melinda Mlacic 20.19, Paula Crinnion 20.26, Bethany Comer 21.07

## 4 Mile Hangover Handicap Mt. Kembla

January 1, 1999

A little bit of secret training plus a couple of VB beers before and after the race saw Christine Hall take out the "running nut" Trophy. Christine's time of 33.58 was good enough to win the annual event which is run on a handicap basis. Ian Tague who has shown a big improvement this year was second, 22 seconds behind Christine and Speedster Danny Watson was 3rd. Guest runner Chris Richards was 4th with sisters Lesley Simes and Karen Blay 5th and 6th. A record 92 runners started in the event with Robert Battocchio being outright fastest on the day and as Backmarker came 7th on Handicap with a time that was the 2nd fastest ever recorded on the course also recording an AGR in the 25-29 category which was held by Dave Pomey for nearly 10 years., Paul Micale and Stuart Perry finished 2nd and 3rd outright fastest. Paula Crinnion returned to the Females winner list with a great run and also recorded an AGR beating her own record 34 seconds in the 25-29 Category, Elivia Comer was second with her sister Bethany 13 seconds behind her in 3rd. Not too many people get a chance to break an AGR that is held by Bill Williamson but Andrew Krajewski did just that in recording a time of 24.49 taking 18 seconds off Bill's 50-54 Category that was held since 11/6/88, well done Andrew. Jarred Poppett is going from strength to strength with a time of 24.31 that was only 8 seconds off Jono Hall's AGR set on the 27/9/86 in the 10-14 Category. Other good runs on the day were Tim Robertson, Pasco Coppolaro 26.05, Ian Kemp 25.17, Joe Pereira 25.09, Rod Batten 30.31, Diane Birch 35.36 (making a comeback after injury), and Karen Lawer 37.22. Also good to see Des Comer complete the entire course on his comeback race after injury had sidelined him for a couple of months.

By Gary Howard

### Results

R Battocchio 21.09, P.Micale 21.59, Stuart Perry 22.03, Danny Watson 22.33, Tim Robertson 23.30. Female: P. Crinnion 27.26, E.Comer 27.41, Bethany Comer 27.54, Lesley Simes 29.29, Karen Blay 30.16.

## 5km Illawarra Yacht Club

January 12, 1999

With cool conditions that made it ideal for fast times, a red hot Rob Battocchio again dominated the race and broke his own Open record and Age Group record (25-29) by blitzing the field again on this course. Paul Micale made up ground and also recorded a brilliant time to take nearly one minute off Dave Pomey's AGR (30-34). Ben Dubois finished in 3rd place and was never out off 2nd gear. Mariana Hernandez (AGR 10-14) was first female/junior to finish with newcomer Kerri Hynd showing she will be a force in KJ races with a great time of 20.04 in her first race and also taking out the (AGR 30-34). Jeni Greenland took out 3rd place in the females. Jarred Poppett (17.52) again dominated the male juniors with a determined run to finish in front of other juniors Mathew Moody (18.51) and the improving Darryn Southgate (19.40). Neil Barnett (17.15), Ian Kemp (18 31), and Zac Browse (18.02) all had outstanding runs. Newcomers Ngareta Faull (27.23), Ian Heeley (28.46), Paul Holland (27.17), and Tim Morris (21.48) all had good runs.

### Results

Robert Battocchio 15.25, Paul Micale 16.05, Ben Dubois 16.42, Raf Moriana 17.08, Peter Evans 17.12. Female: Mariana Hernandez 19.47, Kerri Hynd 20.04, Jeni Greenland 21.33, Melinda Mlacic 21.42, Frances Pearson 23.50

## 5km Hill 60 Challenge

January 19, 1999

A stiff north easterly breeze greeted the 43 runners who set off on the tough 5 km Hill 60 Port Kembla course. The field was soon well strung out by the end of the first hill climb allowing the scramble down to Fisherman's beach to be more orderly than if the field was bunched together. After negotiating the soft sand caused by the high tide, it was back onto the road down to Metal Manufacturers, then around the turn and back to the start with the breeze at the runner's backs. The steep hill climb to the top of Hill 60 required walking by some runners but this was quickly forgotten in the downhill sprint to the finish. Rob Battocchio continued his great summer form by smashing Andrew Lloyd's Open record by 41 seconds with Paul Micale next only 2 seconds outside the previous time. Brendan Cato was third in a time under 20 minutes - another top effort.. The female race was keenly contested with Mariana Hernandez finishing only 26 seconds ahead of Cassie Trewin with Kerri Hynd only 11 seconds further back. Other good runs were recorded by Neil Barnett (20.02), Andrew Godsman (20.15), Phil Leishman (21.06), John Wilton (23.01), Ian Tague (24.13), Warren Evans (27.45), and Michael Hickman (30.05).

### Results

Male 1. Rob Battocchio 18.10 (Open race record), 2.Paul Micale 18.53, 3.Brendan Cato 19.53, 4.Neil Barnett 20.02, 5.Andrew Godsman 20.15, Rafael Moriana 20.24, 7. Jarred Poppett 20.26. Female 1.Mariana Hernandez 23.37, 2.Cassie Trewin 24.03, 3.Kerri Hynd 24.14, 4.Jeni Greenland 28.37, 5.Frances Pearson 28.51, 6.Ngareta Faull 32.51. Records: Male Open Rob Battocchio 18.10, 10-14 Years - Jarred Poppett 20.26., 15-19 Years - Brendan Cato 19.53, 25-29 Years Rob Battocchio 18.10, 30-35 Years Paul Micale 18.53. ➔

Female 10-14 Years Mariana Hernandez 23.37, 50-54 Years Francis Pearson 28.51...

## Xmas Short Run Series

We introduced this series of track races a few years ago to inject a little variety into our Thursday night races and to give athletes an opportunity to see just what they are capable of over shorter distances. This has turned out to be a great winner and is now one of our most successful race series. Races are graded with approximately 12 to 15 runners in each race. The success of these races can be judged by the number of personal best (PB's) achieved throughout the series. It is also a winner with our dedicated Athletics New South Wales Track athletes who use it as a means of gauging progress for upcoming Country Championships. As reported elsewhere in 'The Fox', the results from the Country Championships speak for themselves.

### Race 1, 2000m 19.11.98

No records were broken in the first race of the series, however, four PB's were recorded. Fastest female was Bethany Comer with 7.11 and fastest male was Rob Battocchio in a PB of 5.51.

### Race 2, 1500m 26.11.98

Four age group records were broken and seven PB's achieved in this the second race of the series. Jack Parle ran a fine 6.07 to create an under 10's record. Records were also broken in the M35 - 39 Bronte Blay 4.18, M25 - 29 Rob Battocchio 4.08 and in the W35 - 39 Louise Samuel 5.58.

Fastest female of the night was Catherine Lamb one of our friends from Campbelltown who posted a PB of 4.36. Fastest male was a dead heat by Rob Battocchio and Dylan Forbes in 4.08.

### Race 3, 1000m 3.12.98

No less than eight age records and thirteen PB's were the highlights of this terrific night's racing. Age group records are listed below

Open .....Rob Battocchio/ Dylan Forbes 2.34  
 under 10.....Jack Parle 4.04  
 15 - 19.....Brendan Cato / Mark Scott 2.40  
 20 - 24 .....Vanessa Kearney 2.54  
 25 - 29 .....Sue Mulready 3.00  
 30 -34 .....Dylan Forbes 2.34  
 35 - 39.....Bronte Blay 2.39

### Race 4, 600m 10.12.98

In almost a repeat of the previous week's races, seven age group and eleven PB's were the result of yet another great nights racing. While still not able to match Chris Moreton's fabulous 1.24, done as a 35+ back in 1986 on Lysaght's grass track, Dylan ran a really gutsy 1.26, closely followed by Paul Micale in a huge PB of 1.27. Lauren Elms running over her favourite short courses, blitzed the ladies field and challenged many of the faster men with a great 1.32. Vanessa was 4 seconds behind in a PB of 1.36. Age group records set on this night were:

<10 .....Jack Parle 2.14  
 20-24.....Vanessa Kearney 1.36  
 25-29.....Paul Micale 1.27  
                   Sue Mulready 1.41  
 35-39.....Karen Blay 1.52  
 40-44.....Steve Matthews 1.36  
 45-49.....Wayne Montefiore 1.31  
 and other PB's for the race were: Bronte Blay 1.29, Troy Upward 1.31, Ken Challinor 1.37, Dennis Upward 1.43, Chris Stocker 1.49, Bob Scott 2.00, Ray Wales 2.02, Tony Maloney 2.06 and Victoria Robertson 2.15.

### 1 Mile Final 17.12.98

After such an exciting leadup, there was

much anticipation for the final 1 mile race. As this race was a handicapped start, it really showed the experience of the more seasoned track specialists who knew how to pace themselves.

Undoubtedly, one of the best runs of the night was that of Vanessa Kearney. This young lady is one of the gutsiest runners on the track circuit. Nothing and nobody fazes her and this showed when she matched it with some of the fastest men to record a blistering 5.03 to create a new open and track record. Sue Mulready, a rapidly improving KJ also ran superbly and recorded a good 5.20.

Of the men, Tim Robertson showed remarkable consistency and speed over all of the races and came in a sound 4.58. Not a great time considering his previous runs, but marks him as one to watch this coming season. I predict great things from this young fellow. John Gullick is now on the comeback trail and ran superbly to record 5.47, closely followed by Dave Higgins in 5.53.

In the A Race there was tremendous battle between Rob Battocchio and Barry Keem (running by invitation). Rob was the back marker and held his great form all through the series and went on to record a 4.26. Rob, along with Dylan had been dominant all through the series and shows great potential. A track relay squad of Rob, Ben Dubois, Russell Chin, Dylan Forbes would be formidable indeed. The 1 mile results are:

#### Results

**Race 1** Rob Battocchio 4.26; Barry Keem 4.26; Paul Micale 4.36; Bronte Blay 4.37\*; Wayne Montefiore 4.40\*; Richard Barnes (invitation) 4.45; Phil Parle 4.50; Ross Walker 4.55; Tim Robertson 4.58; Murray Anderson 5.00; Matthew Moody 5.05; Troy Upward 5.21; Handicap Winner: Barry Keem. **Race 2** Mark Scott 4.47; Vanessa Kearney 5.03\* (age group/open and track record); Jarred Poppet 5.06; Zac Browse 5.16; Sue Mulready 5.20\*; Andrew Krajewski 5.25; Pasco Coppaloro 5.29; Bethany Comer 5.35; Carla Whitehead 5.39; Elivia Comer 5.39; Paula Crinnion 5.48; Dennis Upward 6.13; Handicap Winner: Mark Scott. **Race 3** Eric Brown 5.46; John Gullick 5.47; Dave Higgins 5.53; Lauren Whitehead 6.04; Luis Cortes 6.18; Bryan Ashton 6.25; Bob Scott 6.25\* (PB); Ray Wales 6.28; Rowena Mullany 6.43; Jack Parle 7.24\*; Jenny Comer 7.26; Derek Moriarty 7.29; Victoria Robertson 7.29; Peter Issa 7.40; Helen Ashton 7.58; Linda Cortes 8.02; Ian Fargher 9.13; Handicap Winner: Derek Moriarty.

\*age group records

By Eric and Hazel Brown

## Fishers Ghost Fun Run

### October 8, 1998

11 keen Kembla Joggers fronted the start line for the annual Fishers Ghost Fun Run organised by our neighbouring club Campbelltown Joggers. Overnight rain and hot steamy conditions added to the challenge of the hilly course set in the grounds of University of Western Sydney. Without exception, all the KJ's times were well away from personal bests partly due also to the muddy off road sections of the course over which required careful "tip toeing" to avoid slipping.

10 KJs chased home the overall winners - male Jamie Harrison (31.38) and female Angela Sheehan (35.47) in the 2 lap 10km race with Wayne Montefiore (37.51) and Chris Stocker (37.58) just failing to catch Saucy Sutherland's Ian Graves (better known to 1998 KJ Fox readers as Peter Evan's mate - the "Lord Mayor of Sydney").

Although disappointed with their times, Andrew Krajewski (39.12) and Neil Barnett (39.30) both finished in the top 50 finishers out of a total of 294 starters. Pasco Coppaloro kept pace with Suzanne O'Brien (both recorded 42.06) to enable her to gain second place in the 30-39

female section - well run Suzanne. Other KJ runners times were Ian Kemp (41.35), Witold Krajewski (42.23), Hans Lambert (42.41) and Dave Higgins (44.37).

Eddie Muston chose to an ASIC prize bag awarded for a top 25 finish in the 1 lap 5km race run concurrently with the 10km race. He duly returned home with the spoils after recording 23rd place in a time of (20.51) out of a total 5km field of 521 runners.

As usual the Campbelltown Joggers led by dual KJ members Peter Knott and Barry Hall did an excellent job in pre race organization, marshalling, timekeeping and post race presentations. This race has become a truly traditional fun run where everyone enjoys themselves and it is well worth the 40 minute trip from Wollongong for the corresponding 1999 race later this year.

By Dave Higgins

## South Gippsland Fun Run

### October 18, 1998

In October 1998, on the same day that many KJ's were running around Cordeaux Dam contesting the club challenge, I participated in a small country town fun run. What made this fun run special for me was that it was the inaugural "South Gippsland Fun Run", held in my "home town" of Leongatha, funnily enough in South Gippsland. For those of you wondering where South Gippsland is, it's the area which includes the southern most point of not only Victoria, but mainland Australia; Wilsons Promontory. For most of the year, this means cold and often very windy weather (you thought Wollongong was windy). After a classic Victorian day on Saturday consisting of heavy rain, bright sunshine, heat, cold, everything in between, and topped off with a magnificent display of thunder and lightning, I woke on Sunday to hear the ominous sound of howling winds, and was it cold!

The race was supposed to start at 9:30 (this is the country!) but it was delayed because a cross country race somewhere north had to be cancelled because of too much storm debris on the course, and some of the entrants were hoping to get to our race. At quarter to 10, I hadn't seen anyone new turn up and we were off. The race was held on part of the newly opened rail trail, an old railway line which has been converted into a gravel track for runners/cyclists, etc, basically wedged between paddock fencelines and extending through much of South Gippsland, interrupted only by roads along the way. This race took in 8.3 km of rail trail from Leongatha down to the "blink and you'll miss it" outpost of Koonwarra, about a third of the way to my place.

Anyway the lead runner was off and it was quickly established that unless he fell over, the race was for minor placings. The buffeting wind was mainly a cross wind with the occasional boost to the backside. Towards the end I was running shoulder to shoulder with a guy for second and third spots, when he decided to try to block my path a few times. With a hill up to the finish I got past and took the hill in true KJ style!, to take second place (in case there is anyone reading this who I haven't told yet). All in all a great relaxing morning (except for the run), and the fact that it was a pretty budget fun run was never more evident than at the finish where thirsty runners were greeted by the plastic rubbish bin with cups floating in it! Surely a health inspectors

nightmare but at least competitors got to replenish their lost salts!

Results were 1st - 27:45, 2nd - 29:20, 3rd - 30:05. If there's one point that this article makes, it's that given the right setting anyone can do well in a fun run!

By Andrew Dunlop

## Noosa Triathlon

November 7-8, 1998

On the weekend of 7-8 November a sizeable Illawarra contingent converged on the beautiful spot of Noosa for one of the first of many summer triathlons for most people. Among those from the Wollongong area (apologies to anyone I have missed) were myself, Steve Van Gils, Kirk and Amanda Vandeweghe, Hans Battaerd, Trudi Saunders, Mark O'Keefe, Nathan A'Bell, Grant Plecus, Cade Barnes, and new KJ Brad Martin. The Noosa Triathlon weekend lived up to its reputation with super fit athletes (and plenty of show ponies) everywhere, and many events in the lead up to the triathlon on Sunday morning. Large crowds were present on Saturday afternoon to watch the cycle criterium with Jono Hall strongly contesting countless other elite cyclists (won by Stuart O'Grady), and the 5km run, with Ben Dubois and Stephen Locke both running well. 5k winners were Shaun Creighton (13:59) and Natalie Harvey (15:31).

The race on Sunday (1.5k swim, 40k cycle, 10k run) was held in hot conditions, with plenty of hoses from spectators cooling down the runners. Some great performances were recorded in the morning, particularly Hans coming second in his age group. Steve Van Gils (racing the cycle and run legs for Team "Lamb Chops") recorded 2:08:30 for the team, Steve putting in 1:03:12 for the bike and 40:24 for the run.

Once we had trashed ourselves in the age group race, it was then time for the pro's to take centre stage, with the pro race staged around Noosa Heads being the last round of the ITU World Cup.

With the racing madness all over, it was of course time to party, and even though Des Comer couldn't make the trip, we still had a good night. A very ugly (and therefore amusing) wig belonging to the author was revealed, and adorned countless heads during the night (except for a brief period where some other blokes thought the wig was theirs and it was confined to a jeans pocket until they calmed down - a fight nearly erupted over a wig! Later on that night all the pros including Jono, Stuart O'Grady and others were out in force having a good time, and basically if you went to the Noosa Triathlon weekend and didn't have a good time, you'd have to wonder why. Bring on Mooloolaba!

Some Noosa Times (again, apologies to anyone I may of missed)

### Results

Hans Battaerd 1:58:32; Nathan A'Bell 2:02:05; Kirk Vandeweghe 2:03:29; Andrew Dunlop 2:18:34; Mark O'Keefe 2:22:54; Grant Plecus 2:23:38; Amanda Vandeweghe 2:49:54. **Open Winners** Eamon Nunn 1:49:08; Annabel Luxford 2:02:06. **ITU Race Winners** Gilberto Gonzalez (Venezuela) 1:48:26; Loretta Harrop 1:59:39. **5k Run Results** Stephen Locke - 18th - 15:18; Ben Dubois - 23rd - 15:32; Andrew Lloyd - 29th - 15:48

By Andrew Dunlop

## Forster Half-Ironman

November 15, 1998

After the entree at Noosa it was time for the main course at Forster on the NSW holi-

day coast (how many holiday coasts are there?), so the following weekend a few of us journeyed to the famous triathlon town to tackle the 1.9k swim, 90k ride and half marathon run that is the Forster Half Ironman. The roll call for this one included myself, Steve, Hans, Kirk and Peter Asher for his umpteenth crack at a long course event. In a way these races are strange events, with so many people simply there in the hope that they can do a quick enough time to be able to return next May and do the whole thing twice! Others were simply there to come out of the madness alive and to go home with the achievement of finishing under their belts.

After a feed on Saturday night and a check on the lit up bike compound (a very valuable piece of real estate) it was bed time, and dreams of lactic acid build up and getting belted in the head by other swimmers. With the 6:30am race start it was up at about 4:30am for most of the 760 competitors to fit in all the required toilet visits (where does it all come from?) and other last minute rituals and at 6:30 we were off. As I exited the swim I heard on the loudspeaker that 600 of the competitors were now out of the water, but at least there were still 160 behind me! I surprised myself on the bike leg (with some help from the 60km aid station). As I approached the transition I could hear music playing on the loudspeakers - I can't remember the song but I know I liked it. Quick bike gear removal and off on the run. Although the tactic was to see how I was early and maybe increase the pace later on, there were only two things which increased later on, and my pace wasn't one of them: the heat and the pain in my left foot. As the aid stations seemed to get closer together, they consisted of juggling more and more cups of ice, iced water, flat (degassed) cola, maxim and jelly babies, and working out what to put on your head and what to consume (putting jelly babies in your cap doesn't cool your head down too well!) 5 hours and 19 minutes later I ran over the finish line to a welcome feed of fruit salad and icecream.

Congratulations to Steve, Hans and Kirk who were all looking to qualify for the main event next May and did so - yes, they actually have a desire to swim 3.8km, ride 180 and then run a marathon! Hmmm, maybe in 2000. Special thanks too to Gareth Buckley for his encouragement out on the run course (man, was it hot!), and also to new KJ Brad Martin for being an excellent one man support crew to many of us, and taking some great photos. The last person to finish the race came over the line in 7 hours and 5 minutes, just 5 minutes after the race cut off time. He was the only person to complete the race after the cut off and therefore does not officially finish - seems cruel and it is, but that's the rules! True to Ironman form he had a crowd cheering him in anyway as he ran past the people packing up signs on the finish straight, and whether he gets an official result or not he still knows the most important thing - he finished the event.

The mens winner was 18 year old David Clark from NSWIS, finishing the race in 4:05:50, a new course record. Tracey Hargreaves won the womens race in a great time of 4:22:53.

### Results

Hans Battaerd 4:33:27; Steve Van Gils 4:44:37; Kirk Vanderweghe 4:52:27; Andrew Dunlop 5:19:42; Peter Asher 6:48:42

By Andrew Dunlop

## Palm Beach to Manly Run

January 9, 1999

Last year I was introduced to this run by Phil Parle and made a note to do the run the following year. Hosted by the Harboard Diggers running club the run is my style - only a \$5 entry fee; entries on the day; plenty of drink stops; the winners are acknowledged without too much fuss.

This year Michael Hickman and myself drove up to compete. Because the run starts at 5am and its starting line is at Palm Beach, a Wollongong runner has to put in a reasonable effort just to get to the starting line. We left my place at 2:15 am to drive to Manly. No bus is provided to get you to the starting line so after parking the car we joined other runners looking for a taxi.

Finding a taxi at 4am is not as easy as it seems. Although there were plenty of runners prepared to pay the taxi fare to Palm Beach we had to compete with the ragers trying to get home after a night of the good life. Clowns were asking us to get into shopping trolleys and they would push us up the street while others just collapsed on the footpath.

Michael and me split up to make up the numbers with two other groups to cut the cost of the taxi ride and increase the chance of getting to Palm Beach on time. The three guys I shared with were incredible. They seemed to have done heaps of endurance events including paddling kayaks down the Yarra River to Melbourne and sky diving. One guy came from South Africa and had done an event called the Comrades Marathon several times. This event is about 100k long. By the time we got to Palm Beach I had an inferiority complex.

We both got to the starting line on time. The race started before dawn on a cloudy day with light rain. This restricted the million dollar views until the sun was well and truly up and the cloud cover started to abate.

Manly came into view and finally the finish line was crossed after 30k of interesting running with some interesting people. I just had time to stand under a cold shower on the Manly promenade and drink a bottle of coke before Mike appeared powering across the finish line.

Before we drove home we had some nice refreshments at a café near the beach. We both started and we both finished a top run. Now it was time to go home and have a nap.

By Ray Wales

## 7.5km Shellharbour Australia Day Fun Run

January 26, 1999

A glorious morning! A glorious setting! A majestic course! All the ingredients for a great inaugural Shellharbour Council Australia Day Fun Run. A smallish group of runners gathered at Oak Flats for an early morning dash to the mouth of Lake Illawarra. This course forms part of the KJ Gong Run and if the rest is like this, it will be worth just going along just to check the scenery. Seven keen KJ's made the effort and were rewarded with 3 podium finishes. Martin Church and Peter Evans in the mens and Ruth Russell in the womens. Great effort! Tony Maloney, Stan Gannon, Warren Evans, Ian Dodsworth all ran well and enjoyed the lovely morning. Hope to see more of the KJ's joining their southern cousins next year.

## February 18, 25 & March 4

- KJ's Track Championships, see separate timetable on page 2.

## February 28

- KJ 'Gong Run 24 or 31km, see page 3.

## March 13

- KJ's Winter Series Race 1  
5km Puckey's XC Classic Stuart Park 3pm

## March 21

- Kiama Downs SLSC FunRuns – 3/7/12/km, see below.

## March 27

- KJ's Winter Series Race 2  
8km West Dapto

## April 10

- KJ's Winter Series Race 3  
7miles Mt Kembla

## April 11

- Shellharbour SLSC Fun Run – 6km
- Canberra Marathon

## April 18

- Kembla Joggers Fitness 5 Fun Run, see below.

## April 24

- KJ's Winter Series Race 4  
3miles West Dapto

## May 8

- ANSW 10km Road Championships – Holsworthy

## May 15

- ANSW Novice Cross-Country Championships – Ramsgate

## May 23

- Sydney Morning Herald Half Marathon (ANSW Half Marathon Championships)

## Kiama Downs SLC Blowhole Challenge Family Fun Runs

10.00am, March 21, 1999

### Distances:

3km, 7km, 12 km run or walk.

### Where:

Start and finish at Club House, North Kiama Drive, Kiama Downs. Race Numbers and Late Registration from 9.00 am. Lots of categories including teams.

### Entry Fee:

\$6 Adult (\$8 on the day); \$3 Child (\$5 on the day); \$15 Family (\$20 on the day), under 3 free

### Prizes:

\$100, \$50, \$25 for 1st, 2nd, 3rd male & female 12km. \$50 for breaking 12km male & female course records.

**For Entry Forms and further information: phone 4237 7805, 4237 8467 or 4237 7486.**

## Fancy a Long Race? Try the Comrades Marathon!

June 16, 1999

### Where:

Pietermaritzburg to Durban-South Africa

### How Long?

90km ... yes, that is ninety kilometres!

### Cost:

From about \$2000 – includes airfares and 3 nights accommodation.

### For more details:

See notice board at races or contact Jim Screen – Sydney Striders Road Runners Club President (02) 9402 7947 weekdays before 9pm.

*Sounds like a good one for Andrew Krajewski, Dave Taylor, Gary Howard, Neil Harper and Co. I'll stick to the shorter ones thanks – Ed!!*

## Sydney Morning Herald Half Marathon 1999

May 23, 1999

Get yourself organised with the KJ bus Remember to send or give your entry and money to Mark Everton so he can organise the team entries. The KJ's make a big impression in team events as well.

## New Zealand Fit For Life Relays

15-17 October, 1999

All members of the Kembla Joggers are invited join a team to compete in the 1999 Fit For Life Relay in New Zealand.

In 1996 two teams from our club competed in this event. All agreed the relay was one of the best events they had competed in.

The event is handicapped and is open to runners of any ability so don't feel you would be out of place in the event.

This year some of the 96 team members may be able to afford to go again so if you can spare the time and can afford the airfare and accommodation give this event some serious thought.

If you are interested contact Ray Wales at a run or call 4283 1148 (h) 42290 636 (w)

## FITNESS 5 FUN RUN & WALK VOLUNTEERS NEEDED!

# Sunday, April 18th, 1999

We need 65 people to work on the morning as volunteers to help with: Registration Tables, Set-up, Start/Finish, Drinks, Rubbish, Marshalling, and other as occurs at short notice on a day such as this. If you have a preference, please indicate below. We need you there by 6.45am, so for those also running (also indicate below) you will have time to warm up beforehand. All workers will receive a T-Shirt, so please advise your size also.

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

Duty Preference: \_\_\_\_\_

Running?  Yes  No

T-Shirt Size:  S  M  L  XL  XXL

**Please give this slip to Hans Lambert, or phone on (02) 4271 1892.**