

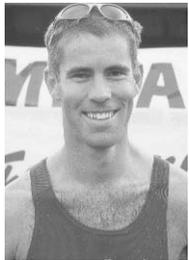


The FOX



The Official Newsletter of Kembla Joggers Inc.

Issue 03 [May] 1999



President's Report

Wow!! What can I say. For those that didn't make it to the recent 3 mile event at West Dapto or did but didn't notice (and there wouldn't be much chance of that!!) a huge race record attendance of 142 runners was achieved. This easily exceeded the previous best of 125 competitors in the same event held in 1996. Many, myself included, were left gobsmacked when we saw the numbers gathering on the start line just prior to the race. A large number of these were new members who had decided to join the club following the Fitness Five Funrun held the weekend before. Almost 30 juniors (double our best) raced too in the first event of the Uncle Pete's Toyworld Junior Pointscore Series and from what I saw they had a ball. We hope everyone keeps coming along because there's plenty more in store during the year.

The great influx of new members at the 3 mile can be attributed largely to the great success of the Fitness Five. I don't think there is any doubt that this is a most impressive event and it brings the club nothing but good publicity and well deserved praise. This was due to the mammoth efforts of a very dedicated and organised team lead by Hans Lambert and assisted by others including Des Comer, Mark Everton, Peter Evans, Karen Lawer, Warren Evans, Peter Issa, Jim Hennessy, Raf Moriana, Kevin and Helen Brennan. Well done to you all and also the 65 or so KJ helpers on the day, many who managed to help at the expense of having a run. And it is worth noting that all of this was in aid of Cram House which should benefit by about \$3,000 mainly thanks to our major sponsor Flour Daniel.

It's so good to see that everyone's times are plummeting at the moment. Must be something in the air?? From our quickest to our slowest runners no-one it seems is missing ↘

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Fantastic Fitness 5!



Rob Battocchio sprints to the finish of the Fitness Five on Sunday, April 11 1999. He won in a time of 14mins 49secs.
Picture: David Tease (Courtesy Illawarra Mercury)

out. Keep up the good work and for those who think they might have missed the boat there's still plenty of time yet. With so many of our in-form runners affiliating with ANSW for the winter, the KJ's will definitely be one of the dominant clubs in State Championship events during 1999, especially our junior and vet teams. But never lose sight of the fact that having a go is the most important thing. Being a state title doesn't mean that you're not good enough. In fact it's quite the opposite, most events like KJ events. So why not have a go?

Finally, congratulations to long-time former KJ committee members Paula and Tim Crinnion on the announcement of their first child which is expected to arrive later this year. Well done too to our new Australian veterans champions who all ran with great gusto at the Australian Vets Titles in Canberra recently (see story elsewhere in this issue). And of course not forgetting the Canberra marathoners who did so well, congrats guys.

**Yours in running,
Neil Barnett**

1999/2000 KJ's Membership Report

Although the new running season is only a few weeks old, there has been an excellent response to the call to join/renew Kembla Joggers membership.

As at 15 April 1999, the club already has 210 financial members including 48 new members.

It is thus asked that all the renewing members introduce themselves to these new members before and after club races, take an interest in their running progress, tell them where training groups meet and generally make them feel welcome. Remember back to when you were once a new member!

A list of new members is printed below – some names will be recognised as former members who have returned to the KJ list after a break.

To those 1998/1999 KJ members who have not yet renewed their membership but are intending to do so, forms and money can be posted to the club postbox P.O. Box 527 Dapto N.S.W. 2530 or given to Dave Higgins or Jim Hennessy at any of the club races.

ANSW membership and payments for ordered clothing can also be made at the same time.

New Members List

Murray Anderson
Helen Ashton
Alan Batchelor
Kellie Baxter
Garry Bell
Paul Blackwood
Renee Church
Harold Cozier
Nicky Cropp
Julian Fitzpatrick
Dan Grogan
Lyndal Groom
Joanne Heiner
Darren Kelly
Marie-Claire Kurt
Patrick Mahoney
Timothy Mahoney
Anne Poulton
Katriona Robertson
Gil Rutty
Lesley Simes
Murray Smith
Denese Thornton
Marty Weston

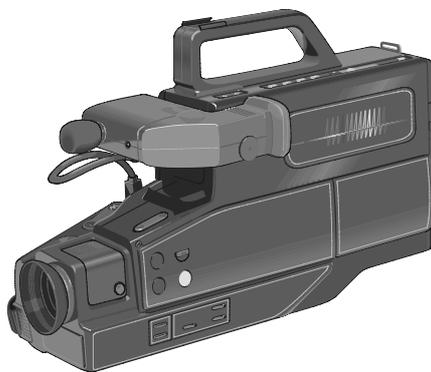
Peter Annesley
Phil Austin
Darren Baxter
Jackie Becker
Peter Bisley
Stephen Brown
Dina Cicchitti
Ryan Cropp
Scott Dent
Rachelle Giles
Anthony Grogan
Neil Harper
Louise Hudson
Paul Kendrick
Carmel Mahoney
Sarah Mahoney
Chris Paesler
Christine Robertson
Heather Rutty
Bob Sciberras
Narelle Smith
Tara Southgate
Jessica Turner
Dana Wilton

Missing Videos!

The club copies of the 1996 and 1997 "Westfield to Hopetown Relay" TV documentary video tapes have gone missing!

Does anyone know of their whereabouts?

Please have a look in your video tape libraries at home and report any finds back to Neil Barnett (4271 3299). These are our only copies and it is very important that they are not lost.



Olympic Tickets

The club recently received a letter from SOCOG offering up to 6 KJ members the opportunity to purchase Athletics Sports Passes which entitle the holders to attend all 15 Olympic athletics sessions over 8 days at the Olympic Stadium.

There is one small catch though. A Class pass costs \$2800 or if you prefer you can mingle with the paupers with a B Class pass for a mere \$2050!

Both A and B passes guarantee you a seat at each session including the finals. They cost more than the total retail cost of individual tickets, but there's no chance of missing out. If you're interested an order form can be obtained from Neil Barnett (4271 3299).

Let's Clean Up!

KJ helpers are required on Saturday, May 22 to clean up the Mt Kembla venue – can you help?

This is the day prior to the Sydney Half Marathon so why not come along and have an easy short run/walk afterwards – also get some of that special Mt Kembla air into your lungs, it could help the next day!

The clean up will start at 3pm at the normal start/finish area and shouldn't take very long. Please bring some rubbish bags and definitely a pair of gardening gloves. See you there!

Club Clothing

A good turnover on club clothing has been reported for the first few races of the 1999 season.

All items are reasonably priced at just above cost with very little profit made by the club on clothing sales. So why not take advantage of club gear at very affordable prices? It's also a great way to fly the club colours too at club races, fun-runs and ANSW championship events.

Of course all affiliated runners must wear the official racing uniform at official ANSW events so please arrange the purchase of your uniform well in advance of the upcoming ANSW winter season to avoid any delays.

Club football jerseys were very popular last year and are still priced at \$60. Club t-shirts and singlets are unchanged in price at \$10 each. All items in the racing uniform range, including racing singlets, shorts and ladies lycra tops are still \$25, and continue to sell like hot-cakes.

It is also worth mentioning that the club is currently looking at different options for ladies rather than our nylon racing shorts including lycra style shorts. We hope to have something available soon.

Club clothing can be purchased at any KJ winter event or by arrangement by calling Hans Lambert on 4271 1892.

SuperMum!

News just to hand that Kerryn McCann finished 7th in the prestigious London Marathon in a wonderful time of 2.28.

What a fantastic effort from this young lady who looks as if she would blow away in a stiff wind, but who has the talent and strength to run a marathon in 3min 30sec k's.

That is awesome talent and Kembla Joggers is very proud of Kerryn, who has been a loyal KJ for about 18 years.

How do you feel about that Paul? Impressed or what? Are you gonna let a girl beat ya?

by Hazel Brown

The Athletic EDGE

The Running Specialists

48 Frenchmans Road Randwick 2031
open 7 days (02) 9399 3669

And They Huffed ... And They Puffed ... The Canberra Marathon

April 11, 1999

... and they all finished one of the most gruelling events in athletics ... the Canberra Marathon.

Kembla Joggers had 12 members complete the 42km event on a day that started out fresh at around 8 degrees and warmed to about 18 degrees by the time they were finishing, with little to no wind ... altogether quite perfect conditions.

There were some mighty performances, PB's and strong finishes from our athletes, who had all trained well for this race. Chris "Forest" Stocker, attracted to marathons like a bee to honey, couldn't resist, even though he has had a year plagued with injuries and, therefore, low mileage ... he paid a late entry fee and toed the line probably more relaxed than he would have been had he had a good lead up. And what a mighty performance from him, finishing in an excellent 2.51.

Phil Parle, who's ambition in the marathon is to "hit the wall on the finish line" did just that in recording a wonderful PB of 2.47 ... he was stoked, as were Phil Leishman in his debut marathon of 3.05 and Brad Martin, a new KJ in 3.20.

The other well earned times on the day were:

Phil Parle	2.47.24
Chris Stocker	2.51.12
Chris Richards	2.59.41
Andrew Dunlop	2.59.43
Petri Laajoki (ex KJ)	2.59.53
Andrew Krajewski	3.02.11
Phil Leishman	3.05.53
Andrew Godsman	3.08.01
Brad Martin	3.20.49
Witold Krajewski	3.22.03
Hans Lambert	3.26.53
Col Steele	3.31.42
Tom Mortimer (ex KJ)	4.33.45
David Raymond	DNF

Just out of interest, if you don't have internet access, these are some impressive age group results from the marathon:

M40	2.25
M45	2.29
M50	2.46
M60	2.47
M75	WOW! 3.40

On the evening before the marathon they held 5km/10km events.

Sue Mulready, who had a great track year, won the Women's 5km in 18.30 and Lesley Simes (our sprinter in disguise) ran a creditable 20.50. Eric Brown just beat his daughter home in 20.19 and Jack Parle ran a 37 sec PB, doing a Hollywood finish in the last 100m.

Russell Chin travelled down for a hard hit out in the 10km, put in a gutsy effort against a well credentialled field to finish 9th in 33.40, a time he can easily annihilate with more consistent preparation. The race was won by Shaun Creighton in 29mins and a little bit, closely followed by Paul Arthur.

by Hazel Brown

Mystery Photo...

What Is It? Answer on page 11.



To all KJ's,

Well, what can I say. I thought I had been through some crazy experiences, but I was wrong. This is just a short letter to say a big thankyou to everyone who has asked me about my health, and how I was. And to everyone who has a similar experience, or just some advice, that has been excellent stuff to get my head back into the world of running.

I would like to say thanks especially to Pasco and Murray, who were first on the scene, and managed to convince me that winning wasn't everything and that passing out on the footpath was definitely a better option at that moment in time.

And thanks to Jeff Chaseling and Neil (el Presidente), who came up and were there offering much needed support as I reclined on the ground wondering what in the name of Tooheys New was going on.

The ambulance officers must also get a mention, as it must have taken a force equal to several wild horses to restrain me as I had delusions of making it to the Beach Bar in time for happy hour (it was 11:00 in the morning).

Anyway if you are wondering, I am ok, and healthy, and ready to get back into some serious running.

Oh and I almost forgot ... how could I! A big thanks to Paul Micale, who, in a very sporting gesture, and also very generously, donated some of his prize money to the Russell Chin Beer Drinking ... oops I mean the Russell Chin Needy University Student Fund. Paul, not only are you a legend in your own lunchtime, but now also in mine. Thanks.

See yas on the road, or the grass, or the track, or the dirt (or on the footpath in the recovery position).

Russell Chin



Uncle Pete's TOYWORLD

Junior News

By the time you have read this the 1999 "Uncle Pete's Toyworld Junior Pointscore Series" will be underway.

The first event was the popular 3 mile (4.8km) race at West Dapto on April 24th. If you missed the first one don't worry, there are still plenty more to come and only your best 5 scoring events (out of 7) count towards the final tally. This means if you miss a race or two you still have a fair chance of doing well.

The next two pointscore events are the 4km cross-country at Cataract Scout Park on May 15th and a new 5km road run at West Dapto on June 12th. Don't forget the Cataract race starts at 1pm and this is a picnic day so bring the whole family (and some food!) and make it a great day out.

There are plenty of other events juniors can compete in, not just Junior Pointscore races. But you must be 12 and over to compete in races longer than 7km.

Uncle Pete's Toyworld are offering some fantastic prizes during this year's Junior Series. At every junior event Uncle Pete's vouchers will be randomly drawn as prizes for junior competitors. First, second and third in both the Junior Pointscore and Male and Female Junior Championships will get some great Uncle Pete's vouchers just in time for Christmas as well as special embroidered shirts for the winners.

So what's stopping you? Round up some friends and bring them along too.

Last year's winner was Jack Parle who says he's keen to do well again in 1999.

Many juniors are taking the opportunity to join ANSW which allows them to compete for the KJ's at all ANSW sanctioned events including State Championship events.

Quite a few have already joined up for 1999/2000 and it looks like we should be able to field quite a few junior teams again this season. If you haven't tried it out yet then why not? It's great fun competing in relay team events for the club with almost all of them strong medal contenders.

For further information on KJ junior events call Neil on 4271 3299.

Interested in training with other Kembla Jogger juniors in supervised training sessions?

Rob Battocchio has a growing squad of Kembla Joggers' juniors which meets weekly under his supervision.

For more information about training call Rob on 4226 4754.

Kembla Joggers' Blue Mountains Weekend 1999

Get your name and deposit to Karen Blay ASAP. It'll put a smile on your face, although we can't guarantee you'll be surrounded by lovely ladies as Danny Poropat (right) did last year—half his luck!



The young mover of the moment, Brendan Cato looks to have a healthy running future judging by his recent performances. Keep it going Brendan and aim even higher!

Progressive Winter Road Race Pointscores (up to and including April 10, 1999)

Pointscore Championship

1. Rafael Moriana	356
2. Paul Micale	341
3. Tim Crinnion	333
4. Christine Hall	331
5. Peter Patterson	326
6. Neil Barnett	318
7. Bill Williamson	309
8. Heather Rutty	307
9. Stephen Plumb	307
10. Geoff Stalker	306

amt **AMT DRILLING**
Australasia Pty Ltd

Male Championship

1. Rob Battocchio	19
2. Paul Micale	19
3. Rafael Moriana	15
4. Neil Barnett	10
5. Garry Wheeler	8

amt **AMT DRILLING**
Australasia Pty Ltd

Female Championship

1. Lauren Elms	19
2. Elivia Comer	17
3. Bethany Comer	14
4. Heather Rutty	12
5. Jenny Hindmarsh	10



News From Around The Tracks

Australian Track Championships

Kembla Joggers had several athletes run at the National Track and Field Championships. Mariana Hernandez raced in Perth in the U16 3km and 1500m, to record excellent times of 10.39 and 4.49. This young lady has come a long way in the last 12 months and has the makings of another good year ahead of her.

Vanessa Kearney who has had the best track year possible, getting faster with every run competed in the Open 1500m in Melbourne and has finished the year with fantastic state and national ranked times of 4.25 and 2.11.

Lauren Elms competed in the Open 800m and just missed making the final as AA allowed 2 Kenyan girls to compete and they qualified ahead of Lauren. However, in the U20 1500m, Lauren ran a terrific 2nd place in 4.23 to make up for it.

Very well done to all these athletes and to the others who competed so well throughout the season. You did yourselves proud and Kembla Joggers is a much stronger club for your efforts.

Gold! Gold! Gold!

Our seasoned athletes had a field day at the recent Australian Veteran's Track Championships, held in Canberra on the Easter weekend.

Wayne Montefiore recorded some excellent performances, winning gold in the M45 1500 and silver in the 800m.

Bronte Blay did likewise in the M35 ... 1st in the 1500 and 2nd in the 800m.

Martin Church had another good performance and a PB to boot when he took out first in the M30 3km Steeplechase.

Not to be outdone, Karen Blay, running with a weak ankle, had a tremendous race to take out silver in the 1500m, but the injury prevented her from running in the 800m the following day.



Hazel having a butt of a chuckle, (see photo below). Does she know who it is?

Eric Brown, in his last year in the M55 raced well to take a fourth and fifth in the 1500m/800m and he was ably supported by Derek Moriarty who (would you believe it?) raced in the 1500m, 10,000m and the 100m sprint! and he enjoyed every minute of it. Good onya Derek.

Noreen Parrish, who runs with KJ's through winter and is a regular at the track produced some great performances in her pet events: 100m/ 200m/400m and javelin and came away with a selection of gold, silver and bronze medals.

All in all a great weekend for our athletes and one I recommend others to get involved in. There is terrific camaraderie amongst vets. Karen had many people ask about her injury and

wish her well. The other KJ's also, were cheered on by athletes they didn't know personally ... it is a very supportive organisation, a bit like KJ's themselves.

Just as an example of the quality of some of the athletes who race at these championships, in the M50's, Kevin Soloman from Victoria ran the 5km in 14.44, Alan Bradford (M60) ran it in 17.43 and the M70's was won in 20.19.

P.S. Hilary Winchester, who is an ex KJ and one of the most influential people in getting the synthetic track built in Wollongong was also there and ran 5km in 22.55 (W45).

Age Weighted 5km Races

This is a new item introduced to Thursday night track races and is proving very interesting indeed and certainly bringing out the best in runners.

The first race witnessed a terrific battle between Paul Micale and Brendan Cato and resulted in huge PB's for both of them ... Paul finishing in 15.53 and Brendan 15.54. This gave them 81 points for their effort as Open Age runners (no pointscore exists for underage runners like Brendan).

Another good performance was pulled out by Raf Moriana, who at age 40 ran 17.02 to gain 80 points. However, the best performance on the night went to Peter Evans, who ran 17.14 at age 48, which he will inevitably lower as he has done in the past ... he gained 83.5 points and leads the merit list.

The next 5km in the series takes place on April 29th, starting at 6.30pm ... all welcome.

A full report of the series will be given when the event is finalised.

by Hazel Brown

Sydney Morning Herald Half Marathon

Anyone running the Sydney Morning Herald Half Marathon on May 23rd? Or maybe you'd like to join us to support our runners and enjoy the spectacle of Australia's premier half marathon race (after the KJ's Half of course!).

As always the KJ's will be organising a mini bus to the event which eliminates the hassle of parking, driving and snoozing off at the wheel on the way home. Seats will fill very fast due to the limited number available so get in NOW.

After everyone finishes we will hobble over to The Rocks and plonk ourselves down at one of the many fine eateries on offer for an hour or two. So come along and make a day of it. The cost is \$10 a head. First in, best dressed. Money and names to Kevin Brennan (Ph 4261 8811).

Also don't forget that Mark Everton is collecting entry forms to form KJ teams. We usually perform very well in teams in this event so don't consider that you might not be quick enough. Mark will then send the entry forms to SMH Half organisers in bulk well before the cutoff date.

This is also the State Half Marathon Championship so we hope to have as many of our ANSW affiliated KJ's as possible competing. Please let Eric Brown (4261 3985) know if you are competing as a registered KJ.

Guess Who's Relaxing?

Clue: He is listed in the group of congratulations names on Peter's Page.

Answer on page 11.



➤ Finally, the Good Marathon News

Reproduced from "The Right Track", Vol.5 No.4, April 1999.

The early embarrassment of this year, the cancelling of the Sydney Marathon and the 24 hour Relay, has set some sectors of the running community into rescue mode with offers of services and facilities to resurrect these seemingly lost events.

Blacktown City Council, organisers of the "Cities" Marathon which runs from Sydney to Blacktown, have offered Athletics New South Wales the opportunity to incorporate the NSW Marathon Championships within their event.

This means that we now have a New South Wales Marathon Championships utilising the expertise of the organisers of Sydney's Longest Running Marathon which will celebrate its 20th anniversary in the year 2000.

Before the Wang and the Sydney Marathons, runners were tackling the "Cities". A challenging, historic course coupled with a uniquely orientated event formed the basis for one of the first Australian Marathons to be run over an A to B course.

The "Cities" Marathon was first thought of in early 1981 when Blacktown City Council was in the throes of organising its 2nd Blacktown City Games – Council wanted a highlight and at the time a Marathon seemed like a good idea – it was the time when "Deek" had stamped his authority in the world of long distance running and the "City to Surf" (in its 10th year) had spawned a generation of runners looking for a greater challenge.

In the early years the "Cities" came up against pretty stiff opposition from other Sydney Marathons. At one stage there were other



No Race Course Organiser = No Race!
Ray Wales—always flat out before many people even get to the start. Well done Ray!

marathons vying for runners patronage. Today, as well as competition from other marathons, the "Cities", and the challenge it offers, competes against a variety other endurance sports.

However the "Cities" still has its loyal following of runners.

The "Cities" Marathon has always concentrated on runners and their needs.

Innovation in the area of sponsorship and promotion has enabled the "Cities" to look after its runners regardless of the level they compete at. Every year runners are presented with a new memento of their achievement. Special Medallions, lapel pins, red wine, caps and t-shirts are just some of the items runners have received, whether they've come first or last.

The "Cities" commences outside the Town Hall in Sydney, runners proceed along George St to Parramatta Road. From Parramatta Road the course turns into the Great Western Highway finishing 42km 195m later in Francis Park Blacktown.

The route follows the historic course of Australia's early pioneers.

Runners safety is considered every step of the way and although using main traffic routes there has never been an incident. The course is marked at every 5km (eg 5km, 10km, 15km). At the turn into Church St, Parramatta, thence into Great Western Highway, the course has marathon directional signs with arrows and they indicate every major change of direction in the last 10km.

It takes a special kind of person to run a marathon. It takes a unique individual to run the same marathon 10 times or even more. The "Cities" has a large following of loyal runners. Often if runners cannot run the "Cities" they come and assist in the organisation on race day. The "Cities" is a family, once you have run the "Cities" you become part of the family. This attitude is reflected in the comments of officials and spectators as to the easy, going, helpful, and friendly nature of "Cities" runners. It is this attitude the "Cities" is all about.

If this seems like a great big advertisement for the "Cities" Marathon, it is. The organisers have, for many years, continually put the hard work in to present us with a marathon within the Sydney metropolitan area. They have now received the recognition they deserve. Congratulations to Richard Old and all at Blacktown City Council and good luck with the 1999 "Cities" Marathon incorporating the 1999 NSW Marathon Championships which will be held on the 29th August 1999.

Gold Coast Marathon Accommodation

Hello to all Runners.

You may, or may not, know about my business, Marathon Tours, and accommodation for the Gold Coast Marathon.

I have had a number of enquiries and bookings and it is quickly becoming obvious that there are now a limited amount of good rooms available.

Some establishments are demanding 4 and 5 night minimum bookings which is disappointing if you just wish to stay for a short while.

I travelled to the Gold Coast recently to have a look at some establishments within 500m of the start finish line and there is a couple that have some rooms available.



Thanks to Peter, you know where to run.
Mr "Witches Hats" Peter Issa—always happy and always helping.

I also still have access to a number of good rooms available at very reasonable prices and for 1, 2 and 3 night stays (or longer if you wish).

I now have an internet site with Coolrunning Australia if you wish to have a look at this.

<http://www.coolrunning.com.au/travel>

Also, I have changed my email address to: marathon@primus.com.au

If you have any questions you can contact me on 0412 656 426 or the email address above.

Hope to see you at Gold Coast.

Philip Doolan
Marathon Tours
BN7149554

Women Collapse Running 800m

Fancy letting women run 800m! In 1928 women's 800m running debut at the Olympics. The decision was deemed dangerous. Such a wearying distance was intended only for men – it jiggles your insides you know!

Linda Radke of Germany won the event in 2.16.8 and the top ten finished within 10 seconds. However, many women collapsed after finishing and some even before. This proved the critics correct. 800m is far too arduous an event for women and so it was promptly banned till 1960.

This decision may have been made rashly and some proposed that the display of over exertion was only due to the fact that women did not train properly for the event. But never let it be said that the women collapsed because they wanted to win so badly. A competitive woman?..... Tell me if you see one!

Vanessa Kearney
(Women's Liaison Officer)

May

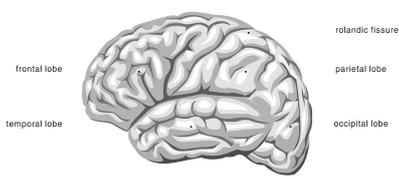
- 1 **KJ's Winter Series Race 5** – 16km – West Dapto
- 2 Bathurst Marathon, Half Marathon and 10km
- 2 Razorback Run and Walk 14km or 7km
- 2 Sri Chinmoy Peace City 10km Race – Leichhardt Park
- 15 **KJ's Winter Series Race 6** – 8km XC – Cataract Scout Camp – 1pm. Alternate race – 4km.
- 16 Eagle Vale 2km, 5km and 10km Runs
- 16 Canberra Half Marathon
- 21 **KJ's Trivia Night** – 7pm, West Dapto Community Centre, Bong Bong Road, West Dapto. Enquiries to Kevin Brennan 4261 8811.
- 23 Sydney Morning Herald Half Marathon (ANSW Half Marathon Championships)
- 29 **KJ's Winter Series Race 7** – 7km Mt Kembla – AC Mitchell Memorial Trophy
- 30 Advocate 10km Run and 5km Walk – Waitara Oval – Waitara

June

- 12 **KJ's Winter Series Race 8** – 10km – West Dapto. Alternate race – 5km
- 20 Jamberoo Fun Run – 8km
- 27 **KJ's Winter Series Race 9** – Half Marathon 21.1km – West Dapto – Tom Miskelly Memorial Trophy – Sunday 8am start.

July

- 10 **KJ's Winter Series Race 10** – 7km Mt Kembla
- 24 **KJ's Winter Series Race 11** – 9 Miler Mt Kembla – Tony McMichael Memorial Trophy. Alternate race – 3 miles.



CEREBRUM

KJ's Trivia Night!

When: Friday 21st May 1999
7pm for a 7.30pm start

Where: West Dapto Community Centre, Bong Bong Road, West Dapto

Cost: \$10 per person. Beer, wine and soft drinks, tea and coffee on sale. Bring your own nibblies.

Entry: Detach and return the entry form on page 11 and return to Kevin Brennan.

Form a team, bring the family or let us form a team for you. Plenty of prizes to be won. All entry forms and enquiries to Kevin Brennan 4261 8811.

ANSW Winter Events

May

- 8 NSW 10km Road Championships, Holsworthy
- 15 NSW Novice Cross-Country Championships, Ramsgate
- 23 NSW Half Marathon Championships, Sydney

June

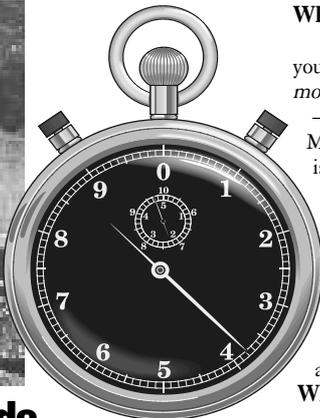
- 5 NSW 12km and 8km Cross-Country Championships, Bass Hill
- 12 Australian Mountain Running Championships, Brisbane
- 19 Australian Cross-Country Championships, Brisbane

July

- 3 NSW 8km and 6km Cross-Country Championships, Nowra
- 11 Australian Marathon Championships, Gold Coast
- 17 NSW Cross-Country Relay Championships, Miranda
- 31 NSW Road Relay Championships, Cordeaux Dam

August

- 15 City To Surf, Sydney
- 22 NSW Long Distance Relay Championships, Hopetown Relay
- 29 Australian Half-Marathon Championships, Noosa



60 Seconds With Eddie Muston

While most of us were struggling to catch our collective breaths on the finish line at this year's Fitness 5 Eddie Muston managed to catch up with the third lady across the line, Jenny Hindmarsh

What brought you to the Fitness 5 this morning?

I've always been pretty active and this has meant I've been running on and off for years. I don't really know if I want to tell the true story behind my serious running. I really started running more seriously to tone up and I just started to enjoy it. My sister Kerry put together a programme for me and it went from there.

What are you watching?

Friends, but I don't really bother with the repeats. I also love Melrose and those repeats are never missed.

Who inspires you?

That's a pretty silly question to ask really, you should know what the answer is (*I know, but modesty prevents me from assuming these things – Eddie*). Not you, it's my sister Kerry McCann you idiot, and my little nephew Benny is also right up there.

What is your favourite run?

I've only done it once but I love the Sydney Half. I think I run best over those long steady races. I like to run at a slow even pace (*between you and I Jen that pace really isn't all that slow – Eddie*) and it's good not to have to sprint yourself senseless at the end of the race.

What are your pre-race rituals?

I don't really have any strict rituals. I sometimes wear the same running clothes if they've had a few wins before. The day before a race I will usually only eat pasta and try to have an early night.

Who do you train with?

I've got a really great group of training partners. I suppose I can give Murray, Steve, Kerry, Ross, Jeff and 'that other lazy bloke who sometimes turns up' a mention. I usually measure my training in hours but in distance I probably run about 90km a week, mixing it up with fartlek sessions and long steady runs. My absolute favourite training run is a bush run we do on Sunday mornings. Starting around Tarrawanna we head up the mine road and a goat track to the top of the escarpment. Up there we run a big loop with a couple of good big hills and then head back down Rixon's Pass. It's probably about 20kms in all and a brilliant hill session.

What are the real highlights of your running career?

This isn't really a highlight but I've been desperate to tell someone this story. We were

training up in the bush one rainy Sunday and the whole thing deteriorated into a huge mud-fight. Mud was flying everywhere when Ross Walker took a hand full of 'mud' and wiped it all over my face. It was only then we discovered that the mud he had picked up was actually the rotten guts of a kangaroo that had been dead for a long time. The smell and thought of it made me sick for a week. Kangaroo guts are one thing but Wojtech's 20km training runs up the mountain in the nude (*and some people worry about shinsplints! – Eddie*) are up there in the same league. I guess it's some of these wild training sessions that are the real highlights.

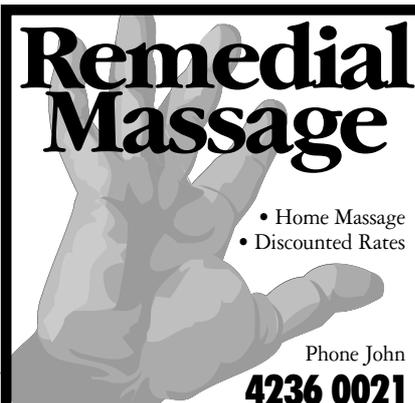
What are your best times over 5 and 10kms?

I finished with a 17.47 today which was a PB. I've only run about three 10k's and the 38.10 I ran last week was my PB over that distance.

Favourite food?

Anything I don't have to cook. Soya milk cappuccinos are also unbeatable.

Remedial Massage



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4236 0021

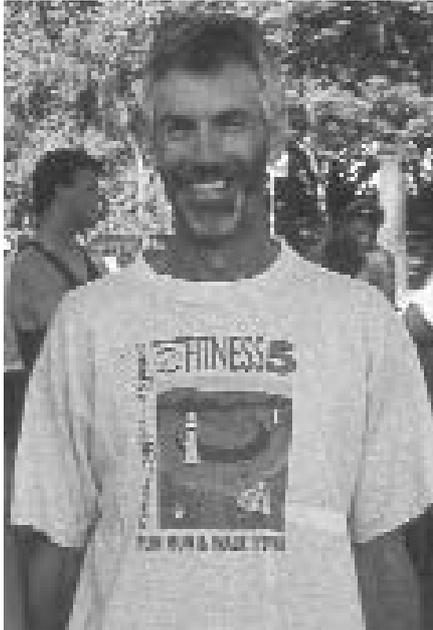
A Fantastic Fitness 5 in 1999!

Congratulations to Hans Lambert and all the people on the organising committee as well as all the helpers involved in the running of a very successful 1999 Fitness 5.

By all accounts everything went very smoothly and Cram house will benefit greatly from all the proceeds.

Well done Hans!

I reckon you should get the job of organising the Sydney Marathon. It seems no one else can get it done and after seeing you in action I reckon you'd get it going!



Hans Lambert—Fitness 5 Organiser Extraordinaire!

Double Action! Double Action!

Great to see quite a few KJ's doubling up and supporting the Shelly 6 Race.

Because of the Shellharbour's Weekend of Sport the SLSC had no option but to run a second race the day before the Fitness 5.

Without the support of the KJ's their numbers might have been a tad embarrassing.

What a sporting fellow Robert Battochio is in letting Paul Micale take out first prize. Robert of course ripped into it the next day as he picked up first in the Fitness 5 ahead of the ever swifter Ben Dubois on his comeback campaign and the evergreen Trent Wood from Sydney who placed 25th in last year's City to Surf.

Hands up Jeff!

As I was racing along Huntley Road during a bike race recently I spotted a gathering of people in a paddock near the road.

They were in various outfits and had large calibre weapons, some with bayonets. A gathering of some extreme right wing organisation I thought.

On the next lap I heard a long and loud volley of gun shots and saw them firing into some sort of gully. Then I looked up and saw a very startled and stationary Jeff Dunning in the middle of the road. He was puzzled and stunned because he was in a dip and unaware of what was going on. I called out to him that they were not shooting at him and assured him it was safe to proceed.

As I zipped past on my bike I could see that Jeff was not really convinced but he did manage to get going. As I rode on I could only think ... guns blazing in the middle of nowhere, just what you need on your early morning long run?

OK! ... OK! ... Get those archives out! Which KJ member has done the highest number of consecutive days of running?

I did a whole week once and felt quite proud, but Dave Barnett tells me he's passed 450 days on the trot ... probably 500 by the time you read this! A fantastic effort! But, I'd have to put my money on some of those marathon maniacs ... Andrew K or Chris Stocker. I guess if we counted twin daily sessions Chris's total would immediately double.

How about the fastest marathon time by a KJ?

Yes we know Kerryn McCann has the female section tied up (now even more improved after the recent London Marathon). What about the males? Is it Petrii Laajoki, his father Jack or one of the lads from an earlier era? Come folks get those figures in. By the way, accurate documentation may be required.

1999 for Tony!

Whoops! It's next year that Tony Maloney is going overseas. The U.S.A. I believe. Remember Tony, it's a tough run out of the Grand Canyon, but well worth the effort.

By the way it was me that had the holiday. Two weeks in Tassie was hard to take. All that lovely food, great scenery, easy driving and friendly people. Managed to squeeze in some great runs in their beautiful National Parks.

But, it can get cold! I did a run around Dove Lake at Cradle Mountain and it was so cold and windy that over my running gear I had a full Goretex coat and full Goretex long pants. Did I take them off? No way! Didn't even feel like it! But, it was a fabulous run. One for life's memory banks.

How can he run so fast?

Where does Bronte get that speed from?

Well, all was revealed at the parent interview for their kindergarten boy, Zac.

He had written a lovely little story which accurately depicted Mum doing all the washing, cleaning, ironing and cooking. But what about dad?

Oh - "he just lies back on the couch and drinks beer" - wrote the lively lad.

Gees Bronte it's good if you can get it that well organised. Keep up the great sprinting and maybe cut back a beer or two each night.

Also, do 1 or 2 of the jobs about the place otherwise you'll get a reputation you know!

Those sweet kindergarten children just are so honest too.

Mmm ... beer on the lounge and then he gets a Gold and Silver at the Australian Vet's Championships? I might try that? No ... nah ... I'd never get away with it!

Fanatical Marathoner!

Who was the KJ that is so fanatical about his marathoning that he went down to Canberra a week early so he could acclimatise and put in a bit of altitude training?

He even missed 2 races at the track to do it!

Never thought I'd go to Beaton Park on a Thursday and not see Andrew Krajewski. Well I'm sure he was pleased with his race and is already planning the next one.

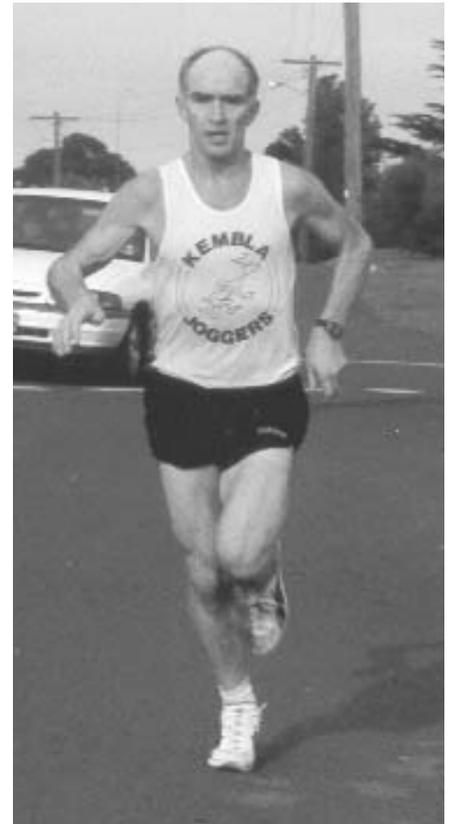
He's on the Way back!

Well done to all the lads that completed the Canberra Marathon.

Marvellous run by Phil Parle to improve his PB by 4 minutes and take out the lovely new KJ Marathon Trophy, thanks to Ian Kemp's generosity. A few other PB's and some time on the learning curve for all finishers.

It's a challenge and a feat to just finish a marathon I reckon!

Great to see Chris Stocker coming back to his pet event. His first one for a while and he does 2.51! Makes me feel like an overweight plodder when he tells me that he's only doing long, slow jogs at this stage. Well done Chris, great to see you persevered with all your problems. 1999 is looking better already.



On his way back!

Early Morning Sprints at Hill 60!

As I cycled past Port Kembla Primary School early one morning I was amazed to see all the lights ablaze.

Mmmm, 5am and someone's at work?

Later that week a little sparrow revealed all.

Apparently Kevin Goodwin teaches there and gets to school very early so he can go for a run and then do some hill sprints up Hill 60!

Boy, the lad's tough!

He then goes back and gets an early start to his daily duties.

I've even heard that the Department of Education is so impressed and appreciative that they are building a new school near the bottom of Hill 60 and opposite the ocean so that Kevin is closer to his training area.

Well it's working for Kev as his triathlon results show. Good on you Kevin.

Gianni Versace Lives On!

The controversial John (Gianni) Cooper strikes again! Was it the speed of, or the sight of, Paul Micale zipping past John 'Versace' Cooper in the recent 7 miler, that caused the elastic on John's 20 year old shorts to fail?

Down they came the shorts and off they came. Not that the lack of shorts would stop John. He merely left the shorts behind and ran the rest of the way in his blazing red undies and with a female companion to boot.

There's never a dull moment when our John's around! What a character!



The Versace of the Kjs! John Cooper wins the "Fashion Stakes Prize". Were these the same shorts that fell down in the recent 7 miler?

"I Like You! I Really Like you! I Really, Really Like you!"

Not many people have had an Hawaiian Ironman winner say that to them.

At the recent Illawarra Triathlon Club dinner where Greg and Sian Welch were the guest speakers there was a question and answer session at the end.

After one of the KJ members got up to ask a question Greg started his reply with "I Like You! I Really Like you! I Really, Really Like you! You're the only one in this room that is shorter than me!"

He then proceeded to answer the question and Pasco, being suitably satisfied, sat down with a huge smile on his face.

Blondie!

Speaking of Pasco, I've noticed he's reverted to a dark hair colour, but lo and behold, up pops

Tim Robertson with a full flash of golden blonde!

It's worked for him because he's really running well at the moment. Keep it up Tim.

A BIG DAY Indeed!

While we're on Ironmen, good Luck to Steve Van Gils in the upcoming Forster Ironman Triathlon – yes, that is a 3.8km swim + 180km bike ride + a full 42.195km marathon run!

It'll be a big day but I'm sure Steve will be ready.

Steam Train!

Did I mention the new steam train in the last FOX? Brendan Cato that is.

Well he certainly has built up a head of steam and recently knocked a massive 30 seconds off his 5000m PB, bringing it down to a fabulous 15.54 – second place, by 1 second, only to Paul Micale who had another PB. Brendan certainly made old Dickey Knee work for his win that night.

The Shortest Open Record

Speaking of old Dickey, he was apparently giving Dave Pomery some stick about his new 5km PB and that he now had an Open Record at Beaton Park. Anyway Dave said nothing and smiled.

A short while later Dave noticed that Dickey had become very sheepish around the place. Then Dave discovered that Dickey had not in fact got the Open record.

Nevertheless he did have a great run and has certainly improved over the last 12 months.

Keep it up Paul. Nice win at the second Shelly 6 run too!

Good to See

It was nice to see Russell Chin ripping into an 8.50 for 3000m at Beaton Park the other night.

Seems he's fully recovered from his collapse at the Kiama Downs SLSC Fun Run.

It's not true that he took a dive just to let Dickey Knee take out successive wins, is it? Russell is such a fun loving and happy guy that it would not surprise me.

I hope he gets hold of an article written about "Mr Meltdown" – concerning a country runner who didn't drink during an extremely hot fun run. He collapsed and some of his muscles liquefied, his kidneys shut down and they rushed him to hospital! He was in dire straights for a very long time.

Remember the old H2O – it's simple but vitally important.

Anyway keep up the great running Russell.

PS Dickey split his share of the prize money with Russell. What a generous and just gesture.

Rutty's Roll In!

Good to see the Rutty brothers arriving en masse at the first Winter Race. Andrew, Chris and Gil all did their bit and ran well.

It's a pity Gil ran so well though! He caught me and left me for dead with about 600m to go. Well done boys.

Rutty's Part 2

Speaking of Gil, not to be satisfied with a stiff handicap Gil now decides to run whilst pushing his young bub in one of those 3 wheeler prams. But, he doesn't just jog along – he rips into it!

At the recent 7 miler at Mt Kembla – there he was off 19.25 and ready with the pram!

I was having a really bad run and when on the home leg I spotted Gil up front, I thought I'd soon catch him. But, there he stayed – about 30m in front. I could not gain on him. He wouldn't stop to let the bub look at the scenery. He didn't get any

punctures and sadly he couldn't hear me cursing.

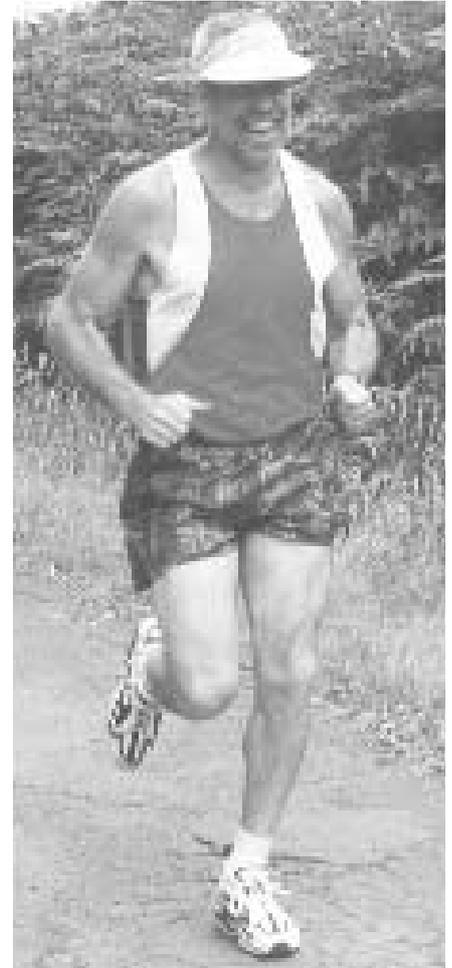
It was only when we hit the Pump House hill and rough terrain that I finally got him. Gil and bub finished in a great 45.00! Big effort Gil!

Not to be left out, Heather had a great run and recorded 51.12!

Recovering Well

Good to see Des Comer having a run in the 7 miler. He's really coming back to it after his horrendous cycling accident during last Summer.

Well done Des, keep it up (this cycling is certainly a bit dangerous).



The smiling Des Comer running the 7 miler. Good on you Des!

It Wasn't Me Raf!

The prize for the biggest and noisiest fall of the year, so far, goes to Raf Moriana.

At the first race of the Winter Series he was following myself and Rowan Allnut into Puckeys.

Rowan got past me but I knew it would be difficult to see the tree roots (advancing years – fading eyesight and all that) so I immediately got Rowan back and charged into the wooded area.

As we were going along I could hear that famous huffing and puffing of Raf's as he hung onto Rowan's shoulder.

All of a sudden there was an almighty cry, followed by a tremendous thud.

I knew someone had fallen and as the huffing and puffing had gone I presumed it was Raf.

After the race I spotted a somewhat worse for wear Raf and asked if he was OK and made sure that he understood that, contrary to all the rumours, I had not tripped him up.

5km Puckey's Reserve

March 13, 1999

A big field of 105 saw a large trail of runners over the 5km course on a fine cloudy day – the first of the 1999 winter race series.

Led by Russell Chin with Robert Battocchio just behind, and Ben Dubois also not far away, Johnathan Hall's Open record was bettered by 11 seconds by Russell. Robert also went under the mark by 1 second.

Jenny Hindmarsh was 1st female with Mariana Hernandez and Elivia Comer filling the minor placings.

Bill Williamson 20.14, beat Brian Mannix's (Male 60-64 AGR), Andrew Krajewski 18.33 was 1st over 50 as was Jenny Comer 25.12, newcomers Darren Kelly 18.43, Dan Grogan 19.23, Ryan Cropp 22.10, Harold Cosier 23.11, Dina Cicchitti 30.32 all had pleasing runs.

Best of the regular runners were Peter Evans 17.07 (Male 45-49 AGR), Tim Robertson 17.16, Phil Leishman 17.58, Garry Moriarty 21.04, Rod Whittington 21.26, Rod Batten 21.49, Ron Perry 24.24, and Helen Ashton 26.53.

A feature of this race was the large number of 28 new runners who all mixed with the returning members after the race – this was a terrific start to the 1999 winter season.

Male 1. Russell Chin 15.22 (Open +20-24 AGR), 2. Robert Battocchio 15.32 (25-29 AGR), 3. Ben Dubois 16.25

Female 1. Jenny Hindmarsh 18.22, 2. Mariana Hernandez 19.26 (FM 10-14 AGR), 3. Elivia Comer 20.10

8km Sheaff's Road

March 27, 1999

A warm humid afternoon greeted the large field of 102 runners for the 8km Sheaff's Road, West Dapto course. While this course is better known for the 3 mile distance over the same route, there have been problems with the distances of the previous races being too long or too short. Thus Eric Brown and Ray Wales took great care to ensure that the turning marks were in the correct place.

This did not worry the runners though as there were some great times recorded. For the first time in twelve months Paul Micale beat arch-rival Rob Battocchio – all be it by only 1 second.

Paul took 1 minute 38 seconds off the the previous Male 30-34 Age Group Record (AGR). However both Paul and Rob were almost 1 minute outside Ben Dubois' 1998 Open record for this course.

Jenny Hindmarsh smashed the previous Open Female record by 52 seconds with a comfortable 2 minutes margin over Lauren Elms who also beat her own Female 15-19 AGR by 13 seconds. Top running ladies!

3rd placed Gary Wheeler showed that his summer triathlon form was no fluke with a strong run only 20 seconds outside his own Male 40-44 AGR.

Veteran Andrew Krajewski (30.38) who missed his own Male 50-54 AGR by only 2 seconds can claim a moral record as his previous time was set on the "short race" day.

However Bill Williamson (32.47) had no trouble with his attempt on the Male 60-64 AGR with a 1 minute 24 second improvement of the previous time.

Another AGR was set by Louise Samuel in the Female 40-44 section. Well done by these runners.

Other eye catching runs were recorded by Gil Rutty (30.12), Mark Owen (30.14), Brendan Scollary (31.28) (also first on handicap), Ian

Tague (32.45), Peter Southgate (33.45), Alan Batchelor (34.19), Heather Rutty (36.25), Warren Evans (40.15), Gavin Mooney (44.15) and Dina Cicchitti (48.30) – all of whom are showing 1999 improvement already.

The usual tea and coffee were served after the race with lots of post race chat and camaraderie to finish a very enjoyable afternoon's road racing.

Male 1. Paul Micale 26.08, 2. Rob Battocchio 26.09, 3. Gary Wheeler 27.34, 4. Raf Moriana 28.09, 5. Andrew Dunlop 28.56, 6. Tim Robertson 29.04, 7. Neil Barnett 29.14, 8. Russell Chin 29.25, 9. Mark Scott 29.27, 10. Phil Leishman 29.45.

Female 1. Jenny Hindmarsh 29.41, 2. Lauren Elms 31.35, 3. Elivia Comer 33.39, 4. Bethany Comer 33.40, 5. Melinda Mlacic 34.25, 6. Lesley Simes 35.38, 7. Heather Rutty 36.25, 8. Louise Samuel 37.45, 9. Lyndal Groom 39.05, 10. Frances Pearson 39.58.

7 Mile Mt. Kembla

April 10, 1999

Sunny with cool conditions, plenty of shade and a challenging wet course saw 62 take on the 7 mile in the unfamiliar time of the year (usually run in September).



Robert Battocchio's running form indicated that Steve Mlacic's long time 7 mile record was under threat. Robert didn't disappoint and broke the record by 28 seconds and be the first ever runner to break 37 minutes on this course.

Robert on his way to smashing the 10 year old open record at the recent 7 miler at Mt Kembla.

Paul Micale also ran well to finish overall 2nd and Rafael Moriana in 3rd.

Lauren Elms ran a classy race to record a time of 46.31 to be 1st female and Elivia Comer 2nd in 50.08 with the improving Heather Rutty 51.12 in 3rd.

HCP winner and new KJ runner Marty Weston proved that he was a better runner than the KJ Handicapper thought to street the field by over 5 minutes. Geoff Stalker ran a good race to finish 2nd with Kevin Goodwin a close 3rd.

Just passed the pumphouse Bronte Blay and his fellow marshalls made sure that all runners had a clear path by opening both gates, (thanks lads).

Many of the veterans in the race had good runs led by Bill Williamson 47.19, Peter Patterson 47.59, Ian Tague 48.40, Brian Ashton 51.22, Frances Pearson 56.30, Tony Maloney 53.21 and Dave Barnett 53.26. Good to see Kevin Raines back from injury. And how about the dedication of 2 Sydney guest runners who caught a train to Unanderra train station and walked from there to Mt. Kembla!

Male 1. Robert Battocchio 36.42 (Open +25-29 AGR), 2. Paul Micale 37.57, 3. Rafael Moriana 39.49

Female 1. Lauren Elms 46.31 (FM 15-19 AGR), 2. Elivia Comer 50.08, 3. Heather Rutty 51.12

3 Mile (Alternative) Mt. Kembla

A record 28 runners ran to the pumphouse and back. Brendan Cato led the runners home to record a good victory.

Mariana Hernandez and Melinda Mlacic staged a good duel with only 20 odd seconds separating them at the finish. Mariana broke Karen Blay's Open female record along the way.

Other juniors to perform well on the day were Renee Ognenovski 25.23, and Lauren Ognenovski 33.01.

Male 1. Brendan Cato 15.42, 2. Tim Berry 15.53, 3. Nathan A'Bell 15.56

Female 1. Mariana Hernandez 18.32, (Open + FM 10-14 AGR), 2. Melinda Mlacic 18.59, 2. Karen Blay 24.28

Fitness Five

April 18, 1999

Despite the absence of the big name Sydney NSW athletes, a strong field of 375 runners and 114 walkers lined up for the 10th annual Fitness Five 5km race from Central Wollongong to North Beach and return. Fine summer weather set the scene for some great times with the Kembla Joggers leading the way.

No-one ran better than the winner Rob Battocchio who ran a 32 second PB to win his first big race in 14.49 – a fitting result for Rob who has been in slashing form over the last 6 months. Ben Dubois tried his hardest to surge on the flat sections but just couldn't hold Rob on the hills to finish second in 14.54 – still a top time. Trent Wood, the Sydney triathlete who races occasionally with KJ's on Thursday nights, ran a close third in 15.00. Not far behind were KJ's Russell Chin and Paul Micale in 15.28 and 15.29 respectively.

The female section was won by Campbelltown Jogger Catherine Lamb (remember her 16.50 for 5km on the Beaton Park track about a month ago) in 17.39 with Sue Mulready recording a 30 second PB with 17.44 and Jenny Hindmarsh a close third in 17.47. Not far behind were KJ's Pamela Hawken and Lauren Elms in 17.54 and 17.57 respectively.

There were many KJ big improvers in the month since the Puckey's Classic on 13 March 1999. These included Julian Fitzpatrick 16.11, Raf Moriana 16.29, Ross Walker 16.42, Neil Barnett 17.07, Stuart Perry 17.18, Tim Crinnion 17.19, Joe Pereira 17.35, Chris Paesler 19.21, Ian Tague 19.45, Ian Dodsworth 19.58, Dave Barnett 21.40, Tony Maloney 21.51, Stuart Dent 22.41, Ron Perry 23.17, Paul Kendrick 23.20, Christine Hall 24.15, Chris Rutty 27.15, and Dina Cicchitti 29.08. Other top runs were recorded by Wayne Montefiore 16.45, Hiro Asano and Peter Asher 20.21.

As usual junior KJ runners performed excellently with Brendan Cato 16.10, Tim Robertson 17.09, Jared Poppett 17.40, Stephen Brown 18.47, Melinda Mlacic 18.59, Mariana Hernandez 19.10, Bethany Comer 19.58, Dana Wilton 22.23, Ryan Cropp 22.23, Matthew Harding 23.23, Jack Parle 24.26, Victoria Robertson 24.45 and Jared Blay 24.57 all posting top times.

A feature of this race was the large number of KJ's who pitched in and helped the Fitness Five Committee in carrying out the myriad of race day tasks that needed attention.

It was a terrific team effort and was greatly appreciated by Chairman Hans Lambert and his committee members. Spare a thought for many committee members who forewent their race to organise this most enjoyable race for the rest of us runners.

by Dave Higgins

Male 1. Rob Battocchio 14.49, 2. Ben Dubois 14.54, 3. Trent Wood 15.00, 4. Lennon Wicks 15.19, 5. Russell Chin 15.28, 6. Paul Micale 15.29, 7. Ian Brindley 15.38, 8. Jeff Chaseling 16.04, 9. Phil Parle 16.08, 10. Brendan Cato 16.10.

Female 1. Catherine Lamb 17.39, 2. Sue Mulready 17.44, 3. Jenny Hindmarsh 17.47, 4. Pamela Hawken 17.54, 5. Lauren Elms 17.57, 6. Belinda Martin 18.11, 7. Vanessa Kearney 18.48, 8. Melinda Mlacic 18.57, 9. Mariana Hernandez 19.10, 10. Karen Stanley 19.32.

He was "Cool, man!" (his words, not mine).
 Later on I asked Rowan if he had stopped to give Raf a hand, "Bullsh..! I gave him an elbow on the way down!" said a smiling Rowan.

We all know he was only kidding, don't we? I mean ... he was, wasn't he?

Raf still got up and managed a good time though. Well done Raf!

Giving up that swimming and cycling and concentrating on running is starting to show with Raf's 16.29 and Age Group win at the recent Fitness 5.

Congratulations To:

- Wayne Montefiore, Bronte Blay and Noreen Parish achieving a Gold and Silver at the recent Australian Veterans Championships in Canberra.
- Along with Martin Church who won a Gold medal in the steeplechase and achieving a PB!
- Ben Dubois winning another 3 Fun Runs, this time at Lindfield and Lane Cove in Sydney plus the local Shelly 6 ... always a feather in your cap to win any race in Sydney!
- Kerryn McCann being the first Aussie home in the recent World Cross Country Championships held in Belfast and 7th in the London Marathon in a PB of 2.28.43! – an Olympic 2000 qualifying time!
- Hans Battaerd being the Australian Sprint Champion in his age group at the recent Australian Triathlon Sprint Championships at Canberra.
- Hans Battaerd and Rowan Allnut finishing first and second in their age group at a recent triathlon north of Sydney.
- Steve Van Gils winning his age group race in the Coffs Harbour Triathlon.
- Kevin Goodwin winning his age group at the recent Kurnell Triathlon with Garry Wheeler

(30-35) and Paul Micale (40-45) coming home third in theirs.

- Ken Raupach, a KJ from a long while ago, he came 4th in the recent 6 Foot Track Marathon. A fine effort!
 - Good luck to Paula and Tim Crinnion. Their family plans are looking good with a budding KJ member due in about 5 months.
- What great achievements from the KJ's. Must be a great club to belong to!

PS My apologies if I've left out any other fine performances.

June Editorial and Photo Deadline By May 29th to Peter Evans.

Just remember folks you can give me material before the deadline date! In fact it makes the job much easier if you do.

Unfortunately, due to time constraints (read lack of typing skills), we are unable to accept any handwritten material. Just Send E-mail Text Folks! That's the way we like it! Just plain, old ordinary e-mail text! FORGET ABOUT ATTACHMENTS! The Mac likes plain e-mail text, thanks. They may be emailed directly to the following address: d4501pn1@ozemail.com.au

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.

Where's My FOX? No Copy of The FOX? ... Tell Us!

Remember if you are at a race you are automatically crossed off as receiving one. This to save the club all the postage costs. If you change address we also need to know.

Cheers, Peter E.



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/

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

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Kembla Joggers Trivia Night!

WHEN: Friday 21st May 1999, 7pm for a 7.30pm start
WHERE: West Dapto Community Centre, Bong Bong Road. West Dapto
COST: \$10 per person

Further information with Kevin Brennan – 4261 8811. We'll organise a team if you are not in one! Come on, have a go!

TEAM NAME:

TEAM MEMBERS:

1. _____	2. _____
3. _____	4. _____
5. _____	6. _____
7. _____	8. _____

Answer to the Mystery Photo? on page 4. This is what happens when you get the President to take a few photos for the club mag! Yes you guessed it – the clubs PA system! Just what was Neil thinking?

Answer to Guess Who? on page 5. The broadside of the backside is none other than the beer swilling couch potato! Yep – Bronte Blay again! What a leisurely life he leads. Kind of makes you envious, doesn't it?