

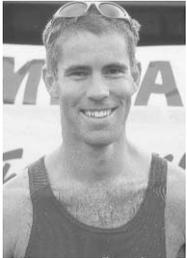


The FOX



The Official Newsletter of Kembla Joggers Inc.

Issue 04 [June] 1999



President's Report

The season is well underway now and things are bubbling along nicely. Now's the time to step up your training with the City to Surf not too far away.

Using KJ events as the core part of your intense training schedule is the best way to improve your fitness. And don't forget the popular Hopetown Relays on the 22nd of August, an event not to be missed by any KJ. Of all the events in the year make sure you are a part of this one, as one of the many KJ participants.

It is timely to mention the arrival of our new First Aid Kit which will be present at every club road and cross-country event. Unfortunately the kit arrived one week too late for Jenny Comer who slipped in the 10 mile and cut her leg. Her injury required 7 stitches but luckily healed up OK thanks to Dr Ian Tague's assistance. A list of trained First Aiders in the club will be attached to the kit so if you do need assistance you know exactly who to see. The kit is top of the range and includes instant ice packs for the common sprained ankle, something we often encounter at our cross-country events.

Many thanks to the KJ helpers who turned out to clean up the Mt Kembla running venue late last month. There was plenty of rubbish to clear but everyone knuckled down and made sure all was tidied up in record time. We all know the rubbish is not left by KJs but other inconsiderate people, however we are conscious not to be blamed for the mess. The perception that we care for the area we all love to train and race at is equally important and may help a little in ensuring we keep our access agreement with Sydney Water alive. Helpers included Jim Hennessy, Chris Stocker, Marketa Weissova, Bill Williamson and Dave Barnett. Thanks all.

On a sadder note, I've heard along the grapevine that the popular 9 mile course at Mt Kembla will be tarred from the lookout past the orchards to the first bridge fairly soon. This will remove some of the character of the great circuit leaving under 3km of unsealed road only. But on the other hand many will see the opportunity for quicker times and PB's. I guess some good comes from bad.

Good to see that four current and former KJ women made the Australian All-Time Marathon List published recently. These included Kerryn McCann (2.28.44), Lorraine Davis (2.35.40), Mary Murison (2.48.19) and Paula Ryan (3.00.02). Kerryn remains the fourth quickest female Aussie marathoner in history. Four runners for all of us to look up to.

Yours in running, Neil

Great Start for Kembla Joggers!



What a happy duo! Susan Mulready and Suzanne O'Brien show classic athletic form as they surge to the finish line.

It is Saturday the 8th of May, the first day of Athletics NSW (ANSW) Winter Cross Country and Road Running Season. The venue is Holdsworthy Army Camp for the holding of the 1999 ANSW Road Championships.

Our intrepid and hard working Registrar, Dave Higgins, has arrived early and erected the red, white and blue Kembla Jogger's tent in a prime position, making it easy for our arriving team members to find.

With many of our team wearing their club

rugby jumpers, we were easily the most visible competing club. Dave is also busily running around making sure all members are suitably attired, registered and entered in the correct team.

There seems to be KJs everywhere. Carla Whitehead has organised a kindergarten for the wee ones. Hans Lambert's clothing shop is doing a roaring trade. Hazel is setting up the post run refreshments (including some delicious home made cakes). All augers well for a great day.

And what a day it turned out to be! A total of ↗

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One of the winning teams. Gold to the 35+ Mens team of Phil Leishman, Bronte Blay, Raf Moriana and Phil Parle (also the individual bronze medal winner).

42 Kembra Joggers competed on the day, 39 for KJs ANSW members and two other KJs who were competing for other ANSW clubs. This was a mighty effort and everyone acquitted themselves admirably on the day.

From the mighty midgents in the under 12 years 2km, to the open and veterans' men's and women's 10km, our club stood out as one of the most successful on the day.

As always the encouragement from the sidelines was much appreciated by all participants, the loudest cheers coming from our support crew. During presentation, as KJ individuals and team members climbed onto the podium to be presented with their hard earned medals, and there were plenty of them, they were greeted with applause worthy of an Olympic medal.

By Hazel & Eric Brown

Results of KJ members at Holdsworth

10km – Rob Battochio 32.23 OM; Russell Chin 32.26 OM; Kevin Robertson 33.14 OM; Phil Parle 34.12 M35 3rd; Raf Moriana 34.44 M35; Peter Evans 35.52 M45 2nd; Wayne

Montefiore 35.55 M45 3rd; Neil Barnett 36.36 OM; Bronte Blay 36.43 M35; Pam Hawken 37.13 OW; Marty Weston 37.37 OM; Jenny Hindmarsh 37.57 OW; Phil Leishman 38.24 M35; Sue Mulready 38.43 OW; Dylan Forbes 38.43 OM; Suzanne O'Brien 38.45 W35 3rd; Vanessa Kearney 39.01 OW; Andrew Krajewski 39.24 M45; Pasco Coppaloro 40.05 M35; Andrew Godsman 41.30 OM; Ian Tague 41.55 M45; Hans Lambert 42.10 M45; Karen Blay 43.50 W35; Eric Brown 44.13 M55; Peter Asher 44.42 M55; Dave Higgins 45.22 M45; Tony Maloney 45.52 M55; Dave Barnett 46.38 M55; Jill Hayman 53.20 W35.

6km U20 – Elivia Comer(WSF) 24.12; Lauren Whitehead 25.04.
8km U20 – Stephen Locke (WSF) 3rd.

5km U18 – Brendan Cato 16.36; Peter Bislely 18.44.

4km U16 and U18 – Jared Poppett 14.09 U16; Stephen Brown 14.22 U16; Marianna Hernandez 15.05 U16 2nd; James Greathead 15.10 U16; Melinda Mlacic 15.17 U18; Carla Whitehead 15.58 U18.

U12 M – Ryan Cropp (Saucony) 7.59; Matthew Harding 8.23
Teams – **M35** 1st Phil Parle, RafMoriana, Bronte Blay, Phil Leishman; **M45** 1st Peter Evans, Wayne Montefiore, Andrew Krajewski, Ian Tague; **M55** 3rd Eric Brown, Peter Asher, Tony Maloney, Dave Barnett; **W U18** 1st Mariana Hernandez, Mlinda Mlacic, Carla Whitehead; **W Open** 2nd Pamela Hawken, Jenny Hindmarsh, Sue Mulready.



Almost the trifecta! Silver and bronze to the KJs 45+ Men, Peter Evans and Wayne Montefiore.

1999-2000 KJs Membership Report

Since the article in the May 1999 edition of The FOX, there has been an explosion in current Kembra Joggers membership with an additional 72 members joining the club in the last month. As at 20 May 1999, the club has 282 financial members including 101 new members and 50 junior members. Thank you to all members who have paid their fees promptly – the club committee will endeavour to see that all members receive value for money over the next 12 months.

A second list of new members (i.e. those not mentioned in the May 1999 edition of The FOX) is printed below. Please make them all feel welcome at the KJ races.

The club also now has 55 ANSW members which augers well for participation in the forthcoming ANSW Winter season events.

Any other intending 1999-2000 KJ members can send their forms and money to the club postbox P.O. Box 527 Dapto N.S.W. 2530 or pass on to Dave Higgins or Jim Hennessy at any of the club races.

Second New Members List

- | | |
|--------------------|-------------------|
| Mark Allison | Byron Arnold |
| Kirsten Arnold | Tristan Arnold |
| Tim Berry | Neil Birch |
| Alicia Burgess | Jarrold Burgess |
| Melissa Burgess | Fredrick Cann |
| Elaine Chamberlain | Russell Chin |
| Guy Cuttill | Shaun Cuttill |
| Noriko Dethlefs | Tim Dobson |
| Nadine Dryburgh | Alan Duffy |
| Lee Fanning | Samantha Fanning |
| Sheree Fanning | James Greathead |
| Barry Keem | Charles Kerin |
| Sarah Matthews | Tony McDonald |
| Glen Moberley | Chris Moreton |
| Anthony Mortimer | James Mortimer |
| John Mortimer | Nicholas Mortimer |
| Penee Mortimer | Tom Mortimer |
| Kirralee Moxham | Kate Muston |
| Alan Onions | Ernie Orth |
| Kimberly Quintal | Carla Rankine |
| Jim Rankine | Mike Roberts |
| Lillian Rodrigues | Russell Seddon |
| Ashley Thomas | Christine Thomas |
| Elizabeth Thomson | Scott Thompson |
| Jarrold Wall | Graeme Warren |
| Kyle Wolsky | Shayna Wolsky |
| Edwin Coballi | |

Apologies to Madeline Heiner whose christian name was misprinted in the May 1999 edition of The FOX.

By Dave Higgins

Where's the Shoe Man?

Wondering where the shoe man has got to?

Well firstly his wife has just given birth to their third child and then there was the freak hail storm which wiped out his roof and most of his stock. So hopefully we'll see him back soon when things settle down a bit.

Meanwhile KJs can still enjoy the generous discounts on all stock by visiting his Randwick store when in Sydney.

The store is the Athletic Edge at the Randwick shops in Frenchmans Road and is open most days including weekends. Phone (02) 9399 3669 for more details on shoes in stock etc. Ask for Steve.

Junior News

After the first two Uncle Pete's Toyworld Junior Pointscore events our junior attendance figures are at an all time high. In fact our numbers in junior events this year has increased by over four times on last season! Amazing! It seems word is spreading about the pointscore series and the great fun everyone is having at the KJs. The first event at West Dapto attracted 32 juniors with a field of 28 lining up for the Cataract 4km cross-country. Keep it up!

And it's not just the attendance records that are tumbling. Many juniors are setting some pretty mean times with age-group records being broken by Kyle Wolsky (20.12, 0-9 yrs) and Nadine Dryburgh (21.52, 0-9 yrs) in the 3 mile at West Dapto. Bethany Comer ran a blinder in the 3 mile too with a great time of 18.07. In fact girls filled half of the top ten positions. No age-group records have been kept for the 4km at Cataract but we are sure there would have been plenty of records set. Tim Roberston flew around the course in 13.48 as did Marianna Hernandez in 15.33. Well done to all junior KJs.

Uncle Pete's TOYWORLD

Uncle Pete's Toyworld Junior Pointscore (top 10 after 2 events):

- | | |
|-----------------------|-----|
| 1. Nadine Dryburgh | 170 |
| 2. Kyle Wolsky | 164 |
| 3. Carla Whitehead | 164 |
| 4. Jared Poppett | 142 |
| 5. Stephen Brown | 150 |
| 6. Melinda Mlacic | 145 |
| 7. Marianna Hernandez | 144 |
| 8. Tim Roberston | 143 |
| 9. Victoria Robertson | 125 |
| 10. Bethany Comer | 115 |



Rising talent and runner-up in the 1998 Junior Pointscore, Melinda Mlacic stretches out before a recent race.

Junior Championship Pointscore

Male	Female
1. Tim Robertson 18	1. M. Hernandez 20
2. Jared Poppett 16	2. Melinda Mlacic 17
3. Stephen Brown 14	3. Bethany Comer 16
4. Brendan Cato 10	4. Carla Whitehead 14
5. Kyle Wolsky 9	5. Nadine Dryburgh 8

The winners of Uncle Pete's Toyworld vouchers at the first two events have included Victoria Robertson, Renee Ognenovski, Jack Parle, Shayna Wolsky, Jared Poppett and Lauren Ognenovski. Congratulations to all winners! There's plenty more to give away at every junior event during 1999 and it's as easy as turning up and having a run to be in with a chance. And don't forget the great prizes on offer to all placegetters in the Junior Pointscore and Championship titles.

Performances at the first ANSW State Championship event at Holsworthy on May 8th were very impressive also. Our girls Under 18 team of Carla Whitehead, Melinda Mlacic and Marianna Hernandez won the gold medal. Marianna also won the silver individual medal in the Under 16 girls category with a gutsy 15.05 on the tough 4km course. New recruit James Greathead went very well in the Under 16 Boys after a printing error in the handbook meant he missed his Under 14 event.

In the Boys Under 18 5km Brendan Cato competed strongly just out of the places with a good time of 16.36. Jared Poppett 14.09 and Stephen Brown 14.22 both looked good in the Under 16's. We are now just a couple of juniors short of fielding full teams in the upcoming State Relay events. So why not have a go? Call Neil Barnett (4271 3299) or Eric Brown (4261 3985) for more details or to be part of a KJ team.

Looking for other KJ juniors to train with? Then get along to Rob Battocchio's junior training squad which meets weekly under his guidance. All standards are catered for and no-one is too quick or too slow to get involved. Rob can be contacted on 4226 4754 or 0413-862676 or e-mail him at rob@fishinternet.com.au

Under 12 Rule

Just to clarify the club rule on juniors competing who are under the age of 12 years old. All juniors are welcome but if under 12 they must be accompanied at all times during a race by an adult. This does not have to be the parent of the child however the supervising runner must be specified prior to the event commencing. There may be a few KJ's who would be willing to run with an U12 junior at each event so check when registering if in doubt.



Some of young KJ tigers that give us oldies a hard time in the races - Brendan Cato, Mark Scott and Tim Robertson.

How Far Can You Get?

Ever wondered where you'd get to if you kept going whilst jogging? Well at a steady 8kmh (*my long run pace - Ed*) you'd get from Melbourne to Perth (3512km) in 18 days; around Uluru (9km) in just over the hour; from Adelaide to Alice Springs (1533km) in 8 days; from Sydney to Canberra (286km) in 36 hours and if you want to go over the world record for the longest walk (47,978km) then you need 248 days. Some great food for thought for our long distance crews - Chris Stocker (fresh from training in the Simpson Desert) and Co.

Facts courtesy of Men's Health April '99

Hazel's Kitchen

This is a great recipe with no added fat, easy to make and remember and it tastes yummy ... great to replenish lost energy after a hard session.

Five Cup Cake

1 cup dessicated coconut; 1 cup self raising flour; 1 cup chopped dried apricots; 1 cup castor sugar; 1 cup milk

Mix together, pour into greased loaf tin and cook for 40 mins at 180 degrees.

Highly recommended - Ed.

Wilson's Discount Bikes

- **ALBION PARK RAIL - 185 Princes Highway** **4256 1948**
Open 9am-6pm Monday-Friday - Thursday till 8pm - Saturday 9am-4pm
- **WARRAWONG - 113 King Street (behind Pizza Hut)** **4274 4534**
Open 9am-6pm Monday-Friday - Thursday till 9pm - Saturday & Sunday 9am-4pm
- **WOLLONGONG - 337 Keira Street** **4228 7366**
Open 9am-5.30pm Monday-Friday - Thursday till 8pm - Saturday 9am-1pm

Proud Sponsors of The Tom Miskelly Half Marathon.

ALL KJs GET A FULL 10% DISCOUNT ON ALL STOCK!

▶ The Tom Miskelly Half Marathon

Sunday 27th June, 8am, West Dapto

Don't forget to keep up those long runs ready for the KJ's longest Winter run. Who will win it this year? Can you add your name to the list of past winners?

- 1992 George Osadczuk and Joanne Hall
- 1993 Mark Everton and Kerry McCann
- 1994 Petri Laajoki and Louise Samuel
- 1995 Petri Laajoki and Karen Blay
- 1996 Chris Stocker and Paula Crinnion
- 1997 Chris Stocker and Karen Blay
- 1998 Paul Micale and Paula Crinnion

Who will be the first person to win it three times? Will anyone claim the \$50 bonus for breaking the race records?

I hope that rumour about Ben Dubois is not true. I heard he was going to cruise through and just break the record and then do the same thing for the next 3 years! Nah ... Ben is too honest a runner to do that. Anyway just come along and test yourself along the scenic West Dapto course. A good lead up to the 9 miler and the City to Surf – just imagine how much shorter they will feel?

New Zealand Fit for Life Relay

15, 16 and 17 October, 1999

If you want to participate in a great running event, meet some great people and travel through a nice country, then join the Kembla Joggers who are going to compete in the Fit For Life relay in October. **Am I too slow to join a team?**

There is no such thing as being too slow. All the teams are handicapped.

Do any women run in these teams?

Of course. Women are needed to make the teams more civilized.

Can I afford it?

Can't answer that one – speak to your accountant.

For more details contact Ray Wales on phone 4283 1148 (h), 4229 0636 (w).

Almost the Balls-up of The Year!

As race organiser I have the key to both the Integral Energy grounds at West Dapto and the gates on the Sydney Water land at Mt Kembla. So I won't forget to take these keys to our runs, both keys are on my car keys – the Falcon station wagon.

The day of the 10 miler at West Dapto, Christine and my daughter were going to Sydney. They took the Falcon leaving me the Hyundai to take to the Joggers. After they had gone I realised the key to West Dapto had gone with them.

I then spent the next hour on the phone trying to find an employee of Integral Energy that could unlock the gate and, most importantly, the toilets. This was proving impossible. The guy who does the bookings was on holidays in Western Australia – curiously I spoke to him as his phone was diverted to his mobile. He said try the emergency crew.

The person in charge of the emergency crew was sympathetic but said he had too many power failures in the district and could not divert any one to open up some toilets for a group of joggers. He put me on to the guy filling in as caretaker at



Who will win the 1999 KJ Tom Miskelly Half Marathon Trophy? Paul Micale was the deserved winner in 1998.

present. Luckily he was at home and he was prepared to drop his own plans to open up the Coniston office and look for another set of keys for me. Thank heavens he found a set which I had to pick up from his house and return after the run.

After the run I stopped and bought a six pack of Crown Lager to thank the guy as I returned the other set of keys. I hope our Treasurer is sympathetic when I present the receipt from the Unanderra Hotel!

After such a hassle it was easy to go out and run 10 miles.

By Ray Wales

Top marks for persistence Ray! I really enjoyed the hot shower afterwards, thanks. – Ed.

Illawarra Orienteers

If you want a change of routine from the normal training, Illawarra Orienteers hold monthly events in and around Wollongong. Most of these events are held on local streets or park/bush areas and are informal. No special equipment is required for the events – just a pair of trainers, tracksuit pants and a sense of direction! The next event will be held on Saturday 19th June starting from just below the elbow of Bulli Pass with starting times from 2-3pm so you can just roll up on the day if you fancy a run.

For more information, contact Helen Mills (4267 4436) or Richard Lane (4226 2021).

Sounds like this would be one for our 'Mountain Masochist' – Jeff Stalker. – Ed.

Welcome to the World!

Carinne and Garth Weston recently added a new KJ to the ranks ... Jedd James Weston, born 13.5.99, weighing 6lb 3oz ... baby and parents doing well.

Going, Going, Going ...

There are still a small number of 25th Anniversary Magazines left. A bargain at \$10! Get your copy at the next race or ring the President (not you Monica!) on 4271 3299.

The Quality of our Races and Runners

Invariably as we age, our times slow down, but often we must wonder how good our times are for our age. Professor Jess Brewer who has had a long standing connection with the American Masters Track and Field Organisation, has spent many years and much research attempting to equate times for age groups over 35 with those for open age runners. He has come up with a series of age graded tables for men and women and also a converter for all distances from 100m to the marathon. Unfortunately, these tables/converter only work for athletes 35 years and older. (While we understand that under-age athletes also cannot be compared to open age, we have not been able to find a converter for them).

Recently we conducted a series of 5 x 5000m runs on Thursday at Beaton Park track to try to determine the quality of the runs, based on the age factor and we ran a point score over the series. The outstanding athlete at these races was Peter Evans, finishing a huge 46 points better than anyone else. It is perhaps better to let the results speak for themselves, by providing an overview of some of the outstanding runs of the series, which resulted in two new track records ... Tim Berry with an open age 15.43 and Bronte Blay amazing everyone with a sensational 16.11 to break the Mark Everton/Phil Parle 35-39 record.

By Hazel & Eric Brown

Name	Fastest Time	Age	Equivalent to Open Age Time of
Tim Berry	15.43	21	15.43
Peter Evans	17.02	48	15.47
Wayne Montefiore	17.12	45	15.49
Paul Micale	15.53	30	15.53
Brendan Cato	15.54	15	15.54
Rowan Allnutt	17.14	45	15.54
Russell Chin	15.54	21	15.54
Dylan Forbes	16.00	33	16.00
Bronte Blay	16.11	36	16.03
Phil Parle	16.19	38	16.06
Andrew Krajewski	18.23	52	16.16
Raf Moriana	17.02	40	16.19
Chris Stocker	18.07	45	16.42
Gary Burton	18.29	48	16.54
Ian Tague	19.38	51	17.18
Frank Hungerford	18.06	43	17.20
Eric Brown	20.31	59	17.24
Peter Asher	20.36	58	17.25
Joe Pereira	18.23	43	17.30
Bryan Ashton	20.48	59	17.30
Pasco Coppalaro	18.37	41	17.40
Peter Knott	18.50	44	17.48
Dave Higgins	20.15	50	17.54
James Greathead	19.34	13	19.34
Bob Scott	20.53	44	19.42
Luis Cortes	22.26	53	19.48
Christine Hall	24.47	53	21.18
Jenny Comer	25.06	52	21.48

“The World's Greatest Race” by Phil Essam

“The World's Greatest Race” tells the story of the 1983 to 1991 Westfield Sydney to Melbourne Ultra Marathons. This race gave us such household names as Cliff Young and Yiannis Kouros. The definitive history of the race has now been written and will be available from November 1999.

For \$15 (postage and handling inclusive) you can preorder your copy now. Please send a cheque or money order to: Phil Essam, 19 Luringa Close, Craigmare, SA 5114.

This will reserve your copy of this exciting piece of Australian running history now and \$2 will go towards your Running Club. ▶

Mountain Masochist

When you feel like a change in the normal types of running like track running, road running, cross country running then have a go at mountain running!

On the 20th of March, I ran the NSW Mountain Running Championships at the Fairfield Mountain bike course, the course was 12kms with four 3km laps, each lap having two Nowra-type hills. I placed third overall and second NSW Athlete.

The next race was the ACT Mountain Running Championships. This would be the big challenge – three laps up and down Black Mountain a total length of 12.9kms (see graph, right) and up against some of the best Australian Mountain runners. I placed 11th overall and second in the over 40s. The next race is the Australian titles in Brisbane in June. **By Geoff Stalker**

The Dangers of Running at Lunch-time

Once or twice a week I try to start a bit early at work. If things are under control through the day I knock off a bit early for lunch to do a 20 minute run. There is a shower combined with a disabled toilet near my office which I use after running. The door won't lock but nobody needs to use this toilet so I just push the door shut.

About two weeks ago I went out for a 20 minute run then dived into the shower.

I stepped out of the shower to get dry and before I had time to cover the private parts the door opened and in comes a woman supervisor for the cleaners. Behind her was another woman from the office.

Unknown to me, they were checking out all the cleaning areas in my building. When they realised that this shower does get used some times they both did a U-turn and closed the door.

In future I'll have to jam something against the door until one of the maintenance people get around to fixing the lock. **By Ray Wales**
Mmmm ... that's a new line Ray! – Ed.

Happy Birthday!

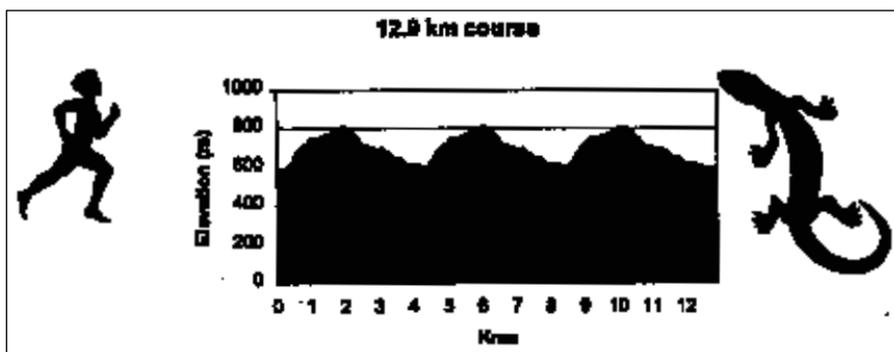
And may your races get better with age!

May

1st Murray Anderson, 2nd Karen Blay, Kerryn McCann, Chris Nicholson, 4th Gary Burton. 5th Paul Holland, Mark Everton (the big 40), 6th Kellie Baxter, 8th David Pomery, 9th Daniel Elliot and Ian McBarron, 12th Christine Wales, 13th Robert Scribberas, 15th Madeleine Heiner, 19th Suzanne O'Brien, 21st Darren Baxter and Garry Wheeler, 23rd Brendan Scollary, 24th Russell Chin and David Ogenovski, 26th John Vincent, 27th Hazel Brown, 29th Garry Moriarty, 30th Ian Kemp, 31st Vito Gaudiosi.

June

1st Ken Challinor, 2nd Bill Williamson, 3rd Joe Pereira, 5th Diane Birch, Shaun Cuttill, Robert Ogenovski, 7th Jenny Comer, Russell Seddon, 8th Luis Cortes, Katrina Robertson, 17th Rowena Mullany, Kevin O'Connell, 18th Sarah Mahoney, 19th Jemma Comer, 21st Andrew Krajewski, Peter Buckman, 22nd Phil Leishman, Geoff Stalker, 23rd Derek Moriarty, 24th Ray McCauley, 25th Geoff Chidgey, 26th Richard Lane, 28th Chris Stocker, 30th Kevin Rayment.



Hopetown Relays

Yes, it's almost that time again. Hard to believe another year has passed since we last competed in this great event. Make a note of the date now and make sure nothing else takes priority (except maybe your own wedding!). Those who have already participated in the Hopetown Relays with the KJ brigade will need little encouragement. The day is fantastic from start to finish with everyone cheering on the other KJ team members and socialising with other clubs. It's also a chance to see some national class athletes in action.

The relay starts at Chatswood at 6am on August 22nd and finishes at Wyong on the Central Coast mid-afternoon. Relay teams consist of 12 runners (male) and 6 runners (female) with each stage ranging in distance from 6km up to 14km. The relay is held in stages as mass starts and times are then aggregated as the event proceeds. This way no team gets left behind. Buses are usually provided free of charge and a BBQ at the finish is provided as part of the \$15 fee. All in all it's terrific value.

There's also great prizes for winning teams in each category for which the KJs are very competitive. Last year the KJs men's and women's teams finished in second place overall in the Open division. The race also incorporates the NSW Long Distance Relay Championship so ANSW registered members are encouraged to participate. In

fact everyone is welcome no matter how fast or slow so make it a must on your 1999 calendar.

Yes it is a long day but it is well worth the effort. We can guarantee that once you've competed in the Hopetown Relays you'll be back again next year. A few of us stayed in motels near the start last year and this would be expected again this year. For more details or to register your interest call Neil Barnett (4271 3299). Detach the registration form and return at the next event to Peter Issa (4283 7760) with your money or send to our PO Box.

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 many 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 your address we also need to know.



Hopetown Relays Registration Form

Sunday, August 22, 1999 – 6.00am Start at Chatswood

Name

Address

Postcode

Telephone (H) (W)

I would like further information on motel accommodation. Yes No

I have enclosed \$.....

Please detach this registration form (or photocopy) and return at the next event to Peter Issa with your money or send to our PO Box 527, Dapto NSW 2530.

For further information, please contact Neil Barnett on (02) 4271 3299 or Peter Issa (02) 4283 7760.

» The Sydney Morning Herald Half Marathon

In all 41 Kembla Joggers made it to the start of this race, for some it would be an ordeal of sorts to others just a good hit out enroute to the running of this event's big brother – the Marathon.

There were definitely no excuses for not running a good time as Sydney turned on a glorious autumnal morning with a mild temperature and little to no wind. *(Some of us thought it was quite humid and the Kenyan's didn't like the oil on the road at Elizabeth Street but that did not slow them down – Ed)*

Rob Battocchio was first KJ in a time of 72.15. He also placed 15th outright in a field containing many international runners. Second KJ was the fast improving Paul Micale in a personal best time of 73.31. I was third KJ home, running a PB of 76.12 was 38th outright and took bronze in my age category.

The first KJ lady was one-time running partner of Olympian Kerry McCann and recently returned runner Pam Hawken in a time of 82.37. Pam was also fourth female in NSW. Second KJ female was Kerry's sister Jenny Hindmarsh who ran a PB of 83.08.

Other notable efforts were PBs run by Neil Barnett (78.28), Ian Tague (94.40), Lovemore Ndou (86.00) and Peter Hawken (88.08). Many team awards were won on the day with success both at a State and national level. They are as follows:

State:

- 2nd Female A Grade
- 1st 35+ Male
- 1st 45+ Male

National:

- 1st Mixed teams
- 3rd Mixed teams
- 3rd Female 25 to 29 Jenny Hindmarsh 83.08
- 3rd Female 30 to 34 Pamela Hawken 82.37
- 3rd Male 40 to 44 Raf Moriana 76.12
- 3rd Male 45 to 49 Peter Evans 79.19

But without doubt the two runs which stand out in my book as outstanding achievements were those of Gary Wheeler (76.23) and Paul Micale. You see, when the likes of Chris Stocker or myself run well, it's to be expected because of the quanti-



Hazel Brown, Mark Everton and Chris Hall – Thursday night regulars. Try to remember to thank them for their help.

ty of the training that we do. But these two fine athletes survive on a diet of no more than 50 km a week – between them – “so I’m told!”.

I can only conclude that, as both are bachelors and, especially in Gary's case, still very much in their prime, then it must be the brand of sports drink that they consume.

Results

Place	Name	Time
15	Rob Battocchio	72.15
21	Paul Micale	73.31*
38	Raf Moriana	76.12*
40	Gary Wheeler	76.23
44	Phil Parle	77.15
58	Neil Barnett	78.28*
71	Peter Evans	79.19
123	Pam Hawkins	82.37

136	Jenny Hindmarsh	83.08*
140	Marty Weston	83.12
159	Chris Stocker	84.20
166	Andrew Dunlop	84.38
203	Chris Richards	85.58
	Phil Lieshman	86.12
205	Lovemore Ndou	86.00*
205	Joe Pereira	86.00
243	Mark Owen	87.06
265	Tim Crinnion	87.48
274	Andrew Krajewski	88.04
277	Peter Hawken	88.08*
418	Hans Lambert	92.06
522	Pasco Copaloro	93.56
525	Suzanne O'Brien	93.58
537	Louise Hudson	94.16
569	Ian Tague	94.40*
656	Ian Dodsworth	96.02
900	Witold Krajewski	99.22
1161	Col Steele	102.28
1190	Brian Mannix	102.48
1307	Drew Winning	104.16
1590	Vince O'Dwyer	107.16
1593	Peter Peterson	107.20
1732	Dave Barnett	108.46
1830	Ken Challinor	109.40
2095	Mark O'Keefe	112.20
2619	Jill Hayman	118.48
2910	Tom Mortimer	123.44
2939	Derek Moriarty	124.30
3193	Gavin Mooney	131.01
3194	Ray Wales	131.02

Unfortunately Frank Hungerford's time did not appear in the results but he warns that Battocchio and Micale better watch their back come the KJ's Half! *(I believe he ran 76.11 – Ed)*

Stop Press!

KJ's achieved their first 'Trifecta' – full results now show that in the 45+ age category of ANSW, KJ members took out Gold, Silver and Bronze – Peter Evans, Chris Stocker and Andrew Krajewski, and with the help of Hans Lambert, they also took out Gold in the Team's category.

By Rafael Moriana



Michael Hickman, Eric Brown and daughter Karen, sample some of the gourmet delights of Jinby Rinjah Lodge at the KJ Blue Mountains Weekend. Get your name and deposit to Karen Blay ASAP if you would like to go.

June

- 12 **KJ's Winter Series Race 8** – 10km – West Dapto. Alternate race – 5km
- 20 Lake Macquarie International Half Marathon
- 27 **KJ's Winter Series Race 9** – Half Marathon 21.1km – West Dapto – Tom Miskelly Memorial Trophy – Sunday 8am.
- 27 15th Anniversary Sutherland Half Marathon and 8km Fun Run and Walk

July

- 10 **KJ's Winter Series Race 10** – 7km Mt Kembla
- 11 Gold Coast Marathon and Half Marathon
- 11 Race 2 Dapto Sprint Duathlon Series-4/16/2km
- 24 **KJ's Winter Series Race 11** – 9 Miler Mt Kembla – Tony McMichael Memorial Trophy. Alternate race – 3 miles.
- 25 Sutherland to Surf

August

- 3 Race 3 Dapto Sprint Duathlon Series-4/16/2km
- 7 **KJ's Winter Series Race 12** – 8km West Dapto
- 21 **KJ's Winter Series Race 13** – 3 miler Mt Kembla
- 29 Cities Marathon – Sydney to Blacktown
- 29 Mt Kembla Gift – 1km

September

- 4 **KJ's Winter Series Race 14** – 10km XC Mt Kembla. Alternate race – 5km.

- 11 1 Mile Downhill – West Dapto – near Gun Club, Bong Bong Road
- 12 Race 4 Dapto Sprint Duathlon Series-4/16/2km
- 18 **KJ's Winter Series Race 15** – 10km XC Cordeaux Dam 1pm. Alternate race – 5km.
- 26 KJ's Road Relay – West Dapto – Sunday 8am

ANSW Winter Events

June

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

July

- 3 NSW 8km and 6km Cross-Country Championships, Nowra
- 11 Australian Marathon Championships, Gold Coast
- 17 NSW XC 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



Wish I was that flexible! Marianne Hernandez stretches with ease before another good race.

Eddie Muston spends 60 Seconds with Jemma Comer



Which one's which? Can you pick our featured athlete?

How long have you been running with KJs?

I've been running with the Joggers for about 13 years I suppose. I guess it was just the family thing to do. At school I was a pretty good runner (*this last sentence should actually read: "Remember, at school I used to flog you in cross country carnivals" but I decided to exercise my interviewers privilege and change it – Eddie*). After a long time running I got a bit sick of the super serious side of it and these days I really just run for the enjoyment of it and the free tea and biscuits at the end of each race.

What are you enjoying watching?

I really hate to admit to this but I love watching Neighbours. I tune in religiously at 6.30 every night and would probably tape it if I wasn't going to be home.

What are you reading at the moment?

I have just finished reading Cathy Freeman's book and I will probably never read another book again. (*When compared with the literary brilliance of The FOX, any book is bound to be a disappointment – Eddie*).

What is your favourite food?

I think I must be one of those people who is really addicted to chocolate.

Who inspires you?

That's a pretty hard one. I can't really think of anyone in particular but I suppose the guy changing the huge tyre on the VB ad is pretty inspirational. Whoever spent all those sweaty years inside the Fat Cat costume showed pretty inspirational restraint in not kicking up a stink when that TV network axed him.

What is your favourite run?

I love the 10km X-country at Mt Kembla (*so much so that last year Jemma showed her passion for the course by taking not one but two horizontal jumps for joy into particularly deep puddles on the course – Eddie*) other than that I like anything around the 3 or 4 mile distance.

What are the real highlights of your running career?

My greatest claim to fame would have to be my KJs record. I set the 10-14 year record for the 4 miler at Mt Kembla when I was about 12 and it has never been broken.

By anybody?

Well all right, not by any girls under 14 years old.

What are your pre-race rituals?

Turning up to the race wearing running shoes is about the extent of it. (*I'm sure you must put more than just running shoes on, otherwise I'm sure I would have better memories of some of those cold winter races at Mt Kembla – Eddie*).

Who do you train with?

I train with my sisters mostly. There is this other group, who don't seem to have anywhere else to go on a Friday night so I assume they must be homeless people or local winos, that I sometimes run with. Other than that I work as a PE teacher at Airds High so I get a fair bit of training out of that.

What are your best times over 5 and 10 kms?

I've got absolutely no idea.

What are yours?

Come to think of it I really wouldn't have a clue myself.

What is your greatest ambition?

I can't really think of any standout ambitions. Being the first person to climb Mt Everest in bare feet or something like that would be pretty amazing. It is a pretty long way to climb and I think I would have to pick the climbing party carefully – the ill fated Austrian alpinist Dot Poker would probably not be a good person to have following you all the way to the top.



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Neil's Shoes

Now come on guys own up. Who took the President's brand new ASICS 2040's from his back verandah? It'd be ok if he logged up a couple of thousand km's but they were brand new. To think I thought he lived in an honest neighbourhood! Never mind that's life. Neil has a new pair now and they helped him do a great PB in the Sydney Half.

The Shadow Boxing Jogger

Another early morning ride saw me climbing a hill at Berkeley when out of the darkness emerged a jogger. There he was jogging down the hill and throwing a few punches – a left hook here, a right jab there. It was like a real sparring session-but without the partner. Yes, you guessed it, none other than Derek Moriarty out for an early morning jog and mixing it with a few shadows. Certainly took me by surprise. Keep it up Derek.

Dave's 6 Minute Mile Pace

There we were at the 3 miler – "What are you doing?" asked Dave Pomery. I thought 6 minute miles were enough for my energy zapped body that day. "Ok" said Dave "I'll go with you." Off we went. At about 700m Dave reckoned the front runners were taking it a bit leisurely and his memory banks took over and away he went. I went through the first mile in 5.45 and Dave was way up in the distance. Hmmm ... 6.00 minute mile pace! Sure Dave! I just wish I had his natural speed.

Back to English

Luis and Linda Cortez are fresh back from their big trip. Yes, three months away! Lucky people. Luis was chatting to me as we jogged on the track recently. He reckoned that he was away for so long that he'd forgotten where he was and the first week back, every time he went into a shop he always started speaking in Spanish! Half his luck – three months in South America sounds good to me. Welcome back Luis and Linda.



Linda and Luis Cortez relaxing after their first run at the track for three months. Welcome back!

Pasco!

That man! Sometimes he's too efficient! The day after my horrific 7 miler I fronted up to the Shelly 6 and as I was tying up my shoelaces up turned Pasco. "Here you go" he said and with that he handed me a copy of the results from the previous day! Handicap finish and fastest time order. Just what I didn't want! A reminder of THAT

race! Usually I love getting the results but not that one and not so soon. The man is too efficient!

Pasco 2!

Speaking of Pasco, after the next race he said he would email the results. Great! But the usual computer problem – his PC and my Mac speak a different language and I could not open his file! Not to worry – he wrote that he would fax them to me. By the time I had walked from the school library to the staff room at recess, the secretary was walking in with the sheets of the faxed results. About two minutes I reckon! I hope he continues this fine work as there seems to be a problem with the results on the KJ web site and apparently they are very rarely in the Mercury these days. Have to get the committee on to that.

Pasco 3!

Where has he gone to now? No video camera and no results! Come on Pasco – your help is appreciated.

How Keen Are They?

I've heard of being keen but Gary Wormsley and Roger Mar take the cake. They have attended three races as guest runners. So? Well they live in Penrith! They travel down by rail and even walk from Unanderra Railway Station to the Mt Kembla course! Well done lads. Total dedication.

Do The Right Thing

Great to see that a group of helpers did a clean up at Mt Kembla recently. It's a pity other outsiders leave such a mess. Just remember if we all pick up 2-3 pieces of rubbish each time we visit Mt Kembla then that's 300-500 pieces of rubbish gone in one hit. Yes – every little bit helps.

Mixing it with the talent!

Did many people notice our guest runner at the 10 miler? Vito Gaudiosi brought along a friend – none other than Lovemore Ndou! Yes the world title boxing contender. He ran a good race and was impressed with the friendly KJ attitudes. He and Joe Pereira also had a good tussle in the Sydney Half – finishing with equal times I believe.

The Man Needs a Coach!

After the 10 miler, I asked Garry Wheeler why he had slowed down at about 9km. He thought that the gap between him and Raf Moriana had gotten too big, too soon (they started almost together) and maybe he should slow down in case he blew up.

"Were you tired then?" I asked. "No".

"Were you tired at the finish?" "No, I finished quite strongly"

Ahhhhhhhhhh I thought! He's run 55 minutes and deliberately slowed up. Wish I had that problem. "By crikey Garry! Just as well I'm not your coach!" I said.

He and Raf had a good, much closer tussle in the Sydney Half with Raf just pipping Garry this time. Both recorded very good times in the low 76's.

I wish I could run as well as he does, especially on the very low mileage that he manages each week. Some people are just born with talent and ability whilst the rest of us have to flog ourselves to bits to get each minute increment of improvement. Well done Garry.

By the way if you need any screen printing done – he's your man, T-shirts, etc.

The Record

It seems that I've put the knocker on Dave Barnett. He was recently spotted out one night at 11pm in the wind and rain just to get that daily jog in and keep that 500+ record going. When I asked how he was the other day, Dave informed

me that he'd wrecked one of his hamstring muscles and was being forced to take it a bit easier. Get better soon Dave.

Money! Money! Everywhere!

At the recent Holsworthy race I was standing by to watch the medal presentations when I looked down and picked up a \$10 note. "Anyone lost any money", I asked? Phil Parle looked around and discovered he'd lost it. As he pulled out the contents of his pocket he then dropped more money on the floor. We'd better get young Jack in there to look after the bullion Phil! But he did pick up a medal. Well done Phil.

Fast Money!

While we are on money, that fanatical marathoner hits the FOX again. This time he was spotted making a donation to the NSW Police Department. A radar equipped pursuit car had pulled him over near Primbee and asked for a donation of \$180!

Is it true that Andrew Krajewski has missed several Thursday night track meets to do a bit of overtime just to make it up?

By the way, Andrew, before you ask, the KJ Committee will not look favourably upon any request for re-imbursments for athletic meeting costs, even if you were in a hurry to get to Holsworthy to fly the flag for the KJs. Sorry.

Black Mountain Pain!

Did you read Geoff Stalker's short report on the mountain running races? I've been to Canberra and the car barely made it up Black Mountain (yes, the one with Telstra Tower on top) let alone running up.

But, to make matters worse you then run down (imagine the quads?). This all happens – not once, not twice, but three ... yes three times. You did well just to finish Geoff. A great effort. You must have a bit of mountain goat in your blood!

The Case of the Missing Folder

A few days after the KJs magnificent medal haul at Holsworthy, Hazel Brown asked me if I had Eric's folder containing all his written work and computer disks for all his training regimes (get hold of one Garry W.)

Apparently between them Hazel and Eric had spoken to all the runners that attended the meet and were quite exasperated. The next time I saw them at the track I asked Hazel how the search was going ... Eric had all his goodies back ... Apparently the folder had slipped down amongst all the hot water flasks!

Who had taken them home? Of course Eric and Hazel. I just love these sorts of stories as it makes me feel human after all, especially when I misplace something I've just put down! Keep up the good work Eric – it's certainly helping Raf with his marathon goal.

Nice One!

Speaking of the Holsworthy meet – who of us sampled yet some more of Hazel's lovely cooking? After a hard 10km race, the tea and cakes (yes, I did have more than one piece) went down very well. Great work Hazel. The speed at which they disappeared is in direct proportion to the tastiness of them. Please keep it up.

President Gazumped!

So what if you're the president.

It doesn't carry a lot of weight as Neil found out recently. He had put his name down for the bus to the Sydney Half, but had forgotten to cough up the \$10 (probably paying for his stolen shoes). So when he went to pay at the last KJ race

Kevin Brennan told him ... "Too late – all the seats are gone." Never mind, he got a free trip up with his dad, picked up a nice duty free watch and got a PB – all in one day. Well done Neil.

Up One Minute ... Down the Next!

There I was congratulating Martin Church on his gold medal at the National Vet's and the next thing I hear is that he has his foot in plaster. A broken ankle or heel or something. I won't put him on the spot by revealing how it happened but let's just say it wasn't on the track. All the best for a speedy recovery Martin.

The Same Uniform

One of Martin's colleagues is starting to make himself known at the KJs this year.

Fellow officer, Marty Weston is one of our new cheerful runners. We won't mention his gift handicap at the 7 miler, but Marty is enjoying his new running experiences. Although he did look a bit worse for wear after the Sydney Half. A bit long maybe. He'll be right next year.

But, I don't think he'll have another Guinness in the Irish Pub at the Rock's next time around.

It was time to head off for the bus but someone had just talked him into a schooner of Guinness. So he got rid of it rather quickly. He sort of sculled his schooner but it kept him company for quite some time after that and he looked mighty seedy as we eventually headed to the bus. No problem! He just nodded off to sleep and woke up as we headed down Bulli Pass (or Corrimal as Joe Pereira told his wife on the mobile.)

He should probably have a talk to the connoisseur of Guinness, Mr Chris Stocker. He should be able to point out the finer things of such a dark, heavy fluid.

King Jim

While we are in Guinness mode – I was amazed at the recent KJ Committee meeting to see the Mt Kembla Hotel barman delivering a number of large, perfect looking Guinnesses to Jim Hennessy.

The rest of us plebs had to go and get our own drinks at the bar. It looked as if Jim was the king – and looking at his running record – rightly so I thought. He did enjoy them too!

Well Done Maria!

Now here's true love or dedication for you.

Poor Joe Pereira was all set to catch the bus to the Sydney Half when his morning paper delivery man rang up the day before and said he couldn't make it.

Joe then had to sweat on the paper trucks getting down from Sydney in time for him to do all the deliveries.

So, at 1am Sunday morning, his good wife Maria, got up and went out to the shop and went around with Joe, delivered all the papers so that he could drive frantically to Unanderra to get the bus by 4.30am.

Joe got there in plenty of time but was in such a panic that he immediately locked his keys in his truck! So Joe had to call upon his good wife to come to the club in the afternoon. What a good woman.

But, wait! There's more! When she arrived Joe was trying to fix another problem with Derek Moriarty's car which had decided to be cantankerous.

She came over and checked out everything and when that was sorted she opened up Joe's car so he could retrieve his keys ... then she went back to her car and aghhhhhhhhhhhhh! ... click ... click ... flat battery!

Jumper leads were called for and everyone eventually got away but ... there's more ... Joe and Maria headed to the Spanish club to see Raf doing his

Spanish dancing (actually ... his children did that part) and then there were more car problems and poor Joe ended up jogging here, there and everywhere!

Just what you need after a hard 21km race! Good on you Maria and Joe ... what a great partnership.

Sydney Morning Herald Half Marathon Snippets

It's not true that Ray Wales was late getting back to the bus after the race because he had gone around the course afterwards to pick up all the witches hats! Old habits do die hard.

It is true that Ray got us all to the race with plenty of time to spare despite having to put up with 22 different navigators!

We know Derek was the last one to get back to the bus and we know he had 10 schooners but I don't believe he had been giving boxing tips to one and all at the Irish pub. I must admit the beer was very nice and sitting there in the sunshine was even nicer.

The Lord Mayor of Sydney Revisited!

It was at about 9km in the recent Sydney Half that I thought "here we go again!" All I could hear were voices calling out "Go Tony, go!" and "Looking good Tony" and I thought I heard "Go Tony Lockett!"

Mmmm, isn't he a famous footballer and shouldn't he be concentrating on goal number 1300? Maybe he's helping out his famous Kenyan friends ... but they're up at the sharp end of the race and I knew I certainly wasn't.

Then at about the 11km mark a small female runner, that I had been swapping places with, passed me again and someone called out "Go Tani. Go Tani Ruckle!"

The penny dropped!

Of course it was Tani Ruckle – City to Surf winner, Australian representative.

The crowd seemed to spur her on and away she went in hot pursuit of El Presidente who was about six seconds ahead of me at that stage.

They both obviously had a much better last 10km than me as the gap widened to about one minute by the end.

Apparently her shapely body kept Neil on task and he followed her all the way home for a PB.

Meanwhile I started to suffer and would have fallen further back except for Tony.

Tony Who? Yes My Mate Tony!

As I went through the Rocks area a younger fellow zipped past and met up with one of his friends up ahead.

As we came to Circular Quay his friend slowed a bit and I caught them. I said to the speedy runner "Gee, where did you come from? Did you just join in or something. You're not even sweating!" He laughed and then told me he had been injured or sick and that normally he would be much further up.

Anyway, we chatted and he helped me survive Hunter Street Part 2 and as we went down into the gardens he was calling out to all the leading runners and encouraging everyone around us. I asked if he was the race commentator and he just smiled and said that as a local he just knew lots of runners.

We exchanged names and continued. As we were about hit the bottom turn at Lady Macquarie's Chair he asked if I wanted a drink. At this stage I was a lather of sweat and was hanging out for one. No problems! He told me to keep going and then he nipped over to the drink station grabbed two – yes two – drinks and zipped back up to me! What a gentleman I thought.

He kept this happy, friendly disposition up to Elizabeth Street whereupon he said "It's all downhill from here."

I tested his humour by asking if he meant downhill time-wise or downhill slope-wise? He laughed and then reckoned there was a big group getting closer. "Got to go" he said and with that he zipped down the road and put a minute into me as he finished with El Presidente.

Yes, Tony Russo is his name (71 minutes in 1998) and a true gentleman. He carries the true spirit of runners. Thanks Tony.

Mt Kembla Hotel – Post 7km

Good to see so many KJs drop in at the historic Mt Kembla Hotel for a quick refreshment after the recent race.

Remember, this is the hotel that is sponsoring the new Mt Kembla Championship Series, currently being led by ?

Club President Neil soon organised the raffle of donated prizes and there was only one person there that did not want to win the raffle.

Yes, Marty Weston, of Guinness fame, definitely did not want to win the lovely Guinness glass. He reckoned we'd fill it up and he's not ready for another one just yet. But, he did have a great run that day. Well done Marty.

PS Peter Asber, the AC Mitchell Trophy winner, drew the winning tickets for Des Comer (t-shirt), Mark Everton (Gold Medal Red Wine) and Karen Blay (the infamous glass).

See you there at the next Mt Kembla Race.



The best part of the Sydney Morning Herald Half Marathon – relaxing at the Irish Pub post-race – Joe Pereira, Kevin Goodwin, Garry Wheeler and Ed.



Marty Weston relaxing at the Mt Kembla Hotel post-7km race.

Hill 60 Revisited

Sorry to all the early birds that turned up pre-dawn to do some hill work with Kevin Goodwin. He's having a small break at the moment but still seems to be getting faster. I'll let you know when he is going to start again.

Balls Up Awards!

Wow! It seems that we are getting inundated with nominations. We might have to have an early closing date at this rate! But, until then, keep them coming folks.

Ladies! Ladies! Ladies!

No, I'm not after any ladies. But, I am after some extra input from our female runners. It doesn't have to relate specifically to females but can be anything general or otherwise. I know there are some talented ladies out there (besides Hazel Brown) that can easily share some small or large snippet with us. Remember females account for a record 30% of the KJ membership this year.

First Aid

I see the KJ first aid box has been put to good use recently. Helen Ashton and Jenny



El Presidente makes good use of the new First Aid Kit and helps out Helen Ashton.

Comer were certainly appreciative of its readiness at recent club runs.

What a Record!

Speaking of ladies it is amazing what we take for granted while it's current.

Reading the All-Time Womens Marathon List, I see that of the 15 sub 2.30 marathon times, Lisa Ondieki-Martin holds 11! What a performer! She still holds the fastest ever for an Australian with her 2.23.51 in Osaka in 1988. Now there's a challenge ladies and gents!

Jameroo Fun Run Cancelled!

Yes Cancelled!

This year's Fun Run is cancelled and Allan Pirrie would like to thank all the KJ members that have supported this run over the past three years.

Get Well

I hope Dylan Forbes is recovering from his recent mishap at the National Park. He was found collapsed on a track. Shades of Russell Chin's recent problem. I guess running with a partner has a lot going for it.

Stop Press!

Current Mt Kembla Mountain Series Pointscore

Derek Moriarty leads by several schooners from Marty Weston who heads Peter Asher by a Guinness. He in turn is a middy ahead of Karen Blay who has just got a nip in front of Des Comer.

Congratulations!

- **Russell Chin** – winning a silver medal in the ANSW Open Mens' Novices 10km Race and then doubling up the next day to win the 5km fun run at Eaglevale.
- **Ben Dubois** – winning the 10km fun run at Eaglevale – a KJ double!
- **Bronte Blay** – breaking one of Mark Everton's many club records ... Bronte ran a 16.11 over 5000m at the track recently taking out the 35-40 age group record that has stood for 5 years.
- **Phil Giles** in winning his Australian age group title at the recent Forster Ironman, and to all the KJs that entered that gruelling event – my apologies to those I missed in the last edition. I didn't realise we had so many long distance diehards. Well done to Steve Van Gils, Peter Asher, Gareth Buckley, Louise Samuel and Kirk Vandeweghe – hope I got them all.

Good Luck!

Danny Poropat, Julian Fitzpatrick, Paul Micale, Dylan Forbes (hopefully recovered) and any other KJ that is going to Amberley for the Australian Duathlon Championships this month.

For Sale

1 Large SMH Half Marathon Sweat Shirt. I thought I asked for a medium and didn't bother to look until I got home – \$35. See "Blind Freddy" the Editor.

FOX Submissions!

Send email text folks! That's the way we like it! Just plain old ordinary email text! FORGET ABOUT ATTACHMENTS! The Mac likes plain email text thanks.

If you have no internet access – just give it to one of the committee members such as Neil, Hazel, Dave, etc and get them to send it to me. No, I don't have the internet on at home either. So I have to squeeze this in at school – before class, recess time, lunch time and after school.

July Deadline

July Deadline – 27th June!

Cheers ... Peter E

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/

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

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3 Miles West Dapto

April 24, 1999

Not even the old fox, Kevin O'Connell, could predict the all time Kembla Joggers race record field of 140 runners would front the start at this popular West Dapto 3 miles race held under fine but overcast conditions. However Kevin was ready for the finishers and he marshalled them with military precision so that the video camera was only required to separate a few overlapping joggers.

It was a sight to behold as the massed starters rounded the half way mark and set off down Sheaffe's Road to the finish line. Ben Dubois's amazing record of 14.02 was never threatened although Rob Battocchio had to draw on all his finishing power to hold off the improving Paul Micale (both with times under 15.10). The next six runners Brendan Cato, Julian Fitzpatrick, Jeff Chaseling, Ross Walker, Garry Wheeler and Bronte Blay all broke 16 minutes with close rivals Raf Moriana and Neil Barnett gaining ATM Drilling points with top 10 finishes.

The KJ ladies also ran up to their top recent form - Lauren Elms leading with a new Female 15-19 Age Record in 16.59 and Sue Mulready and Vanessa Kearney disputing second place by 1 second. Teresha Moxham was fourth home in under 18 minutes closely followed by Mariana Hernandez, Bethany Comer and Melinda Mlacic all recording personal bests in filling the next three places. Louise Hudson impressed in completing her first official KJ race with a top 10 finish in 19.23.

There were many other excellent results. Some noted were Marty Weston 16.52, Gary Burton 17.34, Chris Moreton 19.08 (first run after a long spell), Ian Dodsworth 19.16, Heather Ruty 20.33, Steve Plumb 20.35, Bob Scott 20.36, Rowena Mullaney 21.53, Michael Hickman 23.58, Rachele Giles 24.13, Gavin Mooney 24.43, and Dina Cicchitti 26.10.

The field also contained a record 32 junior runners with Brendan Cato first home in a sizzling time of 15.25. He was closely followed by Jared Poppett 17.27 and the improving Stephen Brown 17.44. Newcomers Carla Rankine 20.11, Kyle Wolsky 20.12 - (a Male 5-9 Age Record), Glen Moberley 20.16, Madeline Heiner 20.20, and Nadine Dryburgh 21.52 - (a Female 5-9 Age Record) all logged impressive times.

This race saw record consumption of post race tea, coffee and biscuits (despite anticipation by Brian and Helen Ashton) with the Integral Energy picnic area buzzing with post race chatter. Several barrel draws including 3 junior Uncle Petes Toys voucher giveaways capped off a memorable day of KJ racing.

By Dave Higgins

Results

Male 1. Rob Battocchio 15.03, 2. Paul Micale 15.07, 3. Brendan Cato 15.25, 4. Julian Fitzpatrick 15.34, 5. Jeff Chaseling 15.47, 6. Ross Walker 15.47, 7. Garry Wheeler 15.51, 8. Bronte Blay 15.57, 9. Raf Moriana 16.05, 10. Neil Barnett 16.17.
Female 1. Lauren Elms 16.59, 2. Sue Mulready 17.18, 3. Vanessa Kearney 17.19, 4. Teresha Moxham 17.57, 5. Mariana Hernandez 18.02, 6. Bethany Comer 18.07, 3. 8. Elivia Comer 18.38, 9. Lauren Whitehead 19.07, 10. Louise Hudson 19.23.

10 Miles West Dapto

May 1, 1999

A fine cool day greeted the 72 starters for the traditional 10 mile race at West Dapto - the KJ lead up race for the Sydney Half Marathon. As a result of some excellent times, handicapper Gary

Howard will have some extra work to do revising handicaps as over half the field broke their predicted net times. KJ ladies filled 4 of the first 5 places with only Canberra marathoner Dave Raymond filling 4th place over the line.

There were many eye catching runs with the fastest 4 males Garry Wheeler, Raf Moriana, Neil Barnett and Dylan Forbes all breaking 58 minutes. Tim Robertson ran above himself in recording 58.04 just beating Peter Evans who ran a Male 45-49 Age Record of 58.29. Gil Ruty and Dave Pomery also clocked sub 1 hour times. Guest runner Lovemore Ndou showed that a running career is awaiting him when he retires from boxing. The Kembla Jogger ladies were led home by Pamela Hawken in 63.55 (Female 30-34 Age Record) who had over 3 and a half minutes advantage over Elivia Comer 67.37 (Female 15-19 Age Record) and Bethany Comer 71.53. Frances Pearson ran well to clock a Female 50-54 Age Record of 78.01.

Other excellent times were recorded by Greg Learmonth 60.17, Frank Hungerford 60.24, Phil Leishman 62.26, Gary Bell 69.22, Peter Annesley 73.29 and Vince O'Dwyer. Evergreen Bill Williamson bettered the Male 60-64 Age Record in a time of 68.54 - well done Bill.

By Dave Higgins

Results

Male 1. Gary Wheeler 55.45, 2. Raf Moriana 56.48, 3. Neil Barnett 57.32, 4. Dylan Forbes 57.54, 5. Tim Robertson, 6. Peter Evans 58.29, 7. Gil Ruty 58.55, 8. Dave Pomery 59.21, 9. Greg Learmonth 60.17, and Frank Hungerford.
Female 1. Pamela Hawken 63.55, 2. Elivia Comer 67.37, Bethany Comer 71.53, 4. Laila Comer 73.09, 5. Heather Ruty 75.06, 6. Jemma Comer 76.48, 7. Frances Pearson 78.01, 8. Narelle Smith 78.35, 9. Kym Batten 81.24, 10. Rowena Mullaney 82.36.

3 Miles West Dapto

May 1, 1999

This race (an alternate to the 10 mile event) attracted 37 starters many of whom ran the same course only 7 days previously. Improvers during this week were Adam Harding by 19 seconds, Jared Poppett by 19 seconds, Tim Dobson by 10 seconds, Helen Ashton by 20 seconds, Don Lewis by 47 seconds, Linda Cortes by 49 seconds, and the three junior Mahoneys: Patrick by 1 minute 14 seconds, Sarah by 35 seconds and Tim by a massive 4 minutes 51 seconds (great run).

Tim Berry and Russell Chin dead-heated in winning the race closely followed by Adam Harding, Jared Poppett, Danny Poropat and Teresha Moxham - all of whom broke the 18 minute barrier. New runners James Greathead (19.11) and Byron Arnold (22.32) impressed as did Mums Lee Fanning (22.55) and Kirsten Arnold (23.26).

Clearly this is a popular distance for many KJ members - note there is another run of this distance coming up on 12 June 1999 as well as two 3 mile races at Mount Kembla on 24 July 1999 and 21 August 1999.

Results

Male 1. equal Russell Chin and Tim Berry 16.40, 3. Adam Harding 17.04, 4. Jared Poppett 17.08, 5. Danny Poropat 17.28, 6. Alan Duffy 18.28, 7. Jason Clarke 18.58
Female 1. Teresha Moxham 17.57, 2. Mariana Hernandez 18.01, 3. Melinda Mlacic 19.07, 4. Lesley Simes 19.48, 5. Edy Ognenovski 21.36, 6. Nicky Cropp 21.51, Nadine Dryburgh 22.20.

8km Cataract Dam

May 15, 1999

64 runners took part in the 8km cross country. The tricky winding course caught many runners off guard as they tend to run the first 4km loop too fast and then struggle on the 2nd loop.

John Cooper (39.41) who had only run once this year won the race on HCP and clearly showed he wants to win more. Challenged by Ron Perry (39.09) newcomer Charlie Kerin (40.43) finished 3rd with Ron in 2nd place on HCP. Peter Asher (35.30) ran a blinder only to be passed by one runner in the race and finish in 6th place. Peter had plenty of challengers in the race and had a hard time fighting off Tony Maloney, Luis Cortes, Kevin Raines, and Brian Ashton. Karen Blay (34.41) was the 2nd outright fastest Female and also finished 8th on HCP.

Christine Hall (40.37) broke the AGR in the FM 50-54 category. Other AGR's went to Rob Battocchio (M25-29), Barry Keem (M15-19), Garry Wheeler (M40-44), Peter Evans (M45-49), Bill Williamson (M60-64), Heather Ruty (FM 30-34), and Ruth Russell (FM 45-49).

Outright Fastest on the day was Robert Battocchio (26.18) and hot on his heels was new KJ member Barry Keem (26.22), and 3rd was Garry Wheeler (27.56).

Elivia Comer was fastest Female runner, and a great run by the improving Lauren Whitehead saw her take 3rd fastest. Peter Patterson (33.48), had to dig deep to fight off Bill Williamson (33.49) to take out the over 50's. I'm told that Bill ran the first lap in under 16 minutes and tired a little on the 2nd lap.

New members, Murray Anderson, Frederic Cann, Elizabeth Thompson, and Noriko Dethlefs all ran well in their first KJ run. After the race a big wind tried it's best to spoil the best part of the day, a BBQ, and plenty of refreshments.

Results

Male: Robert Battocchio 26.18, Barry Keem 26.22, Garry Wheeler 27.56.
Female: Elivia Comer 33.55, Karen Blay 34.41, Lauren Whitehead 34.44.

Junior 4km

28 juniors took part in the race with 10 seniors keeping an eye on the younger runners.

Tim Robertson took 22 seconds off the course record held by Matthew Moody, not far behind was Jarred Poppett and Stephen Brown.

Mariana Hernandez beat the open female course record previously held by Melinda Mlacic, with Melinda finishing in 2nd place and Carla Whitehead in 3rd. Kyle Wolsky 16.23 and Nadine Dryburgh 17.23 ran outstanding races (both 9 year olds).

The Burgess's, Ognenovski's, Mahoney's and new members Kimberley Quintal, Shayna Wolsky and Sarah Matthews all ran well as did the improving Victoria Robertson. Jack parle and Matthew Harding. James Greathead, Glenn Moberley, and Carla Rankine backed up their West Dapto 3 mile time with good runs as well.

Results:

Male: Tim Robertson 13.48, Jarrod Poppett 14.08, Stephen Brown 14.48.
Female: Mariana Hernandez 15.33, Melinda Mlacic 15.49, Carla Whitehead 16.26.

By Gary Howard

AMT Drilling Pointscore

Male	Female
1. Rob Battocchio 39	1. Elivia Comer 39
2. Rafael Moriana 34	2. Lauren Elms 29
3. Garry Wheeler 31	3. Bethany Comer 27
4. Paul Micale 28	4. Heather Ruty 25
5. Neil Barnett 25	5. Laila Comer 14

Winter Pointscore Championship

1. Rafael Moriana 737	2. Christine Hall 721
3. Chris Paesler 719	4. Peter Patterson 706
5. Garry Wheeler 703	6. Warren Evans 674
7. Stephen Plumb 673	8. Neil Barnett 662
9. Bill Williamson 636	10. Tony Maloney 629