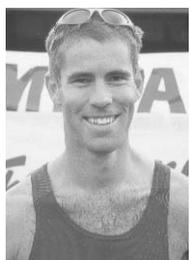


# The FOX



The Official Newsletter of Kembla Joggers Inc.

Issue 05 [July] 1999



## President's Report

The winter season is now half gone and we continue to strike race attendance records week in, week out. In 7 out of 9 events so far in 1999 we have attracted a 100 plus crowd, the biggest being the 140 all time record attendance at the West Dapto 3 mile. Not only that, but we are only 3 months into the current membership year and already we have over 300 financial members eclipsing the previous record of 258 members at the end of 1997 – and with 9 months of this year still to go! To be honest we have absolutely no idea at where it will all stop. It is true that good crowds and bulging membership lists mean that generally members are happy with what the club is offering them as avid runners. However these things don't necessarily mean that the club is focussed on the game. In good times it can be quite easy to be distracted by the euphoria which often accompanies it. In the near future the KJ's committee will appoint a small working group to come up with a plan for the future of the club. This will ensure that the club will direct it's energy into consolidating those things which have made the KJ's successful. And of course we will look at new ideas too.

How can you help? In an upcoming issue of The FOX we will be including a club survey form for KJ members to fill out and return. This is the ideal way for you to let us know what you think of the club and how it is run. We hope your feedback will help us further improve many aspects of the club from the mix of events we put on to important issues such as competitor safety. Also don't forget all members are welcome to attend club committee meetings which are held monthly. Come along, join in and see how the club operates. Upcoming meetings will be held on July 28th and August 25th at Mt Kembla Hotel at 7.30pm.

Finally, well done and many thanks to all KJ helpers who turned out in force to assist in the running of the annual KJ's Tom Miskelly Half Marathon held last month. Not a stone was left unturned in the organisation of this event by Ray, Peter and Mark, and it is a credit to them that everything went off so well. Well done guys.

Very finally, and how could I forget ... good luck to everyone in this year's City to Surf.

**Yours in running, Neil**

# Tom Miskelly Memorial Half Marathon

**West Dapto  
27 June, 1999**

77 starters lined up for the annual KJ "Tom Miskelly Memorial" Half Marathon (8a.m. start to miss the trains) on the demanding West Dapto course in almost perfect conditions. Cool and fine with a light breeze – what more could one want?

Right from the start it was clearly a two man race out in front with Russell Chin and Paul Micalc maintaining a clear distance ahead of the second pack comprising Chris Stocker, Neil Barnett and Rafael Moriana. The rest of the field quickly became well strung out although Ian Kennerley and Hugh Gilberg were noticed mov-

ing through the field along Cleveland Road. The pace quickened along Avondale Road with the turn into Marshall Street at the 17 km mark being the defining moment for many runners. It was here that Paul Micalc made his break to take the lead and maintain it to the finish over Russell Chin who was second over the line. Neil Barnett moved to third place (the President appears desperate to impress the Club Selectors for a top Hopetown relay position). However Chris Stocker came again near the finish only to be overtaken by a withering finishing burst from Garry Wheeler to take 3rd place (reportedly 17 minutes for the last 5 km) with Chris 4th, Neil 5th (2 minute PB) and Rafael 6th. Dylan Forbes, Rowan Allnut, Peter Evans and Marty Weston all ran well to get top 10 finishes despite Marty losing 20 seconds at the last of the train interruptions. (Must admit I've never struck 3 lot's of trains before – Ed)

Trudy Sanders (with Pasco Coppolaro running alongside giving time splits each km) ran an excellent race to be first female home in under 90 minutes with over 3 minutes to spare from the consistent Louise Hudson who was second in smart time. Visitor (and ex KJ) Debbie Maxwell was third just 18 seconds ahead of Karen Ryan with all four Comer sisters next home.

Other eye catching runs were recorded by Steve Matthews 82.05, Vito Gaudiosi 83.59, Gareth Buckley 85.19, Col Steele 88.47, Peter Patterson 89.05, Chris Paesler 89.24 (improving so quickly that handicapper Gary Howard is perplexed), Bill Williamson 89.43 (1st over 60 runner), Hiro Asano 91.08, Ian Dodsworth 93.39, Allan Duffy 95.04, Tony Maloney 100.58, Ranay Kennerley 108.33, Frances Pearson 109.44, Amanda Vandeweghe 120.29 and newcomer David Brennan 121.09.

After the event all runners were generous in their praise for the sterling work done by Ray Wales and Peter Issa in organizing the course marshals, drink station attendants and time keepers who all did an excellent job in making the even safe and enjoyable. (Here! Here! – Ed) There was a real buzz in the Integral Energy tea room area as runners and spectators consumed the post run refreshments. This was another top KJ event where the true depth of the club's road running abilities were very evident. **by Dave Higgins**



Winners at the Tom Miskelly KJ Half Marathon – Trudi Saunders and Paul Micalc.

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### Results

**Male** 1. Paul Micalc 75.18, 2. Russell Chin 75.36, 3. Garry Wheeler 75.45, 4. Chris Stocker 76.08, 5. Neil Barnett 76.11, 6. Rafael Moriana 76.37, 7. Dylan Forbes 77.30, 8. Rowan Allnut 77.36, 9. Peter Evans 77.48, 10. Marty Weston 78.40.  
**Female** 1. Trudi Sanders 89.32, 2. Louise Hudson 93.12, 3. Debbie Maxwell (Visitor) 95.19, 4. Karen Ryan 95.37, 5. Elvira Comer 99.05, 6. Bethany Comer 101.53, 7. Jemma Comer 105.26, 8. Laila Comer 105.26, 9. Vanessa Kearney 105.27, 10. Louise Samuel 106.43, 11. Ranay Kennerley 108.33.



## 1999-2000 KJ's Membership Report

And still they keep coming! Since the last report another 11 new members have signed up for Kembla Jogger membership pushing the full total of members this year to a record 303 as at 27 June 1999. This includes 90 female members (30%), 55 juniors members (19%) and 62 ANSW members (21%).

Please make welcome these 11 new members thus making a full total of 113 new members (38%) for this year – Nathan A'Bell, Jacob Agostini, David Brennan, Danny Bisson, Fiona Campbell, Scott Defina, Roger Mar, Adam Murtin, Karen Ryan, Garry Womsley and Hugh Gilberg.

Let's not forget the 190 renewing members (63%) who are back with the club from last year. This group is asked to assist the current KJ Committee in assisting all the new members settle in to enjoy the KJ races and other activities.

**Dave Higgins, Club Treasurer**

## City to Surf Bus

Join in the KJ spirit in this years City to Surf and get your names in early for the KJ bus. It drops off near the start and is parked opposite the finish in the grounds of Bondi Public School. Names to Kevin Brennan phone: 4261 8811 ASAP.

## KJs Track Wrap

### Young Guns Hit Form At The Right Time

Our younger athletes have started to find real form as they get closer to the State CHS Cross Country Championships in July. Both Tim Robertson and Mark Scott have carved up to 20 plus seconds off their 3km track times, putting in mighty performances over two races which saw them finish in 9.21/9.22 respectively at the first W Squared race on 26.6.99. Currently they are both very competitive and this has really helped to reduce their times. On the same day Carla Whitehead, who has always professed to hate any distance over 1500m and who avoids pain in any form, has suddenly decided that she is capable of staying with the faster girls. Carla ran a superb 3km track race to finish in 10.52, a 14 second PB. If these kids can hold their form, they should reap good results from the CHS Championship at Eastern Creek on 22.7.99.

### Great Runs By Our Ladies

Last week saw Lauren Elms and Vanessa Kearney run excellent track times of 9.56, 9.57 in the first W Squared race. (*I know ... they were breathing right down my neck - Ed*) These girls were flying and beat many credentialled males in. Good also to see Karen Blay starting to get back into racing and the incredible Kerryn McCann, who raced a very fast 9.18 for 3km 2 weeks ago on a wet and windy night. She just floated along. Also improving quickly are Karen Ryan and Louise Hudson. Sue Mulready, running in the NSW cross country team put in a good solid performance at the National championship held in Brisbane ... won by Kerryn McCann who didn't allow the rough and boggy conditions to slow her down, finishing a minute ahead of second place getter.

### Cooper ... Murphy's Law Personified

PLEASE, PLEASE ... don't anyone let John Cooper help out at the finishing line ever again!

**by Eric and Hazel Brown**



*Our 300th member for 1999! Amanda Vandeweghe hands over her registration fee to our ever eager Treasurer Dave Higgins. How keen are you when you join up for a half-marathon race?*

## Uncle Pete's TOYWORLD

### Junior News

The last KJ Uncle Pete's Toyworld Series junior event was held on June 12th at West Dapto. The race was a new 5km held in conjunction with the senior's 10km. The conditions were ideal for good times with Brendan Cato again leading the way with an impressive 16.08 and 1st place. Tim Robertson was 2nd junior male in a hot time of 16.34. Mark Scott was 3rd in 17.06. Marianna Hernandez was 1st girl home and looked comfortable at the finish with her time of 19.24. Big improver of the last month Carla Whitehead was next in 21.02 and Madeline Heiner just seconds behind. All these times are great considering the many School representative cross-country events being held lately. Pointscore challenger Nadine Dryburgh ran well (23.14) and young Patrick Mahoney continues to improve (and doesn't Dad know it!). Some fantastic efforts by KJ juniors at the State Cross-Country Champs at Bankstown last month. Brendan Cato won the GOLD medal in the male U18 and was even able to beat all but 4 of the U20 athletes home as well over the very tough 6km course. Jared Poppett picked up the bronze country medal in the U16 4km event and Marianna Hernandez won the silver in the girls U16 3km. Lauren Elms (WSF) was 2nd in the U20 4km and also combined with Elivia and Bethany Comer to win the U20 teams section. Well done to all.

- And the FOX still wants to know what junior's Tim Robertson and Mark Scott are sprinkling on their cornflakes. A few weeks back in a 3000m KJ track race Tim ran 9.30 and Mark 9.33. If that wasn't enough the next week they slashed another 10 seconds off their times. Keep up the good work fellas.

- Winners of Uncle Pete's Toyworld vouchers at the last junior event included Timothy Mahoney, Bethany Comer, Nadine Dryburgh and

Madeline Heiner. Congratulations. There's plenty more to give away at the remaining KJ junior races so be there to win.

- 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.

## Congratulations!

To Chris and Samantha Nicholson on the birth of their first child, Sophie Louise born on 9th June weighing 7lbs. and to Neil and Tracey Harper introducing Katie Lauren Harper born 2:54 am on 30/6/1999 weighing in at 3.585 kg (7lb 14ozs), 49.5 cm in length.

### Woodstock Fun Run

Well done to the three KJ's that braved the cold conditions at Woodstock and pushed their bodies over the hard undulating 8km course. The first KJ to finish was Louise Hudson in 32.54, followed by Jeni Greenland in 35.27 with Warren Evans coming in next in 37.58.

## 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.

## Attention!

Steve Matthews, the winner of the 1998/99 "whydoidoit" award. Your reply to the FOX magazine is long over due. Many readers are eagerly awaiting the answer as to why you do it!

## Light the Candles 'cos We've Got Birthdays!

### July

6th Lyndal Groom, Ray Wales, 7th Frank Hungerford, 9th Pene Mortimer, 10th Lesley Simes, Murray Smith, 11th Louise Hudson, 17th Kym Batten, Jessica Turner, 20th Nadine Dryburgh, Tim Robertson, 22nd Noriko Dethlefs, 24th Jim Hennessy, Phil Austen, Edwin Coballi, 26th Gary Wolmsley, 28th Mark O'Keefe, 30th Col Steele

### August

1st Peter Issa, 5th Shoronne Hennessy, 10th Jackie Dettmann, 11th Raf Moriana, Don Lewis, Lillian Rodrigues, 12th Chris Richards, 13th Danny Poropat, 14th Jarrod Wall, Phil Giles, Dan Grogan, Steven Matthews, Scott Thompson, 15th Tim Crinnion, 16th Nicky Cropp, Chris Paesler, 19th Timothy Mahoney, Kate Muston, Ron Perry, 20th Anthony Corolla, 21st Bill Agnew, 22nd Scott Dent, 24th Denese Thornton, 25th Eric Brown ... 60 today, 27th Paul Blackwood, Witold Krajewski, Sarah Matthews, 29th Neil Birch, Mark Owen, 30th Kimberley Quintal

**Good running and best wishes to all.**

## Chris and Raf's Long Long Training Run!

Sunday 30th May 1999 (almost 20 years to the day since Caroline Vaughan-Reid performed this feat – see KJ Anniversary Magazine p20) was the day that Rafael Moriana and Chris Stocker together completed 3 non-stop laps of the full 9 mile Mount Kembla course (total distance 43.2 kilometres) in one hit ahead of Caroline's previous time.

Chris had surprised himself and many KJ observers after returning from injury with his 2 hours 51 minutes marathon on the flat Canberra course in April 1999. However Raf surprised no-one after his Mount Kembla 2 lapper training run with Neil Barnett a few weeks earlier and following this up with a top time of 76 minutes in the Sydney Half Marathon the previous week and I had the dubious pleasure of being at the start, the middle and the finish of this great run and was in awe of their total stamina, determination and absolute fitness. Climbing Windy Gully Hill (Graham Gallery to Moriarty's gate) in under 13 minutes each time was amazing enough, but the 9 mile lap times were quite extraordinary.

After being left behind at about 8 km on the first lap, (I was at least hoping to complete 1 full lap with them) I saw them pass the 7 mile turnaround point for the second time. I then went home for breakfast and returned to see them on the last mile coming through Kembla Heights village. I quickly stationed myself at the Cordeaux Road bus shelter and jogged slightly ahead of the two weary runners thus "pulling" them up the steep little section to the Windy Gully finish point. On reaching the finish, they both dropped to the road for a well earned rest and a drink before smiling for the obligatory photo with 3 fingers raised. I felt almost privileged to witness the finish by these two top harriers.

Clearly this was a great true guts effort – it's "training" runs like these that will continue to anchor KJs to ANSW gold medals in the 35+ and 45+ 1999 winter competition teams races. Congratulations to Raf and Chris from all the rest of the KJ plodders. The only problem now is that these 2 runners will now feel that the famous 9 mile one lap of Mount Kembla is too short for them! Gary Howard, as club handicapper, has new challenge on his hands. (*Those 200km weeks are showing their benefits as they both backed up in excellent fashion at the ANSW 12km XC at Bass Hill the following Saturday – Ed*)

by Dave Higgins

## From Hazel's Kitchen

This recipe is actually from the late KJ, Reinier Van Beek, who swore that it was the fuel which led him to a 2.40 marathon and a 2.08 800m at the age of 40. It's great for winter ... ask Bryan and Helen Ashton and Eric Brown.

### Reinier's Breakfast

- 1kg rolled oats
- 500g rolled wheat or flakes
- 500g rolled tricolate
- 500g rolled rye
- 500g rolled barley
- 500g rolled rice

*Ingredients from Health Food Shop*

Mix all ingredients together (enough for a lot of mornings!) and store in airtight container. Place in cereal bowl the night before and cover with milk. Next morning microwave 2 mins, stir and 2 mins microwave. Add sugar, honey or sultanas to taste.

## Banjo Paterson Lives On With Ray Wales – The Man from the KJs

KJs may have spotted Ray Wales' rather slow time in the Sydney Half as reported in the last issue of The FOX. Indeed I beat him by a second which shows just how slow he was!

Ray in fact had had a cold but since he was driving the bus up, he decided just to jog round ... fortunately for me! I had entered many weeks before but had not been able to get the training in that I should have but decided nonetheless to run – well run after a fashion anyway ...

My wife Jackie and I have been admirers of the spirit of the KJs since we joined and Ray Wales epitomises that so often – but particularly in this instance ...

### The Man from Kembla Joggers (with apologies to Banjo Paterson – and a lot of help from Jackie Dettmann!)

*There was movement at the station – not a lot – the legs were shot!*

*And the field from Gavin soon had got away I had joined the slow slow stragglers – Oh! I wasn't worth a jot!*

*And all the cracks had finished for the day.*

*All the tried and noted runners from clubs both near and far*

*Had run the Sydney Half – and with KJs star-*

*ring. (For the KJs love hard running be it up in Sydney Town Or round the roads of Dapto, up and down.)*

*After 17 kilometres – I really felt a dope So untrained I was ('twas all that beer and wine!) But suddenly, why there be was – a shining 'Ray of Hope'*

*To talk, cajole, support me to the line.*

*I sent no flint-stones flying, I could barely keep my feet From tripping one another stride by stride But that Ray from Kembla Joggers never faltered (in his speech!)*

*The words kept flowing to me by his side.*

*Through the endless streets and roadways, over rough and oily ground*

*Down the hills at shuffling pace I slowly went And Ray never drew his breath, 'til finally we found The finish was soon nigh – boy! what that meant!*

*Trudging slowly past the gallery of KJs in support Ray talked me to that welcome finish line OK it sure was slow, but I must indeed report The spirit of this club's alive – just fine!*

*And when we get together, for drinks, a bit of grub And this KJ tells the story of his run 'Ray Wales' I'll say 'epitomised the spirit of this club' That 's what I'll tell them – KJs every one.*

Gavin Mooney ↗



The ever-smiling Ray Wales – doing his thing in the Sydney Morning Herald Half Marathon.

## 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 Athlete's Athlete Award.*

**DISCOUNTS AVAILABLE TO ALL KJ MEMBERS**

## ➤ One Hour Track Race

**How far can YOU run in 1 hour?**

- Bill Williamson ran 18km 108m.
- Chris Stocker ran 17km 168m.
- Anna Schroeder ran 15km 191m.

**Come along to see what you can do!**

When: September 16th, 1999

Time: 6.45pm

Venue: Beaton Park Athletic Track

**Important ... You will need to bring along a friend to count your laps. This is your responsibility.**

*An additional 1 mile race will be held on the night starting at 6.30pm.*

**Further enquiries to:**

Jim Hennessy 4229 2490,

Mark Everton 4284 5379 or

Dave Higgins 4284 1317.

## It's Back On! The Kembla Joggers Trivia Night!

### Set A New Date!

Form a team, bring the family or let us form a team for you. Plenty of prizes to be won. How about a \$250 Scuba Diving Course? or Dinner for two at the Lagoon Restaurant? Many other spot prizes. Be there or miss out!

### When:

Friday, 30th July 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 nibbles.

### Entries:

All entry forms and enquiries to Kevin Brennan 4261 8811.



Another of the numerous club chores – someone has to do the housework. The ever-smiling Eric Brown wipes up after the tea and bikkies following a recent KJ race. Good on you Eric, and have a good trip too.

## 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.

## 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).**



The first KJ medal trifecta at an ANSW event. Peter Evans, Chris Stocker and Andrew Krajewski took out gold, silver and bronze in the 45+ category at the Sydney Half Marathon. Hans Lambert put in a strong effort to help get more gold in the 45+ team.

## ➤ Aurora Handicap Marathon

Hi all. Well I've felt many things just before the start of a race, interest, confusion, irritation, but usually excitement! But today was something new, this was the first time I've toed a starting line feeling – FEAR!

The race was the Aurora Handicap Marathon, a single loop of mostly rural land at Upper Hutt. Two major problems – one, the handicap start, which meant that I could expect to run the race mostly on my own, with the extra spice of possibly getting lost at one of the many turns in the first 5km! The second problem being geography, I drove the course a week ago and was impressed by the major looking hill at the half way point and the undulating second half of the course. It didn't bode well that my only attempt at a 35km+ training run recently ended badly will a slow walk home for the last 3km or so.

So as I set off at 10.30 with 2/3 of the field already out on the course all I could think of was 'slow slow slow – remember that hill at 21km!' I was handicapped for 3hr30, so I tried to run 5 min k's. Unfortunately there were km marks only every 5k, so it was a hard ask. Unfortunately my worries meant that I didn't fully appreciate the good points – the superb weather for example, said to be the best ever for this race. No hail, no sleet, or freezing winds, just brilliant sunshine, 12 degrees, no wind, perfect. The other difference for this year was the participation, with 120 runners being 3x the normal field – the numbers swelled by the cancellation at Rotorua last month. I tried to hold the pace back as I ran into Silverstream, where something about the look of the buildings there really reminded me of the stretch of the KJs Gong Run, from Windang to Warrawong! I found myself thinking about that run and how good it was to have a few runners to stick with whose pace you know. As I got to Upper Hutt we passed a large timber yard, and the smell of the timber, the



Another strong run by Garry Wheeler – third place in the KJs Half Marathon.

temperature and the crisp atmosphere vividly brought back thoughts of the Puffing Billy race through the Dandenongs in Victoria, one of my favourite races when I used to live down south.

As I stumbled along day dreaming it was a sudden shock to realise I'd caught up to three runners who set out 5 minutes ahead of me. Uh-oh, 5 minutes up in 31 minutes, I am going to blow up big time! Before I knew it we were off the highway and up the hill into the rural heartland. The bare grassy hills reminded me for some reason of Exmoor in England where I used to go Orienteering before emigrating to Australia 11 years ago. Further on the smells of the farmyards I was passing reminded me again of the farms around my parents place where I used to go cycling as a kid! As I got to the 25km mark I realised what was going on – my whole life was flashing before me! Now what exactly was going to happen when I had regressed back to 0 years old? Sure enough the next thing I saw was a grove of pine trees which looked exactly like Stanley Park in Gosport, my first home which I left aged 6, I reckoned I had about another 10 minutes left before dying and going to heaven! What actually happened next was that I turned a corner to see 10 runners ahead in the road, and suddenly I came back to the present! Hey, its not even 30km yet, wonder if I can pass one? Now I had something real to concentrate on I was able to hold a respectable pace right through to 30km, and on to 35. By this time I had passed quite a few runners, my 5k splits were steady at 23 minutes, and still no sign of the sudden death I was expecting. Now I came upon a big band of walkers, I found it almost unimaginable that they had been going since 8am! The next landmark was the big look-out over the Hutt Valley, hey this must be the top of the hill, a couple of downhill kms to the finish. At the 40km drink station I counted 11 empty cups on the floor, and began to wonder if I really was near the front somewhere? The big downhill to the finish was probably the hardest part of the race physically, those poor knees were begging for mercy by half way down. Also I could feel what seemed to be a large blister forming under my left big toe! Ah, what the hell, keep going.

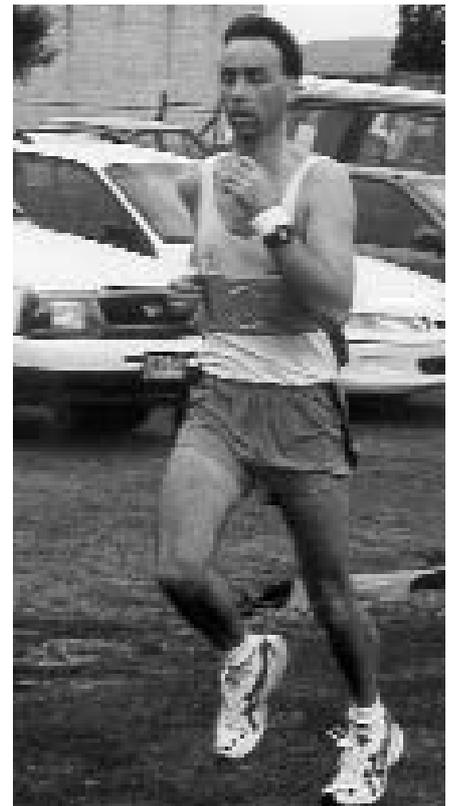
And so I got to the end! I am now very grateful for the fear factor which caused so much self restraint in the first 15km, it really paid off in the last 10. This was the first marathon where I have kept a steady pace the whole time, perhaps I am learning at last? A comment by the finish marshal convinced me that for my efforts I had been disqualified as a burglar, having beaten my handicap by 14 minutes! So we turned up at the awards later with eyes set firmly on the spot prize table. In the end with 3:16:20 I was given 9th place on time and 9th place on handicap. This was good, but with Trevor Knowles and Rachel Trott (Valleys United) were given the teams trophy! One bit of bizarreness is that my time was 1 second slower than my time at Canberra last year, grief have I got to go back and run another this year?

As to the other runners, you can see their results at [www.coolrunning.com.au/nz/results/1999r049.shtml](http://www.coolrunning.com.au/nz/results/1999r049.shtml).

Race winner on handicap was Bruce McLean (run time 3:54:36), and fastest run was by Colin Rolfe (2:44:19). Now I've experienced the handicap format I think it is great, the tedious and mentally tough bit is done at the start, the bunching in the last 10km helps you to stay in the game.

**All the best, Ian Kemp  
ian@coolrunning.com.au**

*(A handicap Marathon ... now that's different! Good to hear from our multi-national runner in Kiwi Land – Ed)*



Club Handicapper Gary Howard surges to the finish of the KJs Half Marathon.

## Marathon Madness

In September of 1960, while the mighty Saint George Rugby League side was thrashing Eastern Suburbs "Feather Dusters" 31-6 to win its fifth of a record eleven straight premierships, and Australia and the West Indies were making cricket history at the Gabba (the first ever tied game), in Rome, a brash 18 year old African American boxer by the name of Cassius Marcellus Clay was systematically destroying his opposition on his way to winning the Olympic Light Heavyweight Gold Medal. Clay, fighting as Muhammed Ali, would go on to become arguably the best World Heavyweight Champion ever! At the 1960 Rome Olympics, a much lighter, less pugnacious but relentless Australian, Herb Elliot, much to the delight of his eccentric coach, Percy Cerutti, smashed the World Record for the 1500m (3:35.6) and 46 year old "super horseman", Bill Roycroft climbed from his hospital bed with a broken collarbone to help his team win the three day Equestrian event. American Decathlete Rafer Johnson who left Rome as the greatest overall athlete in the world, would later in 1968 as an FBI agent be at the side of Senator Robert F Kennedy as the Senator was assassinated by Sirhan Sirhan.

The courage of American sprinter Wilma "Skeeter" Rudolph (3 sprint Gold Medals), who, due to multiple afflictions of Polio, scarlet fever, double pneumonia and malnutrition as one of 22 children in her family, did not walk until the age of six and wore a leg brace until age eleven, and the unusual spectacle of a marathoner not only running but winning without the aid of shoes, were seen around the world as the Rome Olympic Games were the first ever to receive saturation television coverage. Unfortunately, the world was also introduced to the concept of drugs in sport, when Danish cyclist Knut Jensen died of a drug overdose after a gruelling 100 kilometer road race. ➤

## Physio on The Run

### "Are shoes as good as they say in prevention of injury?"

#### Article Summary:

"Hazards of Deceptive Advertising of Athletic Footwear." *British Journal of Sports Medicine* 1997, 31:299-303

This study involved healthy males. They set out to test the hypothesis that deceptive advertising regarding injury prevention properties of shoes creates a false sense of security in wearers and results in different impact-attenuating muscle activity as measured on a force platform.

The study involved subjects dropping onto four surfaces: a bare force platform (iv) and three others covered with identical EVA midsole material covered in different fabric and advertised to the subjects in the following ways:

- (i) A message suggesting superior injury protection via pseudoscientific charts and tables and high profile athletic endorsements (sounds familiar).
- (ii) A neutral message describing untried and unknown cushioning and stability properties.
- (iii) A warning message, described as: associated with frequent injury from impact and instability, old technology and found in cheap shoes.

#### Results:

Despite dropping onto the same surfaces, significantly higher impact forces were measured in Group (i) (modern technology) 121% of body weight (BW), followed by Group (ii) (neutral message) 117% BW. Group (iii) (inadequate protection) 110% BW and (iv) (bare platform) 108% BW, showed the least impact forces.

The authors concluded that deceptive advertising regarding injury prevention put runners into a false sense of security and thus disturbing the normal impact moderating behaviour of the lower limb muscles.

#### Message from a Physio and runner's perspective:

One must be cautious about the conclusions drawn. The article certainly challenges the integrity of "cushioning" properties of a shoe but has not

in its method tested anything about motion control or stability properties or orthotics which are equally if not more important in assisting the natural dissipation of shock in the lower limb.

However I read this article with interest partly from the failure of the shock absorbing materials to do what they are suppose to do: **protect our lower limbs from impact.** But also the realization that our bodies and lower limbs have very good inbuilt protective mechanisms against impact forces. That is of course, what the foot was designed for, along with providing a base of support.

By placing materials underneath our feet that, in fact, give misguided information to the bodies receptors, it's no wonder that we are getting inappropriate protective reactions in response. It seems therefore that there is potential for runners to become less cautious if the shoes are said to be more protective than they actually are and perhaps not listen to their bodies to the same degree as they would otherwise. This is consistent with the failure of any study that I know of to show any reduction in injury rates with modern shoes. Conversations that I have had with senior members of the club who used to run just as hard in their old Dunlop volleys would also support this.

I believe that there is still great worth in being critical in your purchase of decent running shoes. And they do wear out over 6-9 months. That seems to be a time that I have observed that injuries begin to increase. The most reliable features are the basic ones: that of comfort and fit and flexibility. The second is that of durability. Features of cushioning (questioned in this article) and other protective properties such as stability shouldn't be discarded on the basis of one article. However by themselves may not protect from injury. And if relied upon too heavily may enhance the potential for overuse injury.

#### Solution:

Sensible planned and achievable training is still the most important aspect of injury prevention

- Train smartly, adapt slowly and listen to the signals that your body gives.
- For inexperienced runners especially, and

those increasing their mileage, listen to your body as your cardiovascular system usually "sings" first. Tendons, joints and bone take longer to adapt to a workload.

- Never forget the basic principles of training: alternate hard days with easy days, long runs with short runs
- Take time in training to concentrate on running well, efficiently, fluently, easily. In the words of our most experienced runner Bill Williamson: "You have to learn to run well slowly before you run fast." This final point, I feel, is the most underestimated and perhaps least understood principle of training and injury prevention. I hope to elaborate more in a future article.

Questions, suggestions for future articles can be placed in the FOX, or mentioned to me at KJ races or at City Physiotherapy Phone: 4226 1015 Fax: 4225 2260 Email: [physisio@1earth.net](mailto:physisio@1earth.net)

**Phillip Parle**



Phil Parle thanking everyone after receiving the inaugural KJ Marathon Trophy, courtesy of Ian Kemp.

## ➤ Marathon Madness (continued)

Abebe Bikila was a virtually unknown Ethiopian runner who, in 1960, was competing in only his third Marathon. A member of Emperor Halle Selassie's Palace Guard, Bikila was not expected to be in contention for any medals in this event. But Bikila had different ideas, he knew he was going to win! The 1960 marathon event, was the first ever to be held at night, the first ever to be held completely outside the stadium and ultimately the first ever to be won by a black African. At eighteen kilometres two runners would break from the pack, Rhadi Ben Abdesselem of Morocco who was one of the favourites and barefoot Abibi Bikila who wasn't. The two ran side by side for mile after mile without so much as a glance at one another. Then, less than a mile from the finish, on a slight uphill section near the Obelisk of Axum, which had been plundered from Ethiopia by the Italian forces, Abebe made his move. He sprinted barefoot down the Applan Way by the light of torches held by Italian soldiers, to capture Africa's first ever Track and Field Gold medal in the World Best time of 2.15:16.2. Overcoming his final obstacle, a careless and typical Roman driver who lurched his motorcycle into his path, the triumphant Bikila went on to win by 200 yards. Later, a pumped up Bikila claimed, "I could have gone around the course again without any trou-

ble," and therein lies an insight into the mind of a Marathon runner!

In 1964 Tokyo became the first Asian city to host an Olympic Games and despite political intrigues and near recovery from the devastation of Allied bombardment of World War II, did so with skill and precision. Heavyweight Joe Frazier battled his German opponent Hans Huber with a broken right hand to win the Gold Medal, setting up the future scene for his famous bouts with Muhammed Ali. With typical courage American, Al Oerter suffering terribly from torn rib cartilage, a slipped cervical disk and internal haemorrhaging braced himself with bandages and managed to hurl the discus for his third gold medal!

If anyone thought Abebe Bikila was a one race wonder he put that to rest by winning the Tokyo Marathon in the fastest time then recorded for a marathon event (2.12:11.2), despite having undergone an appendectomy only five weeks previously. There was no clear cut favourite for the race but Bikila, this time wearing shoes and socks was the defending champion. Australian Ron Clarke who was running his fourth race in a week, took the lead early, but by the seven kilometer mark was running with Jim Hogan of Ireland and Abebe moved up to join them. The three ran together for half an hour. At 15 kilometers the Ethiopian began to apply the pressure and by the time 25 kilometers had been

run, first Clarke and then the Irishman had dropped back, leaving Bikila on his own. Bikila had been entertaining the crowd by doing stretching, bicycling exercises and generally looking sorry that the race had been so short, for nearly four minutes before the second runner entered the stadium. He later told the press that he felt he could have kept the pace up for another ten kilometers. At the medal ceremony, officials did not have the Ethiopian Anthem so instead the band took the opportunity to play the Japanese National Anthem!

Tragically, the third placed runner, Kokichi Tsuburaya a member of the Japanese Ground Self Defence Force Training School, after the games was ordered to stop seeing his fiance and to begin training immediately for the 1968 Olympics! Following a series of injuries and a lengthy stay in hospital in 1967, Tsuburaya realised that he had suffered such an irreversible loss of body strength that he could not possibly run the 1968 Marathon. On January 9 1968, two months after his release from hospital and nine months before the Mexico City Olympic Games, Kokichi Tsuburaya ended his own life by cutting his right carotid artery with a razor blade. Beside his body was a piece of paper upon which he had written a single phrase: "cannot run anymore." This is the way some nations treat their national heroes!

To be continued (with the Editor's blessings).

**By Stumbles**

# Spot the KJs

Here's a selection of our members, snapped by our resident "sure-shot" Mark Everton, at the recent SMH Half Marathon. See if you can find them all.





Mystery Photo

## The Big Bribe!

Who was it that offered a lonely runner (almost dead last with 4km to go) a \$40 bribe in the recent 10km race? The deal was that this runner would have been picked up by a support vehicle and then transported to the front end of the field to be dropped off just behind Dickey Knee. The idea being that the runner could then have sprinted to the end thereby just pipping old Dickey! Great idea Pete! Almost came off!

## The Secret Diet

We all knew that he had a secret to his magnificent running. Yes Monkey Man, the secret is out. Just before one of his recent speedy performances Russell Chin was spotted gobbling down a heap of those soft snake confectioneries. He reckons he can then slip across the surface just like a real snake. Mmmm? Might have to give it a go? I'll give the skateboard a miss though. I've got enough aches and pains without adding to them.



"Monkey Man" Russell Chin finishes strongly in the KJs Half Marathon.

## Houdini Strikes Again!

After the last debacle with the gates at West Dapto I was surprised to find the gates still locked when I arrived there for the recent 10km race. People were thronging around and everyone seemed to be puzzled or offering some sort of solution ... extra keys ... phone calls ... even bolt cutters! After a lengthy period, the man from the King Gee ad arrived ... walked up to the gates ... slipped out a small key from one of his many pockets and with Houdini-like expertise had the gates open as quick as a flash. He then quietly returned to his car to get changed for the race. What a legend! Great work Brian Ashton!

## 1+1 = 4?

Speaking of debacles. Who was the fellow that was counting out the finishers at the recent 7km at Mt Kembla?

How did it go? As a mass of runners were finishing he went 64, 65, 66, 67, ... 76, 77, 78, 79 ... Whoops! J.C. strikes again. But he was looking very dapper at the Half Marathon and put in a good effort. Keep it up John Versace Cooper.

## Neil's Shoes Revisited!

Now come on people own up. Who took the President's SECOND pair of ASIC 2040's from his back verandah? Inside the fly screen door this time! Brand new too (excuse the pun). I believe he is now considering moving to Inner Sydney to get away from the escalating crime. (Has a certain Mr Cooper-April Fool's joke ring about it?)

Stop Press: His lack of new shoes has certainly not slowed him down. Quite the reverse - a huge 2 minute PB at the recent Tom Miskelly Half Marathon certainly put a smile on his face. Well done Neil.

## Cross Dressers Unite!

Who was the lad that was really chuffed with himself after getting his ASIC 2040's for \$30 less than anyone else? He was beaming until someone pointed out that they were ladies shoes! Look out for the lady in the skirt at the next race. Stephanie Matthews I believe. Good one Steve! But he is getting faster.

## Mr Guinness Does Good

After reading about his own adventures in the last FOX Marty Weston really got stuck into it in the recent Tom Miskelly Half Marathon too. I thought Neil's big PB was fantastic but Marty really ripped into it with a 5 minute PB over his Sydney Half! And there he was at the 4km mark telling Rowan and myself how his baby had kept him up all night. Another secret training regime? The lad's on the way up. Great work Marty!

## The Early Bird Gets the Worm?

Speaking of El Presidente I thought I'd have a sleep in one Saturday and just before 7am I wandered downstairs to listen to the KJ's radio spot on 2VOX-FM. I put the kettle on and then turned the radio on just in time to hear Lou say "Right! Thanks very much Neil. We'll hear from you next week." Bah! They had put it on earlier for once. Before the news this time, so that was that. Seriously though one can get a good coverage of what's on as the KJ's is followed by the Triathlon News and then the Illawarra Cycling Club. A good compact 15 minute session covering all the local gossip in 3 disciplines!

## Earlier Still!

Did he really say that? At the recent 10km KJ race Neil finished off his speech with a reminder of the Tom Miskelly Half Marathon Race. "Don't forget to get there about an hour before the race!" An HOUR I thought. It's a mass start and it'll be cool. But who needs an hour to warm up for a Half Marathon? Maybe I'm getting a bit too old and slow but even Dickey wouldn't warm up for an hour I reckon! But, if it gets you a 2 minute PB then that might have to be the go.



2 minute PB man, El Presidente, runs home NOT wearing his third pair of Asic 2040s.

## Birthday Suits Revisited!

I can vividly remember Bruce Medley's strong desire to get a nude run going at the Blue Mountains weekend. The fact that there were no other starters other than himself probably reflects his intake of wine and the outdoor temperature of 2 degrees. But this year he might get some starters. After reading about Wojtek's adventures in the last FOX I have it on good authority that Julian Fitzpatrick and Danny Poropat have done this on numerous occasions! It reminded me of an article I read about running on King Island. They have a very social running group always looking for new or interesting activities. One race they organised was on the beach and living in prsiine area it had to have an environmental cause. So out came ... "The Free Willy Dash" ... there were even some photos! Mmmmmmm ... the mind boggles!

## Dangerous Occupations!

No sooner was the last FOX being printed than came the terrible news that police officer Martin Church had been stabbed during some sort of chase with a sinister character. He has stab wounds to the shoulder and hands. Unfortunately the villain escaped. It's a good thing we all don't have to put our lives on the line during the course of our daily employment. Once again Martin, all the best for a speedy recovery.

## Chocaholic Heaven ... Mmmmm!

Thanks for the huge bar of chocolate after the Age for Weight Series. I have calculated that the 8 x 20 size gives me 160 squares to enjoy. One piece per day works out to over 5 months supply - as long as I can keep it hidden from my chocolate-loving wife and the teenage terror. Bliss!

PS. Went to start it the other day and #@and\*%?!@# the teenage terror had struck! 8 squares in one foul swoop! All my calculations and timetables were in disarray! Anyone want to adopt a teenage girl?

## Flatulence Revisited

Who said "You can't fart without getting your name in The FOX!". Well Raf, most of us can, but, in your case, if my memory serves me correctly then there was a story in the July 1998 issue of The FOX that related to your wind problems and some Clydesdale imitations, leading myself and yourself to PBs over 5000m on the track.

But as I frequently tell everyone, I can only put in The FOX what people tell me. Anyway keep up the good running.



**AMT DRILLING**  
Australasia Pty Ltd

## Got a Gas Problem?

While we're on Raf's flatulence, don't forget folks if you have any troubles with gas then Frank Hungerford is your man. His company, AMT Drilling, specialise in all gas problems. I'm a bit apprehensive about some of the solutions though. Horizontal drilling sounds a bit painful too me! Just contact Frank, he's a happy, friendly lad and a true KJ. I just wonder if he is the only KJ with a KJ tattoo?

## KJ Library

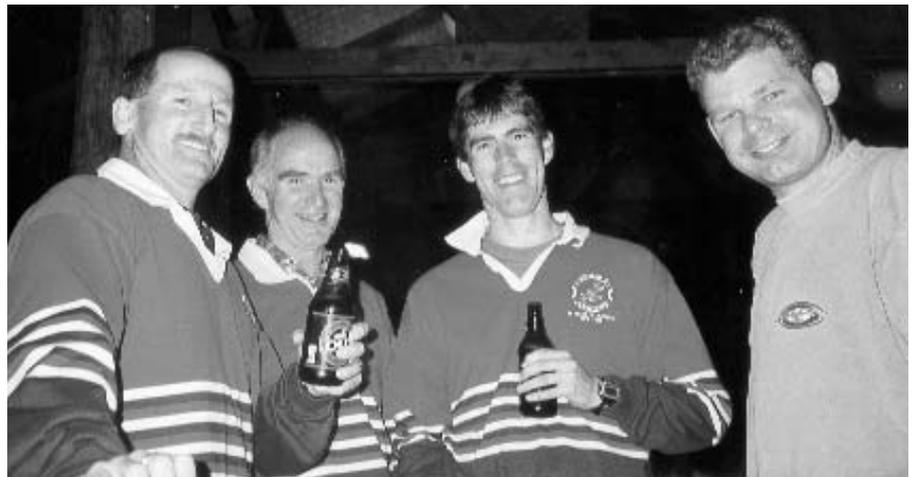
Are there people out there that are willing to contribute to a KJ Library? If you have any unwanted Running books (racing, jogging, training, triathlon etc) or books that you are happy to loan to the KJ's for a period of time, then give them to me at the next race. I will see how we go and lend them out to interested KJ members for a 2 week period.

## Remember the Road Rules Folks

We have had a few complaints about KJ's wandering all over the road during races. The last thing we want is anyone being hurt. So please adhere to all the marshalls directions and move off the road to approaching traffic. Thanks.

## Correction

My apologies to Wilsons Discount Bikes. Their ad in the last issue of the FOX should have read "discounts to all KJ members". The presses were stopped midstream, so some members may



A bit of male bonding at last year's Blue Mountains weekend. Phil Leishman, Chris Stocker, Neil Barnett and his cousin Richard Smith, enjoy a 'quiet' ale (or two).

have received the correct information. Remember they do sponsor us for the Tom Miskelly Half Marathon and the Athlete's Athlete Award.

Speaking of which – now is the time to start thinking about your selection of The Athlete's Athlete. A form will be inserted in an upcoming FOX so that KJ members can nominate their runners of 1999. Certain conditions will apply.

## KJ Web site!

Anyone checked out the KJ website recently? It's in the process of being revamped by computer guru Neil Harper. All bells and whistles they tell me. Hope he gets it complete before the nappy brigade takes him over. Well done Neil.

## Congratulations to

- Kerryn McCann for her magnificent win in the Australian Cross Country Championships in Brisbane. Many of us have seen Liz Miller whip along (Fitness 5 1998 – 15 minutes ... just ahead of Dickey Knee if my memory serves me correctly) – well Kerryn put a minute into her over the race! Well done!
- Kevin Robertson, Sue Mulready and Barry Keem for their excellent efforts at the same meeting.
- Julian Fitzpatrick for winning a Gold in his age group at the recent Australian Duathlon

Championships in Queensland. Danny Poropat and Peter Evans also did very well and achieved Silver medals in their respective age groups. Contrary to popular belief it's not true that the Illawarra contingent was known as "Pop's, Dad and Son". But there were enough small adventures and incidents for me to write a small book. Just ask Danny or Julian.

- Chris Stocker for his 5th placing in the Shoalhaven King of the Mountain. He's rapidly on the way back.
- Paul Micale on his back to back wins in the KJ Half Marathon. Will he be the first person to achieve the elusive hat trick in 2000? Good luck to Rafael Moriana and any other KJs travelling up to Surfer's Paradise for the Gold Coast Marathon. Have a good run. Hope they don't get asked to leave any of the nightclubs ... like certain members of the Duathlon squad recently?
- Ben Dubois in winning the Blacktown 10km Fun Run. On an undulating course Ben recorded a fine 30.39 to win by almost a minute over Jamie Harrison. Jeni Greenland also ran well, only just missing out on a PB.

## Blue! Blue! Blue!

Just a reminder that there are only a few vacancies left for the KJ weekend to the Blue mountains. See Karen Blay for further details.

## Bon Voyage

A real one this time. To Eric and Hazel Brown, thanks for all the great help and have a great trip! Visiting the 'Old Dart' should be great!

## Next Deadline

7th August!

## 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 the disk to one of the committee members such as Neil, Hazel, Dave, etc. and get them to send it to me.

While we are on the subject of reports my thanks always to the punctual and continuous reports written by Hazel and Eric Brown also to Gary Howard for his efforts. Guest reporters are always welcome viz a viz Phil Parle this issue.

**Remember No Reports No Articles = No FOX.**

## Mystery Photo Answer

This is how you end up if Dickey Knee takes over the controls. He did a "George Costanza" and was first off, so I'm told!

**Cheers ... Peter E**



Triumphant trio. Danny Poropat and Peter Evans took out silver while young Julian Fitzpatrick (centre) eclipsed all and took gold in the 20-24 year age category at the recent Australian Duathlon Championships. If they look a bit tired, that's because it's 1am and they had been on the road for 13 hours – but that's another story – Ed.)

## A.C. Mitchell Trophy Race 7km Mount Kembla 29 May, 1999

An excellent record field of 114 runners set to conquer the regular 7 km KJ course at Mount Kembla on a cool sunny day almost perfect for running. Although recent previous rain made the course beyond the fire trail section slippery, there were some first class times recorded.

The first two runners across the finish line, Elizabeth Thomson and Kirk Vandeweghe did not have sufficient previous 1999 winter series races to claim the major trophy. However third placegetter Peter Asher, who continues to race consistently all year and recorded another top time of 30.37, did have enough previous 1999 winter races and was duly presented with the A. C. Mitchell Memorial trophy. Well done Peter!



Peter Asher proudly displays his new trophies.

The best time of the day was recorded by Barry Keem who scorched over the course in 22.45 setting a new Male Age 15-19 years record in the process with Robert Battocchio 23.37 and Paul Micale 24.17 filling the next two placings. Other good Male times were recorded by Garry Wheeler 22.24, Marty Weston 25.29, Peter Evans 25.33, Col Steele 28.32, Garry Bell 29.35, Jarrod Wall 30.02, Steve Plumb 32.33, Scott Dent 32.41, Kevin Raines 33.41 (Male Age 65-69 years record), Warren Evans 34.48, Peter Buckman 36.58, and Patrick Mahoney 40.52 (Male Age 0-9 years record). Andrew Krajewski was first over 50 home in 27.31 and Bill Williamson was first over 60 home in 29.22.

Vanessa Kearney recorded the best female time in 26.26 closely followed by Lauren Elms 27.06 and Sue Mulready 27.16 (setting a new Female Age 30-34 years record). Other good female times were recorded by Mariana Hernandez 28.27 (Female Age 10-14 years record), Bethany Comer 28.45, Melinda Mlacic 28.51, Lauren Whitehead 30.20, Lesley Simes 30.45, Edy Ognenovski 32.58, Janelle McBarron 35.18, Kym Batten 35.49, and Marie-Claire Kurt 41.29.

A feature of this race was the tight finish with many handicap winning chances After suitable tea

and coffee refreshments at the "Cattle Grid" area, many KJ's adjourned to Mount Kembla Hotel for more post race discussion (and a bit of liquid refreshments-pure re-hydration of course - Ed)

### Results

**Men** 1. Barry Keem 22.45, 2. Robert Battocchio 23.37, 3. Paul Micale 24.17, 4. Garry Wheeler 24.24, 5. Rafael Moriana 24.38, 6. Bronte Blay 24.58, 7. Murray Anderson 25.25, 8. Greg Learmonth 25.29, 9. Marty Weston 25.29, 10. Wayne Montefiore 25.32.

**Women** 1. Vanessa Kearney 26.26, 2. Lauren Elms 27.06, 3. Sue Mulready 27.16, 4. Mariana Hernandez 28.27, 5. Bethany Comer 28.45, 6. Elivia Comer 28.46, 7. Melinda Mlacic 28.51, 8. Pamela Hawken 29.58, 9. Karen Blay 29.59, 10. Lauren Whitehead 30.20.

## ANSW 12/8km Cross Country Event - Bankstown 5 June 1999

A strong turnout of KJ NSW registered members took part in the NSW 12/8 Km Cross Country State and Country Championships at The Crest - Bankstown on a fine cool day. Against strong competition some excellent performances again showed that Kembla Joggers are an emerging force during the Winter of 1999.

Our Open Male Team - Kevin Robertson 18th, Russell Chin 21st, Paul Micale 25th, Julian Fitzpatrick 33rd, Robert Battocchio 36th and Marty Weston 59th came fifth overall out of a field of 155 runners. Our Over 35 Team - Rafael Moriana 47th, Phil Leishman 70th, Joe Periera 75th and Bronte Blay 81st came fourth in their division and our Over 45 Team - Chris Stocker 55th, Peter Evans 58th, Wayne Montefiore 63rd and Denis Webb 78th came first (third consecutive team gold medal) with our second KJ Over 45 Team coming 5th in this division. Finally junior KJ Ryan Cropp was part of the Sutherland Under12 gold medal winning team.

Our Open Female Team - Pamela Hawken 5th, Sue Mulready 6th and Vanessa Kearney 11th came second overall out of a field of 55 runners. These 3 runners were 1st, 2nd and 3rd in the Open Female Country title. Our second Open Female Team - Karen Blay 22nd, Lesley Simes 29th and Nicky Cropp 40th came seventh overall. KJ's Lauren Elms, Elivia Comer and Bethany Comer (all representing Wollongong Southern Flame) won the Under 20 Female Team division. Lauren Elms won the Under 20 Female State and Country 4km titles with Elivia Comer 5th and 2nd respectively in the same events and Bethany Comer 5th and 1st in the same Under 18 events. Mariana Hernandez was 4th and 2nd in the Under 16 Female State and Country 3 km titles. Karen Blay came third in the Female Over 35 8km Country title and Jenny Comer (representing Wollongong Southern Flame) won the Female Over 45 8km Country title.

Individual Male placings were achieved by Rafael Moriana (3rd in Male Over 35 12km Country title), the Over 45 Male trio of Chris Stocker, Peter Evans and Wayne Montefiore (2nd, 3rd and 4th in the Male 12 km State title and 1st, 2nd and 3rd in the same Country title), Eric Brown 3rd in the State and 1st in the Country Over 55 Male 12 km title and Ron Perry 2nd in the same Country race.

However probably the top runs of the day were achieved by Barry Keem (representing Illawarra Blue Stars) who was 2nd in both the State and Country Male Under 20 6km titles and Brendan Cato who was 1st in both the State and Country 6km Male Under 18 titles. Jared Poppett was 8th and 3rd in the State and Country Male Under 16 4km races respectively.

Once again the well placed Kembla Joggers tent was the focus of attention/ envy for ANSW officials and runners of other clubs. After enduring the non stop undulations of the various courses, where else could a thirsty KJ obtain a post race tea/ coffee as well as a piece of Hazel Brown's cake.

Congratulations to all the the KJ entrants for an afternoon of great running yielding an unprecedented 32 medals (including 11 by KJ's representing other Wollongong clubs). The noisy support from KJ onlookers Hazel Brown, Dave Barnett (injured), Dylan Forbes (injured), Mark Everton, Kevin O'Connell and Des Comer was also appreciated.

### Results

**Open Male** 12km Kevin Robertson 42.02, Russell Chin 42.26, Paul Micale 42.46, Julian Fitzpatrick 43.34, Robert Battocchio 43.52, Rafael Moriana 44.54, Chris Stocker 46.10, Peter Evans 46.20, Marty Weston 46.30, Neil Barnett 46.48, Wayne Montefiore 47.06, Phil Leishman 48.47, Joe Pereira 49.35, Denis Webb 49.50, Bronte Blay 50.24, Andrew Krajewski 51.45, Pasco Coppolaro 52.18, Hans Lambert 53.16, Eric Brown 53.44, Dave Higgins 59.12, Ron Perry 67.42.

**Open Female** 8km Pamela Hawken 31.06, Sue Mulready 31.19, Vanessa Kearney 32.04, Karen Blay 34.27, Lesley Simes 36.29, Nicky Cropp 40.20, Jemma Comer (WSF) 38.20, Jenny Comer (WSF) 43.13.

**Under 20 Male 6km** Barry Keem (IBS) 19.39.

**Under 20 Female 4km** Lauren Elms (WSF) 14.32, Elivia Comer (WSF) 16.05.

**Under 18 Male 6km** Brendan Cato 20.37.

**Under 18 Female 4km** Bethany Comer (WSF) 16.19.

**Under 16 Male 4km** Jared Poppett 14.29.

**Under 14 Female 3km** Mariana Hernandez 11.42.

**Under 12 Male 2km** Ryan Cropp (SUT) 7.42

## 10km West Dapto 12 June, 1999

A large field of 91 runners contested the 10 km handicap road race at West Dapto in fine cool conditions. This race, which had not been on the the KJ Winter Calendar for 10 years, sent historians Gary Howard and Hazel Brown searching through the Club archives to check previous best times. Official KJ Age records are still being checked but Dave Pomeroy's Open record of 30+ minutes was not challenged.

However the times were quite fast with the in form Julian Fitzpatrick recording a very respectable 32.58 followed by Paul Micale 33.09 and Garry Wheeler 34.38 in second and third places respectively. Fastest female run of the day was by Vanessa Kearney in 37.35 breaking the previous Anna Schroeder record by over 30 seconds. Lauren Elms 38.41 in second place and Fiona Campbell 40.37 in third place also recorded excellent times.

Other eye catching runs were by Neil Barnett 35.30, Greg Learmonth 36.44, Col Steele 40.14, Chris Paesler 40.31, Peter Patterson (blistering finish) 40.37, Jarrod Wall (first junior) 41.40, Karen Blay 42.02, John Gullick 42.51, Bob Scott 44.21, Peter Stuckey 44.45, Harold Cozier 44.45, Christine Hall 48.58, Des Comer 50.13, Jenny Comer 50.39 and Ross Bloomfield 52.06. Also it was good to welcome back Ray McCauley back to KJ races after being out for a long spell with injury.

Handicap honours went to Fiona Campbell (first start underestimated by Gary Howard) who was followed home by Harold Cozier and Craig Murphy both of whom are back to their previous best after recent absences. Many other runners were just outside these placegetters.

by Dave Higgins

### Results

**Male** 1. Julian Fitzpatrick 32.58, 2. Paul Micale 33.09, 3. Garry Wheeler 34.38, 4. Rafael Moriana 34.43, 5. Tim Berry 35.09, 6. Neil Barnett 35.30, 7. Bronte Blay 35.39, 8. Chris Stocker 35.39, 9. Rowan Allnut 35.44, 10. Marty Weston 36.17.

**Female** 1. Vanessa Kearney 37.35, 2. Lauren Elms 38.41, 3. Fiona

## 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
- 15 City To Surf – 14km
- 21 **KJ's Winter Series Race 13** – 3 miler  
Mt Kembla
- 29 Cities Marathon – Sydney to Blacktown
- 29 Mt Kembla Gift – 1km

➔ Campbell 40.37, 4. Karen Blay 42.02, 5. Bethany Comer 43.42, 6. Karen Ryan 43.45, 7. Lauren Whitehead 45.47 8. Jemma Comer 46.51, 9. Laila Comer 46.54, 10. Louise Samuel 47.17.

## 5km West Dapto

12 June 1999

A keen field of 34 runners tackled the 5 km West Dapto course (with the 2.5 turnaround on the road to Wongawilli village). On the way home it was Brendan Cato and Nathan A'Bell who were competing for first place with Brendan finally prevailing at the finish. Close up were juniors Tim Robertson, Mark Scott, Jared Poppett and Stephen Brown who are all running consistently well. Mariana Hernandez was the first female home with a clear one and a half minutes break to Carla Whitehead and Madeline Heiner who keenly contested second place. Regular visitors (who are now KJ members) Garry Womsley 20.49 and Roger Mar 22.41 also ran well as did Under 12 juniors Kyle Wolsky 22.30 and Nadine Dryburgh 23.14.

by Dave Higgins

### Results

**Male** 1. Brendon Cato 16.08, 2. Nathan A'Bell 16.18, 3. Tim Robertson 16.34, 4. Mark Scott 17.06, 5. Jared Poppett 17.42, 6. Stephen Brown 18.10, 7. Derryn Southgate 20.27, 8. Glen Mobblerley 20.49.

**Female** 1. Mariana Hernandez 19.24, 2. Carla Whitehead 21.02, 3. Madeline Heiner 21.04, 4. Nicky Cropp 22.51, 5. Nadine Dryburgh 23.14, 6. Rowena Mullany 23.20, 7. Victoria Robertson 23.55, 8. Lee Fanning 23.55.

## Winter Pointscore Championship

- |                    |      |
|--------------------|------|
| 1. Chris Paesler   | 1235 |
| 2. Christine Hall  | 1166 |
| 3. Raf Moriana     | 1116 |
| 4. Warren Evans    | 1091 |
| 5. Garry Wheeler   | 1062 |
| 6. Neil Barnett    | 1053 |
| 7. Bill Williamson | 1013 |
| 8. Peter Patterson | 1012 |
| 9. Tony Maloney    | 1003 |
| 10. Colin Steele   | 988  |

## Mt. Kembla Pointscore

- |                   |     |
|-------------------|-----|
| 1. Jemma Comer    | 337 |
| 2. Chris Paesler  | 329 |
| 3. Greg Learmonth | 328 |
| 4. Raf Moriana    | 325 |
| 5. Christine Hall | 318 |
| 6. Heather Ruty   | 314 |
| 7. Scott Dent     | 311 |
| 8. Ian Dodsworth  | 307 |
| 9. Marty Weston   | 304 |
| 10. Vince O'Dwyer | 300 |

## 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

### July

- 17 NSW XC Relay Championships, Miranda
- 31 NSW Road Relay Championships,  
Cordeaux Dam

### August

- 22 NSW Long Distance Relay Championships,  
Hopetown Relay
- 29 Aust. Half-Marathon Championships, Noosa



## Junior Pointscore

- |                    |     |
|--------------------|-----|
| 1. Tim Robertson   | 234 |
| 2. Jarred Poppett  | 228 |
| 3. Nadine Dryburgh | 222 |
| 4. M. Hernandez    | 216 |
| 5. V. Robertson    | 215 |

### Junior Male:

- |                   |    |
|-------------------|----|
| 1. Tim Robertson  | 27 |
| 2. Jarred Poppett | 23 |
| 3. Stephen Brown  | 20 |
| 4. Brendan Cato   | 20 |
| 5. Mark Scott     | 17 |

### Junior Female:

- |                    |    |
|--------------------|----|
| 1. M. Hernandez    | 30 |
| 2. Carla Whitehead | 23 |
| 3. Melinda Mlatic  | 17 |
| 4. Bethany Comer   | 16 |
| 5. Nadine Dryburgh | 15 |



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## A.M.T. Drilling Pointscore

### Male:

- |                  |    |
|------------------|----|
| 1. Paul Micale   | 55 |
| 2. Garry Wheeler | 54 |
| 3. Raf Moriana   | 52 |
| 4. R. Battocchio | 48 |
| 5. Neil Barnett  | 36 |

### Female:

- |                    |    |
|--------------------|----|
| 1. Elivia Comer    | 51 |
| 2. Lauren Elms     | 47 |
| 3. Bethany Comer   | 45 |
| 4. Vanessa Kearney | 31 |
| 5. Heather Ruty    | 25 |

## KJ's on the Airwaves



KJ's have their own radio segment on 2VOXFM-106.9 just after 7am each Saturday. Closely followed by the Illawarra Cycle Club and the Triathlon Club. So tune in and catch up on the latest gossip and what's happening.

## Remember the Cyber Jogger?



KJ's internet address:

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

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

## Kembla Joggers Club Contacts 1999

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Asst Secretary	Peter Evans .....4297 0082
Treasurer	Dave Higgins ....4284 1317
Public Officer	Robyn Henry .....4256 5274
Race Organiser	Ray Wales .....4283 1148
Asst Race Organiser	Peter Issa .....4283 7760
Social Secretary	Kevin Brennan ...4261 8811
Handicapper	Gary Howard .....4274 3411

### Additional Officials:

Mark Everton, Jenny Comer, Jim Hennessy, Hazel Brown, Hans Lambert, Christine Hall

### Other Roles:

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