



The FOX



The Official Newsletter of Kembla Joggers Inc.

Issue 1 [March] 2001

4 Miles - Mount Kembla Monday 1 January 2001

As anticipated the traditional Kembla Joggers New Years Day "Hangover Handicap" attracted the first century for 2001 with 103 runners (beating the totals of 93 in 1999 and 92 in 2000) as well as 6 juniors for an impromptu junior 1.5 km race. Fine cool weather set the scene for excellent times with seven new records set - quite extraordinary as this race distance has been on the KJ calendar since 1978 !!!

Paul Micale (back marker) ran down most of the field to record the best time of the day with 21.39 (still 20 seconds off Mark Everton's Age Group Record from 11 years ago) to relegate juniors Mark Scott 22.41 and Jared Poppett 22.53 to the minor placings. Top 10 Male finishes were gained by Rafael Moriana, Peter Evans, Neil Barnett, Brad Hynard, Tim Crinnion, Cade Barnes and Stephen Brown - all under 25 minutes - well done to all these KJs!!!

Other excellent times came from Andrew Krajewski 26.28, Darren Baxter 26.32, Mark Everton 27.43, John Ognenovski 27.47, Luis Cortes 29.03, Allan Batchelor 29.59, Robert Jago 31.46 (back after long absence), Kevin Raines 33.04 (Male 65-69 Age Group Record) and Michael Hickman 35.28.

Kerryn McCann was second overall in 22.20 setting a new Female Open Record, beating the previous 20-year-old record set by Anna Schroeder in the late 1970s by over 3 minutes. Kerryn also set a new Female 30-34 Age Group Record. It is interesting to note that Kerryn first ran this course as an 11-year-old junior in 1978 setting an Age Group Record, which still stands today!!!

Lucie Richards 25.08 and Trudi Sanders 25.18 also broke the previous Female Open Record in filling the minor placings. Other good times were recorded by visitor Kelly Fettell, Fiona Campbell, Lauren Whitehead, Sandra Toth, Heather Ruty, Nicole Joyce, Elivia Comer 30.11, Kellie Baxter 31.18,



Wendy Rivera 36.37, Helen Ashton 40.14 (Female 60-64 Age Group Record) and Lauren Ognenovski (Female 0-9 Age Group Record).

The "Running Nut" trophy was presented to Glenda Maciejowski who was 4th home behind 3 unqualified runners. Glenda has shown steady improvement since coming to KJ races at the behest of her father Kevin Raines. With her husband Robert also improving race by race and her children contesting the junior races, Glenda looks set for a lengthy KJ involvement. Congratulations on your efforts so far - this was a well deserved win to a keen social runner.

It was great to see Bill Agnew, Debbie Maxwell, Karen Blay and Julie and Dave Kirton back running after long spells mainly

The Hangover Handicap winner from 2000, Scott Defina, passes the trophy over to the 2001 winner, Wendy Maciejowski. A great way to bring in the New Year. Be there in 2002.

due to injuries. As usual the KJ afternoon tea was very popular and rounded off a top afternoon of KJ racing.

Results

Male: 1. Paul Micale 21.39, 2. Mark Scott 22.41, 3. Jared Poppett 22.53, 4. Rafael Moriana 23.42, 5. Peter Evans 23.44, 6. Neil Barnett 24.02, 7. Brad Hynard 24.33, 8. Tim Crinnion 24.45, 9. Cade Barnes 24.47, 10. Stephen Brown 24.53.

Female: 1. Kerryn McCann 22.20, 2. Jenny Hindmarsh 24.52, 3. Lucie Richards 25.08, 4. Trudi Sanders 25.18, 5. Kelly Fettell 27.06, 6. Fiona Campbell 28.25, 7. Lauren Whitehead 28.33, 8. Sandra Toth 28.35, 9. Heather Ruty 28.52, 10. Nicole Joyce 29.22.

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2001 - 2002 KJ Fees Schedule

Reluctantly the Kembla Joggers Committee has had to increase the 2001-2002 fee schedule to counter rising costs (including GST on many of our purchases such as tea, coffee, biscuits, paper, engraving, etc). The fees have remained constant for 3 years and, in my view, (supported by the Committee) it is prudent to increase the fees as per the schedule below. The KJ Committee still aims to provide members with good value for their fees by providing races and associated activities that are both well organised and enjoyable for all participants.

New Schedule

Full Member	\$30
Summer Member	\$15
Family	\$60
Summer Family	\$30
Junior (16&under)	\$15
Summer Junior (16& Under)	\$5
Visitor	\$5 per race

Dave Higgins
KJ Honorary Treasurer

Australia Day 2001 Illawarra Aquathon

I would like to take this opportunity to formally thank all KJ's who gave their valuable time and assisted at the Aquathon. The event was a great success and forges ahead in leaps and bounds each year. Many entrants and spectators have passed on their praise for the highly professional organisation, on-day help and athlete safety on the day. I thank Kembla Joggers for their valuable and highly appreciated efforts. A special thank-you goes to Pete Issa and Neil Barnett for their continued help and support.

Thank you

Yours Sincerely

Rob Battocchio

(Event Director)

The Kembla Joggers Crossword

Inside this issue you will receive a Kembla Joggers crossword puzzle. This is the start of a series of crossword puzzle competitions, which will run throughout 2001. To participate, all you have to do is complete the crossword, put your name on it and hand it in to a committee member before the 1st of April. There is no entry fee. All completed sheets will then be placed in a box and the first correct entry to be drawn out will win a prize. There will be 5 crossword puzzles this year, and the winner of each one will receive a prize.

A new crossword will be included in each of the next 4 issues of the Fox, which is due out every second month (February, April, June, August, October, and

December). The closing date for the first competition will be the 1st of April, the second competition will close on the 1st of June, the third will close on the 1st of August, and so on.

HINT: if you are having trouble working out the answers look in the KJ 25-Year Magazine.



Juniors Report

Well kids the Uncle Pete's Toyworld Junior Pointscore Series is not too far away so we hope you have all kept fit over summer. Many of you were busy tearing up the new KJ Summer Series junior courses and from what we saw you all appeared to be in good shape. We reckon this year's Series will be the biggest ever so we hope you will take part again in 2001.

The first Junior Pointscore race day will be held at West Dapto on 31st March with a 4km race for over 12-year-old juniors and a 1 & 2 km event for all ages. There are 9 races in the Series although the shorter off-road events on 1/2/3 km courses will be held at almost every KJ event this year for the first time. This includes at Registration Day at Stuart Park on 17th March starting at 2.45pm.

All junior members who join up in 2001 will receive a copy of the new KJ Handbook, which will include everything KJ juniors need to know about the club including the junior race programs and other important info. This year will be very exciting for our junior brigade with some new things happening including some development clinics over winter with some special guest speakers thrown in, a possible weekend camp later in the year and a KJ junior t-shirt featuring our new cartoon character logo for kids (keep in touch to find out what it is??).

We hope as many KJ junior members as possible also get involved in the KJ junior teams over winter. We hope to enter our teams in funrun and cross-country events run by Athletics NSW in all categories from U12 to U18. The kids have heaps of FUN (and the adults too!!) so we encourage all parents to get your children involved. It's very cheap too. Talk to Junior Development Officer Neil Barnett (4272 6818) for more information.

Wanting your kids to train with other kids weekly in a safe, supervised training group? Rob Battocchio, accredited Fitness Trainer and well-known KJ, organises sessions which attract large numbers of juniors. Call Rob on 4226 4754 for more information.

Happy Birthday To...

February: Peter Asher (happy 60th), Dave Barnett, Jackie Becker, David Brennan, Gwenda Brokenshire, Renee Church, Milvia Conti, Dean Dalla Pozza, Kylie Dribbus, Ben Dryburgh, Jeff Dunning, Bernadette good, Anthony Grogan, Malcolm Haigh, Steve Hilton, Tom Joyce, Vanessa Kearney, Lorena King, Gerard Mahoney, Patrick Mahoney, Sue Mulready, Lauren Ognenovski (the big 10), Renee Ognenovski, Heather Rutty, Greg Smith, Amanda Vandeweghe, Dana Wilton, John Wilton,

March: Angela Aitken, Cade Barnes, Rod Batten, Robbie Belsito, Stephen Brown, Joe Castro, Martin Church, Katrina Clark, Bethany Comer (a legal age at last), Harold Cosier, Kate Dribbus, Andrew Dunlop, Matthew Edmondson, Peter Evans (THE BIG 50!!!!), Jordan Gover, James Greathead, (little) Chris Hall, Chris Hatfield, John Haw, Graham Heathcote, Jody Hennessy, Michael Hickman, Dave Higgins (our great treasurer), Sally Johnson, Geoff Kemp, Johanna Kennard, Michael Kennard, Vicki Knapp, Bruce Medley, Paul Mooney, Tom Mortimer, Cheryl Pascoe, Frances Pearson, Ros Perry, Kevin Raines, Victoria Robertson, Andrew Rutty, John Schol, Peter Southgate, Jason Strecker, Carrine Weston, Renee Whitehead,

April: Alan Batchelor, Bronte Blay, Jim Brockenshire, Zak Browse, Jennifer An Burns, Fiona Campbell, Brendan Cato (18 as well), Michelle Coyne, Scott Defina, Julian Fitzpatrick, Peter Hawken, Emily Howard, Donna Lee Jones, Tony Maloney, Debbie Maxwell, Wayne Montefiore, Simon Morton, Dominique Parrish, David Raymond, Mike Roberts, Christine Robertson, Amanda Tarn, Elizabeth Thomson, Graeme Warren, Carla Whitehead, Dean Wilton



President's Report

Well it's that time again - the KJ's 2001 Winter Series has arrived. The recent Summer Series was a huge hit with crowds of over 100 per race in just about every event. Just

think, until this year we had never attracted a 100+ crowd in a single Summer Series event in KJ history. So it all came as a bit of a shock but thanks to Gary Howard's team of helpers and our KJ marshals, everything came off a treat. The kids low-key race format over summer proved successful too and looks likely to become a permanent feature of future KJ race days.

The upcoming Winter Series program is included with this issue. You will notice we have returned to our familiar format after the Olympics forced us to shift things around last season. The 4 mile at Mt Kembla, as used for the Hangover Handicap event, plus a 6km cross-country at Reed Park are new additions to this year's popular line up of races. Registration Day will be held as usual at Stuart Park on 17th March however we encourage you to fill out your membership form and return it prior to this to make life easier for our registrars.

Upon joining this year all members will receive a copy of the new KJ Handbook which will provide all the club information at your fingertips, including club contacts, road and track racing programs, funrun dates, plus info on all KJ winter courses, club training, ANSW events, KJ Juniors, the KJ clothing range, social events and much more. And not forgetting The Fox will be delivered every 2 months.

The club committee has decided to raise annual fees in 2001/02 to \$30 for seniors and \$60 for families. This is a modest increase and I'm sure everyone would still agree the KJ's provides excellent value for money. The club has been absorbing the cost of the GST since it came into affect without adding GST onto KJ fees. This has forced up our costs. In fact without the help of sponsors and other donations our fees could be substantially greater!! Junior fees remain unchanged (despite them boasting the highest per capita post-race biscuit consumption rates!!!).

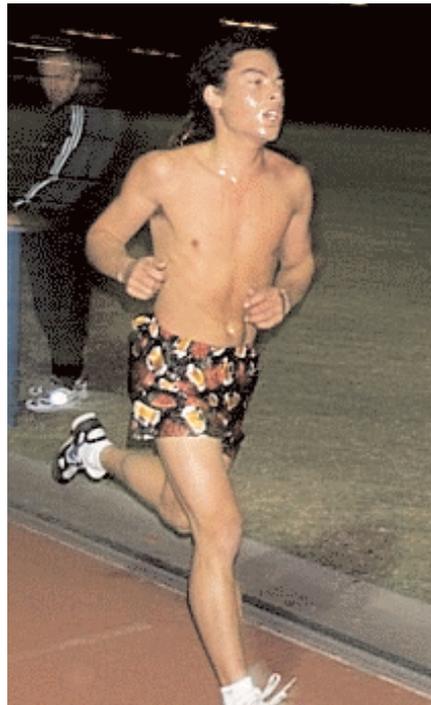
On the subject of juniors, we have expanded the Junior Pointscore Series to 9 events this season with shorter 1/2/3 km events catered for at almost every KJ event. So let's continue to build on the great family atmosphere we have seen in the club over the last 12 months. There are some other great junior incentives this year including development clinics, a special junior t-shirt and possibly a weekend camp later in the year.

Well done to all our athletes who have been flying the flag at Interclub in Sydney over the summer months and also to everyone who has set new PB's. There are still plenty more PB's to chase over winter so keep up the training and motivation. And finally good luck to all our Canberra Marathon competitors.

Cya's at the KJs.....

Neil

Athlete of the Month



With a skateboard as his main means of transport, Russell Chin can be relied upon to turn up for most KJ's events. He has also represented the club in interclub competition, success at which culminated in his selection for NSW in the Australian Cross-Country championships last year. Not only is Russell an outstanding club man but he has raised the bar by setting many new KJ open and age group records. The 2000/01 Summer Series has been no exception and Russ has taken apart several club records of late with some outstanding runs.

Early signs of his form were seen in the Illawarra Yacht Club 5K last November when he shaved 4secs off his previous record in a time of 15.08. January was another month of strong performances with a time of 17.05 in the notoriously tough Hill 60 Challenge, beating Rob Battocchio's previous record by over one minute. This was followed up by a time of 18.36 in the

Croome Rd 6K at Albion Park, an improvement of 34secs on his previous record for the course in 1999.

Out of all these performances, the most outstanding was the Hill 60 run, for which Russell has most deservedly won the Kembla Joggers Athlete of the Month Award. Congratulations Russell.

Kembla Joggers Marathon Championship

The KJ Male and Female Marathon Championships for 2001 will be held in conjunction with the Canberra Marathon which is scheduled for 7am on Sunday 8th April 2001. KJ members wishing to participate will have to fill out an entry form and send it off with the required entry fee. Entry forms and race information can be obtained from the following web page:

www.coolrunning.com.au/canberramarathon

Keep up those long training runs.

**Don't Forget!
Renew Your
Membership!**

Kembla Joggers Registration Day is the 17th of March 2001. You will receive a membership renewal form with this copy of The Fox and to continue to be a member of Kembla Joggers you must complete this form and return it with the appropriate membership fee (single, family, Junior, etc) before April. You can of course complete this process prior to Registration Day and avoid the queues.

This is the last issue of The Fox for the current membership year. To continue to receive copies members are encouraged to rejoin before April.

For further information contact the KJ Club Treasurer, Dave Higgins (4275 7809).

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5km Puckeys Reserve Tuesday 19 December 2000

The pre Christmas Puckeys race, with the promise of Christmas cake and drinks for finishers, attracted a record summer race crowd of 109 runners for the 5km run along with 16 junior 2km/1km runners. This easily beat the previous summer Puckeys race record of 87 5km runners and 19 juniors in October 2000. Very humid conditions made improved times the exception with most runners struggling to match their October 2000 times over the same course.

Russell Chin, the Puckeys specialist, recorded the fastest time of 15.07 (only 6 seconds outside his Open Male Record) with another top run. He inspired Paul Micale to a personal best of 15.43 (17 seconds improvement) in finishing 2nd and claiming a Male 30-34 Age Group Record. Mark Scott was third overall, 1st junior home and improved by 17 seconds to claim a Male 15-19 Age Group Record, with Jared Poppett improving by 23 seconds to finish 4th in 16.35.

Other notable Top 10 finishes went to Phil Parle 16.56 (Male 40-44 Age Group Record), Wayne Montefiore 17.13 and Paul Mooney 17.17 (improved by 26 seconds). Good times were recorded by Mitchell Burns 18.13 (18 seconds better), Steve Matthews 18.14 (65 seconds better), Glen Hayward 19.22 (22 seconds better), Ken Whitton 20.32, Alan Batchelor 22.17, Jim Hennessy 22.18, Des Comer 22.35, Ray Wales 22.55, Dave Church 23.38 and Geoff Walter 25.05.

As expected Kerryn McCann ran a top race to record 16.14, was 3rd overall, 1st KJ Female finisher, set an Open Female Record, and set a Female 30-34 Age Group Record. Lucie Richards ran excellently to record 18.06 to be second female home with Trudi Sanders not far back third in 18.23. Other excellent times came from Jenny Hindmarsh, Fiona Campbell, Paula Crinnion, Amanda Tarn and Carrine Weston. In all, 8 KJ ladies ran under 20 minutes which was a great effort. Lauren Whitehead continued her steady improvement with a time of 20.17 (65 seconds better). Other good times came from Lee Fanning 22.11, Dana Wilton 22.18, Melinda Sharpe 22.22, Nadine Dryburgh 23.02, Nicola Hummerston 23.33, Sue Scott 25.11 (74 seconds better) and Marie Claire Kurt 25.29.

A great atmosphere pervaded after the race with drinks, biscuits and Christmas cake all consumed concurrent with lots of post race discussions. This is a very popular race venue and the KJ Committee will continue to stage runs here while such enthusiastic support is received from KJ members.

Results

Male: 1. Russell Chin 15.07, 2. Paul Micale 15.43, 3. Mark Scott 16.22, 4. Jared Poppett 16.35, 5. David Pomery 16.42, 6. Phil Parle 16.56, 7. Wayne Montefiore 17.13, 8. Paul Mooney 17.17, 9. Rafael Moriana 17.19, 10. Peter Evans 17.22.

Female: 1. Kerryn McCann 16.14, 2. Lucie Richards 18.06, 3. Trudi Sanders 18.23, 4. Jenny Hindmarsh 18.49, 5. Fiona Campbell 18.52, 6. Paula Crinnion 19.07, 7. Amanda Tarn 19.19, 8. Carrine Weston 19.54, 9. Lauren Whitehead 20.17, 10. Elivia Comer 20.48.

5Km Illawarra Yacht Club Tuesday 9 January 2001

Another century of runners (101 as compared to 102 on the same course on 22 November 2000) fronted the starter in an attempt to improve on their pre Christmas times. Aided by a light breeze, 35 runners did improve their times with some great runs being recorded by both faster and slower runners.

Paul Micale was first home in 16.05 (12 seconds better than November 2000) with Jared Poppett 16.28 next and the improving Dave Pomery 16.34 third. Next home was the consistent John Schol with Chris Richards and Tim Crinnion also recording their first Top 10 finishes for some time. Great times were recorded by Wayne Montefiore 17.20 (43 seconds better), Steve Matthews 18.10 (27 seconds better), Jason Stalker 18.33 (39 seconds better), Andrew Krajewski 18.57 (29 seconds better), Glen Hayward 19.17 (10 seconds better), Mark Everton 19.58 (11 seconds quicker and his first sub-20 5km run since he restarted running), Ian Tague 20.12 (51 seconds better), Bob Sciberras 20.21 (63 seconds better), Peter Henry 20.22 (32 seconds better), Michael Leggett 20.36 (43 seconds better), John Gullick 20.58 (62 seconds better), Mark Robinson 21.47 (31 seconds better), Steve Cavanagh 21.55 (82 seconds better), Des Comer 22.21 (17 seconds better), Kevin Raines 23.33 (2 minutes 36 seconds better), Tony Maloney 24.33 (3 minutes 9 seconds better), Derek Moriarty 26.01 (55 seconds better), and Peter Issa 29.00 (1 minute 48 seconds better) - what a list !!! Congratulations to all these runners.

Carrine Weston led the KJ ladies home in 19.30 with Sandra Toth second in 19.49 (her first sub-20 minute 5km with Kembla Joggers!! - improving by 23 seconds) and Lauren Whitehead third in 20.23. Close up were Nicole Joyce 20.25 and Mariana Hernandez 20.35 (40 seconds improvement). Other top 10 finishes were recorded by Karen Ryan, Elivia Comer, Rowena Mullany, Edy Ogenovski and Julie Whittington.

Other good runs came from Glenda Maciejowski 23.01 (58 seconds improvement), Sue Scott 23.44 (11 seconds improvement) and a Female 45-49 Age Group Record), Amanda Vandeweghe 25.35 (3 minutes 23 seconds improvement - her best run since the birth of her baby) and Helen Ashton 27.25 (Female 60- 64 Age Group Record).

It was great to see Andrew Godsman, Gary Womsley (down from Sydney) and Karen Ryan back running with KJs after lengthy absences. They must have known that Russell Chin and Julian Fitzpatrick were providing entertainment at the Berkeley half way turn around point!! No complaints though as they performed their marshalling

duties as required. Well done also to Gary Howard who organised an impromptu junior race.

Results

Male: 1. Paul Micale 16.05, 2. Jared Poppett 16.28, 3. David Pomery 16.34, 4. John Schol 16.55, 5. Rafael Moriana 16.56, 6. Peter Evans 17.12, 7. Wayne Montefiore 17.20, 8. Neil Barnett 17.24, 9. Chris Richards 17.27, 10. Tim Crinnion 17.40.

Female 1. Carrine Weston 19.30, 2. Sandra Toth 19.49, 3. Lauren Whitehead 20.23, 4. Nicole Joyce 20.25, 5. Mariana Hernandez 20.35, 6. Karen Ryan 21.01, 7. Elivia Comer 21.22, 8. Rowena Mullany 21.22, 9. Edy Ogenovski 21.44, 10. Julie Whittington 21.56.

5Km Hill 60 - Port Kembla Tuesday 16 January 2001

Another record crowd of 74 starters (easily beating the 2000 record of 55 starters) lined up for the annual Hill 60 race which was to prove as tough as usual with a solid north east wind making conditions even more testing. With the on/off ramps to and from Fishermans Beach requiring care to retain ones footing, most runners were happy to finish rather than set PB's for the course.

However, Russell Chin defied logic with a fantastic 17.05 to set an Open Male Record and a Male 20-24 Age Group Record, smashing Rob Battocchio's old mark by over 1 minute. Great effort Russell - this was one of your best ever runs with KJs!!! Paul Micale kept up his impressive summer form finishing second in 17.49 and smashing his own Male 30-34 Age Group Record by over 1 minute. Rob Battocchio was third in a time of 18.29 (less than 20 seconds from his old record) with Mark Scott 4th in 18.54 (setting a Male 15-19 Age Group Record), Phil Parle 5th in 19.08 and John Schol 6th in 19.34 all recording sub 20 minute times. Top 10 Male finishes also went to Chris Richards, Stephen Brown, Neil Barnett and Paul Wiedersehn. Other good runs were recorded by Dave Raymond 21.35, Jason Strecker 22.43, Graeme Smith 23.48, Mark Robinson 25.15, Ray Wales 26.03, Brian Mannix 26.39 (Male 65-69 Age Group Record), Kevin Raines 27.20 and Tony Maloney 28.27. It was great to see Ian Kemp (visiting from New Zealand) and Matthew Pickering back on the KJ race scene.

As usual, the KJ ladies rewrote the race record book with some top times. Lucie Richards ran 20.47 to achieve an overall Top 10 time as well as her first Female Open Record and a Female 20-24 Age Group Record - a great run after chasing Kerryn McCann for the previous 3 races. Fiona Campbell was 2nd in 21.48 and claimed a Female 25-29 Age Group Record with Carrine Weston 3rd in 22.24 leaving many more-fancied flat course runners behind on the return grade up to the Hill 60 summit. Nicole Joyce, Heather Ruddy, Nadine Dryburgh and Rowena Mullany also ran strongly to record good times as did Julie Whittington 26.44, Naomi Poole 28.00, Sue Scott 28.20 (Female 45-49 Age Group Record), Lyn Tague 30.38 and Helen Ashton 32.49 (Female 60-64 Age Group Record).

In total, 8 Age Group Records and both Male and Female Open Records fell in another afternoon of high standard road running. Special mention to the 17 juniors who completed cross country lap(s) of King George V Park (Hill 20?) prior to the main race - a novel race they all seemed to enjoy.

Results

Male: 1. Russell Chin 17.05, 2. Paul Micala 17.49, 3. Robert Battocchio 18.49, 4. Mark Scott 18.54, 5. Phil Parle 19.08, 6. John Schol 19.34, 7. Chris Richards 20.05, 8. Stephen Brown 20.09, 9. Neil Barnett 20.12, 10. Paul Wiedersehnn 20.48.

Female: 1. Lucie Richards 20.47, 2. Fiona Campbell 21.48, 3. Carrine Weston 22.24, 4. Nicole Joyce 23.30, 5. Heather Rutty 24.16, 6. Carolyn Dews 25.23, 7. Karen Ryan 25.36, 8. Nadine Dryburgh 25.48, 9. Dana Wilton 25.59, 10. Rowena Mullany 26.01.

6Km Croome Road - Albion Park Tuesday 30 January 2001

An excellent turnout of 70 starters (one less than last year's record number) set off from the Albion Park Sporting Complex for the annual out and back Croome Road race. As in past years, locals Vince O'Dwyer and Peter Henry were on hand to correctly locate the turn around point at the southern end of Croome Road. The slower runners were given 5 minutes start over the faster runners with newcomers Matthew and Mark Jamieson setting a cracking pace. The fresh southerly breeze slowed runners until the turnaround, after which the tail wind and the downhill grade over the last one and a half kilometres to the finish made for some speedy returns.

As per last year, Russell Chin revelled in the cool conditions and recorded a great time of 18.36, breaking his own Male Open Record by 34 seconds as well as setting a Male 20-24 Age Group Record. Paul Micala was second in 20.02 and broke his own Male 30-34 Age Group Record by 23 seconds. Marty Weston (fresh from his road running trip from Dubbo to Wollongong with Dave Taylor) was 3rd in 20.43 with John Schol 4th in 20.53 and Julian Fitzpatrick 5th in 21.19. It was good to see Rowan Allnutt back in action with a Top 10 finish (8th) and Greg Learmonth 22.26 and Andrew Rutty 22.27 record their first Top 10 placings this summer. Others to record good times were Tony Hernandez 22.43 (back from injury), Glen Hayward 23.18, John Ognenovski 25.04, Peter Henry 25.06, Robert Maciejowski 26.00, Brian Mannix 27.46 (Male 65-69 Age Group Record), Dean Wilton 28.12, Ward Hummerston 28.35 and Tony Maloney 29.53.

Yet again the KJ ladies rewrote the record books with Lucie Richards smashing the Open Female Record by 14 seconds with a great 22.29 time, as well as claiming a Female 20-24 Age Group Record. Carrine Weston was second in 24.18 breaking her own Female 25-29 Age Group Record by 53 seconds. Lauren Whitehead was 3rd in 24.22 and Nicole Joyce ran 24.44 to claim her first

KJ record by breaking the Female 30-34 Age Group Record by 8 seconds. Great efforts by all these KJ ladies !!! Other good times were recorded by newcomer Carolyn Dews 25.55, Louise Hudson 26.12 (Female 40-44 Age Group Record), Lee Fanning 27.22, Glenda Maciejowski 28.03, Wendy Rivera 31.13, Elfi Ashcroft 32.10 and Helen Ashton 33.35 (Female 60-64 Age Group Record).

Another regular KJ race gave way to 10 Club Records including both the Open Records. It is most evident that the times of KJ runners are really improving this summer. This includes the KJ sub-juniors who raced on the Albion Park grass track for their 2 km and 1.2 km races. Congratulations to all, including the course marshals whom, as always, did a good job in keeping the course traffic free.

Results

Male: 1. Russell Chin 18.36, 2. Paul Micala 20.02, 3. Marty Weston 20.43, 4. John Schol 20.53, 5. Julian Fitzpatrick 21.19, 6. Peter Evans 21.34, 7. Gareth Buckley 21.41, 8. Rowan Allnutt 21.49, 9. Greg Learmonth 22.26, 10. Andrew Rutty 22.27.

Female: 1. Lucie Richards 22.29, 2. Carrine Weston 24.18, 3. Lauren Whitehead 24.22, 4. Nicole Joyce 24.44, 5. Carolyn Dews 25.55, 6. Mariana Hernandez 26.01, 7. Louise Hudson 26.12, 8. Lee Fanning 27.22, 9. Edy Ognenovski 27.32, 10. Glenda Maciejowski 28.03.

30 km Palm Beach to Manly 6th January 2001 by Ray Wales

At 2:30am on the Saturday morning after New Year, Michael Hickman, Phil Parle and myself set off for the Northern Beaches of Sydney to make the 5am start of the annual Palm Beach to Manly run. Also in the car was Ron Perry who had generously agreed to come along to drive the car back to Manly after the start and give support along the way. This eliminated the hassle of parking at Manly around 3:30am then trying to find a taxi to drive the 30km to Palm Beach at a cost of around \$50.

After paying the \$5 entry fee, 300 runners lined up in the darkness on a cool morning with a breeze blowing at our backs. Ideal running conditions. The police are concerned about an accident occurring during this run so the organisers made sure we understood how we were expected to run so that the run will still be on the calendar in the future. Two police

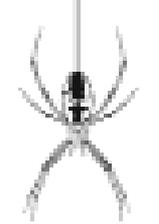
motor cyclists patrolled the course to make sure we ran as directed. We were expected to stay on the left-hand footpath, especially along Barrenjoey Rd and Pittwater Rd. This breaks up your rhythm as you cross side streets and the footpath changes its surface. The alternative was to run close to the gutter with many competitors taking this option.

Good running conditions and a good sunrise over the ocean brought us to Dee Why where the run deviates down to Dee Why Beach and along to Curl Curl. This is a very difficult section of the run. You have already run about 25km and now are confronted with the hills that take you to Harbord and Queenscliff before you descend the stairs to the 1.5km promenade which finishes the run at the southern end of Manly beach.

Phil had an extremely good run finishing 11th in 1:59:16 and winning his age division. Michael showed what a gutsy runner he is. At 66 years of age he was the second oldest finisher in the very creditable time of 3:25:58. I was rapt that I got under three hours, finishing in 2:49:23, but I had to do some dry retching after I crossed the finish line.

And what about Ron Perry? His effort has spoilt us for this run and similar events where early starts at awkward destinations are required. The three of us are extremely grateful to Ron for getting out of bed at 1:45am to make our day that little bit easier.

We hope that this run will not be cancelled by the police or the local council. The organiser had to meet with the authorities during the week after the run. All of us hope that such a great run with such a small entry fee can stay on the calendar for all of us to enjoy in the future.



**Stop Hanging Around ...
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Kembla Joggers at the Athletics Grand Prix

The first Athletics Grand Prix of 2001 took place on February 3rd at the new Hunter Track in Newcastle, the first time that a Grand Prix has been held in a regional centre. As it was such a prestigious event, Athletics NSW provided photo finish equipment and electronic timing, to cover all possibilities of records being set.

In a first for the series, a men's veteran 800m started the program and two KJ's had been invited to race. David Pomery and Bronte Blay both raced well with David coming second in a great time of 1.59 to the brilliant vet Glen Ritchie. This is a sure sign that David is returning to the form we all know he is capable of and hopefully will produce in the state and national championships. Bronte turned in a creditable performance of 2.07 in running 5th just behind former Australian 1500m champion David Forbes.

In the women's 1500m, Sue Mulready, racing down a distance from her more favoured 5000m, ran strongly for a time of 4.40, a good speed session just prior to the state championships. The race was won by 18 year old Erin Hargrave who trains with both David and Bronte. She won in a PB time of 4.25.

The men's 3000m was one of the highlights of the Grand Prix with Olympian Craig Mottram trying for a world indoor qualifier. The first 3 finishers, (2 Kenyans and Craig) all ran under 7.50, with the rest of the field in their wake. Barry Keem had a brilliant run, clocking a huge PB of 8.22. Murray Anderson also put in solid performance with a good time of 8.40.

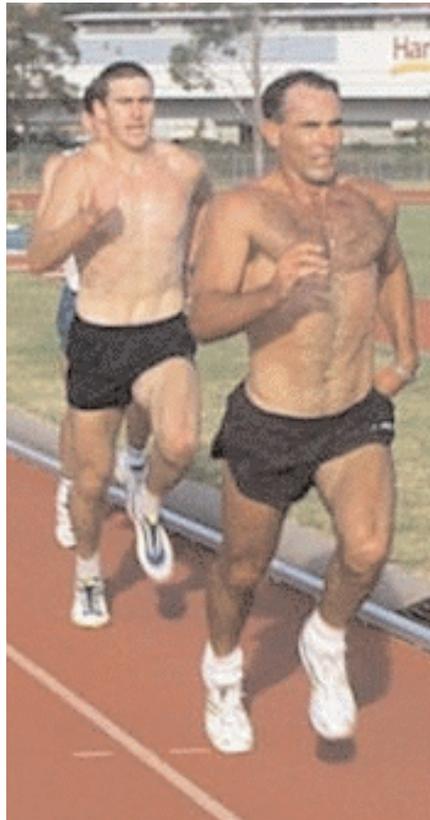
Five Kembla Joggers in one Grand Prix is a first for the club and had Vanessa Kearney not been injured and Lauren Elms not been overseas, it would surely have been seven KJ's. This demonstrates what great depth we have in our club and will form a solid foundation for KJ's assault on the winter teams competition. Well done to everyone.

Flying Foxes Sweep Day One of the Regional Champs!

4th February, 2001

Kembla Joggers juniors led the way at the South Coast Regional Athletics Championships held recently at Beaton Park. Spurred on by David Ogenovski and Zac Blay's 1-2 placing in the U/10 boy's 800m, with both recording PB's of 3.10 and 3.14 respectively, the two Ogenovski girls both went on to record sensational best times in their respective 800m (2.51 for Renee and 3.15 for Lauren). David and Zac recorded identical 1-2 placings in their next event, the Long Jump. Jared Blay, better known for his distance running, came away with a great 3rd in the U/14 boys 100m (15.8), then backed up for a second in the 400m (77.2) and 3rd in the triple jump (7.13m). Between the Ogenovski kids and the Blay kids, many top three placings and PB's were recorded as well as gaining valuable club points. They all enjoyed themselves immensely, and will soon be back out there competing hard again, on the second day of the Champs (not yet run at time of publication).

Meanwhile, not to let the Juniors steal all the



Dave Pomery leads Bronte Blay through one of their 'Torture Chamber' routines. Phew! But the hard work gets them results!

limelight, Bronte Blay backed up from his season best 800m (2.07) the previous night at the Newcastle Grand Prix, to win the Vet's 800m in similar time. He also placed second in the 400m. Bronte's wife Karen, out of form after a long lay-off, decided to have some fun by competing in events she would never ordinarily go near, surprising herself with respectable times. Bob Ogenovski also showed his versatility, competing well in the shot put (8.80m), triple jump (8.80m) and 400m (68.8).

All in all, it was a successful and fun day for the few KJ's who competed. Maybe next year we can encourage a greater contingent to these championships, where young and old of all abilities can compete in a low key and fun atmosphere.

NSW 2001 State Athletic's Championships

These annual championships were held over February 9-11th at the Sydney International Athletic Stadium (SIAC). It was the first time that U/20, open age and Veteran's competition were held together and it proved to be a huge success, with more veteran athletes than ever before choosing to compete.

Eight Kembla Joggers/ANSW athletes contested twelve events and true to form came away with a fair swag of medals. In the women's open 5km, Sue Mulready once more put in a steady performance, finishing in 17.56. Lauren Whitehead, competing in her first year of Open competition, ran a PB of 19.45. Cheryl Pascoe, a newcomer to track racing, did a fine job winning her age group (W35-39) in 19.39. Marty Weston, competing in the M30-34 age group had a great

weekend, recording a PB in the 800m of 2.08.12, placed first in the 3km steeplechase in a time of 11.21.83, then backed up with a 4.30 in the 1500m. Phil Parle, our physio on the run, ran a great race to finish second in the M40-44 5km in a healthy time of 16.32. Wayne Montefiore has started to find the form which has been eluding him so far this season, winning the M45-49 1500m in 4.29.19 and placing second in the 800m in 2.10.67. Wayne's times will now continue to fall as he leads into the national veteran's championships, held over the Easter weekend in Sydney. Bronte Blay also had a rewarding championships in the M35-39 age group, running a great time of 4.17.29 to place second in the 1500m the day after recording a season's best 2.06 in the 800m. In the Open 5km, Russell Chin put in a steady effort finishing in 15.14.

Last, but absolutely not least, Mr Comeback himself David Pomery, had one of the most exciting finishes of the championships in the M35-39 800m, when he virtually dead-heated for second place in a great time of 2.01.62. Second place-getter being two one hundredths of a second in front of David. Not even a nose!!!

It was a most entertaining three days and anyone who is considering joining ANSW this year, would do well to discuss competition with these athletes. You are NOT too slow to have a go. Athletes of all abilities get involved and many of them come away with improved times.

Upcoming ANSW Events :

March

- 1 Melbourne Track Classic
- 3 Interclub Final 1
- 4 Australia v South Africa
- 10 Interclub Final 2
- 11 Hobart Grand Prix
- 23-25 Open/Under20s National Championships
- 24 World X-Country Championships - Dublin

April

- 14-16 National Veterans Championships - Sydney
- 14 Vanessa and Dylans Wedding Hobart

Beaton Park Athletics Scholarship 2001/2002

Beaton Park Leisure Centre is offering a 1-year athletics scholarship to all the athletics clubs based at the Illawarra Regional Athletics Centre. The scholarship allows for use of all the facilities at the centre and includes physical assessments.

To be eligible for the scholarship the following criteria must be met:

* Must be permanent resident of Illawarra

* Must be a registered member of Athletics NSW and member of one of the Illawarra Region Athletics Clubs, which use the Beaton Park Athletics Track for club meetings.

* Minimum age is 14 - no maximum age.

* *Must have reached or bettered the Australian Championships Qualifying Standard (ie. Open & State Age Qualifying as set by Athletics NSW)*

* *Must not be supported by any other institute ie. AIS or NSWIS*

* *Will be subject to a quarterly review to ensure the athlete maintains and improves their standard of performance.*

Subsequent to the applicant meeting the above criteria the following assessment process will apply:

Participation in Australian Athletics Title events, placing's to determine points awarded

- Gold 6 points
- Silver 4 points
- Bronze 3 points
- Finalist 2 points
- Qualifying 1 point

Participation in State Athletic Events, placing's to determine points awarded.

- Gold 5 points
- Silver 3 points
- Bronze 2 points
- Finalist 1 point

Should more than one athlete achieve the same number of points, then the highest placing would be the determining factor, eg. 7th in heat would overrule 8th in heat.

If you believe you are in a position to be nominated for the above scholarship, contact Eric or Hazel Brown, or one of KJ's committee members before the closing date to obtain a nomination form.

Successful applicants will be notified by 24th April and it is anticipated that a media release will be conducted.

Have You Ever Considered Doing a Long Distance Run? By Ray Wales

For a club with over four hundred members we don't get many KJ's fronting up at some of the longer distance runs that are on offer. If your limit is 8km or 10km why not think about training for the 10 miler and the 1/2 marathon on the KJ program. If you have run these events before why not think about doing a 30km run such as the King of the Mountain or perhaps a marathon?

The thing I find with running is that it would take me a hell of a lot of gut busting type training to get my 3-mile time well below 20 minutes. On the other hand, by doing a long slow run once a fortnight I can build up enough endurance to complete runs like the 30km Palm Beach to Manly and even the 46km Six Foot Track. Of course I am talking purely about finishing, not running a fast time. However, the satisfaction when you cross the line in an event like the two I

have just mentioned is hard to describe. Also the training is very enjoyable. There are plenty of trails on the escarpment that can provide runs of two hours or more in length in some of the best bushland in the country. We also have plenty of cycleways where long runs can be enjoyed beside the ocean. The only real problem is finding the time every fortnight to go out and run for a couple of hours.

If you can find the time you should be able to find some other KJ's who are doing a long slow run at a pace that suits you. Once you get into the habit you will find it isn't so difficult, provided you don't worry about your time. Just concentrate on building up endurance. The longer distance runs still provide a great challenge for runners as they get older. Being out there is the aim - not your time.

Another thing to consider is the attitude of the other entrants at these runs. Typically there is a feeling of helping the other guy to finish. The Sydney Striders always seem to have a lot of run-

ners at the long distance events. Some of them are out there to do a good time and possibly win something, but there are plenty at the starting line that are going to set an easy pace so that they will be there at the finish.

Think about long distance. You may find it rewarding.

2000 - 2001 Membership Update

A steady stream of new members have joined our ranks during the summer. Please welcome the following new Kembla Joggers who have joined during January and February 2001.

- Rachael Burns
- Hartley Thompson
- Chris McDonald
- Michael McKeogh
- Samantha McDonald
- Dave Kirton
- Doyle Cook
- Julie Kirton
- Craig Sakey
- Angela Corey
- Rachel Agnew
- Carolyn Dews
- Mark Jamieson
- Matthew Jamieson
- Lynne McGregor
- Ryan Burns
- Drew Ibbotson
- Bethany McCarthy

This brings the KJ membership list to a record total of 428 members as at 13 February 2001 (258 renewals and 170 new members).

From Hazel's Kitchen Karen's Quick Chili

- 500g lean minced beef
- 425g can crushed tomatoes
- 1 medium chopped onion
- 35g pkt Old El Paso chili seasoning mix
- Can of red kidney beans (size to your taste)
- Grated tasty or Parmesan cheese

Heat a little oil in large saucepan and cook onion until soft. Add minced beef and cook until browned. Add tomatoes, beans and chili powder and cook covered for about 20 minutes.

Serve with rice or tortillas topped with grated cheese.

Note: Anyone with a favourite recipe to share should contact Hazel Brown on 4261 3985 or at one of the races.

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,

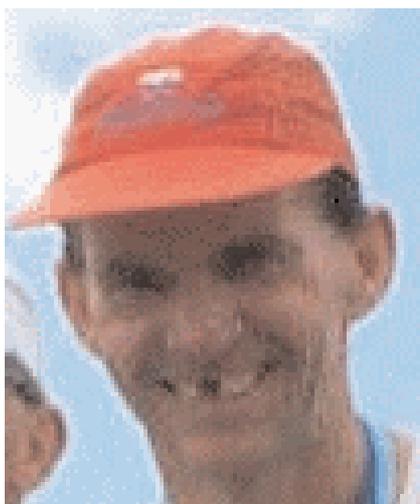
DISCOUNTS AVAILABLE TO ALL KJ MEMBERS

Navigation Course Required-1

If anyone out there knows of any free navigation courses going or can get a cheap Global Positioning System, please let me know. It appears our newly anointed secretary is losing his marbles, I mean his sense of direction. There we were, Steve Matthews, the Sec and myself travelling up to Homebush for the ANSW State Relay Championships. It was the Sec's turn to drive and as we had all been there many times before no one took much notice of the journey. No one, including Wayne. We came up to and passed the turn off to Lucas Heights and were soon alongside the Royal National Park heading towards Sutherland. Suddenly Wayne realized where he was "Oops or #@!#\$@!!.." he muttered. We had all thought he was going to Miranda to pick up Frank Hungerford, but no he was day-dreaming. We did get there on time, albeit only just. But he ran a blinder to give our team an unassailable lead. Well done Wayne Montefiore.

Turbo Man or Navigation Course Required-2

It was a similar story in the recent Puckeys 5km XC. We were travelling quite well with Wayne and Raf Moriana running just ahead of me as we approached the wooden bridge on the way back. Well everyone knows you have to turn right at the bridge and run back over it. You'd think everyone knew. But not our Wayne, he kept going straight ahead towards the big black lagoon. I called out to him and back he came, somewhat ragged. He soon regained his composure and ran with me for a short distance. Then he switched on his in-built turbo with 300m to go, left me, caught Raf and then put another gap into both of us. Well-done Turbo Man. I just wish I had your speed and acceleration. Just remember to study those course maps next time. I think you had better forget about running the famous Cradle Mountain Overland Track in Tasmania, all 80km of it!



Map Man, Wayne Montefiore.

New Boy on the Block

There he stood, the new boy, with his new shoes, new socks, new shorts, new singlet, and new cap! Fresh from the back blocks stood our fourth runner in the



The new kid on the block! Nice one Frank!

ANSW State Relay Championships. The only thing not new on this lad is the tattoo. The famous Fox tat. But ladies if you wish to see it please be very careful where you look, it is not for the faint hearted. I believe it is the only Fox tat in the club but I have heard that it is soon to get company in the shape of a slim, lengthy, reptile-like tattoo whose position you'll have to verify with the young lad himself. But our Frank Hungerford ran like a champ that day as he anchored the men's 45+ team to a gold medal. Well done Frank.

Sea Hunt returns to Win 4

Those of us with long memories might remember the TV show called Sea Hunt. Well I thought that the star of the show, Lloyd Bridges, had come to Wollongong. As I watched the WIN 4 news one night recently I saw a very close resemblance to Lloyd espousing the harmless nature of the local sharks. "They're only hammerheads and they're only 2 to 3 metres long. Nothing to worry about! They won't harm you." Good to see our KJ Hollywood star Peter Issa, making sure the general population had nothing to worry about. I believe he is giving some crocodile wrestling lessons soon. Keep it up Peter. He is a great race organiser too.

Return to Form

Good to see a KJ member back on the track after a recent health problem. She quickly whipped into the 3000m at Beaton Park and ran a scintillating 9.55. Great work Sue Mulready.

What a Sight!

What happened to the Monkey Man? Cuts, bruises, bandages, stitches, broken bones, sprains, strains.... You name ithe had it! I have heard several stories relating to fights in the jungle, kissing face with concrete footpaths, inebriated clashes with power poles, blunt razor blades, skateboarding down Mt Ousley at midnight, trialling with the St George dragons, sparring with Anthony Mundine. But the story about Russell Chin riding no hands down the road on his pushbike whilst watching all the young girls at the beach and then hitting a massive pothole sounds like the most truthful. If you saw him at the recent Stuart Park race you'd have wondered if he could still run. Well run he did! Needless to say he won in convincing fashion and in just a tad over 15 minutes. Boy can he fly! I don't believe the rumour that he is really enjoying all the sympathy that various young females have been giving him. No, our Russ would not take advantage of such a thing. Keep up the great running Monkey Man.

1000+

It seems our Dave Barnett has entered the four-digit phase of consecutive days of running. Yes he has passed 1000 days and is still going strong. Well done Dave. Now if I could only get into double digits.

Some Taper!

On September 24 Dave Dunham won the Clarence DeMar marathon in Keene, New Hampshire USA, in 2:29. Six days later on September 30, he won the New Hampshire Marathon in Bristol in 2:43. Then he capped those two weekends with a win in the October 9 Chancellor Challenge

in Boston - a 100km race against an international-quality field, which he won in 6:46. We must assume the marathons were part of his taper plan.

-Courtesy of Runners World.

Lifetime Warranty?

It seems one of our KJ's keeps meticulous records. His diary has been running some 25+ years and is all set to click over the 60,000km mark. Now that is a lot of pavement thumping. Hope he goes well in his first marathon in April. Great work El Presidente!

Y2K? No it's 2K01CMS!

Yes the proper new millennium is here at last and the Y2K bug was a non-event, but now we have the 2K01CMS! Well it's the Canberra Marathon Squad for 2001! It seems that about half the club has entered the April marathon and are well into their long distance runs. Good luck to all the KJ's that have entered. Have a great run but try to remember to pace yourself, as it's a long way. I think I did 42km in a whole week once last year.

Great record!

While on marathon times, it is good to see a record that has stood for some time. Ex KJ Bill Raimond still holds a Canberra Marathon age record of 2.29.07, which he set in 1982. Anyone that has run marathons would really appreciate the quality time that he achieved. But Bill was running in the 45+ age group. Astounding! Wow he really was a great runner! It's lovely to hear that he is still competing very well in triathlons these days. Well done Bill.

Long Distance Travellers

Good luck to all the KJ's (there are quite few I understand) that are travelling up to Forster for the annual Ironman event. Yes that one, the 3.8km swim + the 180km bike ride + the 42km full marathon run just to finish off with. Dedication I say, madness say others. A special good wish to Witold Krajewski who is entering his first. He was undecided because he is almost as bad a swimmer as yours truly. But he is having a go, which is fantastic. If only I could swim like young Alan Onions who gets out with all the pros and then spends the rest of the day watching them ride and run past, but still finishes well. On a recent ride with him I found one reason why he swims so well. The quantity. He swims more kilometres each week than I run! Amazing! He'll be growing gills soon. But really it's that old thing called technique. He's got it down pat while I have the same technique as a lead sinker, which is about how my legs go in the water, straight to the bottom. Well good luck ladies and gentlemen. I hope you all finish and have a great day. Just imagine how short the KJ Half Marathon or 9 Miler will seem for these Long Distance specialists.

Hot Weather - Climatic Change?

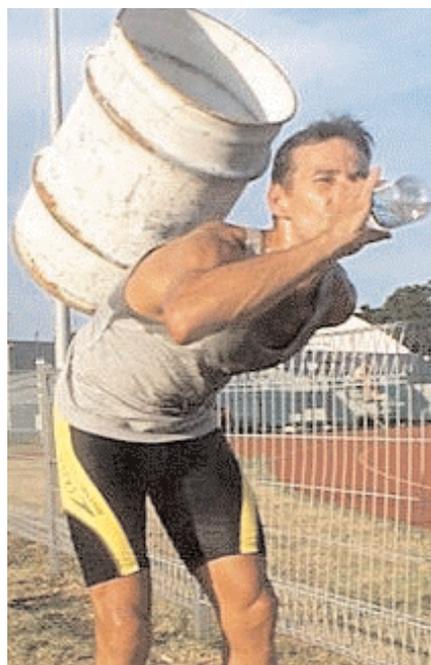
I thought the summer months were December, January and February and I

know that when I was young and lived in Wales the seasons were the reverse but I thought that I had gone back there the other Saturday morning. There I was listening to the weekly rantings, or should I say KJ Talk, on Vox FM, when El Presidente started to talk about the spate of very hot weather (you remember those 2 weeks over Xmas) when suddenly Neil spoke about the LATE Summer weather. I thought have I missed something here or what? Had summer just started or not? Anyway we know what he meant. Keep up that weekly ritual Neil.... There are listeners out there that enjoy your weekly reports!

Heat Wave Man!

Speaking of that hot weather, who was that 'fruit cake', nutter, addicted runner, demented KJ that was spotted out running a 26km journey in the hot January afternoon when the temperature was nearing 40 degrees. How was he to know that within 3 hours the temperature was to plummet 18 degrees. Anyway it did not seem to affect him as he ran a PB on the track the very next evening. He is really on the improve! Good one Joe Castro! How did he hydrate you ask? Well it was probably something to do with the 44-gallon water tank he had strapped to his back...yes a strong lad too!

ps Is it true that he was spotted shivering at the Hangover Handicap race? After all the temperature was only hovering at about a coolish 28 degrees!



Heat Wave Man, Joe Castro, gets a new supply of water, ready for another 50km run!

Light as a Feather.

What a sight to behold! As I struggled into the first mile of the 4 mile Hangover Handicap run, there was an ever so slight crumple of a leaf behind me. Then with a sudden blur she was there and then gone! The Sydney 2000 Olympian was whipping up the road as light and as graceful as a ballet dancer. Yes Kerryn McCann was in the process of demolishing the Open Ladies record that had stood for some 15 years. She

moved so swiftly and so effortlessly. When she told me her time at the recording tables I noticed that there was hardly a bead of sweat to be seen. Great run Kerryn. I hope you grace us with some more of your quiet but quite astonishing presence this year. I shudder to think what you could do to that other long time record of the 9 Miler.

ps. I do not believe that Kerryn's lightweight 41kg is the target of El Presidente. Many people have remarked to me about how gaunt he has become. But I think that it is more to do with his moving out of home (no more of mum's delicious meals) and his lack of culinary skills. In the last Fox he did mention how he burnt that lovely fillet steak. I think that the 41kg target might be a bit too light for our Neil. But then again his running has improved quite a lot over the last few years.

Rack off Hairy Legs!

Who was that KJ that suggested we have a race between the hairy-legged athletes and those that shave their legs. It seems that with the influx of bike riders and triathletes that we have quite a large number of the shaved variety. I think I might put my money on the hairless group. If I remember correctly Kerryn McCann and Paul Micale had very smooth legs, with both recording the fastest times of the day at the Hangover Handicap. Anyway it was not a bad suggestion from one of our big improvers - Witold Krajewski (who was spotted in another of his sons flash running outfits). Well if someone will organise it, I'm sure that we could get some positive KJ PR out of a race like this. Over to you Mr. Publicity Officer.

Mobile Phone Etiquette

Now I have heard people complaining about mobile phones being used on trains, on buses, at the movies, in the theatre or even opera. But when I spotted a KJ using his at the urinal at Beaton Park the other week I was quite amazed. There he was, phone in one hand and in the other, blissfully yapping away. Thought he might have had an emergency at work or something but no, he was merely telling his better half when he would be home for tea! Mmmmm??? What can I say? I guess some people just like to talk and talk and talk and..... Keep up the good running John Guillick. Hope tea was delicious.

Clean sweep by the Monkey Man!

What an amazing Summer Series by Russell Chin. He broke every Open record in every race this summer! He just keeps getting better by the day! Well done Russell. Have a great Winter Series!

Photos

If you like a photo that appears in the Fox it will most probably be one that I have taken with the club's digital camera. I keep them on file on my computer and can easily (usually, or maybe sometimes easily) e-mail it to anyone that has an e-mail address. So if you want a digital copy please e-mail me at pe51@ihug.com.au and I will send it on as soon as possible.

Cheers Peter E

Centenary of Federation Run 2001

By Gary Howard

In early January 2000, ultra marathon runner Dave Taylor and local Ambulance officer Reg Hitchens laid down plans for a run on Australia day 2001, to commemorate the 100 years of Federation. Local runners Gary Prestons and Colin McKay joined Dave Taylor and Reg Hitchens, along with KJers Marty Weston, Derek (aka Sharkey, Sparkey, & Flarkey) Moriarty, and Gary Howard, and representing the females was Georgina McConnell, an ultra runner from Sussex Inlet who has 33 Australian records under her belt. A support crew made up of Garry Blow, Anne Smythe, Kerry Hitchens, and Ken Price, made sure that all the driving, cooking, shopping, and fiddley bits got done. The run started at Dubbo and lasted for 6 days, covering a total of 570kms. Each runner completed a 5km stage 3 times each day. Tory Toyota and Buttercup were our sponsors, donating a 23-seater van and food. All money raised in the towns of Dubbo, Peak Hill, Parkes, Manildra, Orange, Bathurst, Goulburn, Moss vale, Bowral and Wollongong would then be redistributed to charities in those towns.

Having run in many of these events before I thought this would be easy. However, right from the start we were in trouble, as the temperatures reached 46 degrees (the road surface was 56 degrees) and by midday all our drinking water was warm. It was a welcome relief at the end of each day that knowing on arrival at the next town we were off to the swimming pool. That is unless you were dacked in the pool! Just ask Marty. And who was the culprit responsible for all this dacking? Dave!!! We set up our sleeping bags and mattresses in local Scout Halls and would have a meal and a drink or 2 in the local pub. Sharkey made sure that we spent as little time as possible in the pubs. At Peak Hill, after completing our first day, a young Aboriginal man named Robbie shouted us drinks all night and wouldn't take any in return. All crewmembers witnessed one of the most amazing bass guitar performances by a pool player using a pool cue. Mind you he needed the fast music to prompt him. Sharkey didn't help things by telling the young chap, who had a bad runny nose, that I was a pool shark and only played for money!!!!!!!

Each day was a 4.45am rise to be on the road and running at 6.00am. Life in the Van was an experience. If you weren't tripping over someone's bag, or stepping on a new pair of sunnies, you always had time to send a mobile phone message to the person sitting next to you. As for myself, I forgot my pin number for my bank account and had to borrow a few dollars to get by.

On the run we were met by a fellow Dubbo runner (and his family) by the name of John Robbins who had come down to wish us luck and ran 12km with us. John later told me that he knew a fellow KJ member in Phil Parle. They were old uni friends. John asked to pass on his best wishes to Phil and his family.

We met so many Mayor's on our travels, one of which was the Mayor of Neil and Dave Barnett's family city of Coventry in England. He was in Parkes on a sister city trip. Once again, Sharkey was brilliant with his presentation to both Mayor's and a civic reception.

Gary Prestons had the best of the run being "escorted" out of Bathurst by at least a dozen female beauties who decided to have their early

morning jog with us. Interestingly, none of them actually run for a club and efforts were made to find some KJ membership forms (where was Higgo when you need him).

Marty Weston, who is concentrating on the Boston Marathon, included his Sunday long run on the trip. Marty ran 5 x 5km legs on the first day and in the 46 degree heat found it hard to recover. On the final day Marty had the chance to run through his home town of Albion Park carrying the Aussie flag. Oh boy, wasn't the adrenaline flowing. Marty actually beat the bus to the 5km mark. Sharkey (Molong) and myself (Oberon) were also given the honour to go through our home towns carrying the flag.

All the fun and jokes aside, when the running shoes were put on it was down to business, although it was for only 25 minutes and then we had about 2 1/2 hours rest before the next run. All runners and crew made sure that the runner on the road was 100% looked after. Safety was the key word. Thanks to Dave Taylor and Reg Hitchens, all the crew and fellow runners, who made running into Belmore Basin on Australia Day 2001 a special Day to remember.

Half Marathon Training

By Eric Brown

Thinking of running in a Half Marathon this year or want to improve your 10km time? Then try this 10-week program working back from your race day. This program presumes you are a seasoned runner and can train 6 days/week.

To run a great half marathon you need to train as though you were getting ready to run a great 10km. You need to boost your lactate threshold running velocity (LTRV). This is taken care of with the Tuesday sessions. You must also learn to run just under your LTRV (eg. half marathon tempo) for longer and longer periods of time. This training will be your PHMP planned half marathon pace. What is your PHMP? Take your current best 10km and multiply by 2.222. Example: Sarah is running her 10km in 42min flat. Her PHMP is $42 \times 2.222 = 93.324$ minutes (about 93min 20secs). Dividing 93.324 by 21.1, Sarah finds that her PHMP is about 4.4 minutes per km. Running in KJ's track or winter road races will provide the time trials to assess how the training is going.

So, good luck and remember, to improve, you need to overload your body. There is enough in this program to do this, so stick with it. Be consistent and enjoy it.

If you need to discuss any part of the program you can e-mail me at sunnyb5@one.net.au or ring me on 4261 3985

Week 1

- Mon Hills 8 x 2-300m - run with a strong springing stride and lift yourself with hips forward. Do not sprint. Exaggerate the arm action.
- Tues @10km pace. 3 x 2km with 400m jog rest.
- Wed Steady run 45min
- Thur Warm up 3km, then run at your planned Half Marathon pace for 5km. Cool down 2km easy.
- Fri Rest or easy 8km

- Sat Steady run 45min
- Sun 60min easy running

Week 2

- Mon Hills 8 x 2-300m.
- Tues 4 x 1200m at 10km pace with 2min rest.
- Wed Warm up 3km, then run at your planned Half Marathon pace for 7km. Cool down 1km easy.
- Thurs Steady run 45min. Warm up 3km, then run at your planned Half Marathon pace for 7km. Cool down 1km easy.
- Fri Rest or easy 8km
- Sat Steady run 45min or KJ race
- Sun 60min easy running

Week 3

- Mon Hills 10 x 2-300m.
- Tues 5 x 800m at 3sec/lap per 400 faster than 5km pace with 2min jog rest
- Wed Steady run 45min
- Thur Race KJ's track race
- Fri Rest or easy 8km
- Sat Warm up 2km then run at your planned Half Marathon pace for 10km. Cool down 1km easy
- Sun Easy 75min run

Week 4

- Mon Hills 10 x 2-300m
- Tues 8 x 400 at 5km pace with 200 jog rest
- Wed Easy 40min
- Thur 10 x 200m relaxed striding with 200 jog rest
- Fri Rest or 8km massage run
- Sat Fartlek for 10km (4 x 2-3min at 10km pace 1min rest) or KJ race
- Sun Steady 60min run

Week 5

- Mon Hills 12 x 2-300m
- Tues 3 x 10min intervals at 10km pace with 5min jogging rest
- Wed Steady run 60min
- Thur KJ's track race
- Fri Rest or 8km Massage run
- Sat Warm up 2km then run at your planned Half Marathon pace for 11km. Cool down 1km easy
- Sun Easy running 75min

Week 6

- Monday Hills 12 x 2-300m

KJ Events February

22 Kembla Joggers Track Championships, Day 1 (1500m, 400m, 100m) - 6:30pm Beaton Park Track.

March

1 Kembla Joggers Track Championships, Day 2 (800m, 200m, 5000m) - 6:30pm Beaton Park Track.

8 Kembla Joggers Track Championships, Day 3 (3000m) - 6:30pm Beaton Park Track.

17 KJ Registration Day - 5km non-pointscore race - 3pm Stuart Park, North Wollongong.

April

8 KJ Male and Female Marathon Championships - 7am Telopea Park School, Canberra (in conjunction with the 2001 Canberra Marathon)

Other Fun Runs March

Six Foot Track Marathon - 8am Katoomba
11 Sri Chinmoy Marathon Team Series (30km & 10km) - Leichhardt Park, Leichhardt.

Weston Creek Half Marathon (21.1km) - 7:30am Weston, ACT.

25 Lindfield Fun Run (10km & 5km) - 8:15am Roseville Park, Roseville.

April

1 Sri Chinmoy Marathon Team Series (20km & 10km) - Leichhardt Park, Leichhardt.

8 Canberra Marathon (42.2km) - 7am Telopea Park School, Canberra.

July

4 - 14 14th World Veterans Athletics Championships - Brisbane, Australia.

Tues	5 x 800m at 3sec/lap per 400 faster than 5km pace with 2min jog rest
Wed	Steady 60min run
Thur	12 x 200 relaxed striding with 200 jog between
Fri	Rest or 10km
Sat	2km warm up then 12km at planned Half Marathon pace 1km cool down. Or KJ race
Sun	90min easy run

Week 7

Mon	Hills 14 x 200m
Tues	4 x 1200m at 10km pace with 2min rest
Wed	Steady run 60min
Thur	Race KJ's track race
Fri	Rest or easy 10km
Sat	Warm up 2km then run at your planned Half Marathon pace for 12km. Cool down 1km easy
Sun	90min easy run

Week 8

Mon	Hills
Tues	6 x 800m at 3sec/lap per 400 faster than 5km pace with 2min jog rest
Wed	Steady 40min
Thur	12 x 200 relaxed striding with 200 jog between
Fri	Rest or easy 8km Massage run
Sat	2km warm up then 12km at planned Half Marathon pace 1km cool down. Or KJ race
Sun	75 min easy run

Week 9

Mon	Hills
Tues	2km easy then 15km at planned Half Marathon pace
Wed	Steady 8km
Thur	3 x 1km at 5km pace 2min rest
Fri	Rest or 8km Massage run
Sat	12 x 200 relaxed striding with 200 jog between
Sun	60min easy

Week 10

Mon	6 x 400 at 10km pace with 200 jog rest
Tues	easy 10km
Wed	2km warm up 5km at planned Half Marathon pace 1km cool down
Thur	Massage run 8km
Fri	Rest
Sat	Rest or very easy 8km
Sun	Race Half Marathon

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/

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