

The FOX



The Official Newsletter of Kembla Joggers Inc.

Issue 4 [April] 2002



They're off and running in the first race of the Winter Series at Stuart Park

President's Report



Well a lot of things have happened since the last issue. The new winter season kicked off last month with a large turnout at the Puckeys 5km and Registration Day. This was followed up two weeks later with an all-time club race attendance record of 173 at West Dapto. This included an all-time junior attendance

record too with almost 40 Under-12 juniors competing in the 1km and 2km races alone. As always there were plenty of new faces and we hope they become familiar ones as the season gathers momentum. Welcome to all our new members.

And now some very exciting news. You may have heard a fair bit in recent months about some exciting projects the club has been working on. Well one of these is the club's impending purchase of a special van to store and transport the large volumes of gear we now own. Can you imagine the effort required to transport to KJ events all the tables, chairs, tents, timing gear, witches

hats, signs, drink containers, etc? It's hard enough trying to find out whose garage it's stored in!!

Thanks to the efforts of a small team including Mark and Suzanne O'Brien, the van is nearing reality - in fact any minute now!! To make it a reality though a huge sponsorship drive was undertaken and I am pleased to say we had no major difficulties in reaching our target. Essentially the van purchase cost will be funded by 2 new major sponsors (see below) and the running costs will be funded by several businesses who will proudly display their logo on the van and other support from companies like Premier Illawarra Buses. The end result will be better organised events, safer distribution of gear onto the course and fewer headaches over storage issues, amongst many other things. Keep an eye out for it and as always please support the businesses that support us.

So it is with much pleasure that the club welcomes a new major supporter, Wests Illawarra (formerly Wests Leagues Club). Not only will this sponsorship help us with the van purchase but also in the years ahead it will allow us to massively upgrade our equipment and provide other new opportunities. Wests Illawarra General Manager Hans Sarlemyn was most enthusiastic about the club in our discussions and is even talking about turning up to run a few events!! We also welcome aboard the new-look BHP

Steel who will sponsor club uniforms. Again with their assistance the club can look forward to a very bright future. Many thanks Hans and also Robyn Bignell from BHP Steel for such a positive response to the healthy lifestyle activities the KJ's provides.

Sorry about the problems encountered at the West Dapto venue last month. Unfortunately, due to the dreaded public liability issues, full access is not possible in the short term so we will have to be patient. But thanks to the fantastic efforts of the race organising team, including Pete Issa, Jim Hennessy and Eric Brown, we managed to cope well at very short notice. Well done guys!! The good news is that the KJ's are part of a steering group comprised of several community organisations that are actively lobbying to have the site handed over. NSW Planning, the Premiers Dept (who both seem to be on side!) and owners Integral Energy are also involved in discussions with our group. So far things are travelling well and we hope good news is not too far away. Our vision is for the whole 25 ha, not just the bit we use, to be transformed into a great cross-country venue. So watch this space!!

Happy Days!!

Neil.

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Uncle Pete's TOYWORLD

By Rob Battocchio Puckey's - 9th March

The 2002 winter season kicked off with a bang as juniors from 6 years and up, took to the first event of the season at Stuart Park. Not even the threatening rain would slow down the pace, as over 40 juniors had a go in either the 1km and 2km junior events or the open 5km event.

In the 2km event, Shane Cowie crossed the line first, with Hudson Bouma second and Andrew Poppett third. In the 1km event, Jake McCauley led the way with a quick 4.18 and Lauren Ognenovski was a close second in 4.27. Young Sam O'Brien (7yrs) and Brad Gullick (6yrs) showed that having runners in the family helps, with both running a super 5.34 for the course. The 1km event is designed as a fun, participation event for juniors, and it was great to see runners as young as six years of age take part.

In the open 5km event, junior speedsters Jared Poppett and Steven Brown scorched the course, both recording excellent times. Jared ran a slick 16.31, with Steve just behind in a PB of 16.34. In the girls, Melissa Burgess (13yrs), showed wonderful early season potential with a fast 19.36, finishing an excellent 4th overall in the ladies field.

If these results are any indication, the winter season looks very promising for many Kembla Jogger juniors.

West Dapto 23 March

A strong turnout was expected for West Dapto, as it was the first junior pointscore event of the 2002 winter season. By 2pm, it was soon clear that a race record attendance was on the cards, as scores of runners arrived. Juniors had the choice of an 800m or a 1.6km in the under 12 years category, or the 4km event. A great turnout of over 45 junior runners participated, with many new faces in the crowd.

In the 800m and 1.6km events, about 35

juniors, with many mums and dads in toe, sprinted off as the gun sounded. In the 800m event Jake McCauley kept his winning record in tact, with David Ognenovski close behind. In the girls, April Maciejowski finished first ahead of Jessica Eady and Tegan Richards. In the 1.6km event Trent Goodwin and Alana Yardley bolted from the start, with Trent crossing the line in a great 7.34 and Alana an excellent 7.45. Joel Dent recorded a fine 8.38 for third across the line. A super time of 9.30 was recorded by Stephanie Hummerston, younger sister to top junior Nicola, showing that speed runs in the family.

In the Junior Pointscore 4km event and alternate adult event, a field of over 70 lined up. Some were there to race the clock, others to get a fitness workout, and all to have a 'fun' time. Juniors Stephen Brown, and Ryan Burns went out from the start, pushing themselves all the way, with Steve recording his second PB in as many events to cross the line in a fast 13.07, and Ryan also running an excellent PB in 13.46! Younger runners Guy Cuttill (14yrs) and Jack Parle (8yrs), went out like lightning, and chased the tails of Steve and Ryan with both recording great times as well, Guy in 14.58 and Jack in 16.34. In the girls, Renee Ognenovski ran an excellent 16.58, with other top junior Nadine Dryburgh second in 17.06. What a fantastic turnout and well done to all junior runners.

West Dapto 30 March

With the first Mt Kembla event scheduled on the Easter long weekend, numbers were expected to be a bit down. Well, I am happy to say this was definitely not the case, as over 40 juniors, either ran in the 3-mile pointscore event or the mini 1km or 2km event. With the mini events designed to be off-road, runners got in some great early cross-country practice.

Many fantastic runs were recorded in the 1km and 2km events, with David Ognenovski the quickest in the 1km (4.02) and Jake McCauley second in 4.09. April Maciejowski ran a very good time of 4.37 in the girls and youngster Sam O'Brien flying in a fast 5 minutes. Impressive for a 7 year old! In the 2km Trent Goodwin put in another fine run finishing first in 7.59, with junior talent Hudson Bouma (9yrs), running a sensational second in 8.16. Other great runs were recorded by Shane Cowie in 8.26, and Zac Blay in 9.41.

In the Junior Pointscore 3-mile event, Steve Brown recorded a 3 from 3 result - 3 PB's from 3 events - to cross the line in a slick 15.53. Steve was second to outstanding junior Jared Poppett, who ran a great 15.43! But the run of the day must go to brilliant junior Melissa Burgess, who at only 13 years of age is running times most adult males and females only dream of. She finished fourth overall and first female in 18.24! Well done.

Pointscores

Winter Pointscores will be conducted for both the Under 12yrs and 12-18yrs. The main pointscore event is based on participation and improvement, and as such all runners have an

equal chance of getting a place. Seven of the 10 listed events count towards the pointscore. A Junior Male and Junior Female Championship pointscore will also be tabled, where the top 5 finishers in each event receive points.

This season, for the first time an Under 12-year's Sub Junior Pointscore will also be conducted in the shorter events. Points are allocated on participation and on improvement/performance. All runners have an equal chance, so it's best to turn up to as many events as possible and to try your best.

Give Away's, Trophy's and heaps more....

We are again very lucky to be able to provide give-a-ways to juniors at most events. Uncle Pete's Toyworld have again generously donated prize vouchers, and we also have post event (healthy?) lollies and drinks for all runners.

KJ Juniors Wanted

Keen To Represent Kembla Joggers at Athletics NSW running meets? Want to travel to interesting and fun places and meet other kids?

Kembla Joggers junior runners were outstanding last year, and with the increased numbers this year, we have an even greater chance of recording better results this year. ANSW registrations are now being taken for all juniors with teams available in the U12, U14, U16 & U18 Male and Female age groups. All runners are encouraged to join, as we are hoping to field more than one team in each age division. Talk to Neil on 4272 6818, Rob on 4226 4754 or Club Captain Vanessa Kearney for more info.

Most events are held locally or within 60 minutes of Wollongong. If you can't get your kids there, just let us know and will we organize a lift and supervision.

Come on guys, let's make Kembla Joggers the number one junior team in the state!

State Medals go to KJ Juniors

Whilst on the subject of representation, congratulations to Jared Poppett and Stephen Brown on their great performances at the recent State Athletics Titles. Both Jared and Steven picked up top three placings, amongst hot competition. Well-done boys and good luck for a super 2002 winter running season.

Tell Us About Your Achievements

With so many KJ juniors it's very difficult to keep up with the many outstanding performances. Get mum or dad to send an email to Rob, at rob@fishinternet.com.au and tell us what you did, how you went and any other fun things you may like to add.

We're not just looking for results. Maybe you have had a fun experience you would like to share, or a joke, funny story or motivational tale to tell?

Flying Fox T-Shirts

Get your "Flying Fox" Kembla Joggers exclusive T-shirt. A hit from last year, at only \$5. Most sizes available. Plus if you're looking for running gear, as race singlets and



shorts, see Bronte or Karen Blay on event days.

Junior Running Coaching

Keen to improve your running, and want to run with other Kembla Jogger juniors? Kembla Jogger runner Rob Battocchio conducts running squad training sessions at North Beach Surf Club. Rob will get your technique right and help you improve your running times, with quality but fun based coaching. All juniors are welcome.

Call Rob on 02 4226 4754 or 0413 862 676 for more information.

Track Events

Improve your speed and have a run around Wollongong's premier running track. Each Thursday night at 6.30pm Kembla Joggers conduct races at the Beaton Park Athletics Track. Junior events range from 800m to 2000m. All members and friends are welcome.

Some great times have been recorded in March with Ryan Burns running a very fast 6.32 over the 2000m, James Greathead a PB of 9.30 in the 3000m, Shane Cowie recorded a fine 5.46 for the 1500m, as did Lauren Ognenovski in 6.25. Well done guys.

Field Event Practice

Before the KJ track events at Beaton Park, KJ Junior's can participate in a field event from 6pm, including Long Jump, High Jump, Discus, and Shot Putt. Coaching tips will be provided too.

Junior Development Clinics

Last year, Kembla Joggers put on a very successful series of educational and coaching clinics. Juniors, parents and even a few of the more senior runners, were educated on Stretching, Running Technique, Coaching Principals and Nutrition, by leading experts in the field. This winter, we will again be holding coaching clinics with the emphasis on 'running', with technique, cross-country running, beach runs and some fun games and challenges along the way.

The junior clinics will be held on the last

or second last Sunday morning of each month, from May to September. Look out for a separate hand out with exact dates, times and places at the next couple of KJ events!!!

Junior Camp

Have fun, meet other KJ juniors, run with KJ elite runners, and get ready for the inaugural Kembla Joggers Junior Run 'n Fun Camp. We are still looking to set a camp on the 18-19 May at Cataract Scout Park. As a KJ event is held at Cataract on 19th May, parents can pick their kids up after the Cataract race. Keep posted at the next couple events for more information.

KJ's Sub Junior Update.

By Bob Ognenovski

With the growing number of juniors under the age of 12, KJ's Junior sub-committee has decided to run a Sub Junior Pointscore (Under 12yrs) for the 2002 Winter Season. The Pointscore will run in conjunction with the current Junior Pointscore (12-18 yrs) and will be over 1km and 2km. The emphasis however, will be fun and fitness, with points based mainly on participation, with extra points for 2km runners and handicap finishes.

West Dapto 23/03/2002

A total of 37 kids took part on the day. The Top 10 for each distance and their times are listed below.

Impressive first up times were recorded by Jake McCauley and David Ognenovski in the 1km race, with Jake out-sprinting David in the last 100 metres. Much improved performances by Benjamin Scollary and Tegan Richards were also a highlight.

In the 2km event Trent Goodwin and Alana Yardley went stride for stride on the first lap with Trent getting the upper hand in the last 300 metres. Good times were also recorded by newcomers Ashley and Talissa Scott.

Results:

| | |
|--------------------|------|
| <u>1km</u> | |
| 1 Jake McCauley | 4:08 |
| 2 David Ognenovski | 4:12 |

Off and running. The juniors get going at West Dapto.

| | |
|---------------------|------|
| 3 Jarryd McBarron | 4:36 |
| 4 Ross Sharpe | 4:45 |
| 5 April Maciejowski | 4:46 |
| 6 Benjamin Scollary | 4:52 |
| 7 Jessica Eady | 4:59 |
| 8 Alain Moriana | 5:02 |
| 9 Thomas Joyce | 5:08 |
| 10 Tegan Richards | 5:16 |

2km

| | |
|------------------------|-------|
| 1 Trent Goodwin | 7:34 |
| 2 Alana Yardley | 7:45 |
| 3 Joel Dent | 8:38 |
| 4 Ashley Scott | 8:52 |
| 5 Talissa Scott | 9:07 |
| 6 Lauren Ognenovski | 9:07 |
| 7 Stephanie Hummerston | 9:30 |
| 8 Zac Blay | 9:44 |
| 9 Brett Cowie | 10:07 |
| 10 Peter Batten | 11:37 |

Sub Junior Pointscore

| | |
|----------------------|----|
| Trent Goodwin | 35 |
| Alana Yardley | 34 |
| Joel Dent | 33 |
| Ashley Scott | 32 |
| Talissa Scott | 31 |
| Lauren Ognenovski | 30 |
| Stephanie Hummerston | 29 |
| Zac Blay | 28 |
| Brett Cowie | 27 |
| Peter Batten | 26 |
| Jake McCauley | 20 |
| David Ognenovski | 19 |
| Jarryd McBarron | 18 |
| Ross Sharpe | 17 |
| April Maciejowski | 16 |
| Benjamin Scollary | 15 |
| Jessica Eady | 14 |
| Alain Moriana | 13 |
| Thomas Joyce | 12 |
| Tegan Richards | 11 |
| Sam O'Brien | 10 |
| Ronni Maciejowski | 10 |
| Ben Shorten | 10 |
| Brad Gullick | 10 |
| Jackson Eady | 10 |
| Kyle Bedzinski | 10 |
| Jessie O'Brien | 10 |
| Clare Villegas | 10 |
| Lara Moriana | 10 |
| Ashlee Smith | 10 |
| Campbell Rutty | 10 |
| Cassie Smith | 10 |
| Jack Miller | 10 |
| Sean Cranney | 10 |
| Erin Cranney | 10 |
| Molly Mulready | 10 |

Neil Barnett Becomes a KJ Life Member

After giving many years and literally thousands of hours towards helping to improve and expand Kembla Joggers, Neil Barnett, president of the club for 11 years was given life membership at the Hangover Handicap on January 1st this year.

Another life member, Bill Williamson, once said that the true value of a sporting organization lies not only in the quality of its athletes, but probably more importantly in the dedication, enthusiasm and commitment of its officials. And how true this is of Neil. During his term as president, Kembla Joggers has increased its membership many times over, so that we are now one of the largest running clubs in Australia.

In addition, KJ's has been named the Australian Athletic Club of the Year in 2000 and won the leadership category in 2001. Much of the credit for this must go to Neil, as he had the energy and foresight to follow things through.

We are very lucky to have Neil as president and as a club we acknowledge him for his commitment and dedication. Cheers Neil.

Bouquets

To **Louise Samuel** from **Graphic Connection** and her trusty offsider **Corinne** who put together another brilliant KJ Handbook. What would we do without them. Ladies take a bow!!

To all of the KJ helpers at the **Corporate Games** weekend and the Corporate Triathlon at Belmore Basin. Thanks all.

To all the **KJ's** who got their marshalling duty sheets in nice and early. Eric says a big thankyou.

To everyone who chipped in at the first West Dapto event, particularly **Jim Hennessy** and **Pete Issa** who handled the traffic during the junior races, **Bob Ognenovski** and the parents who assisted during the same, and everyone else who remained as patient as ever under some difficult but unforeseen circumstances.

To **the bosses** of all the committee bods who are so tolerant of us.

To the many **volunteers at the Fitness Five Funrun**. Thanks for making this event such a success. And of course the Fitness Five organising team led by Peter Issa.

To **Hans Lambert** and everyone (many non-KJ's too!!) who helped put on another successful Gong Run event.

To **Vito Gaudiosi** who helped Eric mow a bowling green quality track at West Dapto for the junior events only to be told later that day that the venue could not be used in the short term. D'oh!! Thanks for the effort anyway Vito. The same to the crew of KJ's (including Dave Church who trekked from the Burg!!) who cleaned the cow pats from the shelter area only the weekend before. D'oh again!!



Discounts for KJ Members

Don't forget to use your KJ membership card when shopping at the following businesses to save heaps. You will need a special store card only for Rebel Sport, Figtree Health Foods and Sportsman's Warehouse - available from the club Secretary on race days.

A new addition to the list is the famous Caesars Chickens on the Princes Hwy just south of Corrimal. On presentation of your membership card you will get 10% off all food & drinks etc, including catering at parties.

Please make an effort to support these businesses who have made an effort to support you and the club. The following discounts will normally apply. Please remember to show your card.

| | |
|---|----------------------|
| Uncle Petes Toyworld (Wollongong store) | 10% |
| Figtree Health Foods (Westfield) | 15-20% |
| City Physiotherapy (Phil Parle) | \$10 off all visits |
| Fitness First Remedial Massage | \$10 off first visit |
| Rapid Cool Airconditioning | A cool discount. |
| Wilson's Discount Bikes | 10% |
| Sportsman's Warehouse | 10% |
| Caesars Chickens | 10% |
| Rebel Sport | 10% |
| Pepsport | 10% |

Save at Rebel and Help KJ's too

Now here's a VERY special deal exclusive to registered KJ members and their families during 2002.

Just use your new 2002 Rebel Sport card, issued upon registration, at Rebel Sport's Gateway Wollongong Store and receive 10% off anything in the store (except already heavily discounted items of course!!). Remember you must show your Rebel card to get the full discount.

But not only do you save but also at the end of the year the club will receive a 5% rebate on total sales to KJ members. That's right for every \$100 spent you save \$10 and the KJ's gets \$5. This will help us keep membership fees low and allow us to invest in new equipment.

So make it a habit - shop at Rebel Sport's Wollongong Store for all your sporting needs to save \$\$\$ and help KJ's too.

Camera Found

Mmmm. No takers yet - we don't really want to develop the film to see who it belongs to but... Left behind at the Hangover Handicap race at Mt Kembla on New Year's Day, one good camera. Enquiries to Neil Barnett on 4272 6818.

Left behind at our Hill 60 race - a Jindabyne sweat-shirt. Also contact Neil.



Neil Barnett

President of KJ's for 11 years

Having in excess of 400 members, it is a hard task keeping track of everyone and getting to know each other better. We have decided, therefore, to run one or two profiles a month to introduce ourselves to our fellow KJ's. This issue of the FOX presents Kembla Jogger Neil Barnett.

Age group: Open Male (and getting flogged)

Family: Just me....single as ever (and still available...hint, hint). Someone recently said that I was married to the KJ's!

Occupation: Engineer at BHP

Favourite TV show: The Panel, Southpark, The Royle Family, Secret Lives of Us, Roy and HG, Reality shows a fave.

Favourite Food/drink: any pasta dish, oh, and chocolate, cheap cask wine in the fridge and a nice cappuccino is hard to beat.

Favourite Music: REM, Moby, ATB, Bjork, enjoying Jamiroquai's latest CD.

How long have you been a member of Kembla Joggers? 16 years (since I was a junior)

How did you get involved with KJ's? My dad has been running with the KJ's since God knows when so I was always at KJ's as a kid riding my bike and generally getting up to mischief. I started running when I was 14 or so and Jono Hall (then 10 I think) challenged me to it.

Are you a competitive runner or do you just run for fun and fitness? This is a question I've never been able to answer. All 3 I guess. The competition is important but it is always against myself. If it wasn't for the KJ's I wouldn't be running as much for sure, so the camaraderie is number one to me.

Do you have a coach? No, pretty much self coached. There's always plenty of KJ's with experience to get advice from so I've never really bothered.

What is your favourite training session? Long runs at 30-45secs off my 10km race pace. I enjoy shorter tempo runs and BROWNIES fartlek sessions.

What is your least favourite training session? BROWNIES track sessions (14 x 400m, 6 x 800m etc). But, I always say it's like eating your veggies, it might not taste too swell, but it is good for you.

Where is your favourite training venue? Mt Kembla of course. I love running around the beach area in Wollongong - so much to look at. Long runs anywhere flat!

Who are your training partners? Enjoy training with Steve Matthews (always a laugh), long runs with Raf, Ryan Burns keeping me honest too! Love to run with Suzanne for all the goss. Hard sessions with the gang.

Do you have a role model? Plenty, but I'll avoid controversy and not mention some of them. Sir William Dean is a fine Australian. Cathy Freeman is a standout in running - a great role model in many ways.

What do you consider your best time or

performances in a KJ race: 76.11 for the Half Marathon, 9.44 for the 3km track is looking hard to beat.

What do you consider your best time or performances in other races: 2.52.10 for Canberra Marathon was OK. Always run well in City to Surf, best there is 50.50.

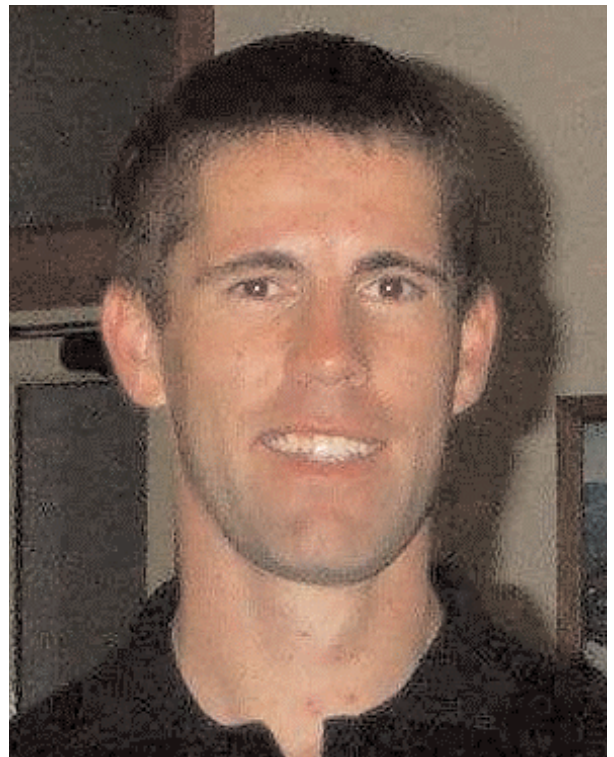
What is your favourite KJ run and why? The Half Marathon - did you expect me to say anything else? The 9 and 10 mile are also faves.

What is your least favourite KJ run and why? Anything too short like 1500m or 3km, but it is always great to PB them. Cross-country has never agreed with me either.

What do you like best about KJ's? You've heard it before, but it's the people. You couldn't meet a greater bunch. It has a positive impact on everything we do in life and it's only \$30 a year to join. You can't beat it. The evolution to a family based club has been great too.

What do you think KJs can do better? We can always improve everything we do, no matter how good. I don't think this quest will ever end. A clubhouse would be nice and maybe a few more social activities minus running shoes!!

Interesting things we don't know about you: mmmmm...where do I start? Big interest in Australian fine arts. Love visiting art galleries and exhibitions/auctions for bargains. Hope to start up a business one day. Ran as a candidate in Ward 4, Wollongong Council Elections in 1995....unsuccessful (just) but quite happy about that now! I've



clocked up over 65,000kms at last count according to my running diaries.

What are your aspirations? To break 50 mins for City to Surf, sub 2.50 for the marathon, sub 35 for 10km and to one day finish in the top 10 on handicap in a KJ race (a big ask)

What has been your worst injury? I've been lucky with injuries. I've had my share of stress fractures though and a haematoma on my shin has caused me some grief. Recently had glute problems (perforans) which made life difficult, but it disappeared with an increase in mileage... amazing.



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2001-2002 Summer Report

by Gary Howard

Although numbers were slightly down on last year, mainly due to rainy conditions, we still managed to record over 1,086 race registrations including a 45% increase in junior runners and again saw a successful season of racing. The 2 new courses at Berkeley and Windang proved to be a success, Windang especially because of the after race BBQ. Thanks to Tony Maloney, Dave Barnett and Former KJ runner Ray Good for making the Windang training course into a race.

The Club Challenge at Engadine had to be run to be believed. It was the equivalent of our 9 mile and Hill 60 courses run simultaneously.

Once again the Stuart Park races attracted big crowds. On the Puckey's Course, Russell Chin finally broke the 15.00-minute barrier by recording 14.54. Russell now holds the top 7 fastest times and Kerryn McCann (16.06) broke the Female Open Record. On the Stuart Park Course, Erin Hargrave (17.43) broke the long standing Female Open Record of Lorraine Davis (held since 1993) which was later broken again by Kerryn McCann with a time of 16.22. The Female Only Race attracted 49 runners and again proved to be a success. The winner, Sarah Mycroft (10.26), backed up in the 3km Open Race and ran a time of 10.54.

The New Year's Day Hangover Handicap went ahead with a very smoky atmosphere and Paul Micale went within a whisker of winning the race on handicap, which was taken out by Matthew Pickering. The Gong run and Port Kembla beach run both proved popular with good attendances at each venue.

John Rosenzweig was the 2002 winner of the Ydoidoit Trophy. John has only been running with the club for 2 years now and has progressed from a 20.40 5km runner to a personal best of 17.37. Paul Micale leapfrogged many of the top 10 finishers to take out 2nd place with last years winner Mark Everton in 3rd position. Unlucky not to finish higher was Ryan Burns along with Jennifer Ann Burns and John Burns.

Pointscore: (Best 7 Races)

| | |
|----------------------|------|
| 1 John Rosenzweig | 1426 |
| 2 Paul Micale | 1387 |
| 3 Mark Everton | 1332 |
| 4 Ryan Burns | 1328 |
| 5 Jennifer Ann Burns | 1305 |
| 6 John Burns | 1279 |
| 7 Wayne Montefiore | 1270 |
| 8 Greg Learmonth | 1221 |
| 9 Terry Frost | 1205 |
| 10 Peter Evans | 1189 |
| 11 Jose Pereira | 1188 |
| 12 Neil Barnett | 1132 |
| 13 David Babis | 1129 |
| 14 Chris Richards | 1125 |
| 15 Wendy Tranby | 1111 |
| 16 Russell Chin | 1108 |
| 17 John Wilton | 1102 |
| 18 Andrew Rutty | 1100 |
| 19 Carrine Weston | 1088 |
| 20 Carolyn Dews | 1074 |



| | |
|---------------------|------|
| 21 Andrew Krajewski | 1073 |
| 22 Ned Mrsic | 1072 |
| 23 Craig Sakey | 1063 |
| 24 David Barnett | 1056 |
| 25 Ian Tague | 1052 |

Summer Series winner John Rosenzweig is happy to receive the YDOIDOIT trophy. He certainly had a fine summer of racing! Well done John.

| | | | |
|------------------|-------|-------------------|-------|
| Raf Moriana | 51.47 | Belinda Edmondson | 76.34 |
| Wayne Montefiore | 54.12 | | |

50+

| | | | |
|------------------|-------|--------------|--------|
| Peter Evans | 54.23 | Lynne Tague | 80.13 |
| Tony Hernandez | 56.40 | Linda Cortes | 101.17 |
| Andrew Krajewski | 58.20 | | |

60+

| | | | |
|---------------|-------|--------------|-------|
| Peter Asher | 66.49 | Helen Ashton | 82.51 |
| David Barnett | 71.33 | | |

Summer Short Course Championship

Ben Dubois and Trudi Barnes were the Open Category winners. In a close battle with Paula Crinnion, Trudi held on to win by a margin of 4 seconds, while Ben held off Russell Chin and Jonathan Hall. Certificates are still to be finalised (even last year's). A full list of times is below. The times are the total of the fastest Puckey's, IYC, and Stuart Park 5km courses combined.

Open

| | | | |
|---------------|-------|----------------|-------|
| Ben Dubois | 47.15 | Trudi Barnes | 56.25 |
| Russell Chin | 47.44 | Paula Crinnion | 56.29 |
| Jonathan Hall | 47.55 | Carrine Weston | 59.21 |

Junior

| | |
|----------------|-------|
| Mitchell Burns | 52.38 |
| Ryan Burns | 53.35 |
| Tim East | 61.54 |

20+

| | | | |
|---------------|-------|--------------|-------|
| Ben Dubois | 47.15 | Trudi Barnes | 56.25 |
| Russell Chin | 47.44 | Rachel Agnew | 63.18 |
| Jonathan Hall | 47.55 | Lisa Read | 74.38 |

30+

| | | | |
|--------------|-------|----------------|-------|
| Paul Micale | 48.20 | Paula Crinnion | 56.29 |
| Tim Crinnion | 51.47 | Carrine Weston | 59.21 |
| Dave Pomery | 52.05 | Carolyn Dews | 60.12 |

40+

| | | | |
|------------|-------|--------------------|-------|
| Phil Parle | 50.40 | Jennifer Ann Burns | 63.34 |
|------------|-------|--------------------|-------|

Highlights

The Ben Dubois (14.21) and Matt Kerr (14.21) match-up at the IYC 5km race. At the finish the lead changed 5 to 6 times in the last 400ms - and what about the times in unfavourable windy wet conditions.

Carrine Weston for her 18.54 on the Stuart Park Course, beating Trudi Barnes, Lucie Richards and Sarah Mycroft.

Carolyn Dews for her 19.25 at the IYC.

The improvement of both Dianne Birch and Wendy Tranby.

Husband and wife team of Tim and Paula Crinnion who ran some blinding times which saw Tim take out 2nd place in the men's 30+ category beating some very notable runners and Paula nearly winning the Open Female section.

Also for Joe Pereira whose performances did not go unnoticed.

Young Tim East for his 19.54 at the IYC.

Ryan Burns for his performances in keeping Neil Barnett and John Rosenzweig honest.

Junior newcomers Sara Burns and Rohan Frost for continuing improvement.

Rohan's dad, Terry Frost, a former KJ runner had a good season as did Craig Sakey and another newcomer Michelle Formosa.

And last of all it is good to see Andrew Krajewski getting back close to his best and not surprising to see that both Andrew and Neil Barnett ran all the summer races.

The Summer Series would not be the success it was without the help of the following: Peter Issa always willing to do any task at any time; Jim Hennessy always willing as well; Bryan Ashton, Paul Netherclift, and Ward Hummerston setting out the junior courses; Mark Everton for time keeping; Hans Lambert, Kevin Raines, Kevin O'Connell, Ian and Lynn Tague for all the hard work in getting the times on the net on race night. Thankyou to all the above plus the regular marshals and general committee members who lend a hand on race day.

Kembla Joggers Track Championships

The KJ Track Championships were spread over 4 weeks, always on a Thursday evening, at Beaton Park track. Championship distances that were contested, were 100m, 200m, 400m, 800m, 1500m, 3000m and 5000m. In addition, juniors under 12 years contested the 1km and 2km. Whilst full results for each age group can be found on the web site, it is worthwhile noting some of the outstanding performances.

Jennifer Ann Burns, previously one of the outstanding female distance runners in the Illawarra, set records in the 100m, 200m and 800m for the female 40-44 age group.

Wayne Montefiore ran an outstanding time of 2.11.9 for the men's 45-49 age group 800m and 4.36.6 for the 1500m.

John Burns, new to running and trying to keep up with his 12-year-old daughter, has finally found his forte in the sprints. John won the men's 50-55 100m and 400m, the latter in 65.8.

Stephen Brown, our "white Kenyan" ran superbly in the 3km steeplechase and finished in a great time of 10.23, which is only 3 seconds outside the national qualifying time for the under 20's. He did this running one hurdle too many (our mistake, not Stephen's).

Jono Hall, not having raced a 1500m for 15 years, ran a good one here in 4.13 and really surprised himself.

Mackenzie Hynard set a record for the under 10 boys 100m in 18.00 secs.

Everyone who contested the championships had a great time, many doing PB's, but some age groups were severely depleted and next year we hope to improve that situation.

ANSW 10km Road Race

All ANSW members are informed that there has been a late change of venue for the 10km road championship, planned for May 11th. Please note that the race has been changed from Kurnell to Holsworthy Army Base. Apparently the Dept of National Parks and Wildlife have objected to the race being held at Kurnell.

As far as we know, race times etc, remain the same.

Athlete of the Month

(February 2002)



Carrine Weston

The Kembla Joggers Marathon Championships, to be held in Canberra, has stirred the thoughts of a number of runners in the club and a sizeable contingent will be heading to the nation's capital on the weekend of 13/14 April 2002 to compete against the best in this event. Without exception they have all been putting in the hard yards in order to survive a race that is the supreme test of one's spirit and mental commitment. They are much leaner in face and body and, compared to last year, much fitter as a result. The resultant times and improvements in performance over the summer has been shown in many of those who ventured down this path.

One of the KJ runners who has benefited greatly from systematically increasing her endurance is Carrine Weston. Carrine first went under 20 minutes for 5K in the Fitness Five two years ago. Since then she has been hovering around this mark until the recent KJ Summer Series saw her times coming down to the low nineteen's. In the Stuart Park 5K Carrine followed in the wake of Kerryn McCann and blitzed the rest of the women's field to come home in 18mins 54secs. This was an outstanding achievement that suggests greater things to come. However, this particular performance was the one that stood out above the others and clearly merited the award of Athlete of the Month for February to Carrine.

KJ's Website has moved

Our new address is : www.kemblajoggers.org.au

The new e-mail address is : runners@kemblajoggers.org.au

Avalanche Tragedy

Swiss marathon runner Franzisca Rochat-Moser died last month from injuries sustained in an avalanche. The 36-year-old winner of the 1997 New York marathon was dragged 700 metres by cascading snow and then buried in the avalanche in the canton of Valais. Two men skiing with Rochat-Moser quickly dug her out from the snow before she was flown by helicopter to hospital.

Athlete of the Month

(March 2002)

Wayne Montefiore



A good track runner in his day, and still is by present accounts, Wayne Montefiore is one of the quiet achievers who puts more into the club than he takes out. Besides carrying out the duties of club secretary, Wayne can always be relied on to answer the call and is one of the first to put his hand up to assist the club in any way he can. He is also one of the best veteran runners of his age in the State. His best friend, Peter Evans, would say, "thank God he is running for us and not them", a sentiment shared by many of his other colleagues in the Club.

It was where it matters most that Wayne showed that age was not a factor in producing outstanding times and runs. In the first race of the Winter Series he finished in the "Top Ten" with a 7th placing out of 107 competitors in a time of 16.55 on the tough, demanding Puckey's 5K cross-country course. A further illustration of his versatility came on the track at Beaton Park when he came home in the excellent time of 9.32.8 to help James Greathead to a PB. The nature and class of the Puckey's run was, however, one that deservedly earned Wayne Montefiore the Athlete of the Month for March.

From Hazel's Kitchen

Banana, Nut and Muesli Slice

- 1 cup toasted muesli
- 1 cup sifted SR flour
- 1 cup sultanas
- 1 cup chopped nuts (almonds or pecans etc)
- 2 mashed ripe bananas
- 1/4 cup honey
- 1 egg

Set oven to 180 degrees and lightly grease a slice tray. Combine muesli, flour, sultanas and nuts in large bowl. In a separate bowl, combine mashed banana, honey and egg. Pour in dry ingredients and mix well. Spoon into tin, smoothing surface. Bake in oven for 30 mins until firm and golden. Cool in tin and cut into fingers to serve. YUMMY!

The Drip Dry Kid

Am I the only one that sweats or what? During the usual post race talk fest I stood there relishing my cup of tea when a fellow KJ asked whether I had stood under a hose or something? No way, it was my usual sweat pouring out. I then noticed that this fellow was almost perfectly dry. He reckoned he had run the race and I knew that he had as he finished just ahead of me, but the appearance was deceptive! There was not a bead of sweat to be seen! Had he not tried enough or was it just the youth in him? I reckon we will have to call him the Drip Dry Kid. Nice one Brad Hynard, just keep up that good running form.

KFC v Hot Chocolate

It seems that pre race diet is taking on new meanings. We have all noticed the rapid improvements in young Stephen Brown so I was quite intrigued with his eating habits before a recent road relay. There he was munching on several large pieces of KFC. I looked again and sure enough he was devouring them at a rapid rate. I asked if he had finished his races but he said that there was one more to go in about 30 minutes! My stomach almost turned, but sure enough Stephen went out and ran another blinder. He must have a cast iron stomach. Whatever it is Steve, keep up the good work!

Unfortunately the same cannot be said for the ever-speedy Suzanne O'Brien. It was the same day and the same race that Sue ran some great times too, but the hot chocolate that she had 30 minutes before the race preferred to enjoy the outdoor surroundings of the Homebush complex. As they say we live and learn and even though Sue ran a blinder she assures me that the pre-race hot chocolate has gone by the board

News Flash!

Man Humbles Horse.

Abu Dhabi: "American distance runner Tom Johnson has edged out top endurance horse Al Baraaq in a man-versus-horse race over 80km. Johnson clocked 5hr 45min to edge the horse, ridden by Jennifer Nice, by 10 seconds on the desert track."

Mmmm.... 10 seconds over almost 6 hours... a pretty close call if you ask me.

Position Vacant

Is there anyone out there wanting the job of KJ's Assistant Secretary? It seems that my handwriting style is being declared too "medical prescription-like". I was filling in for the club secretary at the monthly committee meeting and scribbling like mad to try to keep up with the club president. There was a huge agenda that night and I could hardly keep up. One really needed a Hansard reporter on the spot. Nevertheless I tried my best. Now it seems that Mr Montefiore (or his lovely wife) had to spend hours deciphering my hieroglyphics. My apologies! Keep up that great running Wayne.

PS. That is not the reason why I missed the next meeting.

Forget Eddie the Eagle

It seems that a certain KJ runner has been out of the country for a while. He has not run for a while too. I have heard that he packed his snow gear, skis and all, and headed for the Northern Hemisphere (nothing to do with his latest bike racing accident) and was into total white-out. It just seemed too coincidental that all this was at the same time as Stephen Bradbury picked up Australia's first ever Gold Medal at the Winter Olympics. I have heard that our KJ was spotted in and around the steep slopes of Salt Lake City. One of our members even reckoned they heard his name on the late night TV reports by Roy and HG. Yes apparently it was not Eddie the Eagle that was out and about, but our own very "Raf the Raven" was spotted headed down the hill on the Giant Ski Jump. Good one Raf!

Divine Help

Is it true that our Steven Matthews sought and received 'Divine Help' when he entered the ANSW championships? I have been led to believe that many a moment was spent seeking extra help. Lo and behold our diligent Steve ripped away on the track, nipped over those jumps and roared away to win his first steeplechase gold medal. Excellent effort Steve!

Unfortunately it seems that the same source of Divine Help had run itself dry when it came to the annual KJ race along Port Kembla beach. Last year Gary Howard was fortunate enough for a low tide to be scheduled, but this year saw us all trying to

cope with quite a high level of water. But the weather was fine and everyone enjoyed it. There are even a few picturesque photos of the juniors on our KJ web site. Good work Gary.

Secrets of Success

Is it true that Ben Dubois has taken up heavy-duty weight lifting? Is it true that he is going to pull a jumbo get along the tar-mac with a thick rope? Is he really going to bench press 800kg? I am not sure, but a little sparrow tells me that he has been spotted along the cycle way at Fairy Meadow with weights in hands. This is while he is doing his 20 x sub 2.15 x 1km reps! Who was that wicked scoundrel that suggested he was using twigs to get his balance? If you want the facts ...ask Ben. You know, the fast guy with no hair and beard, I mean lots of hair and no beard, I mean half a beard and some hair... What disguise does he have now?... Well just ask the fast guy!

Who is in Hot Water?

It seems that at the Thredbo weekend the lads had a lovely spa for their use. So the early birds got in there and indulged themselves. They had such a luxurious, therapeutic, aromatic time that the hot water system was overloaded and ran out of that nice hot H2O stuff! It seems that the 'Comeback Kid' and the race organizer were not too popular with the rest of the cabin lads that night. Brrrrrrrrrrrr! A cold shower at Thredbo does not sound too enticing!

KJ Spy Network in Action

It seems that after the record breaking KJ Registration Day, cash and cheques were overflowing and the club treasurer was as busy as a beaver in autumn. Three people were writing out receipts flat out for over an hour! A great effort all round and a warm welcome to all our new and renewed members. That night Dave counted up the millions and organized all the cheques, wrote up the bank slip and put it all into a large yellow envelope. He then had a well-deserved dinner with his usual 4 glasses of 1988 Grange Hermitage. The weekend went by and then the phones started ringing, the surveillance cameras became activated, e-mails went cybering and satellites were repositioned! It seems that Peter Southgate was contacted in his supervisory role at Australia Post. One of the honest workers there had spotted a large, bulky envelope with no address on it. But in bold letters were the KJ inscription followed by the banking details...\$700,000 cash, \$250,000 cheques, etc, etc. This honest worker knew that Peter was involved with the KJ's and had contacted him. The envelope was returned to the rightful people, the banking was completed and everyone was happy!

Who suggested that this is our first Balls-Up nomination for 2002? Who said that the KJ Club Person of the Year does not know the difference between a postal box and a bank safety deposit box? All I know is that our Dave does a fantastic job and that the KJ club has never been in a healthier financial state in all its 29 years! Keep up the great work Dave.

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

Rare Sight

As I rode past Port Kembla pool the other day I nearly fell off my bike. There was Witold Krajewski coming towards me! So what you say? Well he was in a car and driving! It is years since I have seen Wit going home and NOT running or cycling home! Is it true that he has a broken leg, three chipped ribs and a punctured lung?

But the good news for Witold is that he did get \$175 back from his entry into the Forster Ironman. Unfortunately he has had to pull out of the race this year due to a shoulder injury. So with a doctors certificate he did get some money back. Some you say? Well it does cost around \$500 to enter the event! Amazing... That is SIXTEEN YEARS of KJ fees! What great value our little club is! But on another positive note he did get a refund big enough to pay the fees for the next 5 years of KJ's!

The Burger Boy

It is not hard to see how myths are created. At a recent track race I was astounded when I had to give a certain KJ speedster a few seconds start.

"He has put on heaps of weight! He is 113kg now! He's been pigging out!" These were some of the comments made to me. I guess my ballooning out to 65kg faded into insignificance compared to that but nevertheless it did not slow him down much. At the next race they reckoned he had slimmed down to a reasonable 85kg (a Jenny Craig Champion, I thought). During that race he caught me and was great for blocking quite a strong headwind. But I made the mistake of putting my thoughts into words and mentioning that he was like a big truck in front of me. Well, that was it. He switched on the turbo and was away never to be seen in that race again. The last I heard was he had withered away to 78kg. But I cannot verify that, as I have not spotted him recently. It seems he is very busy re-tiling bathrooms, renovating kitchens, repairing leaky ceilings, restoring furniture, re-covering floors and in his spare time works full time! Good on you "Burger Boy"

113kg!!!.... That seemed a bit high for me! Keep up the great work as Club Captain. Nice one Bronte Blay!

Not Around But In!

Is it only a few short months since I, being an asthmatic, could not run because of the excessive smoke from the bushfires? Then we had the dreaded big wet! It is lucky that Hans Lambert did not have his 'Around the Lake Run' on this particular



The Burger Boy.

day! As I meandered down to Oak Flats I decided to come back via the cycle way along the edge of the lake. Wow! There, before me, was an expanse of water. Straight into it I went and I jogged through about 1500m of water that was just under knee deep. An exhilarating experience,

good for the strength but not for speed. I thought if the runners come here on Sunday I'd pop down with the camera and get some spectacular shots of the "Gong Run IN the Lake! Keep up the great work Hans!

Cheers Peter E

Happy Birthday and lots of PB's to....

March:

Cade Barnes, Rod Batten, Stephen Brown, Joe Castro, Martin Church, Katrina Van Gils, Rachel Coppola, Andrew Dunlop, Matthew Edmondson, Peter Evans (KJ paparazzi), Matthew Feeney, Darren Gordan, Cody Grayson, James Greathead, Christine Hall (little Chris), Chris Hatfield, John Haw, Michael Hickman, Dave Higgins (alias the echidna), Geoff Kemp, Barbara Kennard, Sandra Laws (a HUGE birthday), Natasha Mackinnon, Bethany McCarthy, Vicki McPhillips, Bruce Medley, Cheryl Pascoe, Frances Pearson, Craig Perry, Ros Perry, Lawen Pickering, Nathan Pickering, Kevin Raines (big one next year Kev), Andrew Ruddy, Erin Smillie, Peter Southgate, Dominic Tier, Carrine Weston, Robbi Belsito

April:

Aaron Anderson, Alan Batchelor, Bronte Blay (Mr Club Captain), Nicholas Brazil (a HUGE birthday), Jim Brokenshire, Zak Browse, Jennifer Ann Burns, Ryan Burns (sweet 16 and never been kissed), Fiona Campbell, Aaron Church, Julian Fitzpatrick, Brad Gullick, Erin Hargrave, Emily Howard, Donna Lee Jones, Michelle Leffley, Nathan Mackinnon, Tony Maloney, Debbie Maxwell, Lynne McGregor, Liz Monahan, Phil Monahan, Wayne Montefiore (Mr Club Secretary), Lucinda Murphy, Trent O'Brien (a teenager at last), Jodi O'Connor, Jasmine Pulbrook, David Raymond, Rani Ritchie, Larissa Takacs, James Thornton, Graeme Warren, Daniel Watson, Dean Wilton, Chris Brown, Paul Di Pietro, Roy Francis, Thomas Leedham, Jack Millar



The Marty Church Files

Find Yourself A Group

The best training sessions we do are the one's we do as part of a group. For as long as I have run I have made an effort to train regularly with friends and have found that it is these sessions which have given me the greatest enjoyment and been the most advantageous. Regardless of what the session is that we are doing, despite whatever the weather throws at us when we run together, it is the group runs that are the ones I really look forward to each week.

The group I run with is a great group. We've got Lee who never, ever stops talking and Cheryl Pascoe who is permanently happy, like your kid's Christmas morning happy. Al Onions, well, he's a triathlete but he can't help that and Darren who's pretty quiet and doesn't say a lot. Marty Weston used to be with us but now he's House Husbanding and says he'll be back real soon. Greg Hatfield is there from time to time and Alan Duffy's back from England trying to make up for lost weeks. The boss is Ian Hatfield, the coach who runs the show, dishing out orders like your hardened 3rd grade teacher. We're from different age groups and some of us can run a bit faster than the others but we all train together as a group. Sometimes we run the cross-country course, sometimes we're on the hills and other times we circle the track, churning out lap after lap. Many a time it rains, occasionally it pours, but nearly all the time we're all there. We drip sweat when it's December and freeze when the winter winds blow but never does running in the group seem a chore or a hardship.

The benefits gained from running with a group of people are immeasurable. Not only is your running ability enhanced but also you gain friendships with others that share a common interest - the love of running. You always seem to run longer and push yourself further in a group situation than you would normally do on your own. There are many track sessions I have done where, had I been by myself, I would have certainly backed off or pulled out, but because I was with others I persevered, gaining strength from either having to catch up to them or not having them catch up to me. On many of our repetition or interval sessions the slower runners start off first, giving the quicker runners something to chase and, the slower ones an incentive not to be caught. Sometimes Al Onions foxes with our group, starting off early when he should be back in the pack and really gives the back markers something to chase. We might wish nasty things on Al but I know the benefits of training with my friends (yes, Al included) are enormous.

So if you want to increase the enjoyment you get from running, or you're becoming stale or bored or lonely with your training, find yourself a group. There's nothing like the feeling you obtain from doing something you enjoy with friends who share the same interest. I run longer, faster and happier when I run with others.

Martin Church

First time brilliance for Marie-Claire and Bruce in the Six Foot Track.

By Ray Wales

Michael, Marie-Claire and I set off for Katoomba last Saturday at 4:45am. Bruce spent the night up in the Blue Mountains and we met on the starting line. Dennis Web and Andrew Godsman were also there and Ed B. was listed as

a starter. Dave Raymond had to pull out with a continuing calf muscle injury.

Off we went down Nellies Glen, which takes 24 minutes to run the 2k due to the congestion. However, it was a great morning with top views in the morning light as we headed off to the Megalong Valley. Michael and Bruce were doing their own thing while Marie-Claire and I stayed together at a steady pace. We were getting close to two hours as we reached the Cox's River for the first major checkpoint. As most would know you have get into the river to cross it and guess what - at the crossing there was a naked lady swimming around telling all the runners that she would save anyone that got into difficulties! What a distraction when you had the wretched hill section to the pluviometer in front of you.

Marie-Claire seemed full of beans as we headed out of Little River while I was feeling off the pace. At the pluviometer we met Bruce who had taken off really fast. We also met Andrew Lloyd who was lying on the ground with a blanket over him. Anyone who thought of pulling out didn't feel so bad after seeing one of the guns in dire straights.

Michael decided to pull out at the pluviometer. During the hill section he had given assistance to a fallen runner who was so exhausted that Michael had to help them get a drink from their drink bottle. Susan Griffith who was one of the sweepers asked Michael to stay with her and he could still finish. However, Michael decided not to kill himself and drop out after a courageous four-hour effort.

I shuffled along Black Range wondering when Susan Griffith was going to catch up with me and possibly tell me to finish the run off as a passenger in a four-wheel drive. Meanwhile Bruce and Marie-Claire were heading to Caves Rd well inside the cut off time. Despite feeling that things were turning into a big ask, Marie-Claire kept on the pace to finish in 6h 27min. What a girl! Bruce wasn't that far behind with another great time - 6h 35min.

What about me. With the sweepers not far behind I had one last throw of the dice and risked running as fast as I could down the rocky steep slope for 2k into the finish. I just got in below the 7 hour cut off in 6h 56min. I did not see Andrew or Ed B. at the finish but guess what? Dennis Web took out the 50-59 male category in 4h 40min. A great effort from a really great guy.

So what now. All on the bus back to Katoomba. Bruce was met by Mary, his wife, Dennis got his car and headed home, while Michael, Marie-Claire and I went and had a vegetarian pizza then a safe drive home. Another top day with some top people.

ANSW Fees

| | Winter only | Full Year (incl Sydney track season) |
|-----------|-------------|--------------------------------------|
| Open | \$35 | \$70 |
| 35+ | \$35 | \$60 |
| U20 | \$35 | \$50 |
| U15 | \$30 | \$30 |
| Family | \$155 | |
| Dual (LA) | \$10 | |

Athletics NSW (ANSW)

As a registered Kembla Jogger you might also like to consider joining the NSW state athletics body. This will then enable you to compete in NSW state championship events, both as an individual and as part of a Kembla Joggers team.

In previous years, KJ's have had increasing success in these events and in 2001 were dominant in the Female U/20, Open and 35+ categories. In male events both our juniors and open men were really competitive, whilst our 35+, 45+ and 55+ men's teams won many events.

KJ relay teams were formed around runners of all abilities and each runner scored points throughout the winter season. So, don't think that contesting state events is too big a step for you. Every KJ competitor is valuable in relays and pointscores.

If you would like to discuss ANSW further, then check out the age group leaders below:

| | |
|----------|----------------------------------|
| Juniors: | Neil Barnett and Vanessa Kearney |
| Open: | Mark Everton and Hazel Brown |
| 35+: | Bronte Blay and Karen Blay |
| 45+: | Dave Higgins and Karen Blay |
| 55+: | Dave Barnett and Karen Blay |

NSW State Championship events for 2002

| | |
|----------|---|
| April 27 | Novice XC at Ramsgate Park (4km women and 10km male) |
| May 11 | 10km Road champs at Kumell |
| May 26 | Half Marathon in Sydney |
| June 15 | 8km and 12km XC in Nowra |
| June 29 | XC relays at Miranda |
| July 13 | 6km and 8km XC champs in Campbelltown |
| Aug 3 | Road relays in Wollongong (Marine Drive) |
| Aug 24 | Australian XC, venue TBA |
| Sept 8 | Long distance relays at Homebush |
| Sept 15 | Australian Marathon Champs in Sydney Australian Half Marathon (venue and date TBA) |

Sydney Half Marathon - May 26th

STOP PRESS: Entries have closed!!!

Premier Buses Illawarra are providing a coach for KJ's to travel to this event at a cost of \$15 per person. The coach will be leaving Western Suburbs Leagues Club at 4.30am on Sunday morning and will pick up runners on the way through the northern suburbs. The Sydney Half is a great day out and after the race we adjourn to the Rocks for lunch and a few ales before returning in mid-afternoon. See Dave Barnett, Peter Evans or Dave Higgins to book your place and pay your monies - again be early since places go quickly and are as scarce as a 10c piece at the bottom of the pockets of John Cooper's running shorts.

If you are registered with ANSW and have entered the Sydney Half let your respective team captains know so that you can be included in the appropriate team.

2002 Flora Sydney Marathon

The NSW Minister for Sport Mr Morris Iemma has announced that the second Flora Sydney Marathon and Sunday Telegraph Bridge 10km Bridge Run would be held on September 15, the second anniversary of the opening of the Sydney Olympic Games.

Entry forms for the Marathon will be available by the end of March and will be available either from the race office (contact Angus McGeoch on 02 8907 9472) or via the web site (www.athletics.org.au/sydney-marathon).

Entry forms for the 10km Bridge Run will be available in the Sunday Telegraph.

KJ Events

May

- 4 KJ Winter Series, Senior 10mile & Junior 3mile - 2pm West Dapto
- 19 KJ Winter Series, Senior 8km & Junior 4km - 11am Cataract Scout Park (Family picnic day - byo BBQ)

June

- 1 KJ Winter Series, Senior 10km (xc) & Junior 5km - 3pm Mt Kembla
- 8 KJ Winter Series, 4mile - 3pm Mt Kembla (A C Mitchell memorial trophy)
- 23 KJ Winter Series, Half Marathon (21.1km) - 8am West Dapto (Tom

Miskelly memorial trophy)

Other Fun Runs

- 12 Mothers Day Classic Fun Run (8km) - 7.30am The Domain, Sydney
- 26 Sydney Morning Herald Half Marathon (21.1km) - 7.30am The Rocks, Sydney.

June

- 9 Woodstock Community Fun Run (8km) - 8.30am Woodstock Community Centre, Burwood
- 16 Nike Women's Classic (5km) - 8.45am The Domain, Sydney

Congratulations

Congratulations to our first club captain **Sue Mulready and her husband Mark**, on the birth of their twins. They arrived slightly early on February 17th and now Molly has a sister called Olivia Kate and a brother named Jamieson Mark. Mum is back running and in fact, ran the first 8km at West Dapto, only 6 weeks after the birth. Sue holds the open record for this course of 28.54, which she set in 2000. Whilst her recent time was nowhere near this, it was still very respectable and when she does start running seriously (although when she will have time is a wonder) she will do so with a vengeance. Well done to the Mulready family.

Congratulations to **Kerryn McCann and Russell Chin** who ran a 5km track race in Melbourne on April 4th. Both set new KJ records. Kerryn set a new open and age group record with a

good time of 16.03.11 and Russell turned in a 20 second PB and a new 20-24 age group record with a great time of 14.36.45.

Port-a-Loo

Are there any KJ members out there who are willing to transport the port-a-loo to one of the West Dapto or Mt Kembla venues and return it to Oaks Hire? If you can help out for one of these dates, it will substitute as one of your marshalling duties.

The bottom line (pardon the pun) is, if we don't get volunteers there will be no port-a-loo. We are really short of help with race organisation and we desperately need more help.

If you can help out, please contact Eric Brown and nominate the date at which you can help. Phone 42613985 or email: sunnyb5@austarnet.com.au

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.kemblajoggers.org.au

Kembla Joggers Club Contacts 2001

Committee:

| | |
|----------------|---|
| President | Neil Barnett (h) 4272 6818 (w) 4275 7469 0419 256 047 |
| Vice President | Eric Brown4261 3985 |
| Secretary | Wayne Montefiore |
| Asst Secretary | Peter Evans4297 0082 |
| Treasurer | Dave Higgins4284 1317 |
| Public Officer | Robyn Henry4256 5274 |
| Race Organiser | Peter Issa |
| Handicapper | Gary Howard4274 3411 |

Other Roles:

| | |
|-----------|---|
| ANSW | Eric Brown4261 3985 |
| Publicity | Rafael Moriana .4296 6656 |
| Clothing | Bronte Blay4262 2100 Karen Blay4262 2100 |
| Juniors | Neil Barnett4272 6818 |

| | |
|----------------------|--|
| Marshall Coordinator | Eric Brown 4262 3985 |
| Timekeeping | Mark Everton 0407 068 976 |
| First Aid | John Gullick 4272 4274 |
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| KJ Website | Ian Tague 4256 4068 |
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