

# The FOX



The Official Newsletter of Kembla Joggers Inc.

Issue 4 [August] 2002



## President's Report

Well where do I start? What a month or two we have been through. And it's all good news, much of which you are well aware. The winter season is nearly over and the club committee has done a super job of conducting this year's races at the same time as managing some other major club projects. If you ever want to know why the KJ's is such a great club you only need to look at the many volunteers who dedicate much of their spare time to making it all happen. Just think about it!!

The gold medal winning performance at the Commonwealth Games by our own Kerryn McCann was an absolute highlight for the club as I am sure it was for Kerryn in her fine running career. Many of us have watched Kerryn steadily develop into one of the world's best female marathoners over the last decade and shared Kerryn's delight at such a well-earned victory. The club sent

flowers and our best wishes to greet Kerryn on her return, and many of you sent Hero e-mail messages, which we know Kerryn appreciated. We all wish Kerryn the very best for the future whatever she decides to do and once again congratulate her for doing Australia and KJ's so proud.

The club hosted its very first state championship event with the NSW Road Relays at Flagstaff Point in Wollongong in August. The logistics of closing down one of the regions most popular tourist drives to traffic was a massive exercise but the KJ organising team rose to the challenge. In the process we pulled off, in the words of one Sydney club official (no not Juan Antonio!!) "the best relays ever!!". The relays attracted a record attendance for a state champ relay event and all seemed impressed with the scenic venue and fast 2km circuit. A HUGE thank you to the hordes of KJ helpers on the day, the relay organising team and all businesses who assisted us, particularly Wollongong Council for their fantastic support.

The KJ van arrived at the Stuart Park

*History Makers. A Clean Sweep In The Women's Marathon. Krishna Stanton (2nd), Kerryn McCann (1st) and Jackie Gallagher (3rd).*

8km with all the sign writing in place and looking a million dollars. Our van sponsors are quite impressed with the result and it is now our duty to support those sponsors because without them we simply wouldn't have a van at all. The club is in a very lucky position of having some great sponsorship partners and if we give them value for money we can look forward to their continued support. And of course this means some other exciting future opportunities for the KJ's. The van will be officially revealed to sponsors in late August at a special media launch.

As the winter season comes to an end don't forget the summer season and the continuing track program on Thursday nights. Not forgetting too, the junior presentation and family picnic day at Cordeaux Dam on 14 Sept, KJ's Blue Mountains running weekend 1-3 Nov and Presentation Night on 9 Nov. There's always something on!!

Keep those feet moving ...Neil.

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## Uncle Pete's TOYWORLD

By Rob Battocchio

Hey Guys,

Well what an amazing hectic couple of months it's been for many "Flying Foxes!" Most Kembla Jogger Juniors have been participating in a large spread of events including the recent State All Schools Cross-Country at Eastern Creek, KJ's Pointscore events, ANSW events, school athletics carnivals, local fun runs and more. Having watched many of these events, I have to say that the representation by KJ junior members is outstanding. From the elite junior to the first timer, all KJ juniors have been trying their best, enjoying the events and often winning a large chunk of the medals. Great stuff guys!!

Let's now do a quick wrap up of these races...

### NSW All Schools Cross-Country Titles Eastern Creek.

Over twenty-five Kembla Joggers members participated at the recent NSW All Schools Cross-Country Titles, with ages from 8 years to 17+. The competition was first class, with hundreds of representatives from State, Catholic and Private Schools. I watched most events and was amazed at the speed and depth of runners in most age groups. Often the top twenty runners were only separated by 200-300m.

All KJ members performed to the best of their ability and should be proud of their efforts. Congratulations to medallists Steven Brown (2nd) 17 yrs, who led the whole way, only to be beaten in the last 50m, Jared Poppett (3rd) 17 years, who put in a very gutsy effort to follow Steve home, and Madeline Heiner (3rd) 16 years who improved 60 positions from last year! All

three have now made the NSW team, and will compete at the Australian Titles - well done!!

There were a host of other great performances with James Greathead an excellent 5th, Melissa Burgess a strong 8th, amongst the many KJ's who finished in the top half of the field.

### Kembla Jogger Point Score Events

Since the last Flying Fox, there have been three Junior Pointscore events. 8th June at Mt Kembla, July 6th at Reed Park West Dapto and 27th July at Stuart Park North Wollongong. As has been the case all season the roll-up for these events has been fantastic, with most events having over thirty juniors participating. Some great times and close finishes have been recorded, with many running new personal bests.

#### 8th June 2002 - Mt Kembla

Over 35 juniors turned up to Mount Kembla for a hit out in either the 1km, 2km, 3km or 3-mile events. Many great times were recorded and some close sprints to the finish line. Hudson Bouma led the 1km home, Jake McCauley led the 2km home just ahead of Keiran McCarthy, Melissa Burgess led the 3km home from Tim East, and in the 3-mile event Steve Brown just beat home Jared Poppett, with Mariana Hernandez first across the line in the junior girls.

#### July 6th- Reed Park - West Dapto.

How windy is too windy for Kembla Joggers? Answer - never windy enough.

A hardy group of juniors braced the gale force winds at West Dapto, and to all that had a go, well done. The pace was either like a 100m runner with the wind and then slower than the 'Cliff Young' shuffle against the wind! And you think running can't be exciting...

In the 3-mile event the boys kept the pace quick, with Steve Brown running a brilliant second overall, Jared a great 3rd, James a strong 5th and Ryan Burns an excellent 10th overall.

The girls were led home by Melissa Burgess, with Nicola Hummerston 2nd, and Mariana Hernandez 3rd. Sara Burns also had a great race in 4th.

An amazing 21 runners took to the 1km course. The challenge was never about time, but about being able to run against the wind. Well, the KJ juniors won the battle, with all finishing and having a ball as well. First three finishers were Shane Cowie, Gothan Girkin and Jake McCauley.

#### 27th July - Stuart Park

Stuart Park always gets a great turn out and the new winter Pointscore event was no exception. Over 40 juniors took part, with the 1km, 2km and 3km option to choose from.

There were many great runs recorded and I suggest you check out the Kembla Joggers website for placing and times. Perhaps the run of the day though was big improver for 2002 Zac Blay.

#### Keen To Know Your Time and How You Went Overall?

Just go to the KJ's website for a complete list of results, placings and other useful information.

[www.kemblajoggers.org.au](http://www.kemblajoggers.org.au)

### ANSW Events

#### KJ Juniors Lead the Charge!

Is there a record for the number of team medals a club has won in one season at ANSW events? Because the way the KJ medal haul is going, this record is under serious threat.

A few years ago, the KJ's were noted as a very strong open and older age group club but lacked depth in women and junior events. Fast forward a few years and it is highly likely that a KJ team will medal or go very close in nearly every age group! This is an amazing achievement and one that is in great part due to KJ Juniors.

To all KJ participants well done for your brilliant and continued representation of the club. Representation includes everyone from the quickest runner to each person who participates on the day, all finishers gain club points.

There has been many a great individual performance, which space limits naming each. Judging by the amount of individual and team medals won, many juniors are in great form.

The recent state road Champs, conducted by KJ's and held at Wollongong was evident of the brilliant depth of our KJ Juniors. Most KJ junior teams were medallists (mostly silver) with...

*U12 Girls team: 3rd.  
U12 Boys team: 2nd & 6th  
U14 Girls team: 5th & 11th  
U14 Boys: 2nd  
U16 Girls: 2nd  
U16 Boys: 4th  
U18 Boys: 1st.*

Excellent results all round. Special mention to U18 boy's team of Jared Poppett, Steve Brown, James Greathead and Ryan Burns who blitzed the field, with Jared also running the quickest of the age group.

## KJ Junior Development Clinics

Two of the three Sunday morning KJ Junior Development clinics have been conducted with over a dozen junior members (and some parents too) participating. The aim of the clinics is to provide free coaching and training advice to KJ Juniors, to have some fun and meet other club members. The first was held on a windy Sunday at North Beach, with a nice jog through Puckies to Fairy Meadow, games on the beach, a run back, and some beach soccer afterwards.

For the second clinic we headed North, to Bulli Beach, where 14 members joined in for a cross-country/beach run, then to Bulli High School for some relays and track running. The compulsory soccer game afterwards was a close tussle, with some mums joining in.

Don't forget to mark the calendar for the next clinic:

**When?** Sunday September 8th.

**Where?** Beaton Park Leisure Centre Athletics Track. (Track entry \$1.10)

**Time?** 10.30am

All members and interested friends welcome.

## Junior Presentation Day

The annual KJ Junior Presentation Day will once again be held in conjunction with the last junior pointscore event, at Cordeaux Dam on 14th September. There will be a BYO BBQ and the presentation of encouragement awards, special awards and pointscore awards for KJ Juniors. Don't miss out on this one - bring the whole family,

some food for the BBQ, have a run, and you may even get an award too!! There will also be plenty of give-aways. The junior events kick off at 10.30am and the presentations from about 12.30pm. Be there!!

## Pointscore Events - Two To Go

There are still a couple of junior pointscore events to go, with West Dapto on the 18th August and the final event of the year at Cordeaux Dam on 14th September which also doubles up as the Junior Pointscore and Presentation Day and BBQ!!

## Tell Us about Your Achievements

With so many KJ juniors it's very difficult to keep up with the many outstanding performances. Just let Rob, or Neil know of your result or send an e-mail 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 motivation tale to tell?

## Athletics Season

The school Athletics season has begun, with many a KJ Junior involved. Don't forget to get some track running practice and field event practice on Thursday nights, from 6pm at Beaton Park. The summer season is not far off, so now is the ideal time to prepare.

## 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 each Monday, Wednesday and Friday afternoon. Start at 4.30pm, meet at North Beach car park (opposite 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 0242 264 754 or 0413 862 676 for more information.

## Knowledge Corner What Is Fartlek Training?

Fartlek is a Swedish word meaning speed play. It's a simple, natural form of speed training that can be worked into any daily run. During a run of a given distance, you accelerate - to the next telephone pole, to the end of the block, to any landmark. When you have pushed as long and as fast as you want (or can), you jog to recover. Then when you feel like it, you take off again.

Some sessions, you can structure a timed Fartlek session, for example after a warm up, you would run 1 or two minutes hard (80%), with a 1 to 2 minute jog in between.

## Athlete of the Month

(June 2002)

### Lynn Tague

Trying hard and getting the best out of oneself are key ingredients of an athlete regardless of ability. Sometimes this comes naturally and sometimes it is latent waiting to be drawn out by the call of fellow athletes to go beyond your best in order not to let the team down. Running in a relay is one way of putting that commitment to the test and is not always isolated in an individual sense. Sometimes a whole team can rise to the occasion and collectively achieve much more than previously thought possible.

The cross-country relays at Miranda brought out one of the finest team performances seen for many a year when the 35+ men's team overcame the invincible Randwick Botany team by the narrowest of margins. Before you think that this award may go to a member of that team, though worthy that team may have been - think again. Unnoticed almost, on that day, was an individual performance by Lynn Tague, in the 45+ women's team. Although the team just failed to medal, the second leg run by Lynn in 20m 40s was comparable to any of those in her age group and was by far above anything that Lynn had run previously.

By rising to the occasion with a top run of breakthrough proportions Lynn has earned Athlete of the Month award for June and has demonstrated that the urge to succeed lies within us all.

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

### July

Kym Batten, Kyle Bedzinski, Zac Blay, Sean Cranney, Dawn Critcher (welcome back), Nadine Dryburgh (a new teenager), Terry Frost, Jim Hennessy (tireless KJ worker having a BIG birthday!!), Louise Hudson, Frank Hungerford (and welcome to our latest KJ, Daniel Hungerford), Dean Leedham (another new teenager), Glenda Maciejowski, Alain Moriana (yet another new teenager), Hugh Moteby, Paul Netherclift (another BIG birthday) Mark O'Keefe (a BIG birthday), Janet Poppett (another HUGE birthday), Dave Power, Geoff Smith, Daniel Walker, Lisa Walker, Geoff Walter, Garry Wolmsley,

### August

Bill Agnew (BIG one Billy), Natalie Arecco, David Babis, Neil Birch, Eric Brown, Emily Cranney, Alyssa Dedzinski, Jackson Eady, Franca Facci, Wayne Holden, Mark Jamieson, Witold Krajewski, Marti Kurt, Peri Kurt, Hans Lambert, Don Lewis, Jessie Maciejowski, Steve Matthews, John Mintoff, Zoe Mintoff, Raf Moriana, Ned Mrsic, Phil O'Hearn, Edy Ogenovski, Brett Parry, Ron Perry, Chris Richards, John Rosenzweig.

### September

Gennaro Acunzo, Brian Baird, Alyce Bell, Gareth Buckley, Mitchell Burns, Cohen Caruana, Des Comer, Brett "Smiley" Cowie, Jessica Eady, Sevgi Girgin, Greg Hatfield, Ian Hatfield, Mariana Hernandez, Gary Howard, Bob Jogo, Peter Kell, Marie-Claire Kurt, Bob Maciejowski, Kyran McCarthy, Molly Mulready (and ready for big school), Sam O'Brien, Jack Parle (teenager at last), Jake Pearson, Stephen Plumb, Wendy Tranby, Steve Tyerman, Steve Van Gils, Marty Weston.

## KJ Member Discounts

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

Please make an effort to support the businesses that have made an effort to support you and the club. The following discounts will normally apply but please **remember you need to show your card first.**

Uncle Petes Toyworld (Wollongong)	10%
Wilson's Discount Bikes	10%
Rebel Sport	10%
Sportsman's Warehouse	10%
Pepsport	10%
Athletes Foot (Wollongong)	10%
Caesars Chickens	10%
Figtree Health Foods (Westfield)	15-20%
City Physiotherapy (Phil Parle)	\$10 off all visits
Rapid Cool Airconditioning	- A cool discount

## Rebel Savings

Don't forget to 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 including ski hire. Remember you must show your Rebel card to get the full discount.

Not only do you save but at the end of the year the club will receive a 5% rebate on total sales to KJ members. Already KJ's have spent nearly \$10,000 in just a few months!! Wow, that means a cool \$500 will be coming back to the club!!

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

## Bouquets

To **Hugh Motbey** for mowing a fabulous track around Reed Park for our cross-country race.

To **Jodie Cauduro** for taking over from the Ashton's in copying and collating the Fox newsletter and to everyone else who also volunteered.

To **Rod Batten** (not just wife Kym) for joining the prestigious dunny towing brigade.

To **Leslie Higgins** who is often spied pushing wheelbarrows full of cash towards the Credit Union each Monday morning while husband Dave is on the way to work in Sydney.

To **absolutely everyone** who helped us stage the very successful NSW Road Relay Champs in Wollongong - far too many names to mention here in fact. Anyway you all know who you are - a very big pat on the back to each of you!!

To new KJ dad **Frank Hungerford** for his latest horticultural work at the Mt Kembla venue.

To **Vito Gaudiosi's Gym** for sponsoring the purchase of a new 40L water container to replace the one that was stolen at the Mt Kembla 10K race.

## Social Running Group for Easygoing Runners

If you would like to go for a run on the trails on the escarpment mixed with some runs along the cycleway, there is a group that gets together one day of most weekends. Runs are decided during the week and an e-mail is sent out stating the starting place and time. The starting times are between 6am and 8am depending on the location and time of year.

These runs are as much a social run as a training run and consist of men and women. Slow runners are more than welcome to come along. If you would like to join in, discover some interesting trails through the

escarpment and make some new friends, then get in touch with Ray Wales. Phone 4283 1148 (h) 4229 0636 (w) or e-mail: rcajwales@bigpond.com

## KJ Presentation Night 2002

When: Saturday 9th November  
6.30pm for 7.00pm start

Where: Wests Illawarra (Mt Kembla Room) Hargreave St, Unanderra

Cost: \$25 for supreme buffet  
Cheaper for kids (TBA)

Enquiries & Bookings: **R o b y n Henry** (Ph 4256 5274)

Make sure you book your seat early for the KJ's night of nights. The response last year was huge so to avoid missing out don't delay. It promises to be another great social night and of course we reveal the BIG winners for 2002. Who will win a KJ medal? Will big Bob Og win his second consecutive Ballsup title? And just who will walk away with Fred Zatopek's golden boots? Make sure you're there to find out.

## Thank You

The Kembla Joggers committee received the following letter of thanks:

*Dear President and Club Members,*

*Ron, Margaret and Linda Godsman, Christie, Amy, Terry and Kim Goding would like to express our appreciation for the kindness shown by the Kembla Joggers during this time of great sorrow for us all.*

*The floral arrangements with the message of sympathy sent by the club to both our families provided us with some comfort in those first dark days after the loss of our beloved Andrew.*

*The Kembla Joggers Club presence and participation at the funeral service for Andrew was a source of great pride for us all. It indicated the high esteem in which the club held Andrew. It was naturally a hard day for us, but we were helped by the kindness and support shown by the large number of club members present.*

*The Kembla Joggers Club was an important part of Andrew's life. We thank you all for the great pleasure and comradeship you gave him and for the compassion shown to us during this tragic time.*

*"Nothing beautiful in this world is ever really lost..."*

*Those we cherish will always live on in our memories."*

*Yours most sincerely,*

*The Godsman and Goding Families.*



**\* 10% Discount to KJ Members \***

## John Cooper

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 **John Cooper**.

**Age Group:** 50's

**Family :** wife and two sons, who thankfully take after my wife

**Occupation:** Lifeguard with Wollongong City Council and "would be comedian", straight man for Kevin O'Connell

**Favourite TV Show:** "One Foot in The Grave" (it's close to my heart)

**Food/Drink:** most rice dishes, soups, BBQ, red wine, beer, water, coffee

**Music:** 60's, jazz, some contemporary

**How long have you been a member of KJ's?** 19 years

**How did you first get involved?** Someone invited me along for a run

**Are you a competitive runner or do you just run for fun and fitness?** Fun and fitness

**Do you have a coach?** Not for running!!

**What is your favourite training session?** Saturday afternoon at the North Gong or, if you mean running, a Saturday afternoon 10km run at Mt Kembla

**What is your least favourite session?** I don't have a least fave, it's all hard these days

**Where is your favourite training venue?**

Mt Kembla

**Who are your training partners?** Geoff Chidgey

**Do you have a role model?** Anyone who hasn't run in the City To Surf and I always have a soft spot for Louise Samuel because she has no hesitation in loaning me her leotards and one piece body suits when I need to make an impression.

**What do you consider your best time or performance in a KJ Race?** When I won the 9 miler and when I got disqualified in the 16km at West Dapto

**Other race:** College To Coast, many moons ago

**What is your favourite KJ run and why?** 9 miler at Mt Kembla, because it has character and it is in the bush

**What is your least favourite KJ run?** Stuart Park, just don't like it

**What do you like best about KJ's?** I like it for the club spirit, it creates incentive and because I have a ready audience for my jokes.

**What do you think KJ's can do better?** I think on the whole KJ's do a great job

**Interesting things we don't know about you?** 1. Some of my friends support the All Blacks!!

2. I am a fully trained paralytic (first aid)

3. im a relly gud spellar



**What are your aspirations?** To grow old gracefully (that's unreasonable John)

**What has been your worst injury?** Sprained ankle climbing a back yard fence at midnight!

## From Hazel's Kitchen

### Meatloaf with BBQ Sauce

This is an absolute winner. This recipe makes two large or 3 small loaves.

- 500g sausage mince
- 2 teaspoons curry powder
- 1kg good lean mince
- 2 lightly beaten eggs
- 1 cup breadcrumbs
- 3/4 cup milk
- large finely chopped onion
- 1/2 cup water
- salt/pepper

Heat oven to 180 degrees.

Combine sausage mince, beef mince, breadcrumbs, finely chopped onion, curry powder, salt, pepper and lightly beaten egg in large bowl. Gradually add milk and water. Beat with electric mixer until mixture is very smooth. Initially it's easier to use your hands, but if you have an electric mixer or food processor use this.

Lightly grease 2 loaf tins and form mixture into loaves in these. Bake for 30mins, then pour off any excess fat. Pour some sauce over meatloaf, return to oven, bake for further 45mins. Serve hot or cold with salad.

### Sauce

- 1/2 cup water
- 1/2 cup tomato sauce
- 1/4 cup Worcester sauce
- 2 tablespoons vinegar
- 1/4 cup brown sugar
- 1 teaspoon instant coffee powder
- 30g butter (1 tbsp)
- 2 tbsp lemon juice

Combine all ingredients in saucepan, bring slowly to boil, reduce heat, simmer for 5 mins.

This is a great recipe with vegies or salad, hot or cold. I usually make one in a loaf tin and another 2 in the smaller foil loaf tins you can buy at the supermarket. These I freeze for later.



## 4 Mile - A C Mitchell Memorial Trophy Mt Kembla Saturday 8 June 2002



This was a handicap start with 102 runners. First on handicap and trophy winner was Derek Moriarty.

AGR's: Karen Ryan (F35-39 AGR), Rita Mein (F50-54 AGR)

### Results:

*Male: 1 Paul Micale 21:51, 2 Mark Scott 22:08, 3 Robert Battocchio 22:36, 4 Stephen Brown 22:43, 5 Jared Poppett 22:44*

*Female: 1 Carrine Weston 25:21, 2 Karen Ryan 25:41, 3 Trudi Barnes 26:25, 4 Vanessa Kearney 26:35, 5 Sandra Toth 27:13*

## 3km Alternate Race

13 runners

*Results: 1 Melissa Burgess 11:22, 2 Tim East 11:43, 3 Rohan Frost 12:27*

## KJ Half Marathon (21.1km)

Sunday 23 June 2002, West Dapto

This was a mass start event with 84 runners. First male and trophy winner was Rob Battocchio and first female and trophy winner Karen Ryan.

AGR's: Mark Scott (M15-19 AGR), Gwenda Brokenshire (F55-59 AGR)

### Results:

*Male: 1 Robert Battocchio 1:13.37, 2 Mark Scott 1:16.19, 3 Rafael Moriana 1:17.35, 4 David Pomery 1:17.56, 5 Phillip Parle 1:19.04*

*Female: 1 Karen Ryan 1:24.26, 2 Michelle Beattie 1:29.06, 3 Trudi Barnes 1:30.08, 4 Kelly Eady 1:31.44, 5 Carolyn Dews 1:32.10*

## 3mile - West Dapto Saturday 6 July 2002, Reed Park

This was a mass start race with 85 runners.

### Results:

*Male: 1 Matthew Kerr 16.38, 2 Stephen Brown 16.42, 3 Jared Poppett 16.47, 4 Robert Battocchio 16.48, 5 James Greathead 16.56*

*Female: 1 Sue Mulready 18.51, 2 Karen Ryan 19.22, 3 Vanessa Kearney 19.28, 4 Kelly Eady 19.44, 5 Melissa Burgess 20.23*

## 9 mile - Tony McMichael Memorial Trophy Saturday 20 July 2002, Mt Kembla

The "blue ribbon" event of the KJ winter calendar, the traditional 9-mile handicap race around the Mount Kembla circuit, was to be a memorable day in the 30 year history of races on this course. In fine cool weather with only a light breeze, an excellent field of 79 starters set out down through the Kembla Heights village, up the Windy Gully hill, past the orchards and onto the sealed road for the last 2 miles back to the O'Brien's Gap cattle grid. There were some outstanding performances but, unlike last year when there were 6 or 7 possible winners in the home straight, this year there was a clear winner of the Tony McMichael Memorial trophy with daylight second.

In a performance never before seen at Mt Kembla and not likely to be repeated for many years, Matthew Kerr blitzed the field of KJ's to win the handicap race by over a minute from the back mark!!! His net time was an unbelievable 44.33 smashing the official record by almost 4 minutes and eliminating all those pseudo records of those who started the run from Windy Gully.

Almost overlooked were the second and third fastest times on the day by Stephen Locke 48.06 and Paul Micale 49.33 both of which are also fastest Top 10 times around this course.

Other KJ male times worthy of mention were recorded by Rob Battocchio 50.33 (now almost back to his best after a long layoff through injury), Raf Moriana 52.01, Murray Smith 52.20, Dave Pomery 54.53, Malcolm Haigh 55.42, Joe Pereira 56.57, Jeffrey Gottaas 57.49, Steve Tyerman 59.35, Andrew Ruddy 59.52, Pasco Coppolaro 60.45, Ian Tague 64.46, Ray McCauley 67.32, and Garry Poppett 75.48.

However, there were also some great KJ female times in this race. Karen Ryan recorded the fastest ever female time of 56.22 which beat the previous record set last year by Suzanne O'Brien by 1 minute 14 seconds. When one considers Karen recorded 67 minutes in this race 2 years ago, it is a tribute to her hard work in training to now become the NSW Champion in her age group over a variety of distances (half marathon, 10 km road, 8km cross country, etc.) as well as anchoring the KJ champion 35+ female team in 5 ANSW events this winter. Congratulations Karen!!! Not to be outdone were second and third placegetters, Vanessa Kearney 59.00 and Sue Mulready 61.47, who are also fastest Top 10 times around the course.

Other top times were recorded by Kelly Eady 62.31 (an early tip as the KJ Winter Pointscore winner), Narelle Smith 67.57, Kathy McCarthy 68.15, Rowena Mullany 68.37, Rita Mein 71.45, Sarah Roger 73.52 and Franca Facci 75.56. Well done to all these ladies!!!

President Neil Barnett was heard to use the word "fantastic" over 25 times in his presentation speech to the winner Matthew Kerr and in further words regarding the other great times and he was not embellishing the truth as this truly was one of the finest KJ days at Mount Kembla. There were a total of 133 runners (32 runners in



the 3-mile race and 22 in the 1 km and 2 km races). However the day belonged to Matt as he showed the KJ running community how good he can be at his best - what a pity his dad Jim, who spent many a day here trying to beat the mountain, was not here to see this amazing run. Matt Kerr: 1 - Mount Kembla: 0.

## RESULTS:

*Male: 1. Matthew Kerr 44.33, 2. Stephen Locke 48.06, 3. Paul Micalo 49.33, 4. Robert Battocchio 50.35, 5. Rafael Moriana 52.01, 6. Murray Smith 52.20, 7. Neil Barnett 53.56, 8. Phil Giles 54.07, 9. David Pomey 54.53, 10. Garry Wheeler 55.00.*

*Female: 1. Karen Ryan 56.22, 2. Vanessa Kearney 59.00, 3. Sue Mulready 61.47, 4. Kelly Eady 62.31, 5. Melinda Sharpe 66.08, 6. Narelle Smith 67.57, 7. Kathy McCarthy 68.15, 8. Rowena Mullany 68.37, 9. Glenda Maciejowski 69.40, 10. Rita Mein 71.45.*

**FOOTNOTE:** Matt Kerr followed up his Mt Kembla run with a great second place in the Sutherland to Surf race the next week and won \$500 for his effort (32.43 for 11km). Your shout Matt next time we are all at the Mount Kembla hotel!!!

## 8km- Stuart Park, North Wollongong

Saturday 27 July 2002

This was a handicap start with 78 runners.

### Results:

*Male: 1 Murray Smith 27.15, 2 Rafael Moriana 28.02, 3 Neil Barnett 28.52, 4 Marty Weston 29.00, 5 Chris Richards 29.32*

*Female: 1 Karen Ryan 31.28, 2 Kelly Eady 31.40, 3 Sue Mulready 32.39, 4 Mariana Hernandez 34.37, 5 Edy Ogenovski 34.46*

## 3km Alternate Race

27 runners

*Results: 1 Stephen Brown 10.43, 2 James Greathead 10.43, 3 Ryan Burns 10.44*

## King of the Mountain

By Ray Wales

Seven of us rocked up at Cambewarra Public School on a perfect winter's day to tackle the King of the Mountain. Fronting up were Dave Church, Dave Raymond, Col Steele, Geoff Walter, Marie-Claire, Franca and myself. Dave and Franca had actually run the KJ 9-miler the day before - how impressive!

This is a tuff run. Anyone who can complete this course is going OK. However, the scenery and friendly organisers make this a run that anyone interested in long distance stuff should put on their calendar. Without listing everyone's times, Col and Dave R cruised along and were the first of our crew into Kangaroo Valley. Dave C was next, not too far away from 3 hours. Then came me, Franca, Marie-Claire and Geoff. Marie-Claire was not in her 6 Foot Track form on the day but still finished in a happy mood. Geoff toughed it out to finish. This was a gutsy effort from someone that has done a few 1/2 marathons but hasn't got in the

groove for the 30k-plus runs.

I would have loved to do a 3-hour run in the King of the Mountain. To do this I would have had to stay around 5.5 minutes per kilometre. On the day I felt good so I thought I could try for a time rather than be content and see what happened. The first 9k contains some really demanding hills but I felt strong and made an effort to tackle the hills rather than slacken off. Once on the dirt road I was able to lift the pace.

At every kilometre sign I calculated whether I was on track to average 5.5 minutes per k. This was all going to plan. At 1/2 way I was 2 minutes behind but thought I could get a move on and bring it back on track. The worrying signs were appearing from 22k onwards. I elected to walk Mt Scanzzi rather than burn up energy that could be used to keep up a good pace on the road into Kangaroo Valley. At the top of Mt Scanzzi I realised a 3-hour finish was out of the question. To do this I would have had to run the last 8k in 40 minutes.

On the bitumen I had to struggle to get back to a reasonable pace and was sweating on each kilometre marker. The last 2k were really tough and I crossed the line without much get up and go.

So what should I have done? If I had taken it easy earlier on I would have been way off the pace for a 3-hour finish but I probably could have run the last 8 k much easier than I did. This would have been the better option as it is soul destroying to struggle into the finish when you have run so strong earlier on in the event.

Obviously there is no substitute for the long miles. In my opinion you must regularly go out and do a 30k training run so your body gets used to it. Obviously this is easy to say but hard to do when there are other demands on your time.

Another problem is trying to beat your previous times. This was the third time I'd done this event. Instead of being content to finish I wanted to go better than I had. As it

turned out I was 30 seconds slower than my best time in 97. When I do the Mt Wilson to Bilpin I will be aiming to finish. Any time will be OK.

## Athlete of the Month

(July 2002)

### Matt Kerr

There are some days when you can run forever, float up the hills, and run at a speed only mortals can dream of. Rarely does such a day come, perhaps never, when you can witness a run that can almost defy description. That day came on Saturday, 20 July 2002 in the strength sapping nine mile at Mt Kembla. Not only was the time noteworthy but also the race was won from the back marker position, something that had never been achieved in a major KJ handicap race.

The official record of 48m 18s set by Roberto Rojas had stood for twenty years although, a faster run of 46m 12s has been recorded by Scott Burdett starting from Windy Gully. The latter is considered a little easier to accomplish since the tough hill-climb is out the way a lot earlier while the legs are still fresh.

Matt Kerr's long legs ate up the miles and all runners in the field were aware of his form as he effortlessly flowed past them at every stage on the course. Such was the intensity of his run that he had passed everyone before actually reaching the mile to go mark. When you consider it, the time of 44m 33s was exceptional by any standard and likely to endure many a year to come. As a result, no one, I mean absolutely no one, could deny that Matt was truly deserving of the Athlete of the Month award for July.



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## Number 1 Kerryn

It seems that the magnificent effort by Kerryn McCann in winning a Gold medal in the marathon at the recent Commonwealth Games inspired some of our betting KJ's. The Bulli Dogs were on not long after the race and there it was in black and white... Race 1 "The Kerryn McCann Trophy Race". Looks good thought our eager punter. Oh look at that Number 16... Hey that was Kerryn's 16th marathon too. Oh look at that name... "KJ's Pride"... got to go with that. Apparently our lad put a few thousand on it and waited with eager anticipation of a big payout. Yep \$42 was the figure quoted... 42km a marathon race. It was all too good to be true. That's right, it was. The dog did eventually finish but not in a paying position. Sort of like backing horse 9 in race 9 on the 9/9/99... yeh, it came 9th too.

The KJ that did his dough? Well that's a secret but I have been told that one Pasco Coppolaro has been seen visiting his financial adviser lately. Never mind Pasco you did a great job with the ANSW Relays times. Keep it up.

## Italian Flavours.

Who was the lad that had a BIG Italian night prior to the KJ Half Marathon? He even did all the cooking himself and fancied his skills against the young Oliver. The food disappeared very quickly during the course of the night and everyone was happy. Everyone that is except for the over-zealous chef. Somewhere along the line he had given himself an oversupply of some kind of spice. All was fine until during the night and it rumbled its way through his insides. It was only until the 6-7km mark of the half marathon that this dedicated runner said cheerio to his fellow runners and headed to the loo at Dapto Railway Station, not to be seen until the finish of the race! The good news is that he made there on time, the bad news is that he did not do a Pb! Keep up the great work as secretary young Wayne.

Ps. This is the first time I have heard of Wayne doing this, as opposed to that swift runner Dennis Webb. Apparently he did it for the first three ANSW races this year. I told him he needed to see a dietician, but he had already cut back on his gigantic fibre input and was confident that his problem was now cured. Keep up that great running and remember the Forster Ironman in 2003.

## Battles

I believe there were some titanic battles in the recent KJ Half. Apparently Andrew Krajewski was keeping an eye on the whole race via many short dashes in his car. He reckons the best one was the 3-way tussle between Steve van Gils, Joe Pereira and Bill Agnew. The last two got stuck into it very early in the piece and both are frothing from the mouth at the 12km mark. Young Steve kept his head and slowly gathered them in to finish with a burst. He got away from Joe in the last 100m with a battle weary Bill some 200m behind that. Well-done lads. A great race!



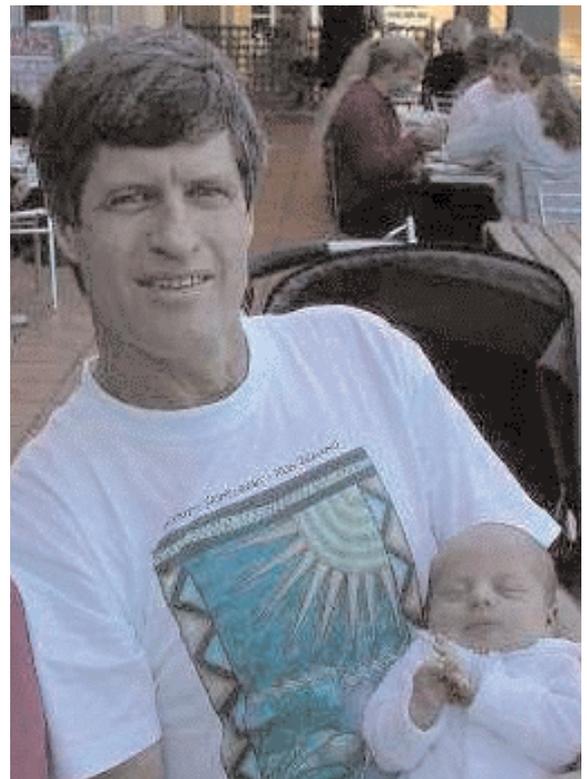
Joe Pereira leading Bill Agnew during the KJ Half.

## Whoops!

It can happen to anyone I guess. I see it all the time at school. But, who was the KJ that drove all the way to Miranda for the annual ANSW 4 x 4 km Relays? Well many KJ's drove there and many got warmed up, many did their stride outs, many stretched for a while, many talked to their friends, many watched the juniors racing, many congratulated the runners... but... one KJ was so engrossed in his discussion that he did not notice a huge gathering of runners congregating about 30m away from him. The gun went off and away they went. It was only when the runners were 150m down the track that someone yelled out... "Hey Wayne, aren't you the first runner?" Well that call certainly got things going! Like the aforementioned "Italian Night" story again. The need for speed was apparent. I believe he set the fastest time for 1 lap and managed to get back to his rightful place. Great run Wayne Montefiore! It sort of reminds me about the other ANSW relays race when you reckoned you could keep up with one Liz Miller. If only you had known about her credentials before hand. But it was quite amusing for us passive bystanders. I just wish I had your speed. Keep up the great track work.

in the ignition? The good news was that no one had stolen the car; the bad news was that no one could open the car. Until... along comes a dedicated Telstra trained man who soon whipped it open and then asked if he wanted the car started too! Our thanks to Dylan Forbes for the quick lesson in car entry. Whilst we all hope that a certain Frank, of Hungerford fame, starts to get his sleep patterns in order.

Ps. He is wearing the broadest and longest wearing smile I have seen for some time. What a proud father! Good on you Frank!



Frank Hungerford is now a daddy. Baby Daniel was born at 8:15pm on 24 June. His birth weight was 3.65 kgs (7 lb 13.5 oz) and he was 53 cm long.

## Happy Fatherhood

It seems that one of our 'young guns' is missing out on a bit of sleep. His sudden plunge into fatherhood has really disrupted his training regime and is starting to affect his memory. There we all were recovering from one of Eric Brown's torturous routines when we arrived back at the car park looking for water, towels and relief. Lo and behold who had left their keys



The real Vanessa Kearney.

## Look-a-like

Apparently we have a few look-a-likes in the club. A very industrious KJ keeps calling out "Go Vanessa" at all the KJ track races. But it seems that according to the calls our Vanessa was circling the Beaton Park track 3 times to everyone else's one. One's eyesight does not hold it's own as we age and thus this KJ keeps thinking that all KJ females with longish light hair are the young Vanessa Kearney. She is very pleased with energetic encouragement but wanted a way of telling the caller that she was not quite so swift. The truth is that Vanessa is getting back to her usual quick running and the KJ is still as industrious as ever. Good on you Peter Issa.

## Work Wanted

I spotted the notices around the place that indicated a few KJ's were short of cash and were willing to have a go at anything. But there has to be a limit. A couple of KJ's were at the Mount Kembla pub after a recent race and were really desperate for some coin for their next drinks. No problem said one "They say there are always coins in the trough". As he bent down at the bar and searched the small gutter-like trough he wondered where his drinking partner had gone. A few minutes later he emerged from the MENS! You guessed it. He had searched the other type of trough. You will have ask young Matt Kerr and Dickey Knee... who did what... and who got what... and what they drank.... All I know is that they both had excellent races at the 9 miler with young Matt ripping around in 44 minutes! I am still stunned by that magnificent effort. Well-done lads

## Frosty Ice Cream

Who was the KJ that got Mr. Whippy in a whirl at the recent ANSW Relays at Wollongong? The money making machine turned up to the top car park and was ready to deliver the goods once he had got parked. But... it seems that he has A SPOT that belongs to him and only him but someone else had parked in it. Unfortunately the car belonged to a KJ that was on duty on some other part of the course so Phil Leishman used his polished diplomatic skills to convince Mr Whippy that the place on the grass was just as good. Well-done Phil. The car owner... another businessman as it turns out. No not Mr. Frosty... but the Shellharbour News agency whiz, Joe Pereira who is getting faster as the weeks go by. He was just an innocent parker as there were no signs or symbols to be seen.

## What Humps?

Whilst Matt Kerr was whipping around the 9 miler in record time (still can't believe 44 minutes... amazing) another KJ was very engrossed in his own battle with the course. It is a tough one as we all know and this fellow was going really well and had survived the tough descent and the agonising climb. He had hit the bitumen-sealed road and was accelerating rapidly. This is where the problem came in. He was going so fast he either ignored or did not see the 'Speed Hump' signs. Crash! Down came our KJ and bang he went as he hit the non-forgiving surface. That was the end of this fellow's PB for the day. Not only did he lose skin off both arms, both knees and one thigh, he ended up at casualty with 5 stitches and 3 broken ribs and a bruised ego. It is turning into a dangerous sport this running. Last year we had the crashing down of the 40m giant hump and now we have the leaping speed humps. The moral of the story... slow down and obey those signs. And the next time you see Peter Henry say hello and give him a big smile. I have it on good authority that he needs a fair bit of TLC as he won't be running for quite a few months to come. It is a good thing he has loving Robyn to look after him.

## Mr Fix-it

I could not believe the amount of work that was done to run the recent ANSW relays at Wollongong. Well done everyone. The Mr Fix-it award goes to a KJ that was fiddling about with the biggest photocopier

this side of Sydney's CBD. You had to be in the Aussie weight lifting team to move it but there it was sitting in a tent courtesy of 4 very strong KJ lads. Unfortunately it would not run properly... fiddle, fiddle, and fiddle. No problem for Mr. Techno. A few minutes later it was running off copies as smooth as silk. Great work Mr Fix-it... Mark Everton.

## Thanks & Thanks

The club's thanks go to the generous KJ that replaced the large drink esky that was stolen from the course of the 9 miler. Great work Vito Gaudiosi.

Thanks also to Mother Hazel who always cleans up after every KJ event and always takes home any gear left behind. It seems a KJ left behind his fully imported, very hard to obtain, ASICS wet weather jacket. But our eagle-eyed Hazel did not let it get lost. One KJ is very thankful. (I must be getting old.)

## Vito the Godfather

It seems our Vito is very well known. There I was teaching away the other day when we started to discuss the Commonwealth Games and the sport of boxing.

"My Godfather is a boxer," said one keen boy.

"Who is that?" I asked

"Vito"

"My brother is learning to box," said another eager lad.

"Who with?" I asked

"He goes to Vito too."

What a small world it is!

## Searching

I am trying to put together a club scrapbook so if anyone has any good KJ memorabilia, photos, etc. particularly pre-1990 I would be very keen to have a look at it, perhaps copy it or whatever. So all you oldies out there like me start looking through your old albums.

Cheers Peter E

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Wayne Montefiore leading Dennis Webb, Bronte Blay and Steven Matthews during the men's race at Willandra.

## ANSW State 12 & 8km Cross Country Championships - Willandra 15 June 2002

The juniors kicked off the day with the under-12 races over 2K. Young Brett Cowie moved up into the team as a result of losses due to flu and with a smile on his face all the way he picked up the first medal of his running career helping the team of Hudson Bouma, brother Shane and Zac Blay to silver. The U12F team of Alison Yardley, Lauren Ognenovski and Tallissa Scott narrowly lost to the locals, Nowra, to get a silver medal.

The under-14 runners raced over a tough 3K course. Sophie McLeod, ex Nowra, brought the KJ's home in third place to get a spirited bronze. The boys, without Jack Parle, also put in a great effort to finish outside the minor placings.

We only had one team in the U16's, three guys and one girl, Natalie Arreco. Tim East, despite being sick, put in a gutsy performance to finish and helped the combined team to fourth place. Guy Cuttill came through to get individual gold medal in the country.

The U18M team was as impressive as ever winning gold easily for the second time this year. Stephen Brown and Jared Poppett resumed their rivalry with Stephen just outlasting Jared for individual bronze.

In the 55+ men's race Sutherland were eventual victors with KJ's going down by the narrowest of margins to Bankstown for second place.

In the open women's race RBH were too strong and KJ's had to be content with second place - the first time we had been off the victor's podium this year. The 35+ teams had no problem though with another one-two and an unassailable lead in the 35+ team championships. The 45+ team did manage to prevail over the Sutherland team but Nowra, on their turf, were consistent enough to come up with a deserved gold medal.

The start of the men's open race was awash with a sea of red bandannas in a display of remembrance for Andrew Godsmann. The men's open team looked particularly strong with newcomers Paul Arthur and Rob

Battocchio in club colours for the first time this season. The team's event looked to be an exciting contest with RBH, AEA and KJ's all in with a chance of winning gold. After close scrutinising by officials from all clubs the result for the winning team was the closest in the history of the event with RBH on 110pts, AEA on 115pts and KJ's on 118pts.

The 35+ team's event was just as closely fought with the KJ team of Phil Parle, Raf Moriana, Phil Leishman and Bronte Blay prevailing. The KJ's in the 35+ "B" team also put in a great effort to only just miss out to Nowra for the bronze medal.

The 45+ "A" team lost narrowly to finish in second place and the "B" team finished level on points with Sutherland "A" for third place but missed out on count back - you can't get any closer than that!

Nowra had plenty of numbers and there were plenty of Sutherland shirts in each race but the red bandannas of the KJ's predominated, particularly up front where it mattered. Even the juniors, ranks heavily depleted by flu, scored exceptionally well and finished up in positive territory against all the other clubs. The net result was a win for KJ's on the day, even defeating Nowra on its own turf.

**Result:**  
KEJ 353pts, NOW 308pts, SUTH 264pts, SGD 134pts, ILL 133pts, RBH 96pts.

**Current point score:**  
1. KEJ 996pts, 2. SUTH 744pts, 3. ILL 370pts, 4. RBH 367pts, 5. SGD 365pts, 6. NOW 327pts, 7. BAN 309pts.

## ANSW State Relay Cross-Country Championships - Miranda 29 June 2002

The cross-country relay championships held at Miranda proved to be as exciting and drama filled as could be expected in the action between the leading athletic clubs in the State. Medals of any description are hard to come by and runners of the highest standard can always be relied on to fill all major teams. RBH had high expectations of leading the medal count and winning both the Men's and Women's open events.

The juniors put in some fine individual and team efforts with the invincible U18M team of Jared Poppett, Stephen Brown, James Greathead and Ryan Burns taking out gold and in the process almost beat the U20 gold medallists, Sutherland. Details of the junior results can be found in the junior section.

The Men's open was a titanic battle between RBH and SGD with SGD eventually becoming worthy winners with their four runners averaging an incredible 12m 4s for each of the 4K legs. The KJ team of Russell Chin, Paul Micala, Matt Kerr and Stephen Locke finished in a very respectable fourth place being kept out of the placings by Asics West who had speedster David Byrne to set them off to a cracking start.

The 35+ men's relay was one of the most gripping of all with RBH fielding a team that would have been odds on favourites. Not so with our guys! Fighting them all the way, man for man, Dave Pomery, Raf Moriana, Chris Richards and Phil Parle put in an outstanding effort to win the gold by a mere five seconds. The 45+ Men's team also had a tremendous tussle for first place with SGD and despite Wayne Montefiore recording the fastest 45's time of the day, the team went down fighting scoring a silver in the process.

In the Women's open the RBH team, brimful of talent, were the pre-race favourites and AEA also had high hopes with Liz Miller likely to give them a flying start. Their hopes were dashed when Kerryn McCann fronted up for KJ's to completely street the field on the first leg. Erin Hargrave and Sarah

Start of the women's race at Miranda.



Mycroft maintained the momentum for KJ's to win gold by a margin of over two minutes. To complete the KJ dominance, the B-team of Vanessa Kearney, Sue Mulready and Julia White ran down the AEA team in the closing stages to win bronze.

The KJ's also have some of the best 35+ female runners in the State with Karen Ryan, Suzanne O'Brien and Cheryl Pascoe taking gold in this age division with regulation precision having swept all events so far this season. The B team consisting of Sandra Toth, Nicky Joyce and Ann Burns also proved too good for the opposition with a great second place finish and silver medal.

Overall we finished as the highest medal winners with four gold, two silver and one bronze followed by SGD with four gold and one silver. The strong RBH club finished empty handed with no gold medals to show for their efforts.

In the club pointscore KJ's achieved something akin to the Dragons winning away in Brisbane - we outscored Sutherland in their home territory, 386pts to 351pts. This translates to 1397 points to 1131 points in our favour so far this season in the club trophy.

## ANSW Short Distance Cross Country Championships - Campbelltown 13 July 2002

The short course championships were held for the first time at the University of Western Sydney campus Campbelltown, over what was predicted to be a testing hilly course. They were not wrong - it was far worse than imagined with several strength sapping hills to fight one's way over, both physically and mentally. KJ's like many of the other clubs were hit by losses due to the school holidays and the day would be a test of whether we could hold on and maintain our lead in the club championships.

In the Open men's race we were struggling for numbers and if juniors Jarred

*KJ Juniors in action at Campbelltown.*



Poppett and Stephen Brown hadn't put up their hands to do another gruelling run over the course then we would have been in serious trouble. Despite the outstanding efforts of these two the team finished in fifth place, a result that seriously affected our standing in the club championship. Russell Chin was in top form, characteristic of a guy about to represent Australia in the World Mountain running championships. Russ was completely at home on the switchback hills and finished second to David Byrne to cement his place as the leading athlete of the year in the State Championships. Matt Kerr was equally impressive in running with the leaders right to the end but was edged out in the race to the line.

The Men's 35+ and 45+ events were again extremely competitive but in both cases KJ's went down to RBH and SGD respectively. Some great individual performances were on display with gold going to Wayne Montefiore and Dennis Webb in their respective age groups, silver to Phil Parle and Witold Krajewski, and bronze to the consistent Raf Moriana. The scene is now set for the final event of the year, the road relays in Wollongong, to separate these teams in the club championship as they are all running neck and neck as they head for the final showdown.

The Women's open event attracted the strongest field of any seen so far this season apart from the relays. KJ's were missing several key runners and as a result were relegated from the winner's podium for the first time in several years. The 35+ team kept their unbeaten run in tact with a victory over RBH. Karen Ryan continued her outstanding form with a top ten finish just seconds behind Sarah Mycroft, as well as taking a silver medal in her age group. Rita Mein took out silver in her age group and Clare Margetson won a battling bronze in the 55+ age group.

It was truly a day for the average, middle of the pack club runner. Without their enthusiasm in supporting the club in numbers at every event we would have been well and truly worked over by Sutherland. The result of these often-unrewarded efforts was a narrow victory for KJ's by 320 points to 307 points. With the road relays to come and the wind at our backs we have a lead of 1716 to



*Andrew Krajewski hands over to Tony Hernandez in the men's 55+ relay. Sutherland's 1415.*

## ANSW State Road Relay Championships - Wollongong 3 August 2002

Kembla Joggers hosted its first ever State Championship when the Road Relays were held at Flagstaff Hill in Wollongong. The course was chosen because it displayed Wollongong's natural scenic aspects to the full with views across the harbour, along the northern beaches and also south where the sun glinted on the waves and the surf came crashing through on to the adjacent City beach.

The running was spectacular, matching the surrounds, and a record crowd of close to 600 athletes for an ANSW event was on hand. The juniors were in full force and the U12 boys gave KJ's a good start with a silver medal only twenty metres or so behind the Sutherland team. New recruit Max Beattie showed great potential just failing to bridge the gap on the last leg. The U12 girls also put in a sterling performance to secure a bronze medal in a highly competitive race. Not to be outdone the U14 boy's team led out by Jack Parle and brought home by Jared Blay also displayed real fighting spirit and a silver medal was just reward for their gritty performance.

The U16 female team ran well above themselves and Melissa Burgess, Natalie Arecco and Madeline Heiner surprised the competition with Madeline passing several other teams on the last leg to run the team into a silver medal position. The U18 male team continued the dominance they have shown all season with a fifth consecutive gold medal. Jared Poppett had a particularly fine run in 12m 28s for 4K a time that was on a par with many of the best runners in the open division.

The Open Female relay was a cracker with Randwick Botany holding out the KEJ team of Erin Hargrave, Susan Mulready and

Sarah Mycroft. All the team ran exceptionally well and in a gripping last leg Sarah was just able to overhaul ex Australian junior champion, Eloise Poppett, of Sutherland, to win silver by the barest of margins. The 35+ women's race was also close with KJ's B team actually leading the KJ's A team at the end of the second leg after strong runs by Sandra Toth and Edy Ognenovski. It was all over when Karen Ryan took the last leg to win comfortably with KJ's getting gold and silver in this age division. The C team also did very well and Louise Hudson ran a fine first leg to be only metres behind Suzanne O'Brien at the change over. To cap off a fine day for the women's teams the 45+ team ran strongly to win bronze behind the Hills team and Nowra. Lynn Tague surprised herself with her first run under 20mins for the fast 4K course, and with Rita Mein and Sue Scott, kept one of the best-credentialed teams, Sutherland, out of the placings.

Home town advantage brought out the best in the KJ's men's open team and despite losing Matt Kerr with injury just before the start, they put in their best performance so far this season. Paul Micale (11m 57s) ran a brilliant first leg to be only metres behind the leading runners and this effort was consolidated further by Rob Battocchio on the second leg to keep us in contention for a medal. Russell Chin put in the fastest run of the day (11m 26s) to almost bring us level with St George and RBH leaving Stephen Locke to gather in the two leaders on the last leg. The RBH runner fell to him but Lachlan Chisholm of SG just had the speed to keep him at bay. The result, a silver medal and a best ever performance at an ANSW event for KJ's, apart from the long distance road relays.

The men's 35+ team kept their main rivals for the age division championship behind them but a very strong ASW team headed by a super quick Glen Ritchie proved to be slightly better and we had to be content with a silver medal. Dave Pomery had an excellent opening leg and Raf Moriana ran us into the lead on the second leg. The quality of the ASW team was such that they regained the lead leaving Phil Parle the impossible task of overhauling Glen Ritchie on the last leg. In the 45+ relay the powerful SG team ensured victory by using the best 55+ runner in the state to lead them off in the first leg. Our guys also faced a very strong UTS team who took out second place leaving KJ's in third place and missing out to SGD by the narrowest of margins in the winter age championship.

The KJ's 55+ team was at full strength and despite beating the age division leaders, Bankstown, had to be content with a silver medal. Tony Hernandez, although carrying a painful foot injury, put in a great effort to take almost two minutes out of Sutherland's last runner just failing to run him down over the last lap.

Overall the event ran like clockwork and this was due in no small measure to the tireless efforts of all the Kembla Joggers who came along and gave unstintingly of their time. Their efforts matched that of the runners who came away with 2 gold, 8 silver and 3 bronze making KJ's the most successful club on the day.

These efforts ensured that we were again victorious in terms of scoring the highest points in the club championship and, in doing so, we clinched the Winter Club trophy for 2002. Well done everybody - it was a win achieved by everyone who competed through out the year, regardless of his or her ability. Next year promises to be even bigger with many KJ's who hadn't been to an ANSW event before saying that they would not need any encouraging to join our ranks.

## City To Surf

Clear blue skies, temperatures pushing the 30-degree mark, a NE breeze blowing, beads of perspiration before the gun even fired, sunscreen flying everywhere... summer right? Wrong!! You could hardly believe it was the middle of winter, but it was. The City to Surf is usually blessed with fine weather but this year's edition caught everyone by surprise. The unseasonally warm weather meant that all but a few of the times were well off PB pace but we all got a pre-race boost when fellow KJ Kerryn McCann was hoisted up above the crowd to fire the starter's gun - a well-deserved honour. Our apologies that this isn't as comprehensive a report as usual but the Fox deadline occurred before the full results were published and before all those stories and tales had been penned down from some of the 100 plus KJ's who competed on the day.

After scorching around the 9-mile in record time just 3 weeks before, most KJ's were hoping that 'young' Matty Kerr might be a chance at line honours. Matt was well aware of this too but had spent the previous 2 weeks having intensive physio to fix sore calves which had ruled him out of the state road relays only the week before. Unfortunately for Matt it wasn't his day. Indeed it was that way for many of us including the record 2,700 runners who were treated for heat exhaustion. Matt was our leading runner until caught by a fast finishing Paul Micale who ran a solid race to be first KJ home in 46.58. Matt's time was 47.20 and third KJ male was Rob Battocchio in 47.27 who battled through the race with sore knees.

It was the ladies who really shone for the KJ's, just as they have done all year. Our quickest female was Sarah Mycroft in

about 53.30 with Karen Ryan reportedly less than 30 seconds behind - simply awesome!! We think Sarah finished in 7th place and Karen quite likely in the top-10 too. Other memorable runs (and there weren't many!!) included James Greathead (52.55), Joe Pereira (54.30) and Drew Ibbotson (61.36). But in reality, everyone ran exceptionally well given the heat and record 60,000 crowd to deal with. So don't be too depressed with your times - there's always next year!!

The KJ's filled two buses, which were sponsored and supplied by Premier Buses Illawarra. Many thanks are due to KJ Andrew Rutty who offered us the buses and even drove the 'express' bus and of course not forgetting fellow employee and KJ Steve Mlacic who drove the other. Thanks too to Dave Higgins and Dave Barnett for promoting and organising everything before hand.

After the race most of us wandered over to the brand-new Bondi Icebergs Club for some refreshments, which must boast the finest view in the world to sip a beer to. All in all a great day was had by all.

Full results will appear in the next Fox issue.

## 10km Track Championships

The club has decided to move the 10km track championships back a little as they coincided with the National Cross-Country titles. The new date for the 10km is the 19th September and will replace the One Hour Track Race. The latter has been abandoned for 2002.

People wishing to run in the 10km should provide their OWN lapscorer as no one else will be available to do it on the night and it is a tad hard keeping track of 25 laps for each runner.

The race will start at 6.45pm at Beaton Park.

Entry fee for the Championship is \$1.00 payable on the night. Further information from Eric and Hazel Brown on 4261 3985

## Wilson's Discount Bikes

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

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The W-Squared Trophy: Max McKay (2nd), Bob Ogenovski (1st) and Jim Hennessy (3rd).

## W-Squared 3km Series 2002

And the winner is..... "Oh Lord, not another Ogenovski"!!!!

Yes folks, they have done it again. This year it was Big Bob who got under the handicapper's eagle eye and literally ran away with the race, in similar fashion to daughter Renee's mighty effort in 2001.

Sixteen finalists lined up for the W-Squared final on July 25th. The conditions were perfect, with none of the strong winds, which had plagued the lead up races. 78 years young, Max McKay went off scratch and had set up a significant lead before Jim Hennessy started the chase-down 2.56mins later and with Bob Og over a minute behind Jim. Then the other runners were off and chasing, with Max running scared. Way out at the back of the field were the mighty two-some of Stephen Brown and Jared Poppett who were the back markers off 7.23mins.

The last lap saw the race really start to come together and by the time they hit the last 150 metres they had started to bunch up and no-one could pick the winner. In the end, the mighty Og powered away, finishing sixteen seconds faster than he had been predicted at - a huge PB of 30 seconds. Bob just held off Max who was less than one second off his own age group record, with Jim Hennessy a close third in a time he hasn't been able to reach for a few years.

There were some mighty efforts further back in the field that night. Jack Parle broke 11 minutes for the first time, Jared Blay ran a 6-second PB, Ross Walker went under 10 minutes for the first time in ages, Phil Parle ran a blinder and Drew Ibbotson also ran a PB.

It was a great atmosphere and everyone gained something personally from that race. If you have never done it before, make sure you watch for the series in 2003.

### W Squared Final:

- |    |               |              |
|----|---------------|--------------|
| 1. | Bob Ogenovski | 11.48.5 (PB) |
| 2. | Max McKay     | 16.00.6      |
| 3. | Jim Hennessy  | 13.12.5      |
| 4. | Jared Blay    | 11.18.8 (PB) |

- |     |                  |              |
|-----|------------------|--------------|
| 5.  | Jack Parle       | 10.58.8 (PB) |
| 6.  | Ross Walker      | 9.56.4       |
| 7.  | Lauren Whitehead | 11.23.2      |
| 8.  | Phil Parle       | 9.38.5       |
| 9.  | Steve VanGils    | 10.17.4      |
| 10. | Drew Ibbotson    | 11.21.8 (PB) |
| 11. | Sue Mulready     | 10.25.2      |
| 12. | Sandra Toth      | 11.41.0      |
| 13. | Vanessa Kearney  | 10.42.2      |
| 14. | Jared Poppett    | 9.20.4       |
| 15. | Wayne Montefiore | 10.04.5      |
| 16. | Stephen Brown    | 9.43.5       |

## Cancer Care Council 24 Hour "Relay For Life"

16-17 November 2002

The above event will be held at Beaton Park from 10.00am on Saturday 16 November to 10.00am on Sunday 17 November 2002. This follows the highly successful event held at the same time last year in which over \$70,000 was raised for this worthy cause. Kembla Joggers organised two teams of 13 club members who between them raised over \$5,000.

Dave Barnett was the club's organiser and representative on the Cancer Care Council organising committee. Due to other commitments, including being overseas during the lead up to the event, Dave is unavailable and Kembla Joggers are looking for a volunteer to undertake this role and coordinate our club's participation in this important community event.

You can expect great support from club members, particularly those who participated last year, who vowed they would be back again this year. To witness those who took part after recovering from cancer was quite inspirational. For those who are interested, please contact Dave Barnett or any member of KJ's committee.

## AIS Coaching Coup

In a major coup for Australian athletics, Olympic gold medalist Said Aouita has been appointed the national distance coach of the Australian Institute of Sport.

The Moroccan, who won the 5000 metres at the 1984 Los Angeles Olympics, is widely regarded as one of the best middle distance runners of all time. He also boasts an impressive coaching record, with six of his charges winning three Olympic gold medals and setting five world records between them.

Aouita will be based at the NSW Institute of Sport in Sydney and said he had been looking for an opportunity to work in Australia.

### Personal record:

- 1984 Olympic gold medal in 5000m
- 1988 Olympic bronze medal in 800m

- World records in 1500m, 2000m, 3000m, two miles and 5000m
- 1987 5000m World Champion (outdoor)
- 1989 3000m World Champion (indoor)
- Named Best Athlete of the Year in 1985 by Track and Field News
- Winner of Jesse Owens Trophy 1986 - the most prestigious distinction in world athletics
- 44 successive victories in international races (800m-10,000m) in 26 months

## The KJ's 2002 Blue Mountains Weekend

**Where:** Jemby-Rinjah Lodge, Blackheath  
**When:** November 1-2-3 (Friday / Saturday / Sunday)

**Cost:** \$199 per adult (weekend package only)  
 \$95 per child (5-14 years)  
 Children 4yrs and under accomodation free but meals charged on consumption.

### Package includes:

- 2 nights accommodation in the Eco-Lodges
- 2 Country Style Hot Buffet Breakfasts
- Italian Buffet on Friday night
- A La Carte Dinner on Saturday night

(BYO alcoholic beverages)

The 3 Eco-Lodges each have 4 bedrooms (total beds in a lodge is 16 including 4 doubles), two bathrooms, lounge area, north facing deck, bar fridge, tea and coffee making facilities. The adjoining National Park provides abundant opportunities to encounter nature and spectacular views across Grose Valley.

**Unsure?** Speak to any KJ's that have been previously and you'll be convinced. A standard cabin (1-2 bedrooms) is \$190 per night, so this weekend package is truly a bargain. No, you do not have to be a runner, nor do you have to run. I once spent a great weekend hobbling around the glorious surroundings. But be quick, numbers are limited and it is strictly "first in best dressed".

A non-refundable deposit of \$50 will guarantee your place. The balance to be paid by September 30.

For more information contact Peter Evans. Phone: 4297 0082 or e-mail: pe51@ihug.com.au

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## The Marty Church Files Why Do We Run Races?

I don't know about the rest of the readers of The Fox but I find great satisfaction and enjoyment in running races. Whether it be a Kembla Joggers road race, a local fun run or the National Track Championships, the mere thought of lining up on a start line and seeing what time I can do or what place I can finish is something which really appeals to me. Over the past 15 or so years I have completed countless races (some-where close to 450 or so my training diaries tell me) and I never seem to fail to get the feeling of 'butterflies in the stomach' prior to each and every one of them. That feeling usually commences as I am driving to wherever I have to go. I tend to try and focus on how I want to run the race - whether it is to come home over the second half quicker than the first or go out and race hard the whole way. Either way, I know that at some stage during the race there will be some hurting and this only fuels the nervous anticipation I am experiencing. I try to arrive at a race about 45 minutes prior to the start as this gives me plenty of time to get myself organised - to check in, stretch well and warm up properly. Being late certainly emphasises my nervous anxiety - I especially hate falling behind the schedule I have set myself! Once the gun goes off and I am running, all feelings of nervousness disappear and it is time to get on with what I want to achieve.

There are many reasons why we run races and why we do not merely restrict ourselves to churning out training mile after mile. Races are goals, for which training is a series of stepping stones we have to pass over in order to achieve that goal. We may want to achieve something as easily attainable as finishing one of the Kembla Joggers 3 mile races - a goal which is definitely reachable for a first time runner with minimal preparation. Or, it may be the Sydney Marathon that we want to finish, a goal that takes months of hard planning and preparation.

Races are also performance indicators for those who treat their running with some

seriousness. There are certain races that I enjoy competing in because I have completed them a number of times previously and I like to compare the times from the previous years to see how I am going. Races such as the City To Surf, Sydney Half Marathon or Fitness Five are held every year and over the same course giving runners an indication of how they compare to previous conquests. It is always very self-satisfying when we run a personal best time on a course that we have raced over on past occasions.

Races can also be viewed in the context of hard training sessions with a social twist. Instead of doing the weekly 5km sustained training run, how about taking a trip to Beaton Park on a Thursday night and running a 5,000 metre race there. The benefit gained from racing will be the same as what would have been achieved if the training session had been done. As an added attraction to the session, the night can be used to socialise and catch up with other KJ's both before and afterwards. I am one of the first to vouch for the fact that constant training done on your own becomes boring and demotivating and we all need to get together with a group to complete some sessions. Substituting a race for a hard session can be a great alternative.

Martin Church

## The World's Biggest Hug for Peace

As you know, since September 11 the world has irreversibly changed but now there is a movement to transform September 11, 2002 into an anniversary of peace. A day when every person advances the process of reconciliation and peace within themselves.

The World's Biggest Hug for Peace already has united thousands of people around the globe in the simplest possible expression of peace and unity - a hug. This September 11, the World's Biggest Hug for Peace in Wollongong will feature a 'Peace-Heart Run'.

On September 11th 2002 Joel Penson will be running 84km in the shape of a love heart throughout the Illawarra, visiting school groups and talking about world peace. This will culminate at 5pm with Kembla Joggers having a 5km run with him for the final leg.

Andy Mark from the National Heart Foundation is organising a heart health walk for the final 1.5km (again at 5pm), with everyone meeting at North Wollongong Surf Club and ending up at the Wollongong lighthouse (the top one) to attempt to break the world record for the biggest hug!

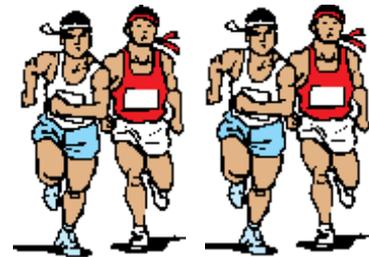
The theme for the day is "Peace begins with me", however Joel personally believes that it will highlight the way that even a little peace can go a long way, just like with exercise (hence the small run and walk). To see more details go to: [www.worldpeace.org.au](http://www.worldpeace.org.au)

For more info contact Joel Penson on [joel@joelpenson.com](mailto:joel@joelpenson.com)

**Joel Penson BExSciRehab**  
**Exercise Physiologist**

## We Want You!

- To Form a Team for the  
Kembla Joggers Road Relay



**When:** Sunday 29th September  
**Where:** Start and finish at Don's Farm (new course) Avondale Rd West Dapto  
**Time:** First team away at 8am (teams are handicapped)

### What's the course?

**Leg 1** 6.3km - Don's Farm to the entrance of Yallah TAFE on Marshal Mount Rd.  
**Leg 2** 8.5km - Marshal Mount Rd to Calderwood Rd, west onto Calderwood Rd and run to the end of the road.  
**Legs 3 and 4** The reverse of 2 and 1.

**How many runners do you need?** Four

**How much does it cost?** Zero

**Are there any prizes?** Yes

For more details contact Ray Wales.

Phone: 4283 1148 (h), 4229 0636 (w)

e-mail: [rcasjwales@bigpond.com](mailto:rcasjwales@bigpond.com)



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## KJ Winter Race Series September

- 14 Senior 10km, Junior 5km - 11am  
Cordeaux Dam (Junior Presentation Day - BYO BBQ)
- 29 KJ Road Relay - 8am Dons Farm, West Dapto

## KJ Track Series

(all events are held at Beaton Park Athletics Track, Wollongong - field events from 6pm, track races from 6.30pm)

### September

- 5 Senior 3km, Junior 800m, High Jump
- 12 Senior 2km, Junior 1500m, Discus
- 19 Senior 1 hour run, Junior 1km, Long Jump
- 26 Senior 5/3/1km, Junior 2km, Shot Put

## October

- 3 Senior 3km, Junior 800m, High Jump
- 10 Senior 2km, Junior 1500m, Discus
- 17 4 x 1600 Relays
- 24 Senior 5/3/1km, Junior 1km, Long Jump
- 31 Senior 1 mile, Junior 2km, Shot Put

## ANSW Events September

- 1 NSW Long Distance Relays - Homebush
- 15 NSW Marathon Championships (incorporated in the Sydney Marathon)

## Other Events September

- 15 Sydney Marathon & 10km Bridge Run - Miller Street, North Sydney

## New Agreement Signed

Just a few weeks ago, club president Neil Barnett signed a new agreement with Sydney Water that ensures continued access to the KJ's Mt Kembla venue for racing and training. Sydney Water seemed to acknowledge that the last agreement, which expired recently, had been a good thing for both parties.

The new agreement runs for 3 years and is not dissimilar to the last one. The only change which really affects members is moving forward **the training start time on Wednesday afternoons to 3pm (from 4pm)**

to avoid the winter dark. Other changes mainly involve course management issues and the requirement for the club to submit detailed emergency plans and an environmental impact assessment each year.

Everything else remains unchanged and we encourage all KJ's to become familiar with the club code of conduct at the Mt Kembla venue - as shown on page 12 of the KJ Handbook. Please make sure you stick to the rules outlined - they are there to ensure we can keep using Mt Kembla for years into the future. Many thanks to club members for doing so over the last 3 years, something that was acknowledged by SW.



## 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](http://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 Brown .....4261 3985
Secretary	Wayne Montefiore
Asst Secretary	Peter Evans .....4297 0082
Treasurer	Dave Higgins .....4284 1317
Public Officer	Robyn Henry .....4256 5274
Race Organiser	Peter Issa
Handicapper	Gary Howard .....4274 3411

### Other Roles:

ANSW	Eric Brown .....4261 3985
Publicity	Rafael Moriana .4296 6656
Clothing	Bronte Blay .....4262 2100 Karen Blay .....4262 2100
Juniors	Neil Barnett .....4272 6818

Marshall Coordinator	Eric Brown 4262 3985
Timekeeping	Mark Everton 0407 068 976
First Aid	John Gullick 4272 4274
KJ Track Organiser	Hazel Brown 4261 3985
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