

The FOX



The Official Newsletter of Kembla Joggers Inc.

Issue 5 [December] 2002



Presentation Night 2002: (left to right) Ben Dubois, Matthew Kerr and Mark O'Keefe enjoying the meal. Visible on the wall in the background are some of the large colour prints of KJ's in action produced by Peter Issa.

Kembla Joggers Annual General Meeting

7.30pm Wednesday, 11th December 2002

at the Mt Kembla Hotel

This year the club will provide free drinks and nibblies following the AGM.

All KJ's are invited to attend the upcoming AGM. Please come along and show your support to the club committee who have been working hard to make YOUR club an even better one. A snapshot of some exciting developments that the club is pursuing will be revealed, including plans for the Integral site at West Dapto and, of course, there will be the usual election of office bearers. If you would like to be involved as a committee member or offer your assistance in any other way, or just want further info, please contact Neil. Nominations for any position will be accepted prior to the AGM.

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President's Annual Report 2002



Hasn't the year flown by! The last 12 months have certainly been a very exciting period in the history of the KJ's. In addition to running our popular KJ racing programs the committee has worked hard to put us in an excellent position to be part of some great

future opportunities. Here are the highlights of the year gone by from my report in the recent KJ Annual Magazine.

Membership & Races

Membership at the end of our 2001/02 membership year hit another all-time record of 433 members. The trend for the current year looks no different with our total membership already close to eclipsing last year's record even with the new summer season only just underway. The number of winter race registrations was just above last year and another record at 1920 (up 1%). This was pretty good when you consider some of the hurdles we faced including the lack of access to the West Dapto picnic grounds. A large increase in junior race participation made up for slightly smaller senior race fields. If you include the summer and winter seasons, and KJ track races, the club stopwatch was clicked close to 5,000 times over the last year!! Another highlight was the all-time club attendance record set at the first event at West Dapto when 173 seniors and juniors took part.

Athlete Performances

We certainly have seen some amazing performances from the KJ tribe during the last year. Club races seem to bring out the very best in everyone and this year was no exception. The race that is synonymous with Kembla Joggers, the Mt Kembla 9-mile, was the stage for Matt Kerr's scintillating effort in which he took over 4 minutes off Roberto Rojas' 20-year-old course record. Not to be outdone in the same race, both Karen Ryan, who also smashed the female open record on the day, and Stephen Locke, joined Matt in winning a KJ medal.

Other highlights included:

- Consistent improvement from our regulars at club level like Dianne Birch, Julie Whittington, Ray McCauley and newcomers like Paul Di Pietro,
- Ladies filled 4 of the top 7 places in the Winter Pointscore with Kelly Eady taking out first place,
- Winning 3 of the ANSW age-group premierships, including 35+ female, 35+ male and U18 boys, and finishing 2nd in 8 other categories,
- Winning the ANSW Club Winter Premiership Pointscore for 2002,
- Russell Chin winning the ANSW Distance Runner of the Year Pointscore,
- Kerryn McCann's well deserved win in the Commonwealth Games Marathon, and
- Six KJ's selected in the NSW team for

the Australian Cross-Country Championships.



Juniors

The junior explosion we witnessed last season continued in 2001/02 with the number of juniors competing at the KJ's increasing by 27% during winter and a whopping 45% last summer. Junior track participation was well up too as the club now conducts junior-only events every Thursday night and, for the first time this year, field events every week. Keeping it fun will always be our primary objective. Many thanks to our great junior's sponsor Uncle Pete's Toyworld and to junior's organiser Bob Ognenovski, the junior sub-committee team and our parent helpers for making the junior program so successful.

KJ Van

The KJ committee's most ambitious task in 2002 was achieving our goal of purchasing a van at minimal cost to the club. With the help of Mark and Suzanne O'Brien we set ourselves the aim of acquiring a brand new van by seeking out some new sponsors. Major sponsorships from Wests Illawarra and BHP Steel enabled us to choose a Mitsubishi Express. The logo sponsors will also ensure that future running costs are adequately covered each year. The van means we can store our gear in one location and ensures it can be easily delivered to each event and safely out on to our race courses.

Sponsorships & Partnerships

After our very successful sponsorship drive for the van, which raised almost 80% of the total cost, KJ's are now very well placed for the future. The major sponsorship from Wests Illawarra and uniform sponsorship from BHP Steel are likely to be enduring. Our good relationship with all other sponsors means it is likely that we can continue to provide the usual good things for KJ members while keeping membership fees low well into the future.

Club Finances

The club accounts remain in a very healthy state. At the time of printing we have an approximate balance of \$12K in the club accounts, down almost \$3.5K on the same time last year. This is not too bad though when you consider the major purchase of the new van and other equipment including the new club tent, timing and other race day gear - over \$30K in total. Our sponsorships and donations accounted for about \$17.5K in income. Things were also helped by no rise in our public liability costs when just about all other sporting groups suffered hefty increases.

NSW Road Relays

The KJ's took a big step in hosting a NSW championship event for the first time when we conducted the NSW Road Relays at Flagstaff Point in August. The relays were an outstanding success and attracted a record crowd for a state relay event. Many

clubs from around NSW took part and just about everyone gave the course and venue a big thumbs up. Thankyou to all KJ's who volunteered for marshalling or canteen duty helping to ensure that everything ran smoothly from start to finish.

West Dapto

Big news came our way in September when we learnt that Council had voted to purchase the Integral Energy picnic grounds and surrounding land at West Dapto. This begins the process of realising our vision to create a national standard cross-country running venue on the 50-acre property as part of a large community park. The KJ's have been formally identified as one of the key stakeholders for the site and we now have the chance to set up some great cross-country circuits in time for next season.

KJ Website

The KJ website was upgraded recently with a great new look and many additional features. Brendan Scollary donated many hours of his time to transform the site into something very special - a great job Brendan. Thanks also to Ian Tague who has worked tirelessly for several years managing and developing our website and uploading all KJ results in a timely manner for the benefit of members. Thanks again Ian.

Fitness Five Funrun

The 2002 Fitness Five attracted a much larger crowd than last year thanks to improved weather. This year the event raised over \$3,500 for the Wollongong Oncology Ward making our efforts even more worthwhile. Well done to Peter Issa and the Fitness Five organising team for the 6 months of hard work you all put in.

Sydney Water Access

The club recently re-signed our access agreement to the Mt Kembla venue with Sydney Water. This was a huge relief given the difficulties we went through to gain approval for the previous permit. Thankyou to all KJ's for observing the rules in place for Mt Kembla. These rules may seem a bit restrictive but I'm sure everyone appreciates that without them we would have no access at all.

Thankyous

The KJ committee and all sub-committees have worked tirelessly during 2001/02 and I cannot emphasise enough how important these people are in overall success of the KJ's. Thankyou to each and every one of you. Thankyou also to all our regular helpers who pitch in at events ensuring that everything goes off a treat. And not forgetting our many generous sponsors and supporters who are genuinely behind what we do.

On behalf of the KJ committee I would like to wish all KJ members and their families the very best for the upcoming festive season and New Year. May next year be even better!!

Neil Barnett

KJ Helpers Needed for Summer Triathlons

Last year the KJ's assisted triathlon organisers HRA Events, with timekeeping in several events in Sydney and one in Thredbo. In return the club was handsomely remunerated for our efforts and this helped make the purchase of the new club van possible.

The KJ's have been offered the timing duties again for at least 2 events over this summer. These include the Thredbo Triathlon on March 9 and the Australian Corporate Games at Penrith on March 22 & 23. For both events free accommodation will be provided and some food and drinks.

The Thredbo weekend was great fun last year with most of us heading down on Friday arvo so that we had most of Saturday to enjoy Thredbo's scenery and the KJ Darts Championship will be contested on the Saturday night at the tavern. The chalet accommodation was awesome with Peter Issa's suite even containing a huge spa!! I expect that most of this year's crew will be back again, so to grab a place let Neil know

asap (first in basis). By the way, anyone who volunteers for the Corporate Games will get an automatic start for Thredbo!!

For the Corporate Games we will need you for the whole weekend but we certainly wont knock back anyone who offers to help for either of the two days. Please get involved if you can and help the club out.

West Dapto Site - We Need Your Help!!

By now you have all heard that Wollongong Council recently purchased the Integral Energy site at West Dapto for community use. The KJ's will be one of the key stakeholders and have been given the provisional nod to set up cross-country courses on the 50-acre property. Some time in the future it is envisaged that the site could be a national standard venue similar in quality to the Willandra property at Nowra. In the short term we hope to prepare the site so that it is suitable for cross-country running for the KJ's at club level in time for the 2003 winter season.

So how can you help? Once the legal process of the sale is complete and we have the keys to the site we will be ready to start work. The club will need to carry out tasks such as general cleanup of rubbish, weeds, dead trees, etc, removing internal fences, repairing external ones, fixing existing facilities (shelter, toilets, BBQ area, etc), landscaping and the setting up of

the cross-country circuits which could include some levelling and excavation work.

If anyone can acquire the free loan of tools, tip trucks, mini-excavators, bobcats, etc, we would love to hear from you asap. In fact anything you think might be useful. If you are handy with carpentry, plumbing, fencing, whatever, and would like to assist please let us know too. Over summer there will be working bees on many weekends so if you can volunteer for a couple of days, even one, it would be a great help to the club. If you want to be running (and your kids!!) on some new cross-country turf in time for next season, then we will need as many KJ's as possible to get involved with this exciting project over summer. The results will be most rewarding if we all chip in and help.

For more information or to offer help, contact Neil on 4272 6818 or e-mail him at Neil.Barnett@bhpsteel.com

KJ Marathon Championships

The club committee has decided that the 2003 KJ Marathon Championships will once again be contested in conjunction with the Canberra Marathon on Sunday April 13, 2003. We intend to book accommodation for as many KJ's as we can in close proximity to the start so keep posted to the website for more details early in the New Year. Don't forget there are the Marathon Eve 5km & 10km events on Saturday afternoon, so you don't have to go just for the big race on Sunday. Why not start training now and join the KJ crew for a great social weekend next April.



13 APRIL 2003

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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.

Who's Your Role Model?

Conversation between a KJ adult and his KJ 9 year old son:

Whilst reading the latest FOX, junior asks of dad... *"Dad, do they do these profiles 'Getting to Know You' on juniors as well?"*

Dad: "No mate they don't do juniors."

Son: *"Dad, when you were interviewed and they asked who your role model was, who did you say?"*

Dad (busy doing something): "I can't really remember."

Son: *"Dad, I'd like to be interviewed."*

Dad: "Why's that son?"

Son: *"Because if I was interviewed and they asked me who my role model was, I'd tell them that it was Max McKay!"*

Dad: "Why is Max your role model?"

Son: *"Because Max is 78 and still running and competing and I hope that I am still doing all that when I'm 78!!!"*

Good one Zac Blay. Lovely to know that our youngsters look at the bigger picture and don't only fixate on Cathy Freeman.

Footnote: Max McKay turns 79 in January and is the oldest member of Kembla Joggers. He races the juniors every Thursday night at the track and still competes in all the Master's Games in everything from 100m to 2km steeplechase and all the field events!!!

This Months Bouquets go to ...

Peter Evans for organising another fantastic weekend at Jemby Rinjah Lodge in the Blue Mountains last month. He also did well in ensuring that the 50th Blackheath

Festival was held in conjunction with our holiday.

Chris Stocker for the great KJ Annual Magazine he put together - yet again - and for his fantastic effort during the year with **Tim Morris** in publishing the Fox newsletter.

Peter Issa for printing all those wonderful colour posters of KJ's in action, which covered the walls of Wests Leagues on Presentation Night. Well-done Pete.

Hugh Motbey for organising the KJ team for the 24 hour Relay for Life and for raising over \$3,000 in sponsorship for the Cancer Council. Great effort Hugh!!

Suzanne O'Brien for organising and donating the lovely Participation Award towels for Presentation Night and the quirky trophies that were awarded at the Trivia Night.

Corrimal Wines and Robbie Belsito for the great prizes they donated for Presentation Night and the Trivia Night.

John Wilton and Ward Hummerston for volunteering to take on the Summer Series organiser roles after we put out a call for help. And what a great effort they put in for the first few events of summer!!

John Mintoff for his very helpful taxation advice and auditing of the club books.

Derek Moriarty for setting up the BBQ sausage sizzle at the end of the Berkeley 5km event. Much appreciated by everyone Sharky!

Athlete of the Month

(October 2002)

Lauren Whitehead

Sometimes it is the quiet ones who go unnoticed and have to really do something spectacular to catch the eye. However, one cannot deny effort that goes into training since it will always return dividends that must be rewarded, even though these are achieved without fanfare or ceremony. Lauren Whitehead has been improving steadily over the last year and through consistent application has whittled away her times. Running a first marathon at Canberra early this year would surely have helped and, considered by its self, was an excellent effort that made people sit up and take notice.

Pay back time! At the second race of the summer series, the 5K at Puckey's, Lauren put in a sizzler to be the third female overall to finish, in a personal best time of 19m 45s. Based on this result it stands to reason that better things are ahead. Well-done Lauren! Rewards do come, not the least being a worthy winner of Athlete of the Month for October even though the handicapper may now have you firmly in his sights.



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

McCann Fired Up After Fall

Extract from the *Illawarra Mercury*: November 12, 2002

A week of reflection has done nothing to douse the fire that is raging inside Kerryn McCann. With seven kilometres to run in last week's New York Marathon, McCann was jostling with the leaders when disaster struck.

The Coledale endurance athlete suffered the first fall of her career before battling back to finish seventh. McCann has tried to forget the experience. But after running so powerfully in such a strong field to give herself a genuine chance of winning, she is haunted by the crash and keeps replaying it over and over in her mind.

"I keep thinking about it and I'm still pretty upset," McCann said.

"We'd just passed the 35km mark and I was part of the pack at the front which was down to four."

"As we went round a corner I was just behind the Yugoslavian girl (Olivera) Jevtic. She's cut me off and I tripped on her feet and we've both gone over.

"My knee was a bit sore, but I was winded more than anything else because I fell flat on my stomach.

"A few girls went past me, but I tried hard to recover and caught a few and it was good enough for seventh."

Athlete of the Month

(September 2002)

Raf Moriana

Sometimes one despairs of ever doing a PB again. The spirit is there but sometimes mates will say... "Look, forget about PB's and just enjoy your running! The legs are getting a bit older and your best times are behind you." Early this year Raf Moriana was of that mind, down in the dumps but still saying... "Hey man! I can still do it." If anything that self-belief was justified in the Kembla Joggers 10K track championships on the 19 September 2002.

That day a severe westerly wind hit the Illawarra and conditions were so bad that on the night of the race the organiser's were on the verge of calling it off. Those who turned up were of different mettle and a battle ensued over the 25 laps with survival against the blast of the wind uppermost in their minds. The rest is history. Raf had one of those rare moments in running. Not only did he win the KJ 10K track championship, but also he did it in a remarkable time for the conditions. Proving that PB's are not a distant memory Raf carved out a huge best of 35m 03s and the well-deserved accolade of Athlete of the Month for September.

McCann captured her first Commonwealth Games gold medal in July. However, as is the case with most open marathons, the New York event featured most of the world's top long-distance athletes.

"Before the race, I wasn't thinking of (breaking Lisa Ondieki's) Australian record because New York is a pretty tough course, but after about the 20km mark, I was definitely thinking I could win it, and it's not often that happens," she said.

"It was just so disappointing, especially because I've never fallen over in a race. If I'd fallen early on I probably would've had more time to recover.

"If it was just a bad run I'd get over it, but I was running really well and I felt really confident of finishing strongly.

"It's hard to get it out of my head. All I can do now is wonder what could've happened because I'll never know."

McCann doesn't believe Jevtic was guilty

of foul play.

"She definitely didn't do it intentionally," the 35-year-old mother of one said.

"I don't think she even realised I was there, and we were also going round a corner."

McCann's run was inside Olympic qualifying time.

However, she will gladly forego competing in Athens in 2004 if she falls pregnant again.

"I want to enter another marathon because New York gave me a lot of confidence," she said.

"I might run in the Osaka Marathon in January but nothing's finalised. I'll just wait and see."

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

October

Rachel Agnew, Jared Blay (now a teenager), Melissa Burgess, David Church, Erin Cranney, Kate de Agnoli, Carolyn Dews, Ben Dubois, Tim East, Warren Evans, Lee Fanning, Mark Feeney, Jessica Gaudry, Julie Gooding, Kevin Goodwin, Jono Hall (significant one Jono), Nicola Hummerston (another teenager), Mackenzie Hynard, Nicky Joyce, Paul Kendrick, Paul Kunkler, Stephen Locke, Lucy McGowan, Andrew Parkinson, Helen Pentelow, Clarke Potter, Lucie Richards, Karen Ryan, Craig Sakey, Cassandra Smith, Narelle Smith, Norrie Smith, Brendan Stanford

November

Anne Asher, Rob Battocchio (significant indeed), Hudson Bouma, Louise Caruana, John Cooper, Guy Cuttill, Isabel Di Pietro, Belinda Edmondson, John Gullick, Mark Johnston, Brian Mannix, Jake McCauley, Julie McGowan, Sarah Mycroft, Kristina O'Brien, Mark O'Brien, Tanya Poppett, Dominic Riordan, Benjamin Scollary, Mark Scott, Benjamin Shorten, Ashlee Smith, Sandra Toth, Kirk Vandeweghe, Lauren Whitehead (gets the key of the door), Julie Whittington, Rod Whittington

December

Helen Ashton, Kevin Brennan, Jennifer Barbara Burns, John Burns, Sara Burns (yet another teenager), Pasco Coppaloro, Christine Feeney, Rohan Frost, Jeffrey Gottas, Stephanie Hummerston, Ronni Maciejowski, Rita Mein, Paul Micala, Rebecca Oliver (key of the door), Bruce Robertson, Gil Ruty, Bob Scott, Kylie Starr, Peter Stuckey, Hartley Thompson, Ross Walker

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5 km Berkeley Saturday, October 5, 2002

The 5 km Berkeley event was held for the first time last year and after a popular response it was included again on this year's program. Being a long weekend there was a predictably smaller field this time. The course was modified to include 2 loops of the cross-country section through Fred Finch Park, which went down well.

The quicker runners were prepared to glide along without the threat of over-exertion but still recorded times that many a runner would be proud of. Rob Battocchio was fastest in 16.36, kicking away from Stephen Brown who was 2nd in 16.50. Paul Micale came through the field in a cruisey 17.15. Alisa Williams (20.10) made a welcome return and finished well clear of 2nd placed Carrine Weston (20.52). Edy Ognenovski showed some return of form with an impressive time of 21.00 to be 3rd female.

Runners like Franca Facci (25.01), Derek Moriarty (25.55) on his home course and Sevgi Girgin (26.15) were further back in the field but over-shadowed the quicker runners with the most eye-catching performances on the day.

Results:

Male: 1. Rob Battocchio 16.36, 2. Stephen Brown 16.50, 3. Paul Micale 17.15, 4. Raf Moriana 17.17, 5. Ryan Burns 17.27, 6. Neil Barnett 18.05, 7. Wayne Montefiore 18.25.

Female: 1. Alisa Williams 20.10, 2. Carrine Weston 20.52, 3. Edy Ognenovski 21.00, 4. Renee Ognenovski 23.42, 5. Rebecca Oliver 24.23, 6. Franca Facci 25.01, 7. Sevgi Girgin 26.15.

5 km - Puckeyes Tuesday, October 22, 2002

The traditional first race of summer brought out a bumper crowd with swift times in mind although the Puckey's course wasn't quick with much of the trail now soft and sandy after the prolonged dry spell. Paul Micale and young Stephen Brown, who was in HSC mode, ran their own race up front for the entire 5 km. They were followed by a pack of five including Wayne Montefiore, Neil Barnett, Dave Pomery, Ryan Burns and Chris Brown who all worked well but were down on the leaders by 30 sec at halfway. The single-file track at the turn around loop strung out the pack and most of the field behind. In the end Paul Micale kicked on to win in 16.20, with Stephen within striking distance in 16.31, and the evergreen Dave Pomery was able to out-kick Wayne Montefiore for 3rd place in 17.21.

Karen Ryan (18.58) was back in good form leading the ladies home but it was junior Melissa Burgess who turned heads when she finished second in 19.27, while Alisa Williams (19.43) improved her time from the Berkeley event 2 weeks before for 3rd place and looks likely to improve further over summer. A total of 33 runners broke the magical 20-minute mark in this race. Many of these are vets and juniors and it shows the depth we have in the KJ ranks right now.

Great performances on the day included

Andrew Ruddy (18.06), Tim East (19.36), Lauren Whitehead (19.47), John Burns (20.58) and Rebecca Oliver (23.43). And it was good to see Mitchell Burns in good health and back running.

Results:

Male: 1. Paul Micale 16.20, 2. Stephen Brown 16.31, 3. Dave Pomery 17.21, 4. Wayne Montefiore 17.22, 5. Ryan Burns 17.29, 6. Chris Brown 17.21, 7. Neil Barnett 17.50, 8. Rowan Allnut 17.50, 9. Andrew Ruddy 18.06, 10. Ross Walker 18.21.

Female: 1. Karen Ryan 18.58, 2. Melissa Burgess 19.27, 3. Alisa Williams 19.43, 4. Lauren Whitehead 19.47, 5. Trudi Barnes 19.51, 6. Kathy McCarthy 20.10, 7. Edy Ognenovski 20.17, 8. Dana Wilton 21.11, 9. Renee Ognenovski 21.20, 10. Anne Burns 21.43.

5 km - Illawarra Yacht Club Tuesday, November 5, 2002

For the first time in 3 years there was very little wind in the unluckiest of all KJ events, but there was nothing unlucky in many of the efforts witnessed on this sultry spring evening. Paul Micale seems keen to win the 5 km KJ Summer Championship by taking advantage of the absence of some of our hottest runners. Paul led the pack to halfway and then put his foot down in the final stages to ensure a victory in 16.17. Mark Scott ran solidly and would have been satisfied with his 16.29 for 2nd place so early in the season. Raf Moriana (16.44) just held off a flying Jonathan Hall for 3rd while the usual 'bunch of five' battled it out for the other top 10 positions. Of these, Ryan Burns broke 17 mins for the first time after the bunch picked up the pace 1 km from the line.

The ladies were not keen for the guys to steal the limelight though, with the top 3 each claiming an age-group record with very swift times. Lucie Richards has been training hard and it paid off with an awesome 18.02 for 1st place. This was equal to Kirsten Molloy's 5-year-old open course record and a 20-24 AGR. Unfortunately it doesn't break the open record but it will still rank as No.2 on the all-time list. Second-placed female Karen Ryan (18.32) ran a 35-39 AGR and Edy Ognenovski (19.51) who was third home was stoked to crack 20 mins again and claim a 40-44 AGR.

Russell Chin was further back in the field with Ben Dubois enjoying the slower pace after just returning from the World Mountain Champs in Austria. It was here though that others were to shine. In particular, John Burns with a big PB of 20.05, Gary Poppett (23.45), Georgette Ibrahim (25.29), Jennifer Burns (27.08) with a 1 min plus PB, Rob Sciberras (19.50) and Sue Scott (22.56). Good conditions in the second edition of the Yacht Club 5 km this summer should give all KJ's the opportunity to improve on the good form showed in this race.

Results:

Male: 1. Paul Micale 16.17, Mark Scott 16.29, 3. Raf Moriana 16.44, 4. Jonathan Hall 16.45, 5. Dave Pomery 16.56, 6. Ryan Burns 16.57, 7. Jared Poppett 16.57, 8. Chris Brown 17.00, 9. Neil Barnett 17.21, 10. Wayne Montefiore 17.21.

Female: 1. Lucie Richards 18.02, 2. Karen Ryan 18.02, 3. Edy Ognenovski 19.51, 4. Ann Burns 21.05, 5. Nicola Hummerston 22.55, 6. Sue Scott 22.56, 7. Natalie Arecco 23.21, 8. Rebecca Oliver 23.43, 9. Belinda Edmondson 25.02, 10. Georgette Ibrahim 25.29.

Mt Wilson to Bilpin - 35km bush run Saturday, 24 August 2002.

By Ray Wales

I left Wollongong at 5am and after an unbelievably cold motor bike ride I turned up at Bilpin in the Blue Mountains to change, get my number and get on a bus that would take competitors to Mt Wilson for the start. It was a cold but sunny morning and the locals had set up a great breakfast of tea, coffee, scones and damper with jam, honey or golden syrup as a topping. An "elite athlete" may not have grabbed some morning tea but when you are there just to finish and are still thawing out from a freezing bike ride you join the queue and enjoy what's on offer.

At 10am about 270 runners left Mt Wilson for the 35km of trails, bush tracks, dirt roads and some bitumen that would finally take us back to Bilpin. I started at the back of the pack along with others who were there just to finish. One of the people starting at the back was a male runner, I guess about 40 years old, who was blind. He had a woman runner by his side as a guide and they held a piece of rope about one metre long, which kept the two of them linked together.

After the start we were on bitumen and as we ran along, the blind runner, his guide and some other runners that must have been friends kept up a constant chat about all sorts of things - study, fun runs, the weather, and so on. However, it wasn't long before we turned onto the bush tracks and what a change. The woman who was his guide started to work so hard. We were now on uneven ground where there were rocks, ruts and occasional debris. The woman guide had to dictate every step so the guy would not trip or place his foot in the wrong spot.

It lifts the spirits to see someone with such a disability not being held back and getting out with the rest of us and enjoying life. And what about his guide? I reckon this runner worked 50% harder than I did so that someone less fortunate than herself could experience the thrill of crossing the finish line at the end of a demanding event. Hats off to both of you.

The hills in this run are quite steep but they do not go on and on and if you elect to walk/run and not put any pressure on yourself you can keep up a good pace overall. The course goes through some fantastic country that I would never have known was there if I hadn't entered the run.

The drink stops are manned by friendly locals and every aid station, including the first one, had jellybeans, oranges, bananas, water and sports drink. Another big plus is that you can send out your own drinks to whatever aid station you want to. I sent out a can of Coke to aid stations 4 and 7 and this proved a real bonus. I also carried a Power

Bar, which was saved for drink stop 4 to enjoy with the Coke.

Because I had heard that this run is tough I went into the event solely with the aim of finishing, which I did. My time was 4 hours and 3 minutes. Knowing the course, I think I could easily get under 4 hours next year - and I will be back next year for sure.

This was a top event. Great organisation, great people manning the drink stops and giving directions, great people to run with and a great location.

The Melbourne Marathon Sunday 13th October 2002 By Ian Kemp

It was a work trip, honest!

Several weeks ago I received notice that I had to attend a meeting in Melbourne, on Oct 11. Naturally my next step was the Cool Running website to check whether any events were on the adjacent weekend, and 'you beauty!' it was the weekend of the Melbourne Marathon. Five minutes later I had entered the half marathon option using the website and shortly after I'd been in contact with my 'other' running club, Kembla Joggers, and put the call out to meet old running mates who might be in the area.

The work meeting came and went, and the weekend started with a quick change and a trot off to the start line of the warm-up event - 4km along the banks of the Yarra River. Perhaps inspired by the bigness and beautifulness of the surroundings, not to mention the balmy temperatures as the sun set and the starting hooter sounded, I ran off with the small pack, right at the front, all the better to get a view of the river. I was quite surprised 5 minutes later to find the pack reduced to 2! I decided to drop my companion at a short steep climb onto one of the bridges and head for home at top speed. Back at the start/finish, in first place, my weekend was looking better and better. Next up was a presentation from Rob de Castella, and the chance to chat for a while with this man, a former marathon world record holder, Boston Marathon course record holder and Commonwealth Games champion.

After soaking up the sun on Saturday, Sunday dawned gloomy, with a cold wind blowing off the grey water of Port Philip Bay. I had met up with my KJ club mates, Ian and Lynne Tague, of whom Ian was running the marathon, and after shedding jumpers, tracksuits, etc, we headed out onto the start line, hoping to get some shelter from the cold wind. Instead we got pelted with hailstones, which later morphed into blobbly cold rain, just what we needed while standing waiting for the gun. Then suddenly a surge, then stop, then another surge, (no gun!) and we were off. During the last few minutes a thousand or so runners had tacked onto the starting huddle, from the front, leaving us weaving and side-stepping to try and get to a clear run.

Running this course had a special significance for me, as it was the site of so many firsts for me over a decade ago. My first ever 10km race was run along here

(Brighton to St. Kilda). My first 20-mile race was along part of this course, and my first ever (and fastest) marathon was run here in 1990. As we progressed over the rolling undulations into a steady headwind, I was taken back to the start of my running career, and the simple fun of trotting out with a large bunch of like-minded runners which hooked me 12 years ago and still keeps me going now.

Despite the headwind I made good progress, and easily made it home under the 90-minute mark, despite a few scares due to misplaced km signs. We were treated to the traditional Melbourne '4 seasons in a day', with the 8am hailstorm having changed to blazing hot sun by the time the finish and the presentations arrived.

I missed the marathon finish but I returned to the finish line just in time to see Ian Tague finish 5 minutes ahead of his expected time. 1-2-3 in both events were mostly Australian runners. One of the few out-of-towners to win a placing was Sylvia Renz from Germany, who had travelled to Melbourne for the World Masters Games, and taken a late entry in the marathon. When receiving her prize from Rob de Castella she mentioned that she had read his book and made a special point of travelling to the Dandenong Ranges where he did his training on the forest trails. Unfortunately due to some language issues she was taken to the industrial city of Dandenong instead, which offered a rather different prospect.

I wandered off in the hot sunshine at midday, keen to come back. I'll have to have a go at the marathon next time...

Marathon:

Ian Tague 3:35:40

Half Marathon:

Ian Kemp 1:27:06

Rachel Agnew 1:39:10

Bill Agnew 1:39:11

Congratulations

Paula and Tim Crinnion have a new baby girl named Hannah. She was born on October 6th. Paula and Tim have another daughter, Cara, who has just turned 3.

Robyn and Peter Henry are proud grandparents. Their daughter had a baby boy named Samuel (7lb 6oz) on September 27th.

Aussies Make Their Mark In Xterra World Champs

04 November 2002

XTERRA Team Australia made its mark on the tough Nissan XTERRA World Championships in Maui in November. The championship is run on a gruelling course, hacked into the side of the Haleakala Volcano on Maui and 33 Australians qualified for the World Championships in the field of 450, drawn from 22 countries around the world.

Kirk Vandeweghe finished 3rd in the 35-39 age group (49th outright and 17th amateur). Seven Australians finished in the Top 50 competitors, 13 in the Top 100!

Full details of the Nissan Xterra World Championship details are available through www.xterraplanet.com

From Hazel's Kitchen Apricot Slice

1 cup Self Raising Flour

1 cup caster sugar

1 cup milk

1/2 cup chopped apricots

1/2 cup coconut

Mix together, place in slice tray and bake at 180 degrees for 25 mins or so, until cooked.

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City to Surf Clash

It was almost like a rugby grand final. There they were approaching a drink station at the 12km mark in the City to Surf. One decides to let the other go across first, meanwhile the other is thinking the same thing...KAPOW! What a collision! One KJ hits the deck while the other looks distressed. Other runners thought it all looked quite funny. Good on you Joe Pereira and Steve Van Gils! They both still had great races, but you'll have to speak to them to discover who hit the deck!

Joe and the Women

Speaking of Joe, what is it with him and the women? Every time I turn around one or another is giving him a hug or a cuddle or a peck on the cheek. Hmm... it must be that South American blood.

The Joys of Youth

Yes, I think I was young once. Who was the KJ that had entered the Homebush Relays but forgot about organizing how to get there? I was just about to start the car for the journey up when the phone rang and Chris Stocker asked me if I had room for 1 more? No, not Chris, he had booked in weeks before. Who else would be trying to get a lift to Sydney 3 hours before he was due to run? None other than the mighty winner of the 2002 Balls Up of the Year award... Russell Chin. Good on you Russ. He did run a blinder too... probably that egg sandwich he had for breakfast in the car (still trying to get the stains out). Nice one Russ.

That Trophy

Which KJ trophy do most spouses not want in their house. Well I know the Golden Boots were not a hit in our household (could not understand why) but it seems that the Mt Kembla Cedar Stump gets the dander up with a lot of the ladies. That is even when you explain that it has been 'nuked' at Lucas Heights. Anyway at the presentation of this year's award one keen KJ (Dr Bugalosticus) was so impressed that he studied the stump and the borers holes. He then declared that the trophy was a victim of Eatahouse Giganticus! He reckoned that the size of the holes and the patterns of boring gave it away. This KJ is a housing inspector, but he never gave a verdict on whether he would have it in his house. Stay tuned. I will get back to you with his name and verdict.

Trivia Doh!

I thought the special Bart Simpson Award at the recent Russell Chin Trivia Night should have gone to the person that caused the biggest uproar of the night when he tried to tell all the contestants that the brown ball scores 5 in snooker when everyone else knew it was 4... Nice one El Preso.

Was that Him?

Who was that KJ bike rider talking to the mayoral candidate during the recent local government elections? Was it really the Preso with his helmet on back to front and strap undone?? He'll have to attend some bike ed classes.

Double Johnny Walker Please!

What a champ! Who was the KJ that won the big bottle of whisky at the KJ trivia night? This was the second time in a row. Not to worry, he then donated it back for auction and almost bought it back again. Just as well Drew Ibbotson finally outbid him. Great work Derek Moriarty. He has a heart of gold and I know Mountain Man Russell Chin appreciated it!

What Happened?

Is it true that a certain arsey KJ did not win a single prize in the lucky draw at the KJ Trivia Night? Never mind Dave Higgins, you are doing a great job with the KJ \$\$\$. The club has never been so financial.

Sunday Flasher!

Which KJ was spotted early one Sunday morning adjusting his fly, shorts or whatever, at the side of the road recently? This was a very strange looking event for the middle of Albion Park on a lovely Sunday morning. Is it true that all the local grannies are keeping behind locked doors until they know he has passed on his marathon training rituals? Keep up the distance work Peter Henry.

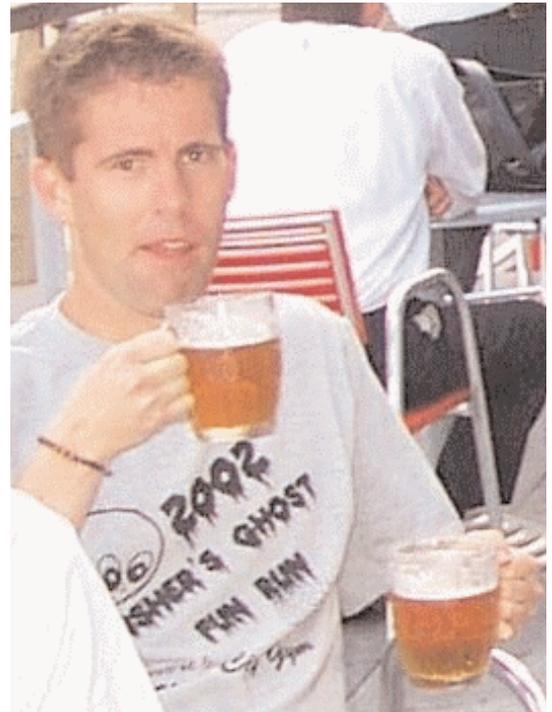
Ps. watch out for those very aggressive speed humps.

The Bobbsey Twins

This title used to be reserved for the inseparable Garry Wheeler and Kevin Goodwin, but now Garry has a flame in his heart (I know many of you had wondered about his declining running times, but lets face it guys... a good race or a good woman???) Is there really a choice?... Anyway, we now have a new set. As I was running past the lake recently I could not believe my eyes. I thought I was seeing double - same shoes, same socks, same shorts, same singlets, same watches, same shades, same caps and even running with the same stride! Yes meet the new KJ twins, Raf Moriana and El Presidente Neil Barnett! They really looked like a couple of pros on the road. Good work lads.

Giddy Up Dad!

Who had to use a KJ junior to get him up the torturous hill at the Cordeaux Dam course? Yes, it seems dad was in a spot of bother when junior came to the rescue and pulled him up the hill with his bike. Good work Benjamin Scollary! I guess Dad has been too busy putting the final touches to the exceptional KJ web site. Good on you Brendan.



The Two-Handed Drinker! El Preso in action after the Brewery Bash. No wonder he reckons he's put on 12kilos again!

Best Course Set Up

It seems that one KJ is not content to produce hundreds of magnificent photos for the annual presentation night but he is now going flat out with the race course set-up! We almost had witches hats every 10m at the last Puckeys course. Nice one, 'Club Person of the Year', Peter Issa.

Blue Mountains Snippets:

Who was the lovely lady that accidentally ended up in the single guys cabin at 4am? The cabins are certainly dark at night. (See what you missed out on Dave, Pasco, Paul and Steve.) It is just as well that Paul Coxhead sleeps well.

Who went missing at 8am on the Saturday morning run? I know Lenore Coxhead was getting a tad concerned but the above item had nothing to do with Paul's absence. He had just stopped to admire the magnificent valley views (see the KJ web site).

Which KJ would not go in the coal shovelling competition at the Blackheath 50th Anniversary of the Rhododendron Festival? Just as well. The winner moved half a ton of coal in 42 seconds!! He also gave the roof bolting competition a miss too. Good on you Paul. I know I would not have been able to lift the shovel let alone the coal. But Paul did run a blinder in the annual fun run, even after 2 beers, cheese and bikkies!

Which KJ has extraordinary eyesight? Yes, the same one that tried to tell me that he could not see past the edge of the trails on the cliff tops! Well as we ran down the

road at the start of the fun run he yelled out "Look! There's Dave's uncle up the road!" I could not even see the road but a while later we came upon an echidna at the edge of the course. This KJ had spotted an echidna at 500m! He had spotted the KJ treasurer's relative at 500m! We now have to call him Eagle Eyes Dave Church. Nice one Dave!

Now that was different! After the quick trivia gathering Eric Brown brought out some videos and it was nice to see the 25th Anniversary of the KJ club again. But it certainly was a sight to see the 1984 running of the 9 miler! Boy! Have things changed! It was run in February in the middle of summer! There was a young Jim Hennessy, Dave and Eric Brown and even a school kid called Petrii Laajoki. There were no drink stations, but everyone shared one bottle of water. A person waited at the top of the hill and passed the bottle over to each runner (only about 24 all up). There was a random handicap draw as well as the normal, although one needed an interpreter to decipher Bill Williamson's Irish explanation of what was happening (nothing has changed there). There was even an Eric Brown setting the fashion for the juniors with his back to front Lleyton Hewitt style cap. It was well worth viewing, even though one Raf Moriana fell asleep (too much red wine they tell me).

Secrets were revealed! El Presidente loves Reality TV! But secrets remain. Who is Alicia? There in the middle of nowhere, deeply engraved in the sandstone rock was the heart of hearts with 'Neil Loves Alicia'.

Fun Run on... Fun Run off... on... off... ON!!! Yes, El Presidente was really in a tizz now that Alicia was revealed. The annual fun run was called off due to lack of interest, and then nostalgia got the best of Neil so he called it on again. Then he saw the beers that Paul, Wayne and myself were having so he called it off again. Then he saw Raf getting changed so he called it on again. Then he saw the cheese and bikkies that we were devouring so he called it off again. Then he realized that he could finally beat Wayne so... it was ON again. But, you'll have to check the web site for photos and results. I can tell you that everyone had a beer prior to the race, apart from the first three getters. They were going for the Olympic Gold medal. The prizes also went down well. Those 12 Steinlagers disappeared quite rapidly on such a hot afternoon. Thank you Wayne Montefiore and Mark O'Brien for kindly donating your random prize winnings to the collective thirst of all the runners. I believe everyone had a good time. See you there next year!

PS. Almost forgot. Yes, it was the 4th KJ trip to the Blue Mountains (1998, 1999, 2001 & 2002). My memory must be failing me, unlike 'Memory Banks' Hazel Brown. The lottery ticket is on the way.

PPS. Is it true that one Mrs Brown forgot to bring the cakes this year???

Cheers Peter E



Not a good look but it did raise \$305 in 30 minutes for the Cancer Council Relays thanks to the pupils and staff of Barrack Heights Public School.

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- WOLLONGONG – 337 Keira Street 4228 7366
Open 9am-5.30pm Monday-Friday – Thursday till 8pm – Saturday 9am-1pm

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DISCOUNTS AVAILABLE TO ALL KJ MEMBERS

The Bright Alpine Climb

2-5 November 2002

By Dave Raymond

Col Steele and I left Wollongong on Friday morning bound for the high country of Victoria. The event: The Bright Alpine Climb (also known as the Four Peaks Climb). We made our first stop at the Coolac Hotel. The weather was hot, the pies were hot and importantly the beer was cold. During our two-schooner stay we were mesmerised by the slow pace of a local eating a chicken burger - no need to hurry in this part of the world. We pushed on to Tarcutta and time for another schooney plus a traveller. The stops became more frequent due to liquid release needs. Another pie and a shout at the Holbrook Hotel and then on to the Star Hotel in Bright, which was to be our home for the next few days. To our surprise the accommodation was cheap and very reasonable. Bright was a pretty little town, very busy with tourists.

Day 1: Mt Porepunkah 6.5km

We rolled up to put our names in and noticed groups of people already starting the course. We found out that you get a card with your name on it then give it to the starter (Reg) when you are ready to go. He writes down the next starting time on your card (5 minute intervals) and you head off with the next bunch. What a great idea - no rushing about and everything is very relaxed. This one was the shortest but the steepest and it wasn't long before our throats were burning from the fresh mountain air. I would have liked to say it was the altitude but it was like this even at the bottom. There were quite a few sections where it was impossible to run and one 500m stretch where we sometimes used our hands. Great views of Mt Buffalo from the top and also of the other competitors dragging themselves to the summit. Col appeared in this fashion a few minutes later. There are no aid stations on the way up, but at the top there was stuff to eat and drink. We were asked not to crush the water cups as they sterilise and reuse them, all in the aim of keeping the entry fees down which I haven't mentioned. It cost \$10 for the 4 days. Amazing! Locals were on hand to drive the competitors back to the start - "anything to help out Reg" they all seemed to say. Back to the hotel for what would become the normal afternoon of eating, drinking beer and lying around watching the cricket.

Day 2: Mt Feathertop 11km (finishing at over 2000m altitude)

This was my favourite. It was a long relentless grind for 10km, not steep but constant and a good mental test to keep running as much as a physical one. It started in rainforest and drifted up, the types of trees changing with the altitude, on a narrow, winding trail. The last 1.5km on the steep rocky summit ridge was a different story altogether. The weather had closed in and we were met with a freezing wind and cloud, bringing visibility down to 20m. This was what the high-country was all

about. A singlet was not quite cutting it as appropriate clothing at this point. After I finished I descended to a hut to wait for Col who was approaching the summit and listened to a first-aid guy saying how he was roped-in to helping out. We had to run/walk down this one, as there was no road to the top. By the time we got to the bottom we had been on our feet for 3 and a half hours. Needless to say we had to replenish by our normal means.

Day 3: Mt Hotham 14.5km

Arrived to check the whiteboard for details of today's ascent. All the information we needed was on the boards at each of the starts, removing the need for tedious pre-race speeches. This was a monster, 14.5km and 1500m or so in altitude gain. We were told the first 5km of this one was basically flat. It turned out to be flat for about 500 metres, then the terrain was on par with Robsons Rd with a Mt Keira Rd twist and this was the so called "flat part" of the run. This ended crossing an innocent little bridge over a picturesque stream, a right turn and f**k! - straight up for 7km which was only just runnable, then 2km which wasn't (except a couple of freaks that passed me). It was snowing up this last section and when we reached the ridge to the summit it was quite heavy. This was the first time Col had seen snow fall and we realised that the uncovered finish area would be absolutely freezing. The stretch to the finish was spectacular with the mountain dropping away on both sides of the trail. All finishers huddled around the fire in a hut and ate cakes, lollies, and biscuits, and drank tea supplied by the organisers before a bus ride back down.

Day 4: Mt Buffalo 11km

We were told this was the easiest leg. It seemed to us every day we were told that the next leg was the easiest and the day before was the hardest. On this occasion it proved to be correct. After a tough start to the course it was a moderate grind for an hour or so to the finish... and a coke! It was still hard, of course, and we had to run back down because we had to get to Corowa Races for the Cup and we couldn't hang around. So, we were well and truly stuffed when we got back down and rinsed off in a chilly mountain stream.

We both agreed this was without doubt the best running event we have ever been involved with... \$10 entry, cheap accommodation, great trails and views, and superbly organised. We'll be back.

The Marty Church Files

Let's Improve

Can you relate to the answers given in this questionnaire?

Q. Do you want to improve your KJ race times and be the envy of all your friends and colleagues?

A. *Ooh yeah, sure do!*

Q. In order to improve, do you want to churn out endless laps at the athletic

track?

A. *Nuh.*

Q. Are you happy to run out the door, run around the block a couple of times and after a month or so, find you are able to run your races a bit quicker?

A. *Wow yeah! Tell me more!*

Well, if you can relate to these answers, the following sessions are for you. You don't need an athletics track. All you need is somewhere where you can run which is preferably out of the way of heavy traffic. A park, cycleway or long quiet residential street is fine. These sessions are designed to have you working in your anaerobic training zone, increasing both heart rate and the body's ability to cope with an increased build-up of lactic acid. In simple layman's terms, you will get fitter faster.

Before each of the following sessions, ensure that you stretch and jog easily for 5-10 minutes. Afterwards, wind down with another 5-10 minutes of easy jogging and stretches.

Structured Fartlek Session 1

3 minutes steady, 30 seconds hard then 30 seconds easy recovery. Repeat this set 7 times.

The 3 minutes steady should be done at a pace slightly slower than your KJ race pace. The 30 seconds hard is done at almost full sprint. 30 seconds easy is very easy - walk if you have to for the first couple of sessions.

Structured Fartlek Session 2

4 minutes hard, 4 minutes easy, 3 minutes hard, 3 minutes easy, 2 minutes hard, 2 minutes easy, 1 minute hard, 1 minute easy, 4 minutes walk/light jog, then repeat entire set.

The pace for the 'hard' components of the set should be done at a pace that is quicker than your 5km race pace.

Structured Fartlek Session 3

30 seconds hard, 30 seconds easy. Repeat 10 to 20 times.

It is suggested that the 30 seconds hard should be done at your 2km race pace.

The three sessions I have outlined above are all sessions that I have previously undertaken. The first two come from coach Ian Hatfield's training regime and the third is from the Australian and New Zealand Runners World (I have forgotten the issue number). They can all be done in your local neighbourhood and will improve your KJ race times, especially for distances from 5 to 15 kilometres.

Martin Church

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Thanks All

From: Russell Dessaix-Chin

Firstly, thanks again to all the people who supported me, by making me cut my hair, buying a raffle ticket or ten, and turning up to the trivia night. The response and generosity has been, to say the least, overwhelming.

I was a little disappointed with myself though on the trivia night, because I forgot to thank some important people during my impromptu, unrehearsed, rambling excuse for a thankyou speech. I forgot to thank Peter Issa, who came along early to the leagues club and brought those embarrassing photos of yours truly, helped set up the tables and whatnot and also brought a couple of bottles of alcoholic content to be used as prizes.

As well, I forgot another important business, Rennie Christini and Tempo Printing, who gave me a very good deal with the printing of the Raffle tickets (surely you didn't think I printed those pro looking things out on the old PC!).

And lastly and almost most importantly, I also forgot to thank two very significant people, two people who were involved in these mountain-running shenanigans from the very outset. Young Ben DuBois and young Matty Kerr were the ones who drove me down to Mt Buffalo in the first place, at quite late notice. If they hadn't, well, then I wouldn't have achieved the result that has now gotten me overseas, and my first Aussie cap. Long live the Telstar and its sweet sweet turbo charged engine! (RIP)

So, I am off. You are probably reading this well after I have run, seeing as I was slack and missed the last Fox deadline. Oh well. Thanks again to absolutely everybody for their wishes of luck, contributions and support.

And thank you to all my business sponsors...

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Where Do You Run? By Drew Ibbotson

Do you ever get bored (even slightly) running along the same old tracks around the Illawarra? I certainly do. So it has prompted me to ask all of you for details of your training runs. Send me some words describing the layout including gradients, approximate distances, drink and loo stops, car parking and best times to run that

route. Include some commentary about why and how you run this route. I'll organise some maps similar to those in the KJ Handbook and ask the committee to make them accessible from our web server.

As an example, I have a favourite run that incorporates Robsons Road Keiraville, which is aimed at improving strength and recovery. I start from Keiraville Village and run along Gipps Rd to Gwynneville Village and back again as a warm-up (and psych up) which is about 2km. Coming back I turn left into (that should be up) Robsons Rd and run to Mt Keira Rd, then turn around and run back along Robsons Rd past Wollongong Uni to Dallas St. Here I turn around and run back to Gipps Rd again. This gives me about 5km of rolling hills. Turn left into Gipps Rd and repeat run to Gwynneville Village as a warm-down. Total distance for the run including warm-up and warm-down is about 9km.

The hills should be run fartlek style (sustained intensity up and float recovery down). There are no drink or loo stops and you can park anywhere along the road. I have found it best to run on the eastern side of Robsons Rd for the whole 5km as it provides a better verge to step onto to escape any not so courteous drivers. I prefer to do this run in the morning to avoid traffic and also because lighting is limited in the evening.

The run can be easily extended by either continuing past the Gwynneville Village through to the North Gong railway station or for an extra sustained climb, I turn right at Mt Keira Rd and run to the Mt Keira Demonstration School and back which adds about 4km to the total.

So how about it? Any runs, anywhere, including off road adventures (that means you Ray). Please e-mail me your details at drewibbo@bigpond.com.

Sue Mulready

As many of you are aware, I have been having some problems during races recently. Severe dizziness, breathlessness and blurry vision causing me to stop and walk, and on occasions forcing me to pull out all together. As you would all appreciate this was humiliating and left me shattered and looking for answers. A wide range of tests failed to solve my problem and instead I was left with scenarios ranging from asthma to dehydration, and many believing - and almost having me believe - that it was all in my mind.

It was only after Eric suggested that I wear a heart rate monitor on a regular basis that I became aware of what was actually causing my symptoms. During the Puckey's race in August the problem occurred again. When I checked the monitor it displayed a reading of 234 bpm. At first I thought there must have been some interference causing a dodgy signal but as I slowed to a walk my heart rate dropped.

An Electro Physiological Study was conducted and it finally confirmed that I was in fact suffering from ventricular tachycardia. This is a potentially fatal condition where the heart beats very fast and in an uncoordinated pattern, not pumping blood effectively and causing the blood pressure to drop. Unconsciousness and sudden death can then occur. You might be aware that this is the same condition suffered by world champion triathlete Greg Welch. Over the following weeks several attempts were made at treating the problem

Kembla Joggers Flying Foxes Family Fun Day

**Jamberoo Recreation Park
Sunday 13th January 2003
10am-3pm**

Cost: \$21 per person
Cheaper if we get more!!
Kids under 5 free.

Price includes ALL park activities ALL day.

Featuring: Surf Hill, water slides, mountain slide, The Rock, racing cars, speed boats, wading pools, mini golf, scenic chair lift, picnic grounds plus more!!

All KJ's, friends and family are welcome.

Bring your own picnic lunch or purchase it at the Park.

Please let us know if you are coming - ring Steve or Katrina VanGils on 4228 5703 or 0438 219 565 before December 29th (earlier is better!!).

without success and I was left with no other choice than to have an Implantable Cardioverter Defibrillator. My doctor actually put me in contact with Greg Welch who went down exactly the same path and he has been a much needed source of support.

So I now have a very unattractive "lump" sitting just below the skin under my left collarbone. This will either pace the heart or deliver an electrical shock to return the heart rate to normal (similar to a pace maker). At least I can now lead a normal life without the fear of collapsing at any moment. I have been told it would be very unwise to consider racing ever again. I also have to avoid contact sports, the security wands in shops and airports, and I can't work as an arc welder (bummer!!).

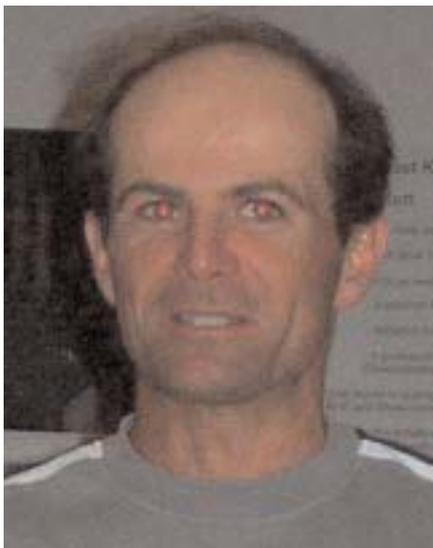
My husband, Mark, has been very supportive and loyally tells me that it is not that noticeable. If you can ignore the 2 inch scar, the lump itself sticks out like dog's %\$@#. He thinks I should tell everyone that I have an overly possessive husband that has implanted me with a tracking device! So what does my future hold? Well besides being the mother of 3 precious children, I have decided to channel my energies into a career selling real estate. As well, to quell my competitiveness and punish myself mentally, I am going to take up... golf!!

I would like to thank those who have offered their kind wishes and support over the past couple of months - especially Hazel, Eric and Vanessa. I will miss training and racing with everyone more than you can know.

PS. Molly was very concerned when I told her that I could no longer race as she thought that would mean she could no longer participate in the kids races. I assured her that this was not the case. She very graciously informed me not to worry, as she would wait for me anyway!!



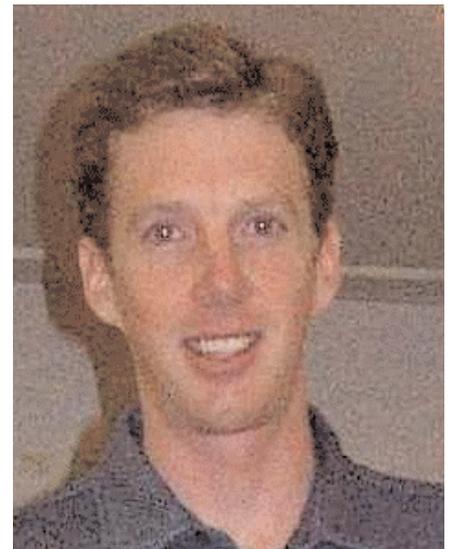
Winners of the Winter Pointscore: (left to right) Pasco Coppolaro (3rd), Kelly Eady (1st), and Robert Sciberras (2nd).



Paul Micale - Elite Male Pointscore Champion.



Karen Ryan - Elite Female Pointscore Champion, Athletes' Athlete, and KJ Medal recipient



Matthew Kerr - winner of the Golden Boots (Most Meritorious) award, and KJ Medal recipient.

Recipients of Participation Awards for 2002: (left to right) Wayne Montefiore, Robert Sciberras, Paul Di Pietro, Dianne Birch, and Pasco Coppolaro. Missing is Gary Howard.





Peter Issa - Club Person of the Year for 2002.



Stephen Locke - KJ Medal recipient.



Russell Chin - winner of Ballsup of the Year.

**Check out the KJ website
www.kemblajoggers.org.au
for more photos and
results from Presentation
Night.**

Wayne Montefiore (left) presented Encouragement Awards to (left to right) Jennifer B. Burns, Mitchell Burns, and Sevgi Girgin





As usual club stalwart Dave Higgins put in the hard yards on the side of the track as well as on it. Here he is pictured noting down the lap times of every lap of every KJ that ran in those 24 hours.



Kembla Joggers Club Survey 2002

All KJ members are encouraged to take a few moments to fill out the survey. The results will provide a snapshot of your views on different aspects of the club. It will also help the new committee to draft future racing programs and gauge support for a number of new initiatives, which were introduced during the past year or will be during the next.

Please feel free to add comments and any suggestions you may have about the club on the last page. All surveys returned will help the committee make the KJ's an even better club than it is today, so please give it a go and return to the club PO Box or hand in at the next KJ race.

All respondents who return their surveys before the New Year will go into a draw for three Rival Sports Packs. So don't delay.

Paul Micale, Jared Poppett and Carinne Weston put in the hard yards at the recent Cancer Council Relay for Life. Well done to all the KJ's who were part of the event, especially Hugh Motbey for taking on the coordination of the KJ's part in this years event.



➤ KJ Summer Race Series December

- 17 Senior 5km, Junior 1 & 2km - 5.45pm
Stuart Park, North Wollongong
- 22 Senior 5km, Junior 1 & 2km - 8.15am
Windang SLSC car park (byo bbq after race)

January

- 1 Hangover Handicap: 4mile, Junior 1 & 2km - 2.45pm Mt Kembla
- 14 Senior 5km, Junior 1 & 2km - 5.45pm
Illawarra Yacht Club
- 28 Senior 5km, Junior 1 & 2km - 5.45pm
Hill 60, Port Kembla Pool car park

New-Look KJ Website Launched

The new-look Kembla Joggers website has just been launched. Have you checked it out yet?

The site has been upgraded to include lots, lots more than before. There's an on-line store where you can view and order anything from the KJ apparel range, upgraded photo galleries, a great search function in addition to much more detailed info on the club. The site has a brand new look and an improved menu system making it much easier to navigate around.

So check it out and have a play around with it. We would be more than happy to get your feedback, after all the website is there for the benefit of all KJ members. And don't hesitate to send us any photos, stories, race reports, links etc, which might be suitable for

February

- 11 Senior 6km, Junior 1 & 2km - 5.45pm
Croome Rd Sports Complex, Albion Park Rail
- 16 The Gong Run: 24 & 31km - 6.30am
Albion Park Rail
- 25 Senior 5km, Junior 1 & 2km - 5.45pm
Fairy Meadow Surf Club

March

- 4 Beach Run: 3 & 6km, Junior 1 & 2km - 5.45pm
Port Kembla Beach

the site. Send all KJ e-mail to runners@kemblajoggers.org.au

We are extremely grateful to both Ian Tague who developed our great website over the past few years and to Brendan Scollary for taking it to the next level. Thanks heaps guys.

The site address is still the same...

www.kemblajoggers.org.au
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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
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Asst Secretary	Peter Evans4297 0082
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