

# The FOX

Issue 2 April 2003

THE OFFICIAL NEWSLETTER OF KEMBLA JOGGERS INC.

## Madeline Brains Them!

15yo Madeline Heiner showed experience beyond her years, in becoming the youngest ever female winner of the Fitness 5 fun run. She basically led from start to finish, tucking in behind Garry Wheeler and Marty Weston on the way out. Sarah Mycroft tried valiantly to stay with her, but her younger rival had too much speed for her at the finish. As has now become a common occurrence, this day turned out to be a beauty again. About 550 runners and walkers lined up as Kerryn McCann fired the starters gun. By the time the lead runners got to the Novotel, Barry Keem and Ben DuBois were 50m in front of Rob Battocchio with Russell Dessaix-Chin and Paul Micale not too far back. However once they turned Barry broke away from Ben and the race was all over for line honours. Russell managed to peg back Rob with less than 1k to go to grab 3rd. In the female category, Madeline Heiner, as stated earlier, won from Sarah Mycroft, with Claire Fraser 3rd female home. Melissa Burgess put in a top performance to be 4th in and 2nd junior female home.

KJ age group winners were Males: Under12 Max Beattie 19.09, 12-14 Ryan Davidson 17.44, 15-17 James Greathead 16.40, 18-29 Chris Brown 16.19, 30-39 Rob Battocchio 15.36, 40-49 Phil Parle 16.45, 50-59 Witold Krajewski 19.33 and 60+ Roy Francis 21.45 Females: 12-14 Melissa Burgess 19.11, 30-39 Kerryn McCann 19.22, 40-49 Edy Ogenovski 20.25, 50-59 Gwenda Brokenshire 22.46 Besides these winners there were many other good performances. These included: Tim Crinnion 17.18, Greg Mackey 18.28, Heather Ruty 20.58 and Robbie Belsito 22.12.

But the most outstanding run of the day was by 9 year old Shane Cowie who ran a brilliant 19.10!! Easily one of the best performances ever by a junior athlete.



MADELINE HEINER

SHANE COWIE



## IMPORTANT VENUE CHANGES

Due to unforeseen circumstances the 8k/4k race day at Cataract Park venue on Sunday 18 May has been moved to Cordeaux Dam. Race distances and start times remain unchanged. This event will still incorporate our family picnic day, so bring along the kids for a great social day out. Don't forget, Cordeaux Dam is on Picton road, not Appin road, like Cataract Park.

### ANSW Event changes

-The NSW Road championships on May 10 have been moved from Holsworthy army base to the Western Sydney Regional Park, Cowpasture road Abbotsbury (next to the Olympic equestrian centre).

-The NSW Short Course cross-country championships on July 19 have been moved from St Ives back to UWS, Campbelltown (as per last year).

## THE ILLAWARRA'S COOLING INFLUENCE

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## President's Report



After an unusually quiet summer the KJ tribe has certainly returned en masse if the first few races of winter are any guide. The Puckeys registration day attracted 170 runners and then 2 weeks later at the 8K race day at West Dapto, no fewer than 171 KJs took part. This

makes these 2 race days the second and third largest ever attendances in KJ history, just a whisker short of the all-time attendance record. Not bad hey!! Perhaps the most impressive thing were the very large junior fields, the West Dapto event eclipsing the previous record with 68 juniors having a go. Well done everyone ... keep participating and be sure to watch your fitness steadily improve over winter.

The recent Fitness Five Funrun was another outstanding success thanks to the hard working Fitness Five organising team lead by Peter Issa. With new sponsors City Coast Credit Union on board, great publicity and fantastic weather, everything was destined to go well. Over \$6,000 was raised by the club for the Schizophrenia Beta-Imager Appeal so you can feel satisfied that if you didn't run your best, you were at least supporting a very worthy cause. Well done to KJ junior Madeline Heiner who won the event for the ladies and to all our other placegetters.

Many people have been asking me about the progress with the West Dapto venue. I have been reliably informed that Council will exchange contracts with Integral within days, so by the time you read this, the deal should be complete. There is then a 6-week settlement period after which Council will need to undertake a safety evaluation for the site. Only when this is complete can we make a move and start transforming the site into a cross-country venue.

We appreciate your patience and with any luck by mid year we will be slogging it out on some new cross-country courses. In the meantime please let us know if you can help out in any way. I'd be expecting a few weekend working bees and without the support of club members we will probably have to wait till next year. So please get involved. Government funding options are also being pursued for the construction of a multi-purpose clubhouse facility on the site. Exciting times!!

The ANSW winter season kicks off in late April and I would like to encourage everyone to get involved. You certainly don't need to be an elite runner, even a good one. In fact just about all abilities take part. The courses are all within easy reach of Wollongong and are some of the best you will ever run over. These are great family days out and we encourage you to get the kids involved as part of one of our many KJ junior teams. Talk to club captains Bob and Vanessa for more details or check out the KJ Handbook.

Before signing off, I would like to welcome all new members to the KJs. We hope you enjoy running with us and will see you at many future KJ activities. If you need a hand with anything please let a KJ committee rep know.

Neil

# FOX TALES

by Rob Battocchio and

## Uncle Pete's TOYWORLD



### April 2003

The 2003 Winter-point score season started with a flurry as many a 'Flying Fox' and parents in toe, joined in during the first two rounds of the season. Juniors now make up over one third of the Kembla Joggers membership and it's a brilliant testament to the Kembla Joggers philosophy of embracing junior joggers of all ages and abilities and ensuring running is as much a fun and social outlet as is the racing, training and fitness side. The winter season ahead is nothing short of 'huge' with over 12 club point score events, and the many a school cross country, athletics events, Athletics NSW events ahead, plus the Fitness Five Fun Run, coaching clinics, new 'Fox' tattoos, social events and much more to look forward to!

Welcome to all returning and new members. Best of luck in all your events ahead and I hope 2003 brings a year of good results, good times, and rewards.

### The Winter Point Score Ahead

The 2003 season has just begun, and there are many fun winter point score events ahead. Held in conjunction with the standard KJ winter point score events, the mini and junior point score events cater for runners from the ages of six and over, with distances from 1km to 5km. Held at various running locations, with a mix of road and cross country, the junior events are an excellent way to enjoy your sport, meet new friends and have a easy or hard hit out.

In 2003 there will be 12 junior point score events with the younger kids able to chose from either the 1km, 2km and the new 3km events. These distances will be held at each event, which allows kids of all ages to enter in an appropriate distance to their fitness level, and in tune with the standard cross country season for their age. Also, juniors aged 11 yrs and over can now compete up to the 5km distance.

Remember that the junior under 12 events will once again begin 30 minutes before the open point score events.

Give Aways, Trophys & heaps more....

We are again very lucky to be able to provide give-a ways to junior runners at most events. Uncle Pete's Toyworld have again generously donated prize vouchers, and we also have post event drinks and nibbles.

### WELCOME TO ALL NEW MEMBERS

Kembla Joggers Juniors registrations are already up from last year and it look likes 2003 will be a record year. To all new members, welcome to Kembla joggers and I hope your time with us is fun, rewarding and exciting. Best of luck in your events and remember that if you

need any help please just ask one of those bright yellow shirt wearing members with 'Committee' on their backs for any advice on event days. For more info please see Neil Barnett on 4272 6818, Rob Battocchio on 42264754.

### KJ junior representative's wanted.

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

Kembla Joggers junior runners were outstanding last year, and if this trend continues 2003 will be another record-breaking season! Athletics NSW Registrations are now being taken for all juniors with teams available in the Under 12, Under 14, Under 16 & Under 18 Male and Female age groups. All runners are encouraged to join, as we are hoping to field more than one team in each age division. For more info please see Neil Barnett on 4272 6818, Rob Battocchio on 42264754.

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

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

### Congratulations to:

- Madeline Heiner for her selection in the NSWIS Talented Endurance Athlete Development Squad. Madeline will benefit from coaching guidance, physiological testing, sport psychology training, and training camps organised throughout the year. Coach, Rob Battocchio was also chosen as a Network coach for the NSWIS to guide Madeline and other squad runners through the program.
- Jarrod Poppett for his fine 7th Placing in the recent 2003 Australian Athletics titles in the 5km track event.
- New member Jake Evans, on recording three gold medals (800m, 1500m & 3km) in the recent state Little Athletics titles. In so Jake set an all time record of 9.48 for the 3km event in the 12 years event.

### Fitness Five Report

Kembla Joggers annual community Fun Run, the 'Fitness Five' has been run, and won, with many an outstanding result by the large group of Kembla Joggers Juniors who participated. Greeted by a fine, warm and slightly windy day, over 50 KJ Juniors joined in the record field of over 550 entrants in the 2003 Fitness Five Fun Run.

## Well done to:

Madeline Heiner for an outstanding run to be the first female across the line in a very smart 18.01 as a 15 year old!!

Other top runs by medalists James Greathead 16.40 (1st U18), Melissa Burgess 19.11 1st 12-14 yrs, Alana Yardley, 2nd in 12-14, Gemma Burke 21.55 3rd 12-14yrs for placing in the 2003 Fitness Five Fun Run. KJ Flying Foxes were everywhere, well done all runners...

The boys Under 12 years was a fantastic Kembla Joggers members race, with Max Beattie (19.09) edging out a super run by youngster Shane Cowie in 19.10, from a fast finishing Hudson Bouma (19.36) and new member Todd Davidson (21.11)...great stuff guys!!!

In the boys 12-14, new member Ryan Davidson put in a sensational performance to win the category in a slick, 17.44, with KJs Guy Cuttill and Trent Goodwin in the 2nd and 3rd placings.

Other fine performances by Stephanie Hummerston, Gulden Girgin, Nicola Hummeston, Renee Ognenovski, Zac Blay, Joel Dent, Gokhan Girgin and Jarod Blay, all KJ Juniors!!!

## Winter Track Events

The popular Thursday night track events continue through winter and are an excellent mid week hit out for many juniors. Events range in distance from 400m to 5km. Please read your Kembla joggers winter race guide and/or check out the Kembla Joggers website: [www.kemblajoggers.org.au](http://www.kemblajoggers.org.au) for weekly events.

Track events are a great way to work on your speed, for the crossing country and winter race season, and also for an excellent training session. Events begin at 6.30pm, are open to all KJ juniors and invited friends, are free to of charge and are fun and friendly.

Pre track event, Field event coaching will also be conducted, with kids learning skills in jumping, throws and starts. This is also open to all junior members, and conducted at 6pm.

## T shirts, KJ training & racing gear

Get your "Flying Fox" Kembla Joggers exclusive t-shirt for only \$5. Most sizes are available. Plus if you're looking for running gear, as race singlets and shorts, see Bronte or Karen Blay on event days. Look out for the coming KJ 'Fox' tattoos available for only \$1!

## 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 afternoons, 4.30pm at Stuart Park, North beach. 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 for more information on 4226 4754 or 0413 862 676, or email [rob@fishinternet.com.au](mailto:rob@fishinternet.com.au)

## Do You Have Some Results, News, or Questions for Fox Tales?

Help us keep informed with your results, stories or any questions you may have. Either email through to Rob Battocchio directly: [rob@fishinternet.com.au](mailto:rob@fishinternet.com.au) or at the Kembla Joggers website [www.kemblajoggers.org.au](http://www.kemblajoggers.org.au)

## Event Briefs...

### Stuart Park...

Over twenty juniors in the 14-17 age group participated in the 5km Stuart Park event, with many keen to test their fitness in the lead up to the coming school cross country season. With a mix of warm and humid conditions and even a passing storm during the race, it was great to see many a fine performance by KJ juniors.

The pace was on from the start, as over 100 entrants took to the Puckeys course. Whilst still early days, fine runs included:

- a flying Melissa Burgess enjoyed the spoils of some solid pre season training, finishing in a great personal best of 18.37

- New member Ryan Davidson to record a great 18.17

Other great runs were recorded by:

Ryan Burns (17.07), Dana Wilton (20.57), Nicola Hummerston (21.17) and Erin Smillie (23.53)

If this is any indication, then I am sure many KJ Juniors will have a great cross-country season ahead of them. Best of luck to all KJ Juniors in their coming events.

### West Dapto

Typically, the first West Dapto point score event of the season brings record numbers, and this year was no exception.

In the Junior alternate 4km event 33 participants took part, with many keen for a hard hit out leading into the winter running season.

Line honours went to Ryan Burns in a slick 13.35, from 13 yr old new member Jake Evans in 14.13, by a sprint finish to Ryan Davidson in 14.14, and in the girls Melissa Burgess came in first in 14.52 (4th outright) from Alana Yardley and Nadine Dryburgh.

A glance over the results show that many a KJ Junior are in great shape and I anticipate many fine performances ahead.

### Sub-Junior Races

A growing list of 45 sub-juniors ran in hot and humid conditions in race two of the KJ's Winter Racing Series, at West Dapto on 22.03.2003. Safety restricts the Sub-Juniors West Dapto course, to a 1km loop, which means that there were two and three loop races. A little boring you may say, but be that as it may, it's a fast course and some excellent runs and times were recorded.

Twenty flying foxes took part in the 1km race with David Ognenovski first past the post in a time of 3:45. He was closely followed by Henry Gordon (4.03), Thomas Robinson (4.10) and Jemma Chambers (4.15). Improvers for the day were Erin and Shaun Cranney who went about two minutes faster than their Stuart Park effort.

Eighteen 2km finishers were recorded with the top seven all breaking nine minutes for the distance. That's better than four and a half minute Ks, not a bad achievement for 10yrs and under. Shane Cowie continued with his super recent form winning in 7.04, a truly blistering time. He showed a clean pair of heels to Carly Chambers (8.01), Zac Blay (8.13) and Keiran McCarthy (8.13). Others with notable and improving times were: Chantelle Davidson (9.28), Jessica Eady (9.29) Brad Gullick (10.19) and Ashlee Smith (10.41).

Seven runners took part in the 3km event with 13 year old, Eloise White romping home

in 11.01, a time most seniors would be proud of. One sees a bright future for Eloise, Neil have you signed her up for ANSW this year. Hudson Bouma (11.12) ran his usual honest race to finish second, with a tiring Scott Leedham (11.27) third. Scott was up with Eloise for the best part of the race and the coming weeks will see Scott improve his times, as his overall fitness picks up. Connor Burke (11.52) and Todd Davidson (11.55) are two more newcomers that will be able to benefit from a full seasons racing.

**Stuart Park on 15.03.03** was held in hot and humid conditions, a total and near record crowd of 36 flying foxes ran in the 1km, 2km, and the new distance of 3km, on the opening day of the 2003 Winter Sub Junior Series, held at the Puckeys Course on 15.03.2003.

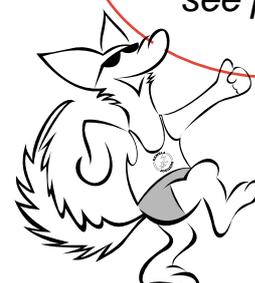
There were more than enough helpers on the day and the race proceeded without too many incidents. Many thanks to the mums, dads and other volunteers who made this possible.

In the 1km Keiran McCarthy (4.22) sprinted the last 200 metres to outlast David Ognenovski (4.25), with Jake McCauley (4.30) and Tom Robinson (4.33) close up. An equally fast and determined finish by Ronni Maciejowski (5.07) to edge out little sister April (5.07), was also a highlight, closely followed by newcomer Mikayla Morris (5.12).

The 2km was an all the way win for Shane Cowie (8.16). Shane is a 9 year old with a bright future and if he continues to improve the way he has in the past 12 months, many local and state medals will be coming his way. Newcomer and likely improver Todd Davidson (8.38) was second, with Gulden Girgin (9.38) third. Benjamin Scollary (9.44), Chantelle Davidson (10.00) and Jessica Eady (10.05) were other notable finishers.

The KJ committee decided a third distance of 3km was needed for the Sub Juniors in the current Winter Season, as all 11 and 12 year olds run 3km at their respective school cross country carnivals. Eight foxes (3 boys and 5 girls) took up the option of the extra distance with accomplished junior athlete Trent Goodwin (12.33) coasting to a easy win over Thomas Mackey (12.47) and the ever reliable Joel Dent (14.09), third. Stephanie Hummerston (14.23) was first girl home, followed by Juliana Caruana (15.06) and Ebony Mackey (15.14).

*For Sub - Junior  
Pointscore 2003,  
1km, 2km & 3km  
see page 5*



# Race Reports by Gary Howard

## 5km cross country Albion Park 11/02/03

57 runners took part in a new xc course designed and set up by Ian Hatfield. The task of setting up this course was great, but with Ian Hatfield showing great enthusiasm and help from Alan Onions, Hugh Motbey, Ward Hummerston, Martin Church, Roy Francis, and Dave Barnett the course was set up with only minutes to spare before race start.

The tricky course followed the tree line along the grassy areas for 2.5kms which included two creek crossings, then proceeded along the main road up to the complex exit then turned left into the bush following a dirt trail before crossing the road and following a trail behind the grass track up to the scramble track and finishing on the grass oval. Hot humid conditions with a slight south-easterly breeze made racing conditions even harder.

Mark Scott 16.22 excelled in the conditions and easily took 1st place with Paul Micale 16.42 in 2nd and Chris Brown 16.56 in 3rd. Lucie Richards ran a great race to win the female section from a fast finishing junior runner Melissa Burgess 19.39 who's form at the moment is fantastic, and was followed by Paula Crinnion in 3rd place.

Raf Moriana 17.29 and Edy Ognenovski 21.14 won their over 40 categories, with Peter Evans 19.27 1st over 50 and Eric Brown 22.11 1st over 60.

This race saw a couple of old faces making a return to running, George Osadczuk 19.02 a former 10 mile winner, and Teresa Moxham 21.51 a former great junior female runner and Darren Baxter with a time of 19.46.

Ryan Burns 17.28 kept up his good form to be 1st male junior followed by Jared Poppett 18.22 and young Rohan Frost 23.31 catching the eye with each race. Melissa Burgess 19.39 taking out the junior female section ahead of Renee Ognenovski 24.50.

Other eye catching runs were Chris Brown 16.56, Alan Onions 18.45 (home ground advantage), Ward Hummerston 21.43, Sue Scott 22.13, Georgette Ibrahim 27.43 and Sevgi Girgin 28.40, and former Australian Test Cricketer Ian Redpath for his debut of 19.32, Rennie Curcio 24.54 who is also improving with each race, but the run of the day goes to Gabe Giason 22.36 who over the past races has slowly improved and handled the tough conditions with ease.

Take a bow Ian Hatfield for a great course and helping to set up the course which took a lot of time and effort, it is now up to the Albion Park runners to make sure that we keep this race and venue as there is a lot of setting up for this course.

### Top 5 runs of the day

|                   |       |
|-------------------|-------|
| 1: Gabe Giason    | 22.36 |
| 2: Alan Onions    | 18.45 |
| 3: Lucie Richards | 18.20 |
| 4: Sue Scott      | 22.13 |
| 5: Rennie Curcio  | 24.54 |

**Male:** 1: Mark Scott 16.22, 2: Paul Micale 16.42, 3: Chris Brown 16.56, Ryan Burns 17.28, 5: Raf Moriana 17.29

**Female:** 1: Lucie Richards 18.20, 2: Melissa

Burgess 19.39, 3: Paula Crinnion 19.51, 4: Alisa Williams 20.28, 5: Edy Ognenovski 21.14

**1km Junior:** Jessica Saunders 3.46, Mitchell Saunders 4.44

**2km Junior,** Sian Mowbray 7.25, Shane Chapman 7.25

## 5km Puckeys 15/03/03

A record field of 135 runners took part in a great day of racing for the KJ club, backed up with 35 junior runners in the 1 & 2km races we were 3 shy of the all time venue record of 173 recorded at the 8km West Dapto on the 23/03/02, and to add to this the combined number of junior runners in all the events of the day was 56 which was also another record. To add to this KJs were also celebrating 30 years of running. And how good did the KJ Committee look in their new 'Yellow' T-shirts.

A warm cloudy day with only a mild breeze greeted the runners at the start line, 5 minutes into the race a light shower of rain dampened the soft sand but gave the runners a refresher, Ben Dubois 15.29 was first to greet the finish line and add his time (10th fastest) to the top 10 fastest list for this course, with Rob Battocchio 15.52 in 2nd and Russell Chin 16.39 in 3rd place. Run of the day goes to Melissa Burgess 18.37 who's time was the fastest for a female junior, and was also the fastest female of the day, Melissa broke the existing AGR in the fm 10-14 category, 2nd fm was Claire Fraser 19.10, with Lauren Elms 19.26 in 3rd place making a welcome return to KJ running.

A great run by Phil Parle 16.52 and keeping up her summer form Edy Ognenovski 20.24 won their over 40s category. Andrew Krajewski 19.17, and Gwenda Brokenshire 22.59 both run good races to win their over 50 category, Gwenda in particular broke the existing fm 55-59 AGR, Peter Asher 23.15 and Lorraine Vandeweghe 33.08 won their over 60 category, and I have been informed that Lorraine is here on holidays from Canada visiting her son Kirk and had never run in a race till she came to Australia, well done Lorraine, and for a while now since Kevin O'Connell stopped running we have not had an over 70s runner in the winter series, well Kevin Raines is now 70

and picked up an AGR on the way with a time of 25.27 I'm sure there will be more by the end of the winter.

21 juniors took part in the race with Ryan Burns 17.07 and Melissa Burgess 18.37 were 1st in their categories, new junior Ryan Davidson 18.17 and Byron Arnold 19.55 were also impressive.

New runners making their first appearance for the club were: Cameron Faricy 19.15, Scott Bowley 20.02, Grant Deitch 20.10, Andrew Coad 23.46, all looked impressive.

A great day of racing was topped off with a big KJ designed cake that was enjoyed by all after the race.

### Results.

1: Ben Dubois 15.29, 2: Rob Battocchio 15.52, 3: Russell Chin 16.39, 4: Phil Parle 16.52, 5: Ryan Burns 17.07

Female 1: Melissa Burgess 18.37, 2: Claire Fraser 19.10, 3: Lauren Elms 19.26, 4: Edy Ognenovski 20.24, 5: Kelly Eady 20.27

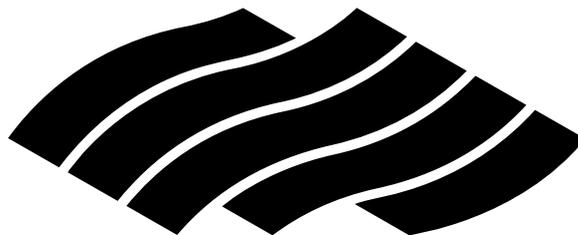
## 8k West Dapto 9/03/2003

Newcomer Grant Deitch led home a big field of 93 runners, in the first race of the 2003 winter series at Dapto. Following Grant in were Geoff Smith and Steven Newman. Last year's winter series runner-up, Rob Scibberras showed the benefit of marathon training by passing 44 runners on his way home into 4th place on handicap.

Not far behind Rob was another marathon bound athlete, Robbie Belsito, who ran a PB of 36.51. Watch out Paula! The best run of the day was by Ben DuBois. Ben passed 82 of the 93 runners on his way to a new course record of 24.25. Next two quickest were Chris Brown and Stephen Brown. Quickest females were marathon bound Carrine Weston and Karen Ryan, with Paula Crinnion 3rd quickest.

First over 40 was Kevin Goodwin & Jennifer-Ann Burns, first over 50 was Denis Webb and Gwenda Brokenshire and first over 60 was Roy Francis & Lorraine Vandeweghe.

There were a number of other good runs. Alan Onions (29.52) continues to impress, as did Joe Castro (30.05). Carolyn Dews (34.22) made a welcome return to racing and Edy Ognenovski (36.12) continues to improve.



# BHPSTEEL

Supporting the Illawarra's Sporting Community

# Race Reports

**Males:** 1. Ben DuBois 24.25 2. Chris Brown 27.43 3. Stephen Brown 28.02 4. Chris Richards 28.38

**Females** 1. Carrine Weston 30.25 2. Karen Ryan 30.39 3. Paula Crinnion 31.49 4. Kathy McCarthy 34.02

## 5km Fairy Meadow 25/02/03

A good field of 63 took part in this race. With the normal Stuart Park venue still under repair Ward Hummerston volunteered to set up a new course which was very similar to a Puckeys race in reverse with a water crossing. A sunny humid day met the runners for their mad dash.

Mark Scott was fastest for the day with 17.04 & Chris Brown 17.04 only mms separated them at the finish, Jonathan Hall was 3rd in 17.38, first female was Claire Fraser 19.29 with Carinne Weston 19.38 in 2nd place followed by junior runner Melissa Burgess 19.56 in 3rd. This race was the last point scoring event in the YDOIDOIT trophy and ironically the run of the day belonged to the eventual winner Steve VanGils with a time of 18.09

## Port Kembla beach run 5/03/02

A nice way to finish the summer season by having a relaxing beach run and a swim afterwards. Chris Brown won the 6km in 21.38 with Chris Richards 22.15 in 2nd and Raf Moriana 22.29 in 3rd place. Karen Ryan 23.41, Carinne Weston 24.01, and Melissa Burgess 24.56 were the place getters for the females.

Greg Mackey 11.25, Bob Projevski 12.27 and Neil Barnett 12.40, shared the honours in the 3km event with Renee Ognenovski 13.14 1st female, Shahna Fairley 15.36 in 2nd and new comer Claire Krnavek 17.26 in 3rd place.

## KJ Track Championships

Kembla Joggers Track Championships were held over 3 weeks in February. They covered 100m, 200m, 400, 800, 1500m, 3km and 5km. There were some mighty performances over these distances. Gwenda Brokenshire set records in all events she entered. Max McKay, our oldest member at age 79, yes 79 years young, ran a blistering time of 35.9 for the 200m. If you don't know how fast this is, then get yourself down to the track and try it...it's fast believe me.

Tim Crinnion showed just what potential he has running 56.6 for the 400m. If Tim could stay uninjured and with a solid training period behind him he could really turn in some great performances in middle distance events.

Jared Poppett is maturing into a very strong runner. Just turned 18, he has set PBs in several events on the track. Most notable from the championships were his 400m in 53.9, 1500m in 4.06.3 and a fantastic 5km in 15.38.6.

There were also some wonderful races from our juniors. Please take the time to check them out on our web site and feel free to come along on any Thursday evening to Beaton Park. Starting at 6pm with the Bob Og and Greg M. field event workshops for juniors (and Max), then 6.30pm for a junior race, followed at 6.45pm with the senior distance. Everyone has fun, everyone gets a good speed session in and everyone realises that the track is for everyone, both fast and slow.

Check the handbook for event distances and dates or ring Hazel or Eric on 42613985.

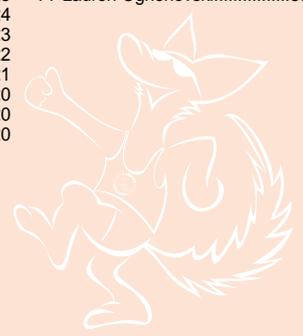


## Club Participation Awards

Once again, Uncle Pete's Toyworld will sponsor participation awards for any club member who competes in every winter series event during the 2003 season. Last year six KJ's met the challenge and received a special embroidered towel on Presentation Night. How many can equal the feat this year? Don't forget your any compulsory marshalling duty counts towards the participation effort so no one is disadvantaged for helping out. Juniors will receive a similar award for taking part in at least 9 of the scheduled 12 junior events. So there's the easiest way to pick up a great award by just taking part and staying keen.

## Sub - Junior Pointscore 2003

| 1km                          | 2km                          | 3km                           |
|------------------------------|------------------------------|-------------------------------|
| 1 David Ognenovski .....37   | 1 Shane Cowie.....60         | 1 Stephanie Hummerston.....72 |
| 2 Thomas Robinson .....34    | 2 Benjamin Scollary .....47  | 2 Todd Davidson.....65        |
| 3 Erin Cranney.....30        | 3 Chantelle Davidson.....46  | 3 Eloise White.....40         |
| 4 Sean Cranney.....29        | 4 Jessica Eady.....45        | 4 Trent Goodwin .....40       |
| 5 Mikayla Morris .....28     | 5 Brad Gullick.....44        | 5 Hudson Bourma.....39        |
| 6 Blair Arnold .....26       | 6 Jack Miller .....42        | 6 Thomas Mackey .....39       |
| 7 Lucy Howard .....20        | 7 Henry Gordon .....37       | 7 Scott Leedham .....38       |
| 8 Cassie Smith .....20       | 8 Carly Chambers .....29     | 8 Joel Dent.....38            |
| 9 Keiran McCarthy .....20    | 9 Todd Davidson.....29       | 9 Connor Burke.....37         |
| 10 Jake MacCauley.....18     | 10 Zac Blay .....28          | 10 Juliana Caruana.....36     |
| 11 Sam Dove .....16          | 11 Gulden Girgin.....28      | 11 Ebony Mackey .....35       |
| 12 Ronnie Maciejowski.....15 | 12 Keiran McCarthy .....27   | 12 Dean Leedham .....34       |
| 13 Henry Gordon .....14      | 13 Campbell Burke .....26    | 13 Laura Robinson.....34      |
| 14 April Maciejowski .....14 | 14 Thomas Leedham.....25     | 14 Lauren Ognenovski.....33   |
| 15 Jemma Chambers .....13    | 15 Rory Evans .....24        |                               |
| 16 Laura Robinson .....12    | 16 April Maciejowski .....23 |                               |
| 17 Ashlee Smith .....12      | 17 Ronni Maciejowski .....22 |                               |
| 18 Kathryn Tranby .....11    | 18 Ashlee Smith .....21      |                               |
| 19 Liam Grotton .....11      | 19 Michael Iacurto.....20    |                               |
| 20 Molly Mulready .....10    | 20 Steven Iacurto.....20     |                               |
| 21 Keely McCarthy .....10    | 21 Karl Greenland.....20     |                               |
| 22 Liam McBarron .....10     |                              |                               |
| 23 Zoe Mintoff .....10       |                              |                               |
| 24 Campbell Rutty .....10    |                              |                               |
| 25 Jesse Maciejowski.....10  |                              |                               |
| 26 Jesse Morris .....10      |                              |                               |
| 27 Mikayla Tranby .....10    |                              |                               |
| 28 Ashley Deitch.....10      |                              |                               |
| 29 Brett Cowie .....10       |                              |                               |
| 30 Max Gordon.....10         |                              |                               |



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## 2002/2003 YDOIDOIT AWARD By Gary Howard

In a nail biting finish to the 2002/2003 Summer series "YDOIDOIT" trophy, the actual outcome was a lot closer than the accumulated pointscore throughout the season had indicated.

Paul Micale enjoyed a big lead all through the summer and all but looked the outright winner. However Paul did not participate in the last race of the season and, taking into account the best 7 pointscores out of 9 races, Steve VanGils ran a great race in the last race of the summer and took out the trophy. Steve only ran the bare 7 races but his form throughout the series was consistent. I'm sure that Steve (and Katrina and baby) are excited about the trophy. Paul Micale's form in the series was outstanding and was unlucky not to win but along the way took out a few AGRs and a couple of smart times.

Chris Brown was the surprise of the series and was also up there all year in the pointscore I'm sure we will see a lot more of Chris in the winter series.

### *Other runners who had a great summer were:*

Joe Pereira who finished 4th overall and must be kicking himself for not racing on New Years Day (only jogged ?) this kept him out of a placing

Glenn Hayward 5th is always consistent

Craig Sakey, another surprise in 6th

Robert Ognenovski 7th ran many PBs

Andrew Krajewski was Mr Reliable for never missing a race in 8th

Paul Denobrega 9th

John Wilton, new summer organiser, rounded off the top 10

Once again congratulations to Steve VanGils for adding his name to the growing list of "YDOIDOIT" winners joining John Wilton, John Hennah, Steve Matthews, Mark Everton, and John Rosenzweig (at the presentation Steve said to me "I'm sure that the name IDIOT is somewhere in that trophy name"). On winning the trophy Steve must reply back to the Fox magazine on YDOIDOIT. Last years winner John Rosenzweig also still has to reply.

### The top 20 pointscores were:

|    |                   |      |
|----|-------------------|------|
| 1  | Stephen Vangils   | 1406 |
| 2  | Paul Micale       | 1381 |
| 3  | Chris Brown       | 1332 |
| 4  | Jose Pereira      | 1298 |
| 5  | Glenn Hayward     | 1277 |
| 6  | Craig Sakey       | 1225 |
| 7  | Robert Ognenovski | 1218 |
| 8  | Andrew Krajewski  | 1212 |
| 9  | Paul Denobrega    | 1205 |
| 10 | John Wilton       | 1179 |
| 11 | Rafael Moriana    | 1173 |
| 12 | Andrew Rutty      | 1162 |
| 13 | Roy Francis       | 1149 |
| 14 | Pasco Coppolaro   | 1147 |
| 15 | Ryan Burns        | 1144 |
| 16 | Ward Hummerston   | 1139 |
| 17 | Ggary Howard      | 1122 |
| 18 | Edy Ognenovski    | 1052 |
| 19 | Peter Evans       | 1045 |
| 20 | Gabe Giason       | 1023 |

### Summer Review

Numbers were well down on the last 2 previous years but in the end we still ended up with 970 race registrations. The Junior races were successful with 136 registrations, up on last years figures. Female participation was down.

With the Stuart Park venue left off the program this year due to work on the South Beach Surf Club still in progress, 5 new races were added to the program, these included the Berkeley 5km which was modified, The Brewery Bash which is new, Windang modified, Albion Park modified, and Fairy Meadow new. With all these changes it was always going to be a hard year organising the races but with help from John Wilton (marshal and course organising) and Ward Hummerston (junior races and course set up) this year went very smoothly.

A number of runners had a good consistent summer series which included Paul Micale, Raf Moriana, Chris Brown, Stephen VanGils

(YDOIDOIT) winner, Andrew Rutty, Andrew Krajewski, Hangover HCP winner Ward Hummerston, Edy Ognenovski, Terry Frost, John Wilton, Paul Denobrega, Georgette Ibrahim, Catherine Lee, and Sevgi Girgin.

Congratulations to Ryan Burns for not missing a race in the summer and his form throughout the series was consistent, and Melissa Burgess swept all before her in the summer. Gokhan Girgin ran some good times in the longer 5km events, as with Natalie Arreco, Nicole Hummerston, Sara Burns, Dean Arreco, Jared Blay, Renee Ognenovski and Rohan Frost. The smaller juniors Brad Gullick, Gulden Girgin, Hudson Bouma, Joel Dent, Benjamin Scollary, and Campbell Rutty along with a host of others impressed throughout the summer.

The Big disappointment for the summer was no female finishing in the top 10. Edy Ognenovski was best female in 18th place. Edy ran some mighty races and recorded a couple of sub 20 minute times for 5km and this knocked her handicap around however along the way Edy took out many AGRs.

New runners who impressed were Debbie Arreco, Rennie Curcio, Gabe Giason, and Catherine Lee.

Runs that stood out were Ryan Burns 16.57 IYC, Peter Evans 18.01 iyc AGR, Lucie Richards 18.02 equalling the open course record at the iyc, Edy Ognenovski 19.51 iyc AGR, Ben Dubois breaking the Puckeys open record with a blistering 14.49, Lauren Whitehead 18.45 iyc, and Alan Onions 18.45 at Albion Park.

Mark Scott and Lucie Richards are the Summer short course champions, this is based on their combined IYC, Puckeys, and Brewery Bash/Fairy Meadow fastest times. A list of age group winners for each category is elsewhere in this issue. A few surprises also.

The usual thanks to all the helpers who regularly help out plus thanks to Derek Moriarty for the BBQ at Berkeley and Ian Hatfield for course set up at Albion Park.



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## KJ Social Diary

Welcome to the new Fox Social Page. For information on any of the events listed below please contact

Steve or Katrina VanGils on 4228 5703 or email: vangilsy@bigpond.com.au

### Calendar of Events for 2003

- Sunday 18th May - Cordeaux Dam BYO BBQ (after KJ's race)
- Saturday 26th July - Fundraiser Night at West Leagues Club
- Friday/Saturday/Sunday 15th-17th August - Ski Weekend - Perisher Blue
- Sunday 21st September - Cordeaux BYO BBQ (after KJ's race)
- Saturday 1st November - KJs Presentation Night at Wests
- Friday/Saturday/Sunday 7th-9th November Blue Mountains Running Weekend at Jemby Rinjah Eco Lodge

### Friday Feasts

This year the Social Committee have decided to introduce a monthly social night out. All members and friends are welcome. The night will be a casual dinner at a local restaurant or bistro possibly followed by a quiet drink somewhere. Children are more than welcome.

### Vanuatu Relay

In July 2003 there is a ten member team running relay (140km) event in Vanuatu. A few years ago the KJs sent 2 teams to a similar event in New Zealand and it was a huge success. If there is a group of KJs out there that would like to form a team please contact us and we will pass on all the information. Packages for 5 nights including everything, start from \$1300 (ex Sydney).

### Ski Weekend

On the weekend of the 15th-17th August 2003 (1 week after City to Surf!) we are organising a ski trip to Perisher Blue. There will be more information and packages in the next FOX. If anyone has "contacts" for accommodation on the snow at Smiggins or Perisher for a group booking, please contact us as soon as possible.

## This Issue's Bouquets



**To all our KJ helpers at the Fitness Five Funrun and especially to the organising committee for the best Fitness Five yet.**

And not forgetting all the Fitness Five sponsors particularly City Coast Credit Union for their enthusiastic support.

**Everyone who helped the club earn some money by assisting at the NSW Corporate Games in March.** Our team included Claire Margetson, Mark Everton, Wayne Montefiore, Pasco Coppolaro, John Burns, Neil Barnett, Dave Barnett, Dave Higgins and Sarah Mycroft. Thanks guys.

**Pasco Coppolaro** for volunteering to take on The Fox editor's role - and it only took one cappuccino to entice him!!

**Steve VanGils** who as our new Social Secretary has put some spark back into the KJ's social scene. The first few Friday Feasts in particular have been great nights out.

**Peter Kell, from Kells The Lawyers**, runner, club member and now KJ van sponsor.

**To the very pregnant** (probably not any more!) Katrina VanGils for organising the very yummy KJ's special 30th birthday cake at registration day.

**Geoff Stalker** for helping to setup a great course for the NSW Mountain Running Championships at Mt Kembla. And of course to all our hardy volunteers who braved the cold and rain and slush on the day.

**Steve Mlacic** for agreeing to drive the KJ buses to the Sydney Half, City to Surf and Lion King night for nicks.

**To all KJ's who now seem to be in the habit of arriving nice and early to register** at KJ events ... VERY much appreciated.

**Karl Stamp** (former club secretary) for helping us out in making some stands for our road warning signs.

**Paul Dipieto** for donating a heap of Gatorade to the club,



## Mt Kembla Hotel

## Happy Birthday & lots of PBs to:

### April:

Bronte Blay (a significant one)Tristan Arnold, Jim Brokenshire, Chris Brown, Jennifer Ann Burns, Ryan Burns, Tania Carmody, Todd Davidson, Grant Deitch, Paul Di Pietro, Hannah Dove, Roy Francis, Henry Gordon, Brad Gullick, Thomas Leedham (into double figures), Tony Maloney, Jack Millar, Wayne Montefiore (another VERY significant birthday), Simon Morton.

### May:

Karen Blay (born 1963!!!!), Byron Arnold (welcome teenager), Darren Baxter, Kellie Baxter, Kerry McCann, Hazel Brown (another significant event), Campbell Burke, Gary Burton, Lou Caruana, Denis Cauduro, Jemma Chambers (a new and mighty little athlete), Shane Cowie (10 years old), Joel Dent (a new teenager), Mark Everton, Claire Fraser, Gabe Giason, Trent Goodwin (another teenager), Rob Gordon, Madeleine Heiner (sweet sixteen....), Tom Kapantras (another '63 birth), April Maciejowski, Ian "Sparrow" McBarron, Jarryd McBarron (10 at last), Rory McLeod (sixteen and ...), David Ognenovski (Lordy, another 10, we're becoming inundated), Alan Onions, Matthew Pandelus, David Pomery, Gary Poppett, Tegan Richards, Mark Robinson, Rob Sciberras, Brendan Scollary (Mr Web Site).

### June:

Kirsten Arnold, Elfi Ashcroft, Diane Birch, Scott Bowley, Erin Burns, Steve Cavanagh (welcome to the 40s), Luis Cortes, Ryan Davidson, Ashley Deitch, Cameron Faricy, Guiden Girgin, Michelle Hoctor, Phillip Holland, Brad Hynard, Janis Jarsons, Andrew "Mr Kamakazi" Krajewski, Scott Leedham, Phil Leishman, Ray "Mr Helpful" McCauley, Derek Sharkey Moriarty (a VERY, VERY important one), Bob Ognenovski, Andrew Poppett, Kevin Rayment, Vanessa Reid, Tennille Shelley, Geoff Stalker, Kathryn Tranby, Bill "Mr KJ" Williamson.

## Club Survey Results

The club committee gained plenty of positive feedback from the KJ's recent Club Survey. The results compared quite favourably with the results from the last survey 3 years ago.

All respondents said they would recommend the KJ's to other runners with 78% 'strongly agreeing' that club events are well organised and managed. There was very strong support for our junior programs and the club plans to establish cross-country courses at the West Dapto venue. Opinion was evenly divided on whether or not we should have more massed start events although there was still a preference towards our traditional handicapped style races.

Interestingly two thirds of you have indicated that you would like to receive more advice on running and access to coaching at club level. This is something we will need to look at sometime in the future. Just about everyone has used their club membership cards to obtain discounts and you all support club sponsor businesses wherever possible.

The preference for longer distances has risen since the last survey with 34% liking 9-12km races and 32% going for 13+ km events. This is not surprising given the large numbers of KJ's now regularly taking on the marathon. Mt Kembla was not surprisingly the most popular venue with the good old 9 mile topping the chart as most favourite KJ event. Of our cur-

rently programmed events, the 8km West Dapto, Half Marathon and 16km West Dapto were the next 3 most popular.

The club was given the highest marks for the KJ Handbook and 64% of you gave us the highest rating possible for our overall performance during the last 12 months. There were many constructive comments and nice compliments about those who work hard for the club. This feedback is very rewarding as it is nice to know the efforts of our committee and helpers are appreciated by everyone. Some of the sug-

gestions have already been taken on board, such as shortening the last race at Cordeaux Dam to 5km, 3km events for juniors, making club officials more 'visible' with bright yellow shirts and changing our track program to include more 3 and 5km events. Some other suggestions were more complex and will be looked at during the year as we plan for 2004.

Many thanks to those of you who took the time to fill out the survey. Results are listed on the website or available from Wayne Montefiore at club events.

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## ALTITUDE TRAINING CAMP : Potchefstroom, South Africa By Eric Brown December 28th 2002- February 4th 2003-04-02

Hazel and I were driving along the Hume Highway on our way to a nice quiet weekend away in Canberra. The mobile phone rings. It's non other than the ex 5 times world record holder, Olympic and World 5km champion Said Aouita. Eric, how would you like to go to South Africa for 6 weeks as the coach/manager of an Athletics Australia Elite squad of middle distance athletes to do altitude training?

I had met Said by chance back in October 2002 when I had made a requested to the New South Wales Institute of Sport (NSWIS) to discuss with one of the high profile middle distance coaches some aspects of one of my athletes training program (Erin Hargrave). Said had only just been appointed to the position of Australian Head Distance Coach with Athletics Australia and he was to be based at the NSWIS. I was introduced to Said and we hit it off from the start. We discussed Erin's training and he liked what we were doing. After explaining his role and what his aims were he offered Erin a place in an elite squad of middle distance athletes that he was forming in NSW. So for the next 2 months Erin and I worked on a building a solid training base for the upcoming track season working together with Said. I spent many hours travelling to and from Homebush working with Said and the NSW distance coordinator Di Huxley on Erin's strength, endurance and speed.

I had an inkling that I was on the short list for the trip but never thought that I would be offered the job. So it was a big surprise when

Said phoned. It was too good an opportunity to turn down. The biggest problem was that we would be flying out within the week and Said wanted an answer within the hour. Go for it. Hazel insisted. It's a chance in a lifetime. So I accepted.

Passport up to date? Yes. Luckily visas are not required for SA. What a rush. What about tickets? One of the athletes will bring them along on the day we fly out. Thirty minutes before take off no sign of my athletes. Fifteen minutes before take of Yousef Abdi turns up. No tickets. Have you seen Todd McDonald. No. Ten minutes to take off Sarah Jamieson and Mike Power arrive by taxi. Rush to check in. Operator calls for a delay in the flight. Todd is waiting at the counter. We are rushed through ahead of some South Africans who are also trying to get on the flight. Man did we get some verbal. Phew we made it. I'm retired and supposed to be slowing down. Welcome to the fast lane Eric. Actually I was as cool as!!!!

The squad was a mixture of middle distance athletes from Victoria and NSW. Mike Power (Olympic and Commonwealth Games rep) his sister Suzie (winner and record holder of City to Surf/Commonwealth Games rep) and Sarah Jamieson were from Victoria. Suzie is better known as a 5/10km and road racer and Mike has been has been one of our top 1500/5km athletes for almost a decade. Mike studied at the University of Arkansas with our own Matt Kerr. They were both members of the universities very successful athletics and cross -

country team. Sarah Jamieson is the country's best female 1500m exponent (4.06) and represented Australia at the 2000 Olympic games and the Manchester Commonwealth Games. Mark Thompson from the ACT is better known as a 5/10km track and cross - country. In fact Mark is the current National Cross - country champion. Todd McDonald is the national 800m champion and Youcef Abdi was bronze medallist in Manchester in the 1500m with a best time of 3.36. We also had a masseur from WA, Lauren Brown (no relation). Lauren was fantastic and by judicious timing of massages ensured that all the athletes were able to front up for all of the sessions. It emphasised to me the importance of massage and stretching, especially after training.

We were based in a town called Potchefstroom, which is about one and a half hours drive from Johannesburg. It is the town where the Aussie cricket team was based for the World Cup. We were accommodated in a brand new complex, which is being developed specifically for athletes wanting to train at altitude. It is currently self catering and I have to admit the guys were very good cooks and knew how to turn a very simple BBQ into a sumptuous athlete's meal. Everyone chipped in when it came to meal times. As you could imagine with such committed athletes meals were of the very highest and healthiest quality. My role was to ensure all the athlete's needs were met as well as to organise and supervise training and venue availability.

**ALTITUDE TRAINING CAMP** *continued*

The training sessions were planned by Said in conjunction with their own coaches and supervised by myself. Training sessions were a pleasure to be a part of. These were very committed, very dedicated and focused athletes. They were there to do a job and they all carried out the job with true professionalism. I never once heard any complaints about the session they had to do no matter how tough it seemed. It was all about working hard and reaping the benefits some time in the future when the body had adapted. For the first day or two easy jogging was the order to allow the body to acclimatise to the altitude. Then the real training started. The pattern of training for one of the athletes was:

**Hard day**

3x5x300 (rec. 45",40",35"30" between300)  
(5min between sets)

Easy day 15km

**Hard Day**

1km(rec 5min) 800(rec 4min) 600(rec 3min)  
400(rec 2min) 400

**Rest****Hard day**

Fartlek on grass 5 laps fast, 4 laps slow, 4 laps fast, 3 laps slow, 3 laps fast 2 laps slow, 2 laps fast 1 lap slow, 1 lap fast.

Easy day 15km

**Hard day**

Hills 3 sets of 10x150m, 3min between sets

**Every morning of the hard days** was an easy 10km run.

**Warm up** generally included between 2-3km easy running, stretching and run throughs. Lots of fluids were taken before, between and after training and lollies were the order immediately after training to get some carbohydrates back into the system.

**The rest days** were complete rests from running and could include a gym session.

The training venues in Potchefstroom were fantastic. Grass tracks that you could conduct lawn bowls on. Gym that had everything from it's own 30m indoor swimming pool to steam baths, masseurs and physios all in the same complex. The town also had rugby and hockey academies, which take advantage of these facilities.

Training sessions were an international affair with athletes from all over the globe taking advantage of the great facilities and climate. In our 6 weeks stay we encountered athletes from 12 different countries. Some of the world's top athletes who were sharing the tracks with us were, Andre Bucher, Noah Ngeny, Gabriela Zabo, Jan Zelezny. The inspiration this gave to our athletes was invaluable.

Potchefstroom is a university town and so is very safe with a high level of security. We never felt threatened, even at night when walking back to our accommodation. I managed to get out to game park and I had an awesome experience cuddling young lions at a lion park. It was a pleasure and a great experience to have had the opportunity to work with some of the great Australian and watch international athletes train. I learned a lot from the experience and I hope I can pass some of it on to my athletes. It remains to be seen as to whether the altitude training benefits will benefit the athletes. I know it didn't do me any good.

# Athletes of the Month

## February 2003

One of the young brigade, this athlete has shown that he can run as an equal among more senior athletes and yet he still has not reached his full potential. His progress as a runner has been one of steady improvement and, as the strength and endurance has flowed into his strong legs, his performances have led to many people attending the track races on a Thursday night sit up and take notice.

In the "Rapid Cool 3K" race at Beaton Park, Jared Poppett simply ran out of his skin to record a huge personal best of 8m 48s for 3,000 metres and finished third behind Ben Dubois and Barry Keen. The performance that really clinched athlete of the month though, was in the 5,000 metre club championship, when Jared, still competing as a junior, broke the sixteen minute barrier with a run of high merit to finish as club champion in the excellent time of 15m 38s. For this, there can be no better run of the month than that. For Jared Poppett, who beat his mentor Paul Micale into second place, a well-deserved Athlete of the Month award for February 2003.



## March 2003

Mountain running? The very sound of it conjures up visions of pain and suffering, especially when it involves running up the steep rocky paths of Mt Burreli in pouring rain and then back down to have to do it all over again. It takes a special type of person to do it and Paula Crinnion was no exception. I suppose that coming back only a short time after having her second baby must have something to do with it. With steely determination and a tonne of grit she kept elite Australian mountain runner Joy Terry in her sights for much of the race to come home second in a time of 44m 29s.

The result over a distance of 8K and a total elevation gain of 440 metres was quite outstanding in the conditions and in being the first NSW woman to cross the line Paula took out the NSW Women's Mountain Running championship in her first attempt. It will be all stations go when Paula attempts the double when she runs in the Australian Running Championship over the same course on 21st June 2003. Well done Paula - you did us proud!



## ANSW winter Preview by Vanessa Kearney

Wondering what ANSW runners have to look forward to this winter? Below is a preview, but please take the comments lightly and bare in mind the writer only likes races that take less than 5 minutes to complete and are held on a round track made of synthetic material.

### April 26 NSW Novice Cross Country Championships

**For Whom:** For ANSW members who have not medalled at a senior event in winter or summer over a distance of 3km (which means the majority of us!). The course is relatively flat, held on on grass and dirt paths

**The Good:** If the big guns are normally warmed down before you finish, now may be your chance to feel like you are right up there in the thick of things.

**The Bad:** Men may feel slightly hard done by, having to run 10km compared to women running 4km

**The Ugly:** The course is set in a park and around soccer fields and BBQs. On your second lap, you seriously start thinking canteen duty looks much more appealing.

### May 10: 10K Road Championships Holsworthy

**For whom:** All ANSW runners (Juniors run shorter distances). A precise course for those after PBs. This course is all on road and for seniors consists of 2 laps

**The Good:** Great for spectators who get to see runners in agony twice.

**The Bad:** Each lap finishes with a 1km gradual uphill climb

**The Ugly:** You can see the finish line from over 500m away

### June 15 ANSW Road Relay Championships

**For Whom:** All ANSW runners. Men form teams of 4 and women teams of 3 and run in a continuous relay format over distance of 4-5km (Juniors run less). A new course this year

**The Good:** Great team spirit present with competition for all levels of runners

**The Bad:** Extra effort required to pass the baton to over enthusiastic team mate who takes off too fast when you are really spent.

**The Ugly:** There is no really ugly aspects to a relay race where the distance is less than 5k

### 8-12 K Cross Country Championships

**For Whom:** All ANSW Runners. The 'Pinnacle' literally of the winter calendar. Held at Nowra on a farm. The surface is grass and

dirt tracks with hills aplenty. Spikes are a possibility for the keen.

**The Good:** The race starts on a beautifully mown, flat grass surface

**The Bad:** The course soon leads to hills of proportions only mountain runners can appreciate.

**The Ugly:** Just when you have got over the uphill, stayed upright on the down hill and ignored the well meaning encouragement from your non- running team mates you get to do it all again..... and if you are male and over 18 again.....

### July 16 8 & 6K Cross Country Championships

**For whom:** Mass start race for all ANSW Runners. This is a new course so the only insight I can offer is:

**The Good:** It is shorter than the last race!

### August 2nd Cross Country Relay Championships

**For Whom:** Those that like short course running and lift with a bit of spirited barracking when the going gets tough, It's a great course for spikes, set in a park with seniors running 2 laps of a 2k course. Excellent for spectators.

**The Good:** Feeling like you can fly as the race starts on a down hill

**The Bad:** You realise what goes down must come up as you loop around for the second lap.

**The Ugly:** A zig-zag finish, making you think you can go for home, when in my experience it is far too early!

### Aug 31 ANSW Long Distance Relay Championships

**For Whom:** All KJs including non ANSW members can form teams to compete in a relay with each leg starting on mass and times added up to calculate the eventual winner. Distances vary from 5-12 km

**The Good:** A distance to suit everyone

**The Good:** A great club event which all KJs can participate in regardless of registration with ANSW

**The Good:** While your legs are burning, you can't see due to excessive sweat dripping in your eyes and someone way to youthful and athletic passes you, you can reflect that you are doing this to raise money for charity,

### Afterword:

ANSW running is really fun and the notion that it is only meant for faster runners is a misconception. ANSW has the full spectrum of abilities, just like Kembla Jogger races and by competing you have the added bonus of representing your club. So get out your racing flats, cross country shoes, spikes or you old pair of KT26's and give it a go. Good luck and don't forget your numbers!



### Never Fail Risotto

2 Tbsps olive oil  
 Chicken breast cubed or slices  
 1/2 cup finely chopped sweet potato  
 1 chopped onion  
 1 clove garlic  
 1 cup Arborio rice  
 2 cups hot water  
 2 tsps vegetable stock powder  
 425g can chopped tomatoes  
 2 finely chopped zucchini  
 A few sliced mushrooms  
 Shaved parmesan

*Heat oven to 180 degrees.  
 Heat oil in frypan, saute chicken 2-3 mins.  
 Add sweet potato, onion and garlic and cook until onion is softened and sweet potato golden.*

*Blend in Arborio rice and cook for 1 minute, ensuring rice is coated with oil.  
 In jug, blend stock powder and hot water.  
 Transfer rice mixture to casserole dish and blend in the stock mixture, the tomatoes and zucchini.*

*Cover dish with lid or foil and cook for 30 mins or until vegies are tender and stock is absorbed.*

*Serve topped with shaved parmesan. YUM  
 You can change these vegetables to suit yourself but these work well together.*

## KJ Tattoos

Well Frank Hungerford set the trend a few years ago when he revealed to all a genuine KJ fox tattoo on his butt cheek. Now here's your chance to match Frank at his own game with your very own KJ tattoo, only in this case the non-permanent variety.

Yes that's right, from this season you will be able to buy from the club either a KJ logo tattoo to proudly display on you arm. Popeye style, or cheek, Hungerford style. And even better, just for juniors we have a special Flash the Fox tattoo.

Whether at the next funrun or NSW Championship event these will be the funkiest way for you to show your true club colours. And the best thing, they're just \$1 each from Karen or Bronte at the KJ clothing stall at club events.

## Rebel Presents Cheque to KJ's

Earlier this month Drew from Rebel Sports Wollongong Store, presented the KJ's with a cheque for \$1584 which represents the 5% rebate to the club on all sales to KJ members using the Rebel Club discount card. The rebate is on sales during the past 12 months. Club members had also saved almost \$3500 using

the card so the benefits to everyone are obvious. The club is planning to purchase a new PA sound system which you will see at events very soon. So let's keep it up over the next 12 months and use our Rebel discount cards to assist the club and save \$\$\$.



★  
**10% Discount to all  
 KJ Members**  
 ★

## GETTING TO KNOW YOU

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

### PROFILE # 1: MARK EVERTON

**Age Group:** 40 - 45

**Family:** Bachelor, but open to offers, female only need apply.

**Occupation:** Operator at BHP STEEL

**Favourite:**

**Food/Drink:** Home made shepherd pie and chips, grilled barramundi

Spotted dog (a desert from the black country), Crown Lager,

**Music:** Suzi Quatro - Devil Gate Drive  
Tina Arena - Burn

Danni Minogue - Jump to the beat  
Olivia Newton-John - Physical

**How long have you been a member of KJs?**

My First race with KJ's was the 9 mile at Mt Kembla on the 27-10-84 in a time of 58:46

**How did you first get involved?**

Bill Williamson talked my dad into coming and running and I tagged along.

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

I do KJ runs for fun but I try to be competitive in ANSW events.

**Do you have a coach?**

I train with Eric for speed work and track work outs. Dad, Hazel and Geoff Starker give me advice on other training.

**What is your favourite training session?**

Fartlek training

**What is your least favourite session?**

200m intervals around track

**Where is your favourite training venue?**

Mt Kembla when we used to be able to run in the bush.

**Who are your training partners?**

Paula Crinnion, Geoff Stalker, Lauren Whitehead and anyone that turns up for training.

**Do you have a role model?**

Zatopek and Bannister?

**What do you consider your best time or performance in a KJ race?**

52:15 for 10 mile West Dapto, 49:25 for 9 mile Mt Kembla.

**Other races:** City to Surf in 44 mins,

5 km track in 15:12

**What do you like about KJs?** The friendship

**What do you think KJs can do better?**

Look at recording of times at the finish of race.

**Interesting things we don't know about you:**

I do not like chocolate ice cream

In my first KJ race I took a wrong turn.

**What are your aspirations:**

To run all the KJ races this year

**What has been your worst injury?:**

I had an operation on my heel. (This injury was so severe that it totally stopped Mark from running for about 8 years. He has only recently started again. The injury has taken him from one of KJ's elite runners...let's hope that he can get back again).

**Moral:** listen to your body and its complaints.

**What is your favourite KJ run and why?**

9 mile Mt Kembla, because you are running in a bush setting.



### PROFILE #2 Karen Ryan

**Age Group:** 35-39

**Family:** Husband Michael, children Hannah 7 & Benjamin 5

**Occupation:** Hospitality

**Favourite:**

**TV Show:** E.R

**Food/drink:** CHOCOLATE, cereal and water

**Music:** Any

**How long have you been a member of KJs?**

I joined over 10 years ago, then had time off with family and rejoined 3 years ago.

**How did you first get involved?**

I'm not sure. I think I just turned up for one of the runs and then joined up.

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

Yes, all of the above. In the last 2 years I have taken it seriously.

**Do you have a coach?**

No, but I would call Chris Richards my mentor. His advice has helped me to achieve good results.

**What is your favourite training session?**

Long runs...more time to talk.

**What is your least favourite session?**

10 x 1km (too fast)

**Where is your favourite training venue?**

Cordeaux Road, 5.10am every morning (because of the group I train with).

**Do you have a role model?**

No, but I do admire Kerryn McCann and Heather Turland.

**Who are your training partners?**

Carrine Weston, Melinda Sharpe, Carolyn Dews, Janelle McBarron, Kym Batten, Chris Richards, Hans Lambert, Graeme Smith, Rick Jarquin, Phil Leishman (when he returns from injury), Ward Hummerston who has joined us 3-4 times a week and Joe Cashia.

**What do you consider your best time or performance in a KJ race?**

The 9 miler 2002 and my first Gong Run 2000...first time I've ever run that far.

**Other Race:** 16km West Dapto

**What do you like about KJs?**

The variety of races during winter and the way they encourage younger ones.

**What do you think KJs can do better?**

Have a couple of long runs in summer as well as 5kms.

**Interesting things we don't know about you:**

Played netball for 28 years without injury.

I like old furniture, going to garage sales and love holidays with the family.

**What are your aspirations:**

To do a sub 3 hour marathon, even if it's only by one second.

**What has been your worst injury?:**

I have never had a bad injury where I had to give up my sport. We all have niggles here and there but that's part of it.

**What is your favourite KJ run and why?**

KJ Marathon in Canberra because I'm enjoying the long runs at the moment.

# Peter's Pages *Peter's Pages*

## Who hit what?

Come on lads own up. Who did it? Who put the first ding on the new KJ van? I heard a vicious rumour that one, El Presidente had hit some wildlife on the road, a feral cat or dog. But to my surprise what did I see on the side of the road as I approached the West Dapto race meeting? None other than a large dead feral PIG! That razorback sure was gone! Departed! Up there with the 3 Little Pigs! The ding on the van sure looks like the mark of a razorback. It seems that one KJ has taken to helping the environment via the elimination of feral pigs. Nice one Neil. What is on the agenda next, feral donkeys or camels perhaps?

*PS he really did do a fantastic job in organising full sponsorships for the purchase of the new van. How many sporting clubs do you know of that have a new van? At the recent Fitness 5 the Mercury advertising manager was amazed that our club had such a fine van!*

## Bogged van Part 1

Which KJ bogged the van on the beach at Stuart Park during the summer series? Apparently someone was marking out the course and turned right instead of left and ended up on North Wollongong beach. Two helpful tow truck drivers and 3 hours later all ended well. But he does such a great job marking out the race courses and a fantastic job with the photographic enlargements that I guess we can forgive Peter Issa on this occasion. At least he didn't hit a feral pig!

## Bogged van part 2

Which KJ nearly bogged the van at the recent NSW Mountain Running Championships on Mt Burelli? As al was getting organised it seems one KJ thought it would be good to do a bit of 4WD'ing on the wet long grass. There sure was a lot of slipping and sliding with the van in all sorts of precarious angles and almost over the escarpment. The middle-aged lad was just having some mid life adrenaline rushes it seems! Good one Eric, must have still had some bubbles in the eyes [see later story] Keep up the great work.

## Where was he?

Who was the KJ that called a race organisation meeting the other week? All the committees were at Peter Issa's at 7.30pm but at 7.45pm the KJ who had called the meeting was nowhere to be seen. Everyone thought that it was unusual for him to be that late so they decided to call him to see if he was on the way. His good wife answered the phone and said we couldn't talk to him at that time. Why not they asked? He was very busy, very, very busy. Doing what they muttered? Well actually he was immersed in a big bubble bath! Yes busy blowing big bubbles all over the place. About 20 minutes later a very apologetic and severely embarrassed KJ arrived, skin glistening and all, but he was smiling and very relaxed. It is just as well that he is a great coach and is always available to talk too otherwise we might get a bit worried. Bubble baths? Maybe it's the new car? Nice one Eric. Keep up the great coaching.

## The cough

It is amazing how you can tell a runner by their breathing or their stride pattern as they come up behind you. Well at a recent Puckeys race I could have made millions by betting on the runner coming up behind me [yes there are many these days]. As I huffed and puffed my way past the 4km mark I heard this cough, yes that cough. Threw as only one person with a cough like that. I vocalised my thoughts and sure enough ripping past me came BJS. King Web Site Master, Brendan Scollary. I gave him the name of my local doctor but he reckons he's going to give up the smokes instead. Keep up that great web site Brendan.

## Packed van

Speaking of the KJ van, has anyone ever had a look at the mountain of gear that comes out and goes back into that van at very race meet? Yep, it is a mountain load of gear. So if you ever have a few spare minutes before or after a race why don't you wander over and volunteer your services to help unpack or pack up all that KJ gear. Someone has to do it every time and good old Peter Issa will always appreciate a helping hand.

## Flat mountain running?

It seemed to be a very nice morning with slight cloud cover, reasonable temperature and beautiful surroundings. Yes it was an ideal time to run the NSW Mountain Running Championships at Mt Burelli. I thought I would drive up and help out and maybe take a few photos after the KJ club was running the show. Mountain running is almost an eccentric type of sport and after the organiser stated his disappointment with the low turnout of competitors one KJ quipped that perhaps this would change with a different venue, maybe around Lake Illawarra instead. Nice one Wayne Montefiore. Keep up the good web mailing system.

## What a Run?

Meanwhile back at the NSW Mountain Running Championships on Mt Burelli there were some terrific performances but none more spectacular than Ben Dubois'. The Open Men had to run the 4km course 3 times. Yes THREE times! If you have never been there think of the steepest part of the 9 miler and then think steeper, much steeper and think about 2km of steepness followed by 2km of steep downhill! Multiply that by 3 and just for good measure throw in very rough terrain and to complete the package add torrential rain [see the web photos and you will understand what I mean]. After the first 2km Ben was equal first with Barry Keem. Then KAPOW as batman would say! Off he went. He covered the 1st lap in excellent time and was a clear leader. Did he ease up and just take the State title easily? No, Ben got stuck into it and made his lead bigger and bigger. The 3rd lap saw a huge downpour, which made it very difficult for Russell Chin and myself just to walk down. But not Ben, he ripped along and

won by a huge margin, excellent effort Ben. I'd love to see him line up at the same venue in June for the Australian tiles. He sure would take some beating.

PS: I hear he hasn't started his speed work yet! Mama Mia!

PPS. I guess when you're hot you're HOT. Ben then followed up this effort with a record breaking run at the West Dapto 8km..he only took 25seconds off his own open record! Phew! Go Ben go!

## 4WD

How did we get all the race gear to the top of Mt Burelli you ask? It is simple when you have a 4WD and one of the Leyland Brothers to drive it. We packed all the gear aboard and set off uphill. As we approached the steep rough trails our multi-talented KJ merely engaged low gear and got into. Not for the faint hearted but no problem this lad. Nice one Mark Everton

## Angel man

Which KJ has 'Angelrafer' as part of his list of email addresses? It's along story but suffice to say one KJ web mailing fellow was a tad embarrassed when he sent out a general KJ mail out but forgot to delete the above address. Hmmm! Do we have a black satanic cult follower in our midsts? Better stick to that flat mountain running Wayne, it's safer.

## All locked out.

It seems that one KJ family has been keeping the locksmiths busy lately. Not content with locking themselves out of the house they then promptly locked themselves out of their car too. Must have been an interesting time. They tell me that all is calm once again in the Burn's household.

## Almost

It was the same Puckeys race that I almost did it. I glanced around the entire place and was convinced that our keen club sponsor could do it. I wanted to see if Mark O'Keefe could get me an air conditioning quote as we raced. I reckon he so well organised he could. But alas I did not see him until after the race, but he's working on it. Nice one Mark.

## Engaged

Just in case you did not see it on the web site, yes-young Gazza has become engaged to a very young and pretty lady that happens to teach at the same school as myself. Good to see. Great work Garry and Dimi. I reckon she'd make a good runner too.

## Ouch!

Nothing like a bit of pain to bring out the smiles. An injured KJ who has had some miraculous cures recently, decided it was time to get his hamstring problem sorted out. Physio and acupuncture were lined up. After some heat treatment, followed by the electro pulses and the magic glass balls it was time for the

# Peter's Pages

acupuncture. In they went all 450 needles. Mmm it was starting to feel better already. Half an hour later he was driving home feeling quite happy but after an hour he felt the pain again. He got back to work and hobbled around for a while and then put some Deep Heat on the area. A slight bit of comfort but still not bliss. Let's have a look at it said the worried wife. Down came the shorts and over came the hammy. "You idiot!" screamed his better half. "You've been sitting on this sore leg. Rubbing this sore leg and even putting cream on this sore leg, but look at what you missed." She then promptly whipped out an acupuncture needle! There was laughter all around and Joe Pereira is running like a rabbit again. Nice one Joe.

## On? off? on? off?

As a multitude of people busied themselves in preparation for the running of the KJ Fitness 5 it seems that the Seiko timing clock needed new batteries. Well that in itself is another story [see Phil Leishman]. Eventually the clock read 'batteries full' and all was ready. Not quite. The clock would not start! Not a good thing 10 minutes to start time. Many older experienced hands were put to work but to no avail. The Flying Echidna was warming up nearby so we asked him for help. He wandered over and immediately told us it was switched OFF even though the sign said ON. He then switched it OFF and all the needles went flat or out and said, "There you go it's on now!" At that stage I was sent to summon THE CLOCK MAN, Mark Everton. After that, I don't know what happened. I was too busy taking photos, but I do know the clock was working and that the echidna has booked himself into an optometrist over Easter. Nice one Dave Higgins. Keep up the great Treasurers job.

## Those New Committee T Shirts?

Those gold t-shirts have certainly caused a bit of discussion. Who said they are merely a dating service for Neil? They reckon that all the eligible single ladies can now make a beeline for him! But in reality he probably knows more about the running of the club than anyone else so why not ask him anyway.

Actually they are in response to some concern from these newer members of the KJ's who wanted to ask a committee member something but were unsure who was what. At least we all know who Neil is!

## Lost and Found.

How about the new KJ member that brought his expensive mountain bike down to some training at Stuart Park. A prominent KJ person told him it would be safe chained up at the rack. It was safe while they had their 10km run. It was still safe as they warmed down but as soon as they started stretching. Bang. The chain was cut and the bike was gone. Notices were put up around the place. Web sites were contacted but to no avail. Then a week later this

KJ was driving through Coniston when suddenly he spotted his bike going down the road. He jumped out and started to chase this lad. The biker gave him the Royal Finger and nipped up the roads. But he turned left into an uphill road whereupon our new member who is a track speedster quickly caught him and reclaimed his bike. The criminal you ask? No he is not joining the KJs. Tim from Brisbane is the lad to talk to if you want more info. Good one Tim, welcome to Wollongong.

## Illawarra Mercury shines!

How about all the free ads in the mercury for the Fitness 5? I lost track of the number of ads, especially those full page colour ones. Take a bow Illawarra Mercury. Thanks for your great support.

## Missing years!

Now come on you elder KJ members. I'm wading through all the club archival material and this being our 30th year and all there are many blank areas. I have absolutely nothing for the following years...1974, '76, '81, '85, '87, '88, '89, '90 & 1992. I know the club was functioning well in those years so please hunt through any and all your old memorabilia and try to find some KJ photos, results, clippings or whatever. We cannot have any blank years.

PS. The last thing I want to do is stick in a copy of the results of some race where I came across the line last, there are too many of those. But I am sure we must have clippings from the old College to Coast Fun Runs, the Lighthouse 10 etc etc. If nothing happens do not be surprised if I lob on your doorstep one night.

*PS As I don't receive the Mercury on a daily basis [I will not mention quality broadsheets as opposed to tabloids] I ask if people could keep an eye out for KJ items and either notify me or just cut it out and give to a committee member. My thanks to Mark Everton for giving me some stuff from 1980. Have a great running year... Cheers Peter*

# THE MARTY CHURCH FILES

## THE REAL REASON I RUN

1. While I'm out running, I'm not washing, ironing, cleaning up or doing the dishes. My wife dutifully takes care of those trivial chores for me knowing that I am doing it tough and suffering by clocking up those endless miles.
2. I regularly run from home to my place of work and back each day. This saves me the cost of petrol and wear and tear on my car. Every cent saved can be put to the worthwhile cause of 'Pursuit of Beer'
3. I try to make a point of running along the beach regularly in the summertime. There, one can find plenty of attractive and well toned woman gallivanting about wearing less material than that contained in a handkerchief. The view is terrific.
4. I like eating and drinking - lots. If I didn't run I don't think I would be able to see my toes without the aid of a mirror. Running ensures I don't end up being the correct weight for an aircraft carrier.
5. At home my two sons regularly (as in everyday) try to do each other some serious damage. When this happens, my wife yells, the dog starts barking and our pet bird squawks it's head off. On top of that, the telly's blaring and the phone's ringing. It's no wonder I then decide to disappear for the long run.
6. When I'm fit from running I can quite comfortably fit into size 16 boys clothing. Target Boyswear is a regular haunt of mine. Again, the dollars I save help fund my love of Corona, Boags and Hahn.
7. After 2 KJ races in this year's winter series, the progressive score between Al Onions and I is Al - 2, Marty Church - 0. My current training partner Al likes to tell my workmates how well he is doing pounding me into the ground this season. Watch out Al, I now run to square the ledger.

## KJ Athlete Development Fund Supports Jared

Well done to Jared Poppett whose recent good form has earned himself a start at the Australian U20 Track Championships in Brisbane in early April. Jared will be representing the KJ's in the 5000m after a scintillating 15.38 effort at Beaton Park in the Club Championships 5K.

Jared is the first KJ to benefit from the club's new Athlete Development Fund. The funding will help Jared to partly offset his travel and accommodation expenses. Jared has been a loyal and dedicated KJ and thoroughly deserves this support. Well done Jared and we are sure you will give it your best in Brissy.

This money represents some of the surplus funds from last year's KJ Trivia Night. The trivia night raised about \$1500 about half of which assisted Russell Chin with expenses for the World Mountain Running Champs in Austria. Russell's suggestion of placing surplus funds into an athlete development fund was taken up by the committee. We are happy that this money is now assisting other deserving athletes, like Jared. More information about the fund is available on the website or in the KJ Handbook.

## Rob and Karen Shine in KJ Marathon Champs

Rob Battocchio and Karen Ryan are the newly crowned KJ marathon champions after last weekend's Canberra Marathon. This is Rob's first KJ marathon title while Karen defended her victory in last year's event. About 22 KJs competed in a record field (in recent times) of almost 800 runners and in near perfect running conditions.

Much of the talk before the race was whether or not Rob could crack the top-5 or make it home in under 2:30. In the final weeks before race day Rob had suffered sore shins, which had prevented him from completing some of his long training runs. But you would never have known it during the race. Rob settled into fourth place early behind Gemechu Woyecha, the Canberra resident from Qatar who had won this event in 2001 and 2002, Daniel Green and Brad Smith from Queensland, all 2:20 standard marathoners. The early pace was hot with Rob reaching 10K in under 33:00. But Rob still looked comfortable and focussed. Further back Karen Ryan and Carrine Weston were running along side one another and also looking composed. Our other KJ runners seemed to be appreciating the cool conditions and relatively kind course, and no one it seemed appeared to be suffering. Still it was early days!!

When the runners returned on the second loop at 17K Rob was suddenly in third place -

Daniel Green had pulled the pin!! Karen had made her move and pulled away from Carrine. Everyone else seemed cheerful enough as they headed out on the first of two loops to Black Mountain Forest Reserve. The girls in particular were looking strong with Sue Scott and Robbie Belsito wearing the biggest smiles and obviously having fun.

At 25K Rob was well on target to break 2:30. "If my legs hold out" he replied to me as I offered encouragement. The good news was Rob was closing in on second placed Smith who was only 1:15 or so ahead and within sight. Rob made up the ground in quick time and caught Smith at about 32K running along side him for 2K before surging ahead. Woyecha was not challenged and went on the win his third straight Canberra Marathon in 2:22:35. Rob held it together well and finished strongly for a magnificent second place in 2:28:18. For his efforts Rob picked up a 'holiday' to the Chicago Marathon for being first Aussie home something that he did not learn until after the race. Meanwhile Karen was picking up other runners at a rapid rate and nearly pushed into the top-5. Her target time of sub 3 hours was just missed but still she should be satisfied with her 3:00:38 PB effort. Next time for sure Karen.

The rest of the KJ crew battled cramps, fatigue and exhaustion over the final stages.

Enrique Jarquin stumbled to the ground with just 200m to go. After half a minute or so Enrique was back on his feet and heading for the line. His knees wobbling and gait faltering he made it there in a time 45 mins quicker than in 2001 before collapsing again. An hour later Enrique was the happiest guy on earth!! Chris Richards had to settle for KJ bridesmaid for the third successive year but his time of 2:41:09 was a great PB and one of the days best. Chris powered over the final 15K like it were the first 15K. Kathy McCarthy surprised all when she continued on to complete the 50K event after crossing the marathon distance in a credible 3:32. Rowena Mullany 3:33 and Marie Claire Kurt 4:01 impressed too. Well done to everyone especially our many debutantes!

**KJ Results** - Rob Battocchio 2.28.18, Chris Richards 2.41.09, Karen Ryan 3.00.38, Enrique Jarquin 3.12.14, Carrine Weston 3.12.40, Joe Castro 3.17.16, Ian Tague 3.28.10, Louise Hudson 3.29.44, Craig Sakey 3.31.13, Kathy McCarthy 3.32.26 (50K 4.18.45), Rowena Mullany 3.33.40, Andrew Parkinson 3.37.22, Rob Sciberras 3.44.05, Robbie Belsito 4.01.02, Marie Claire Kurt 4.01.53, Janelle McBarron 4.05.11, Ned Mrcic 4.05.57, Diane Birch 4.06.42, Sue Scott 4.21.54, Peter Asher 4.28.28, Ward Hummerston 4.28.44, Christine Feeny 4.52.44.

### Canberra Reflection....by Rob Battocchio

As one of the many competitors in Sundays Canberra Marathon, I thought I would write a little reflection of how the event unfolded for me, and some prior briefs.....

Taking a step back, after a few years of keeping fit but definitely not fast, I decided to give these 'marathons' a go back in 2001. I had spent my youth in triathlons, then a semi ok runner, but really had no direction beyond that. So, I needed a new challenge before time beat me to the cause.

So Sydney 2001 was my goal - well six weeks into training, one stress fracture later and twelve odd months of rehab (physical or mental?) and so to 2002 Sydney it was. Note - we ALL hit obstacles, its how we rebound that counts! Anyway, a few months of training after that long spell, and Sydney produced a decent 2.36ish, and for my first impression- tough but pretty cool. Think I will give another a try....

So to Canberra 2003 we go.

The question was how do I prepare better and how to juggle my job (Yes, it is a job!) and my personal training schedule? I decided that the best preparation for me was to base my training around a solid long run each Sunday and then 1-3 runs on my own per week. Due to work commitments, my 'other' training was to be co-ordinated around personal training clients. I started on the 1st week of December 2002 and am proud to say that, minus the Sunday of the Aus Day Aquathon, I did not miss any Sunday long runs, pushing through the xmas/new year break, and the hot summer....this was a big first for me...commitment! The mid week runs were patchy till early February, and then I had a pretty solid six week run till late March. My tip to any potential marathoners...Get Long and Get Strong! I made the Asquith Hill (Thirroul) loop my close friend (doh the secrets out) and made many a long run trip up north. I treat my long runs as a solid run, not 100%, but more solid than easy. I did my training all alone, which I find comforting, but decided a portable radio would also be a close friend.

Five weeks out of Canberra I hit a 'hurdle'....my achilles/calves would seize to the point of #@\$#@ pain between 6-10km into my long run....the only remedy....shoes off, curse, stretch, scream in pain, curse a little more, massage, pray, shoes on ...and

on my merry way. Not conducive for long runs, but it was my only form of survival. This injury increased for the next three weeks to the point that I was in severe pain in all my own runs, and depression was looming. I enlisted the help of regular massage (thanks Mark and Greg) and saw Phil, an osteo, and a shrink....(only joking on that one)....and well I persisted the best I could. Three weeks out and well, I hit the dam wall. Is this tapering? Someone help this boy! I felt like a mach truck had hit me, my calves were shot, my feet ached, I felt like walking was tougher than climbing Mt Everest! The remedy? Hit the vitamins, hit the panadol, get anti-biotics for infected toes (forget to mention that one), mope to everyone, winge, and pretty well become a pathetic, whinging, boring, unhappy chappy....(ok I still smiled during squad ....love my coaching!). Two weeks out...little better but depression was set, one week out...the fitness 5....do I run in it? Damn, I wanted to do this months ago, so shut up Rob, stop whinging, get your race shoes on and give it a go! .....the result a pretty good 15.36 and yeah gave those fast boys a shake (Micalc were you in the race? ouch!)....

The final week....did I tell you, how I constantly whinge about being bloated, putting on weight? Well this week tops it all- felt like a balloon- hell 10km seems a long run, how can I possibly run a MARATHON!....x 6 days...actually Saturday was the pits, felt very ordinary....lets not go there...Note to family, KJs and all supporters thanks for encouragement and support. Decided to be a party pooper and missed the Saturday night dinner with the KJ gang...nothing personal just needed to do my thing...confidence was pretty low.

Sunday Morning - 4.45 get up, 5am coffee x 1 + biscuits, + 2 x toast, 5.30 stretch, 5.45 coffee number 2, 6 ...that toilet thing, 6.15 light jog... reminder to Rob.... today is D-day, just do your thing and hey see what happens....6.30 walk to start, blah blah, get to 7am start line....

The Gun....thought....hmm...feel ok, so here we go... 5km...5th, feel ok, shins bit sore, but hopefully will go away....don't look at watch, just cruise through, control and wave to KJ's support crew....see Pete, I did smile for the camera!

10km ...4th, hmm interesting, 34.30ish, too early to

tell, just keep it flowing.

19km....hey top aussie guy pulled the pin....Rob's in 3rd, feel strong...don't look at watch till 1/2 way....

21.1km 72.20 odd...very cool, still energy in the tank, still 3rd, 2.30 behind, hmmm should I go for 2nd guy, 3rd seems safe...take 1st carbo shot at 22km mark.

23-26km, feel bit flat, legs getting sore...KJ and supporters revving my up...but still a LONG way to go ...cheers are amazing, KJs are number one ....Neil and Dave said you can catch the guy ahead...hmm, tell my screaming legs that!

27km...that's it, I'm going for 2nd! Legs do your thing....please!!! Rob goes into 'zone' mode....angry, controlled, weird to describe....

31km catch second...wow me running pretty quick....settle Rob....what to do?? stay behind a little, relax than surge? No, bugger that, tunnel up ahead, go for the kill!

31-32km...neck to neck up the hill, hmmm here we go, dam legs getting pretty sore....32km snap....there goes the elastic band. Outright 2nd....doh this is a new experience.

32-37km: mental note: this hurts like hell, can you keep it going? Run Rob Run...just don't slow down...please...

37km-41km: Pray a little, breathing like an ox, the grimace of pain is a permanent feature....plenty of support from runners I pass, great stuff....pass KJs, parents, wow this is cool....shizza not finished yet!! the pain....

41-42km: Neil- you said it was a down hill finish...LIAR....its #@\$% up hill....my legs are screaming...where's third, safe, lucky...

42.2Km....yeah how sweet it is! this old boy did it...2.28.18

The trip to Chicago...gosh, well some one had to win it....sweeeeeet!!! Big PB, learnt some great life lessons...now to marathon number 3

To ALL KJs Supporters...and to all whom have offered congrats since. A thousands humble thanks for your SUPER support, kind words and constant encouragement....although I may always say it or maybe look it, I do thoroughly appreciate the magic encouragement you provide. It made my day....thanks again.

PS: thanks for the post rub down Luis.

## UPCOMING EVENTS

### May

|    |  |
|----|--|
| 3  | 16k West Dapto G-Man Bolt 2pm start                                      |
| 18 | Sunday - 8k & 4k Cordeaux Dam 11am                                       |
| 25 | Sydney Morning Herald Half Marathon (21.1km) - 7.30am The Rocks, Sydney. |
| 31 | 3 mile West Dapto 3pm  |

### June

|    |   |
|----|---|
| 7  | 4mile & 3k Mt Kembla AC Memorial Trophy           |
| 22 | 21.1k West Dapto 8am Tom Miskelly Memorial Trophy |

### Kembla Gift

The Kembla Gift has been revived after public liability issues recently were solved. The 1km uphill event starts on Cordeaux Road on the eastern approach to Mt Kembla Village and finishes at Kembla Pub. The event has been scheduled for early August as part of the Kembla Mining Disaster Anniversary activities so mark it in your diary. KJ's including the likes of Vanessa Kearney and Ben Dubois have won this event in the past and taken home the large cash booty on offer. There are categories as usual for juniors and veterans. More details on the club website as they come to hand and in the next Fox issue.

## Important Notice

The Andrew Godsman "Memorial 16km G Man Bolt" Trophy is to be held on the Saturday the 3rd of May. This being the 4th race of the current winter series. The criteria for winning a trophy is to run 3 races in the current winter series. Most runners will not be able to have competed in 3 races in that short period of time so the KJ committee have back dated the allowable races to the 01/01/2003 Hangover HCP race on new years day 2003. This includes the 2003 Summer pointscore races and the 3 Winter races. The Gong run and Port Kembla run are not included. To win the "G Man Bolt" trophy you must have competed in at least 3 of the races un the right.

Any enquiries please ring 42743411 or see me at the races.....Gary Howard

### Summer

|         |                          |
|---------|--------------------------|
| 1/1/03  | 4 mile Mt. Kembla        |
| 14/1/03 | 5km IYC                  |
| 28/1/03 | 5km Port Kembla, Hill 60 |
| 11/2/03 | 5km Albion Park          |
| 25/2/03 | 5km Fairy Meadow         |

### Winter

|          |                  |
|----------|------------------|
| 15/3/03  | 5km Puckeys      |
| 29/03/03 | 8km West Dapto   |
| 19/4/03  | 4mile Mt. Kembla |

## Junior Open Day

A junior open day will be held as part of our family picnic day at Cordeaux Dam on Sunday 18 May. This event was originally scheduled for Cataract park, but had to be altered at short notice, so please note the change.

We are inviting all local junior athletes to come and participate as a guest of the club. So if you know anyone, have friends, school buddies, relatives etc. who might want to come along, then tell them all about it.

As usual there will be a 1, 2 and 3k events from 10.30 am, followed by a 4k for juniors aged 12 and over. After the races everyone is invited to stay for the fun of the BYO picnic in the lovely dam picnic area. So bring along the footy, water pistol, whatever!! And make it a great day out.

## Interested in Triathlon or Duathlon?

The local Triathlon Club, The Illawarra Tri Club, have Duathlons during Winter and Triathlons during Summer as well as other training activities during the week (good for cross training), see below for their calendar of upcoming events and contact:

### CALENDAR

| Date/Location       | Event                            | Contact         |
|---------------------|----------------------------------|-----------------|
| Every Wed ,6pm      | BEER RUN!                        | Kirk Vandeweghe |
| Belmore Basin       | Running (up to 10km, all levels) | 42259772        |
| Every Sun, 7am      | Club Ride 60km                   | Des Comer       |
| Nth Beach Surf Club | Shellharbour                     | 42843593        |
| Every Sun, 2pm      | Open Water Training              | Kirk Vandeweghe |
| Belmore Basin       | (until it's too cold!)           | 42259772        |
| Sun, 29th June      | ITC CLUB DUATHLON                | Des Comer       |
| Port Kembla         | R3.6km, C15km, R1.8km            | 4284359         |
| Sun, 20th July      | ITC CLUB DOUBLE DUATHLON         | Des Comer       |
| Port Kembla         | R3.6k, C10k, R1.8k, C10k, R1.8k  | 4284359         |

### PRIVACY NOTE

The information provided to us on your membership form such as contact details and date of birth etc, will be made available to committee members and age-group captains for club administrative purposes only. Your details will not be passed on to any other person without your permission. Any medical conditions disclosed to the club will be kept completely confidential and will remain with only the KJ first aid Officer(s) and made available to others in the event that you may require medical assistance. Please let us know if you have any concerns regarding privacy issues.

## KJs on the Airwaves



KJs 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?



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

## Kembla Joggers Club Contacts 2003

### Committee Roles:

|                  |   |
|------------------|---|
| President        | Neil Barnett .....(h) 4272 6818<br>(w) 4275 7469 (m) 0419 256 047 |
| Vice President   | Eric Brown .....4261 3985   |
| Secretary        | Peter Evans .....4297 0082  |
| Asst Secretary   | Hazel Brown .....261 3985   |
| Treasurer        | Dave Higgins .....4284 1317                                       |
| Public Officer   | Robyn Henry .....4256 5274  |
| Social Secretary | Steve VanGils .....4228 5703                                      |
| Handicapper      | Gary Howard .....4274 3411  |
| Race Organiser   | Peter Issa .....4283 7760   |
| Asst Race Org    | Jim Hennessy .....4285 0657                                       |

### Club Captains:

|                |                                |
|----------------|--------------------------------|
| Female Captain | Vanessa Kearney .....4283 7785 |
| Male Captain   | Bob Ognenovski .....4226 3682  |

### Other Roles:

|                      |                                   |
|----------------------|-----------------------------------|
| Trophies & Engraving | Wayne Montefiore .....4237 5672   |
| First Aid            | Raf Moriana .....4296 6656        |
| Webmaster            | Brendan Scollary .....4295 3424   |
| Club Clothing        | Bronte & Karen Blay ....4229 7058 |
| Publicity            | Neil Barnett .....4272 6818       |
| Club Photographer    | Peter Evans .....4297 0082        |
| Juniors              | Neil Barnett .....4272 6818       |

### To Contact The FOX Editorial Staff:

|               |  |
|---------------|--|
| Editor        | Pasco Coppolaro<br>pasco@1earth.net                                  |
| Design/layout | Louise Samuel<br>louise@graphic-connection.com.au                    |
| Reporters     | Dave Higgins 4284 1317<br>lesley@1earth.net<br>Gary Howard 4274 3411 |
| Distribution  | Hazel and Eric Brown (02) 4261 3985<br>sunnyb5@one.net.au            |

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