



The FOX

Issue 1 January 2004

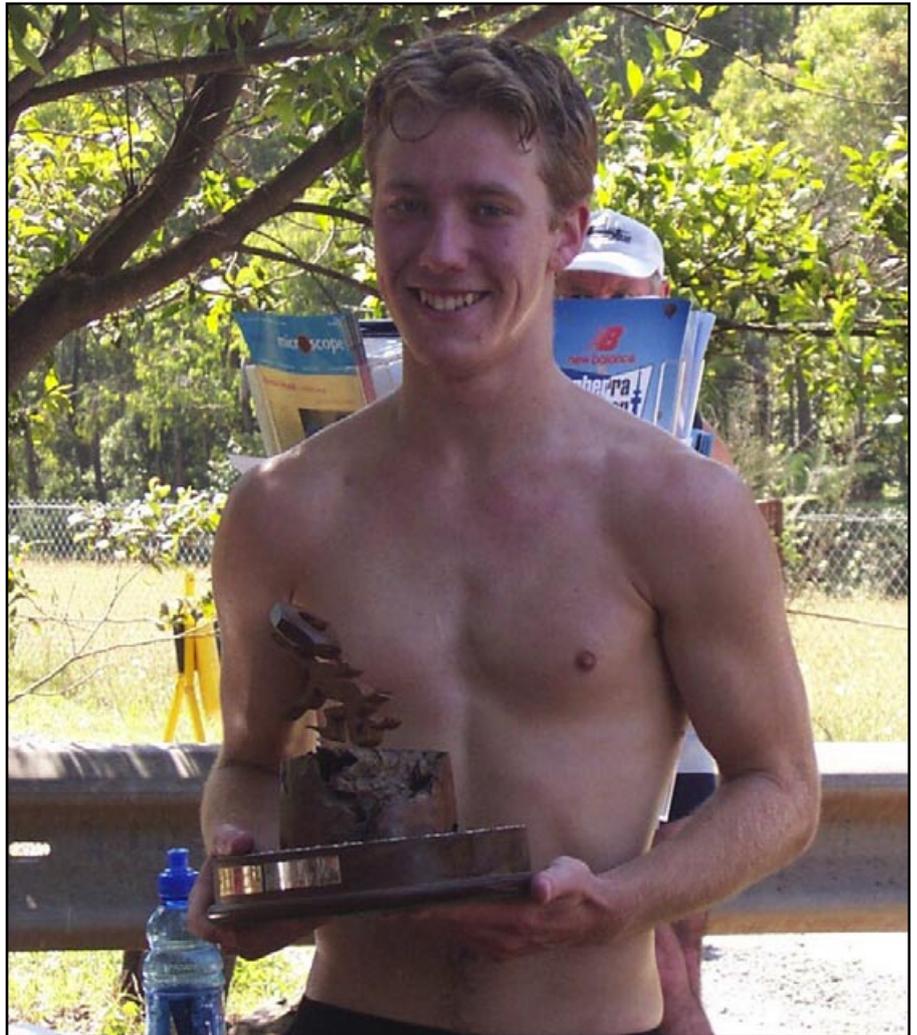
THE OFFICIAL NEWSLETTER OF KEMBLA JOGGERS INC.

4 mile Hangover Hcp 01/01/04 Mt Kembla

Hot temperatures in the mid 30s with little breeze made running conditions just about unbearable for this years "Running nut" trophy event. The temperatures were just peaking when the starting gun went off. While the stronger runners powered on from the turn around point, most runners were fairly shattered and looking for some sort of relief, while 2 drink stations were out on the course 6 more would not have been astray.

Form runner of the 2003/2004 summer season Ryan Burns won the trophy in a great time of 23.30 just holding off Rowena Mullany 29.15 by 4 seconds with Rita Mein 10 seconds away in 3rd place. The first 4 runners across the line all had insufficient races to qualify for the trophy, Alan Onions 2 races, Mark Everton 0 races, Merja Kiviranta 2 races, and Paul Micale 2 races, all ran quality races despite the conditions. The minimum required races is 3 from the current summer series races. 36 seconds separated these runners. Young Ryan has had a great summer with 17.13 in the 5km at Berkeley, 17.06 at Puckey's, 16.56 at the IYC, 18.04 at Albion Park, 9.37 in the 3km at Stuart Park, and finally 17.08 back at Puckey's, so Ryan had the form on the board for his great win.

Despite the hot conditions it was amazing to see that the heat hardly affected their running times where most runners would have been at least 2 mintues down on their previous times, great runs by Paul Micale 21.58, Alan Onions 25.39, Rowena Mullany 29.15, Witold Krajewski 28.31, Tony Tenkate 30.22, John Mintoff 28.03, John Burns 28.52, Scott Bowley 28.35. Paul Micale was fastest on the day with 21.58 and new KJ member Merja Kiviranta from Finland was the fastest female with 26.13. All runners were informed on the



Ryan Burns – Winner of the 4 mile Hangover Handicap 2004

day that they MUST run off their allocated handicap time that they are given at the registration table, there are no amendments to be made on these handicaps as it is a Trophy event and in past Trophy events, runners who have had their hcps amended

have actually impacted on the eventual trophy winner at the finish. It may seem a harsh rule but it is great to see the first person past the line the actual trophy winner. Thanks to the runners who understood this rule when explained to them.

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President's Report



With the new year upon us, it's certainly time to make some new years resolutions. Unfortunately mine will be to take a bit of a break from running and repair some nagging conditions which have dogged me for almost 12 months. I'm hoping your resolutions will involve more positive news and mean we'll be seeing more of you at KJ events during the year. And wouldn't it be great if everyone could try and introduce at least one person to the KJs during 2004, whether it be a work mate, a friend or your husband/wife or one of your kids.

The benefits to society of having as many people as possible involved in healthy lifestyle activities such as what the KJs provide cannot be underestimated (although I sometimes wonder when I roll up for my umpteenth bone scan). Just remember as KJ members you are our roving ambassadors so keep up the good work of promoting our activities in your travels.

The summer season is chugging along and the summer organising team is doing a fantastic job of ensuring the races are as fun and safe as possible. The crowds are a little bit down on last year but are overall at healthy levels. The 2004 winter season has been finalised and mailed out to everyone. Registration day will be at Stuart Park on Saturday 13 March. The new senior and junior programs will be published in late February but you can already book in the registration day at Stuart Park for Saturday 13 March. The KJs were recently awarded hosting rights for this year's NSW Road Relay Championships at Flagstaff Point, Wollongong for 3 July and this is also unlikely to change. Don't forget to get your marshalling duty picks in early to ensure you don't have to marshal at one of your favourite events during the winter season.

The club AGM was held in December and although the usual small crowd was in attendance (nothing has changed here!!) four new members were welcomed on to the committee. Brendan Scollary (everything but a committee member last year!), Carolyn Dews (straight into the assistant secretary's role), Karl Stamp (former club secretary) and John Burns are the latest additions and bring on a lot of skills through their work etc. We would also like to thank outgoing committee members Ward Hummerston, Robyn Henry, Mark Everton and Suzanne O'Brien who are taking a break but are likely to return again in the near future or still be involved in organising different aspects of the club. Robyn and Mark in particular have been on the KJ committee for many years so we are going to miss their help, but hopefully not their company. The latest contact list for all club committee members and key contacts is listed on the Contacts page on the KJ website.

The West Dapto site is progressing as fast as possible. The hazard assessments have now been completed and a safety management plan put in place. In a nutshell this means we can start work very soon, in fact as soon as the horses and cows are moved on. This should happen in days rather than weeks, but then again it all depends on how co-operative the people who lease the paddocks will be, get the drift?! A few weeks ago a "call for help" was published on the website and emailed around, so if you don't have internet access and would like to volunteer to assist in the cleanup in the coming weeks/months please get in touch with me asap on 42274662. I would also like to hear from you if you can offer any special skills such as bobcat operator, plumbing, bricklaying, etc or can lend any equipment that may be of use.

Hope you are all having a great summer break and see you all soon.

Cheers, Neil



Juniors at Berkeley

FOX TALES

by Rob Battocchio and

Uncle Pete's



JANUARY 2004

It's a new year, a leap year, an Olympic year, a year to set new goals and a year to get ready for some fantastic new junior developments at Kembla Joggers. I hope all KJ juniors had a wonderful Christmas, are enjoying the holidays, and that 2004 brings you all many a good result, great times, great fun and great friendships.

The summer series is now well under way, and although participant numbers are down a little from last year, many a junior has participated at the summer series events. Thursday night track events and the Athletics NSW track events. Summer 2004 is jam packed with the usual Tuesday afternoon summer series events, the 2004 Australia Day Illawarra Aquathon, Country Athletics championships, State and Australian Athletics titles, a few fun runs for measure and before you even have time to relax over the hot summer, the school cross country season will be around!

I am sure many juniors are also heavily involved in a host of other summer sports, from surf life saving, to cricket, swimming and more.

The Kembla Joggers handbook and website has all the information you need on these events, and is a great place to check up and coming events, results, and other interesting news, so check out www.kemblajoggers.org.au for the latest news and results.

The 2004 Summer Season Ahead

Summer Series

The ever popular KJ summer series is in full swing, with a spread of events already held. The series began with the popular North beach event, in which 20-30 juniors participated in a choice of the 1km, 2km or 3km distances, under humid conditions. The shorter summer events are a great way to keep your fitness levels up and enjoy a brisk Tuesday afternoon race, mixing in with friends, and at venue's like north beach, have a dip in the surf afterwards.

The summer series provides juniors with the chance to get a short hard workout, or to just have a solid run as part of their weekly training. The next couple of events are the Illawarra Yacht club event, at Berkeley on Tuesday 13th January, with Juniors kicking off at 5.45pm, and the very popular Brewery Bash (Five Islands Brewery, Wollongong Entertainment Centre, on 10th February....hope to see you there!

2004 Australia Day Illawarra Aquathon

Wollongong's favourite community summer fitness event is nearly here and I hope many a Kembla Jogger junior, mum and dad, and friends, are looking at participating. Kembla Joggers is once again supporting this fantastic event, and yours truly is directing the show. With a choice of three distances, in either the many an individual category, or two person tag team category, all ages and abilities are more than encouraged to have a go. The 2004 Australia Day Illawarra Aquathon is shaping up to be bigger than ever, with a fantastic morning of fun, and fitness promised. There is plenty of trophies, medals and prizes up for grabs for the more competitive, free post event refreshments, massage, RedBull team crew, Wave FM team crew give aways, heaps of excellent spot prizes up for grabs, charity breakfast BBQ, plus ALL mini junior competitors receive a free goodies bag, plus much more...

I encourage you all to have a go, and support this great event. Full information can be found at the Kembla Joggers website (listed above), or by phoning Rob Battocchio on 0242 264754 or 0413 862676.



Above: KJ Flying Foxes enjoying the moment.

Help Required

Kembla Joggers have been an integral supporter of the Australia Day Illawarra Aquathon and have provided key support with a great team of helpers ensuring the event runs smoothly.

Once again, we are seeking as many helpers as possible for on day assistance. Key help is required for timing and/or marshalling help, and also for registrations. Refreshments are provided and you will be supporting a wonderful community event.

Please forward names to Rob Battocchio at rocket.rob@optusnet.com.au or please let Peter Issa or Neil Barnett.

I thank all helpers in advance and truly appreciate your valued support.

Welcome to All Members

To all new members, welcome to Kembla Joggers and I hope your time with us is fun, rewarding and exciting. Kembla Joggers is a fantastic running club that offers many a service from regular competitions, coaching, development sessions, fox tales news, scholarships and financial assistance, support, fun, social events and much more. All these great benefits and much more can be found in the members handbook and on the Kembla Joggers famous website, www.kemblajoggers.org.au.

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.

Country Athletics Championships – January 17th & 18th 2004

Beaton Park Athletics Track will once again be the venue for the 2003/04 summer athletics season, country championships. All standard track and field events will be held, and Kembla Joggers is hopeful of a strong representation. See details on the Kembla Joggers website.

Madeline Continues To Shine

Leading Kembla Joggers junior athlete, Madeline Heiner, continues on her stellar path, with some superb results at the recent Australian Athletics Titles, held at Melbourne. In the process Madeline set two new PB's, was awarded a fantastic silver in the 1500m in a super bronze in the 800m in another outstanding PB. Madeline has also been gaining some excellent advice and developing her athletics talent, involved in both NSW Institute of Sport and Athletic's Australia junior development camps. Well done, Madeline and I am sure you will once again shine in 2004.

KJs Family Fun Day 2004 Australia's Wonderland, Sunday 1st February

The Kembla Joggers Family Fun Day 2004 will be held at Australia's Wonderland on Sunday 1st February and all KJ members, fam-

ily and friends are invited to come along. The club will be taking a bus at minimal cost and if we get more than 50 people then essentially the bus won't cost a dime!! For more information check out the flyer at the Kembla Joggers website, or call Steve or Katrina Van Gils on 4228 5703 or 0438 219 565.

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 on 0242 264754 or 0413 862676, or email rocketrob@optusnet.com.au for more information.

Fitness Five Fun Run

Sure we are a little way from the 2004, but as we all know April will be upon us, and that means Wollongong's biggest and best fun run - The Kembla Joggers Fitness Five!

The 2004 Fitness Five will be held early April 2004, and is a fantastic 5km-running event for all ages and abilities. All ages and abilities are encouraged to participate, and entry forms will be available by early February. Keep an eye on the Kembla Joggers website, for the latest developments.

KJs Track & Field Report by Eric and Hazel Brown

Short Race Series 2003

Since its inception, the short race series has produced some great races and many track records. The 2003 Series was no exception with no fewer than 11 records and numerous PB's being recorded. The series is run over five consecutive weeks. All races for the first four weeks are graded. Week 1 - 2km, week 2 - 1500m, week 3 - 1km and week 4 - 600m. In keeping with Kembla Joggers tradition of handicapping races, to give everyone a chance of being a

winner, the fifth and final week culminates in a number of handicapped final races. This year there were 3 finals. Newcomer David Fairley, managed to get under handicapper Hazel Brown's guard to street the field in the first of the finals. However, the remainder of the races provided us with some exciting finishes and the enthusiasm and encouragement provided by the competitors and spectators was outstanding. Paul Micale was ecstatic that, newly into the 35 plus age group, he was able to whittle 3/10ths of a second off Bronte Blay's long standing

record. Daniel Covington was the most consistent performer of the series and achieved several PB's along the way. Paul Di Pietro showed much potential during the series and lowered his best times every time he ran.

Each of the handicapped final race winner received a small prize for their efforts. All in all the 2003 series was a great success and going by the comments of the competitors a great night of competition and entertainment was had by all.

Short Race Series 2003 1m – Final 1

- 1 Paul Micale 4.36.7 Age Record
- 2 Ryan Burns 4.49.6
- 3 Daniel Covington 4.50.3
- 4 Wayne Montefiore 4.58.7
- Age Record Winner on Handicap
- 5 Paul Coxhead 5.03.0
- 6 Greg Mackey 5.08.4
- 7 Mark Everton 5.15.9
- 8 Troy Upward 5.17.5
- 9 Martin Church 5.18.8
- 10 Steve Van Gils 5.23.4
- 11 John Cunniffe 5.27.5
- 12 Tanya Strevens 5.42.4
- 13 Darren Upward 5.59.4

Short Race Series 2003 1m – Final 2

- 1 Witold Krajewski 5.33.0 Winner on Handicap
- 2 Andrew Krajewski 5.44.4
- 3 Thomas Mackey 5.49.0
- 4 Tony Tenkate 5.55.1
- 5 Paul De Nobrega 5.56.4
- 6 Joel Dent 5.57.5
- 7 John Burns 6.08.3
- 8 Nicola Hummerston 6.14.1

Short Race Series 2003 1m – Final 3

- 1 Benjamin Scollary 6.10.4
- 2 Ward Hummerston 6.12.5
- 3 Eric Brown 6.20.9
- 4 Zac Blay 6.23.6
- 5 Mitchell Connor 6.26.1
- 6 Stephanie Hummerston 6.44.7
- 7 Peter Asher 6.55.9
- 8 Brett Cowie 7.06.7
- 9 David Fairley 7.11.3 Winner on Handicap
- 10 Derek Moriarty 7.25.5
- 11 Max McKay 8.31.1
- 12 Katrina Van Gils 8.41.6

2000 m

- 1 Benjamin Scollary 7.36.1
- 2 Tony Tenkate 7.49.0
- 3 Ward Hummerston 7.51.7
- 4 Zac Blay 8.21.5
- 5 Eric Brown 8.25.8
- 6 Mitchell Connor 8.36.5
- 7 Brett Cowie 8.46.7
- 8 Bob Ognenovski 8.48.1
- 9 David Fairley 9.44.9
- 10 Dave Barnett 9.48.3
- 11 Derek Moriarty 9.54.6

2000 m

- 1 Daniel Covington 6.17.3
- 2 Brendan Scollary 6.20.1
- 3 Greg Mackey 6.35.2
- 4 Andrew Ruttly 6.38.2
- 5 Martin Church 6.45.2
- 6 Ross Walker 6.46.2
- 7 John Cunniffe 6.46.9
- 8 Paula Crinnion 7.00.1

- 9 Paul Coxhead 7.00.3
- 10 Shane Cowie 7.05.8
- 11 Edy Ognenovski 7.12.4 Age Record
- 12 Vanessa Kearney 7.22.3
- 13 Troy Upward 7.27.8
- 14 Darren Upward 7.30.6
- 15 Andrew Krajewski 7.30.8

1500 m

- 1 Eloise White 5.04.8
- 2 Vanessa Kearney 5.09.0
- 3 Dana Wilton 5.10.6
- 4 Edy Ognenovski 5.11.3 Age Record
- 5 Shane Cowie 5.12.3
- 6 Darren Upward 5.13.6
- 7 Paul Di Pietro 5.18.1
- 8 Paul De Nobrega 5.20.2
- 9 Alana Yardley 5.22.6
- 10 Pasco Coppolaro 5.24.6
- 11 Andrew Krajewski 5.26.4
- 12 Thomas Mackey 5.26.9
- 13 John Burns 5.27.1
- 14 Tony Tenkate 5.27.3
- 15 Shahna Fairley 5.43.1
- 16 Sarah Burns 5.51.4

1500 m

- 1 Daniel Covington 4.29.5
- 2 Ross Walker 4.37.6
- 3 Greg Mackey 4.40.3
- 4 Brendan Scollary 4.48.2
- 5 Andrew Ruttly 4.57.1
- 6 Paul Coxhead 5.02.9
- 7 Steve Matthews 5.05.6
- 8 Wayne Montefiore 5.08.2

1500 m

- 1 Ward Hummerston 5.28.2
- 2 Benjamin Scollary 5.33.1
- 3 Bob Ognenovski 5.36.2
- 4 Mitchell Connor 5.46.3
- 5 Zac Blay 6.01.1
- 6 Eric Brown 6.01.4
- 7 Renee Ognenovski 6.02.9
- 8 Dave Higgins 6.09.1
- 9 Brett Cowie 6.21.2
- 10 Gwenda Brokenshire 6.23.5
- 11 Beth Bell 6.25.4
- 12 David Fairley 6.51.6
- 13 Max McKay 7.51.4

1000 m

- 1 Mark Everton 3.06.6
- 2 Darren Upward 3.08.1
- 3 Steve Mathews 3.11.7
- 4 Paula Crinnion 3.18.8
- 5 John Burns 3.19.1
- 6 Shane Cowie 3.21.6
- 7 Paul Di Pietro 3.22.0
- 8 Wayne Montefiore 3.22.8
- 9 Paul De Nobrega 3.26.7

1000 m

- 1 Sandra Toth 3.24.6
- 2 Nicola Hummerston 3.24.8
- 3 Andrew Krajewski 3.30.8
- 4 Tony Tenkate 3.31.0
- 5 Thomas Mackey 3.35.4
- 6 Jim Brokenshire 3.35.7
- 7 Benjamin Scollary 3.40.6
- 8 Shahna Fairley 3.45.1

1000 m

- 1 Ryan Burns 2.44.8
- 2 Daniel Covington 2.49.2
- 3 Martin Church 2.51.9
- 4 Greg Mackey 2.54.0
- 5 Troy Upward 2.55.4
- 6 Ross Walker 2.56.8
- 7 Phil Parle 3.07.2
- 8 Dean Simes 3.15.5

1000 m

- 1 Paul Di Pietro 3.28.3
- 2 Ward Hummerston 3.37.5
- 3 Eric Brown 3.50.7
- 4 Lesley Simes 3.52.7
- 5 Brett Cowie 4.01.8
- 6 Gwenda Brokenshire 4.04.9 Age Record
- 7 David Fairley 4.27.3
- 8 Derek Moriarty 4.35.5
- 9 Amanda Vandeweghe 4.40.0
- 10 Katrina Van Gils 4.49.4
- 11 Max McKay 4.50.9

600 m

- 1 Paul De Nobrega 1.53.5
- 2 Bob Ognenovski 1.53.8
- 3 Shahna Fairley 1.55.8
- 4 Joel Dent 2.02.2
- 5 Benjamin Scollary 2.03.2 Age Record
- 6 Zac Blay 2.08.9
- 7 Eric Brown 2.10.6
- 8 David Fairley 2.28.9
- 9 Max McKay 2.31.9

600 m

- 1 Steve Mathews 1.42.0
- 2 Mark Everton 1.46.6
- 3 Sandra Toth 1.49.0
- 4 Marie Kay 1.49.8
- 5 Tony Tenkate 1.50.0
- 6 Andrew Krajewski 1.52.5
- 7 Renee Ognenovski 1.52.8
- 8 Shane Cowie 2.01.2

600 m

- 1 Troy Upward 1.30.1
- 2 Paul Micale 1.30.4
- 3 Daniel Covington 1.31.6
- 4 Wayne Montefiore 1.35.3 Age Record
- 5 Paul Coxhead 1.38.3

KJs Track & Field Report continued

Kembla Joggers conduct races every Thursday night throughout the year, over varying distances, with some short sprint type races also being included.

Our very own club Track Championships will be conducted over a three week period starting on February 12 (see KJs web site for the full program) Start time will be 6.30pm each night.

Other Track News

Congratulations to KJs junior club member Madeleine Heiner. Madeline returned from the All Schools Track Championships with two silver medals in the 800m and 1500m.

KJ Results from the NSW Track Relay Championships Homebush, 29-30 Nov 2003

Under 14 Boys 4x1500m

1 Randwick Botany Harriers 'A' 19:23.54 2 Newcastle Hunter 'A' 19:28.82 3 Central Coast 'A' 19:29.51 4 Kembla Joggers 'A' 22:21.72 (Joel Dent, Gokhan Girgin, Shane Cowie, Ben Scollary) 5 Nepean 'A' 23:22.16

Under 16 Girls 4x1500m

1 Kembla Joggers 'A' 20:43.90 (Eloise White, Melissa Burgess, Dana Wilton, Alana Yardley) 2 Uts Norths 'A' 20:52.09 3 Randwick Botany Harriers 'A' 21:04.12 4 Hills Multilink Ac 'A' 21:09.47 5 Campbelltown Collegians 'A' 21:59.58 6 Parramatta City 'A' 22:50.83 7 Randwick Botany Harriers 'B' 22:57.11 8 Sydney Pacific 'A' 24:01.06

Under 18 Boys 4x1500m

1 Central Coast 'A' 18:28.99 2 Illawong 'A' 18:32.72 3 Randwick Botany Harriers 'A' 18:35.01 4 Campbelltown Collegians 'A' 18:39.76 5 Kembla Joggers 'A' 18:55.82 (Jake Evans, Ryan Burns, Ryan Davidson, Madeline Heiner) 6 Hills Multilink Ac 'A' 19:31.18

SUMMER SERIES

Points Table

Pos	Name	Total
1	STEPHEN BROWN	949
2	ANDREW KRAJEWSKI	926
3	WAYNE MONTEFIORE	807
4	NEIL BARNETT	778
5	JOSE PEREIRA	753
6	CRAIG SAKEY	742
7	RYAN BURNS	721
8	MELISSA BURGESS	702
9	JOHN BURNS	695
10	JOHN WILTON	693
11	SCOTT BOWLEY	688
12	JOHN MINTOFF	659
13	DAVID HIGGINS	641
14	GLENN HAYWARD	639
15	NED MRSIC	602
16	WITOLD KRAJEWSKI	593
17	PASCO COPPOLARO	590
18	PAUL DENOBREGA	589
19	JOE CASTRO	530
20	GARY HOWARD	525

Open Mens 4x1500m

1 Sydney University 'A' 16:00.22 2 St George 'A' 16:00.92 3 Uts Norths 'A' 16:27.57 4 Illawarra Blue Stars 'A' 16:36.94 5 Campbelltown Collegians 'A' 16:37.48 6 Randwick Botany Harriers 'A' 17:10.27 7 Sydney Striders Road Runners 'A' 17:35.79 8 Kembla Joggers 'A' 17:47.38 (Stephen Brown, Jared Poppett, Paul Micale, Ryan Burns) 9

Randwick Botany Harriers 'B' 18:13.28 10 Springwood 'A' 19:12.25 11 Girraween 'A' 19:35.13 -- Uts Norths 'B' Dq

Mens 200+ 4x1500m

1 Uts Norths 'A' 20:10.32 2 Central Coast 'A' 20:24.15 3 Kembla Joggers 'A' 20:50.47 (Wayne Montefiore, John Burns, Mark Everton, Roy Francis) 4 Athletics East 'A' 21:01.08 5 Uts Norths 'B' 24:45.



Action at Puckeys.

Club News

Can You Help?

The KJs are facing increasing difficulties managing the traffic issues that face us as NSW Police, RTA and Council regulations become much more strict for events conducted on public roads. Therefore the club needs at least 8-10 members who are willing to undertake the necessary RTA training in traffic control for 'stop-go' attendants at KJ events. As always this training will be done at no cost to you but may require a day of your time. If possible we will arrange a session locally on a weekend during summer for this to take place. Part of this training involves obtaining the OHS 'Green Card' so if anyone already has acquired this through your employer please let us know because you are half way there and this could save us some dough. You don't need to be a running member to volunteer to do the training and it's dead easy. But we definitely will not be able to conduct some future road events without officials trained in traffic control as we can't cross roads without them. Just

imagine all KJ winter events conducted on the track at Beaton Park!!!! Please get in touch with Neil, Eric or Peter Issa ASAP if you are able to help us out.

Assistance for Stephen and Jared

Two up and coming KJ youngsters Stephen Brown and Jared Poppett recently received some financial assistance from the club's Athlete Development Fund. Our speedy pair were invited to compete in the De Castella 3,000m U20s race as part of the prestigious Zatopek meet at Melbourne's Olympic Park last month. Both ran great races with near PB performances, in fact Jared was on a big PB until faltering slightly in the later stages in the blustery conditions. We're sure the experience gained by the boys will go a long way to making them better athletes and strong contenders for our open men's team in the very near future (if not already!).



★ 10% Discount to all ★
KJ Members

Race Reports by Gary Howard

3km Windang 11/10/03

37 runners took part in the 3km at Windang. This race was organised to coincide with "Mental Health Week" and was KJ's way of raising some much needed funds. The course was a flat out and back that started from just south west of the Windang Bridge and followed the cycleway just past the PCYC then turn around and return back to the bridge. The strong Westerly winds on the out course hampered the runners for fast times.

Ultra marathon runner Dave Taylor was on hand to start the race. Dave is always willing to help out for charity events and many thanks for his contribution. Peter Issa and Wayne Montefiore were as always, early and helping set up in the windy conditions. Stephen Brown was 1st home in 9.48 with local runner Brendan Scollary 10.10 taking advantage of the local knowledge of the course to finish in 2nd place with back in form runner Wayne Montefiore 10.20 taking 3rd place. First place fm and junior runner Melissa Burgess 11.06 did well in the windy conditions as was 2nd place fm Anne Burns 11.49 and Lee Fanning 12.52 in 3rd. Good to see Vanessa Kearney 13.32 back running again after a long lay off with injury. Other good times on the day were Alan Onions 10.28, Martin Church 10.53, Scott Bowley 11.34, Tom Mackey 12.28, Graeme Smith 12.34, Jack Reedy 12.54, Benjamin Scollary 13.04, Mitchell Connor 13.11, Sharna Fairley 13.48, and Guest runners John Mayes 16.13 and Kerry Searle 16.14. The run of the day belonged to Joe Pereira who was marshalling at the PCYC and ran all the way back to the finish in his street shoes in toe with camera, a great run. Coffee, tea and biscuits were enjoyed by all after the race. Certificates for the race were handed out late after the race was over so if anyone missed out on theirs please let me know. In all \$89.00 was raised.

5km Puckey's Res 16/12/03

63 senior and 17 junior runners took part in the annual xmas run with Stephen Brown winning in an impressive time of 15.56 which broke the 15-19 agr. Jared Poppett was 2nd in 16.40 and Daniel Covington 3rd with 16.51. Tracey Looze was 1st fm runner with 18.04 and Madeline Heiner was 2nd fm and fastest junior with 18.15. Madeline's time broke the junior fm record. Melissa Burgess 19.02 was 3rd fm. Wayne Montefiore 17.17 broke the 50-54 agr to be 1st over 50, while Edy Ognenovski 19.57 also broke the fm 40-44 agr. Rita Mein 24.15 broke the fm 50-54 agr. Merja Kiviranta a guest from Finland recorded a good time of 19.21 and we look forward to seeing more of Merja in her 4 month stay. Good to see the Upward brothers making a return to KJ running in the 5km races. Tom Mackey 3.51, Joel Dent 8.05 and Shane Cowie 11.17 won their respective races in the junior 1/2/3km junior events. A good day had by all with plenty of xmas cheer and cake.

4km Windang 21/12/03

35 runners gave their Sunday a great start by taking part in the social Windang event. Joshua Hewitt a Guest and also last years win-

ner took out the shortened 4km event in 14.55. Joe Castro a much improved runner took out 2nd place with 15.11, Joe I'm told has been lowering all his PB's of late, Witold Krajewski 15.22 finished in 3rd place with 15.22. Witold and Andrew 16.46 were on their Sunday long run and with precise accuracy took in our 4km course on the way. Run of the day went to assistant summer race organiser John Wilton 15.35. Our famous guest from Finland Merja Kiviranta was 1st fm with 15.43 just finishing behind Neil Barnett in 15.42. Merja and her friend Imke Hoeling (3rd fm) 18.24 also from Finland both cycled from Wollongong to take part in the event. Paula Crinnion 2nd fm recorded a good time of 16.02 on a hard xc course. All runners enjoyed the xc course on a hot and humid morning. The highlight of the day was Dave Higgins cooking his breakfast chops when a over hungry Seagull stole his chop and flew off down the track with Dave in hot pursuit, the Seagull gave up and dropped it about 30 metres away, so Dave just picked it up and put it back on the BBQ. Well done Dave. Plenty of watermelon and tim tam biscuits kept everyone happy.

5km Berkeley 4/10/03

44 runners opened up their 2003 summer series with a casual run through the Berkeley hooka creek park. With a slight N/E cross wind the running conditions were ideal. The tricky course took the runners alternating between cycle way and cross country. First across the line was Ryan Burns 17.13 with Tim Fitzpatrick 17.56 and Wayne Montefiore 17.59 filling the minors. Tanya Strevens was 1st fm and picked up the fm open and 20-24 agr's along the way with a great time of 19.36, comeback runner and former junior great Teresha Moxham returned with a 20.03, 3rd was Birthday girl Melissa Burgess 20.19 who turned 15 on the day and received an agr in the fm 15-19 category. Wayne Montefiore was 1st over 50 with an agr, as was Roy Francis 21.31, 1st over 60 also an agr, Nicky Joyce with a time of 21.32 agr fm 35-39, Junior runner Gokhan Girgin m10-14 agr with 22.20, and Jennifer B. Burns with a time of 26.59 agr fm 45-49. Good runs on the day were, Joe Castro 18.11, Bob Projevski 19.50, Neil Birch 20.40, Rachel Coppola 22.24, and good to see David Higgins getting back into form with a 22.56. Joel Dent was 1st in the junior 1.2km event with Shane Cowie 1st in the junior 2.3km event. 18 juniors took part in both races. The junior races were just a little longer than normal but they handled it with no problems.

5KM IYC 04/11/03 Melbourne Cup Race

The race that stops a nation could not stop 83 hardy runners take part in the IYC venue.

65 runners took part in the 5km event while 18 junior runners ran the 1/2/3km junior events. A stiff north easterly wind had no effect on the running times. Paul Micale ran a smart time of 15.51 to break his own AGR M30-34 by 3 seconds and by doing this has recorded the most wins on this venue with 4 out of the 20 races. His time also enters the top 10 fast-

est (10th overall). 2nd place went to Stephen Brown 16.03 who also ran an AGR M15-19 to overhaul Jared Poppett's previous record. Ryan Burns who continues to improve recorded a smart 16.56 and went within 4 seconds of joining Jared Poppett, Tim Robertson, Wojtek Krajewski, Brendan Cato, Stephen Locke, Mark Scott, Matthew Moody, in the 10 fastest junior runs on this course, some very smart runners indeed and Ryan is right up there with them. Melissa Burgess continues on her winning ways with a smart 18.54 to be the first FM/junior and along the way broke the existing junior record held by Mariana Hernandez with a 19.47. Come back runner Teresha Moxham 19.11 ran a smart time to run 2nd with Dana Wilton again running an impressive 19.25 to take 3rd place. Wayne Montefiore 17.23 was very impressive and along the way broke the M50-54 AGR. Wayne looks lean and mean this summer. Sara Burns 20.38 also recorded a smart time. Other good runs were Steve Matthews 18.49, Glenn Hayward 19.11, Bill Agnew 19.29, again Gabe Gason 19.38, John Burns 19.58, Ian Tague 20.37, Bob Ognenovski 20.43, with new runners Shaun Osborne 20.41, Belinda Smith 22.24, Beth Bell 25.44, David Fairley 27.45, Conny Warn 27.45, and Danielle Kennedy 31.37 being the standouts.

3km Female/Open race at Stuart Park 2/12/03

The 4th annual female race again attracted a good turn out of 25 runners, of these 10 were junior runners. The warm humidity and light rain made conditions a little sticky. Claire Fraser 10.42 won the race in a very tight finish that saw only a gap of 15 seconds between the first 5 runners. Melissa Burgess 10.47 broke the junior record fm 15-19 AGR plus enter the senior top 10 times, and Paula Crinnion 10.49 ran a great competitive race to just hold off Karen Ryan 10.52 (fm AGR 35-39) with Dana Wilton 10.57 (fm AGR 10-14) in 5th place. Edy Ognenovski was 1st over 40 and broke the 40-44 AGR with 11.09, Sue Scott 12.54 also broke the 45-49 AGR, Linda Cortes was 1st over 50. All junior girls were impressive with Alana Yardley 11.19, Gemma Burke 11.46, Sara Burns 11.51, Nicola Hummerston 11.55 all entering the top 10 junior fastest times for this course, Sharna Fairley 12.56, Stephanie Hummerston 14.14, and Gulden Girgin 15.58 also impressed.

The Open race followed 20 minutes later with Ryan Burns 9.37 winning by a whisker from Daniel Covington 9.37 and Wayne Montefiore 9.58 taking out an AGR in the 50-54 category. Roy Francis 12.27 broke an AGR in the 60-64, many good runs on the day with an outstanding 10.51 from junior runner Gokhan Girgin taking a mammoth 1.15 off last years time, John Mintoff 10.57 impressed, John Wilton 11.03 knocking on a sub 11 minutes, and plenty of competitiveness from Roy Francis, Dave Higgins 12.27, Eric Brown 13.00, Peter Asher 13.05 and Hugh Motbey 13.07. 48 runners took part in this race. Winners of the Junior races were Tom Mackey 3.48 in the 1km while Gulden Girgin 9.14 won the 2km, congratulations to Hunter Leishman 8.05 finishing his first KJ race.

ANSW Reports

Following the successes of KJ's in the 2003 Winter Season a considerable number of KJ athletes have been active in the NSW Summer Track season up to Xmas. Several of these went to the State 10K track championships in November and came away with some pleasing results. It was great to see Julia White back in action for the club again and she performed exceptionally well to score a bronze medal in the women's open event. Her Campbelltown colleague, Elisha Borodzicz, has also joined KJs and looks to be an accomplished performer by finishing strongly in the same race to come home in sixth place. Paula Crinnion and the ever-improving Edy Ognenovski scored first places in their respective age groups showing that women's running in the club is starting to recover and augurs well for the forthcoming winter championships

in 2004. In the Men's 10K Brendan Scollary put in the run of the day to get a bronze medal in the highly competitive 35-39 age group with an excellent time of 35m 37s.

Other results to take notice of were those of juniors Jared Poppett and Stephen Brown who ran excellent times in the senior 3K track race with Jared scoring a great time of 8m 59.96s and Stephen 9m 07.92s. Both these times were good enough for these two fine young athletes to be selected for the junior 3K at the Zatopek Games in Melbourne. It would also be remiss not to mention the two performances of Russell Chin and Barry Keem (IBS) in these games - the Zatopek 10K track race - where both produced magnificent PB's - only just a matter of a few seconds over the magic 30-minute barrier. These two top-class runs, no doubt, were stirred on by

the highly credentialed international opposition that they were up against. Well done guys - it was a great effort!

It was an experimental look that some of the KJ teams had in the State Relays at Homebush on 18/19 November but we were rewarded with a magnificent gold medal in the U16F 4x1500m relays with Eloise White, Dana Wilton, Melissa Burgess and Alana Yardley winning in great style. Whilst providing spirited opposition in other age groups only a bronze medal eventuated for the senior 200+ Men's 1500m-relay team led by Wayne Montefiore. Everyone, I am sure, will now be fired up to do well in the Country Track Championships at Beaton Park on January 17/18, 2004. Make certain you get your entries in because I am sure that the championships will be a good one for KJ

Athletes of the Month

November 2003:

John Wilton

Those hazy, lazy days of summer are with us and the motivation to stay at the peak of our fitness becomes harder as the purpose for it all drifts to the back of our minds. For whatever reason one can think of to avoid becoming a couch potato there is none better than to make certain that your hard gained fitness stays on a par with others who would exploit any weakness that those extra pounds around the waist would bring. Rivalry from fellow competitors, therefore, is always a compelling reason for pulling out that special effort to remain fit, particularly when the threat of being beaten is from one of your younger offspring. In the case of one club runner this threat has been from his daughter who has been snapping at his heels for the last year.

Finally, this KJ succumbed to the inevitable, and in the Illawarra Yacht Club 5K, despite a fine time of 19m 31s, he finished six seconds behind his talented daughter, despite grimly clinging to her heels for most of the race. John Wilton's effort did not go unrecognised since it epitomised the true family spirit that prevails in the club and was an exceptional run for someone of John's ability. John will go on to improve his times, as will his daughter, and his performance in pushing himself to the limit on this occasion was fully deserving of Athlete of the Month for November.



December 2003:

Daniel Covington

The track series at Beaton Park on a Thursday night is an essential part of the KJ's summer program, and increased attendances and enthusiasm have greeted the new format of shorter races from 100m and up allowing some of the faster exponents of running to show their wares. In watching these races a number of performances have stood out over these distances including those of Paul Coxhead and Derek "Sharkey" Moriarty. One runner, in particular, has impressed over the middle distances by increasing the tempo of his training and his early results no doubt were a sign of better things to come. Setting times of 4m 29.5s for the 1500m and then an age group record of 10m 53.5s for two miles in November Daniel Covington then entered the month of December with the credentials to also perform well in the Tuesday night

summer road series. Again, as was the case in November, it is interesting note that Daniel's performances were spurred on by someone else - the form runner of the summer series to date - up and coming junior athlete, Ryan Burns. In the "Jingle Bells" run at Puckeyes on the 16 December the two erstwhile rivals fought it out over 5K with Daniel prevailing over the final stages to beat Ryan by about twenty metres. Whilst this run in itself may have been worthy of winning the award it was the nail biting finish in the Stuart Park 3K a fortnight earlier that really caught the eye. Both Daniel and Ryan crossed the line in the same time of 9m 37s with Ryan taking first place by a whisker. Regardless of his position in this race, it was this performance, and some other outstanding runs in track and road races, which netted Daniel the winner of Athlete of the Month for December.

Peter's Pages Peter's Pages

Versace Paper Man

Who was the lucky man that went on holidays at the exclusive Versace on the Gold Coast? So what if it was his second 4 day break in 15 years! Well it appears that this lucky man and his good wife were down relaxing at the pool with their good friends and their daughter who also happens to be the KJ's goddaughter. Our KJ lad went for a drink and a look around and when he got back he saw his goddaughter relaxing next to the pool with a hat over his head. So he nipped up removed the hat and gave her a long, big kiss on the forehead. "Nice one but I don't think that's your wife" came a deep voice from the side. The KJ looked again and realized he had planted one a gorgeous young lady who was not his goddaughter! But nevertheless she was impressed with the attention. There is something about our boy that makes all the ladies happy! Just what is his secret? I guess we will all have to interrogate Joe Pereira. Nice one Joe. Keep up that good running and have a few more holidays.

Lucky Man

Who was the former KJ that gave away the fast running and took up bike racing? He is quite a speedster there too. Apparently he was out on the Thursday Night Madness, [mixed grade racing] and doing his usual high-speed dashes when suddenly he was gone from the pack! Where had he gone? The second lap told the truth a bad puncture, broken spokes, buckled wheel and all! The third lap gave another picture, he was gone altogether! Mmm, it appears that he had no spare tubes, no pump, no puncture outfit and in short was !#@??! Yes kaput! What had happened? Where had he gone? Had he had a close encounter? The next time I saw him it all came out. He figured he could not get going so he started to walk home [this is West Dapto and he lives out Tarrawanna way, mind you!] no sooner had he walked 5metres and there alongside the road was a guy having a quiet beer or two in his F100 pick up. "Where are you off to he asked?"You wouldn't believe it but this guy lived just down the road and gave him a lift home! I just hope I get his sort of luck soon. Nice one Dylan Forbes! I hope you bought a lottery ticket after that one and don't forget to ask your KJ Club Captain lady for some stronger wheels.

The Missing Link

Ever spare a thought about how things run at the KJ events? Smoothly do I hear you say? Well that is due to the enormous amount of help that different people put into various things, be they race organisation, drinks, trophies, news-letter trips away or even Presentation Night. But sometimes things do not run as smooth as they appear. On the day of the Presentation Night I went to West's Illawarra in the morning to liaise with El Presidente about the proposed lap top presentation and the viewing of some 1500 KJ photos [yes sir, over 1500 shots from 2003 were burned onto a cd ready for large scale viewing via Neil's laptop computer and West's digital projector and electric slide down

screen. Sounds simple, plug in, power on cd in and presto! Not quite! When the button was pushed to lower the projector from the ceiling, lo and behold...NO projector!!! Well that stirred the hornets' nest! The next move was to bring in a spare projector...all hooked up...nothing happening?? Next...we may have to move everything...table, setting etc to the next room. At that stage we left.... Later that day we arrived early to find that the projector had been found and all was hooked up again....but still no picture. What was happening? The laptop and the projector would not talk.....different languages apparently...like Chinese and Russian they tell me. There now appeared a few beads of sweat on El Presidente's forehead along with a few unprintable mutterings. A few technical type-KJs rolled in, fiddled and rolled out. Still no picture. Suddenly the master appeared. He quietly walked over spoke a few words and then pressed control and F7 and BANG..action, words, pictures and all. El Presidente's blood pressure dropped by 50% and all was well. A great night was had by one and all. A big thanks to everyone involved in organising all the various bits and pieces and of course a big thanks to Paul Di Pietro for saving the night. I believe he is also running some nice pb's at the moment. [pb's mmm? I remember them once, I think?]

They Love The Hats

Apparently the juniors really love the KJ Flying Fox hats that they received at Presentation Day. One young lad, who has never been one for wearing a hat was so wrapt in the new cap that he never took his off, even wore it to bed. But unfortunately he was down at Wollongong Harbour recently and according to his mum, "he went fishing off the wharf with the neighbours and came home most distressed that a terrible, terrible thing had happened to him while he was fishing! It was a windy day and he insisted he wear his favourite hat, after I suggested maybe a tighter fitting cap might be better due to the wind. Well the worst thing possible happened and it blew off!! He told me how he desperately tried to hook it with his fishing rod until it sank! He even considered jumping in after it, until his friends advised him otherwise." I am suitably advised that a new cap has been sent on its way. I hope Kyran McCarthy managed to hook a big fish on the day. Good on you mum, Kathy McCarthy. Great to see the KJs getting into it.

Hollywood Movie Star

Which KJ has a movie career going on as a spare job? Apparently he has starred alongside Claudia Karvan recently, was a stand-in for Russell Crowe and is a hot favourite to be part of Kylie Minogue's new video clip [the one where she wears clothes]. I believe he is also going to the US soon to give the new Californian Governor some advice on politics and some tips on acting. Well he certainly juggles lots and lots of jobs, position and hobbies. I believe he is now running as Presidente for the 12th, 13th or maybe 19th time in succes-

sion. Nice one Neil.

El Porky

Is it true that a KJ was overseas and bought a winning ticket in the recent Mega Lottery-El Porky [Spanish for the Big One]. I do believe that the first prize was almost \$600 000 000, that's right six hundred million dollars! What did he do? Well apparently he bought out the top two floors of the Novotel at North Beach, Wollongong and has been wining and dining ever since. Who? Speak to Dickey Knee.

Grand Tours

Which KJ has been conducting tours of his impressive Cliff Road apartment? Like a true KJ that he is, the money is going to a special fund, The KJ Pensioners Development Squad. He has raised quite a few hundred dollars in a matter of weeks. I believe his mum loves the unit so much she cannot wait until he goes overseas on holidays so she can move in and use his sporty car as well. I guess I'll get to see it eventually, nice one El Presidente! Keep up the great club organisation.

Gardener For Hire

Speaking of Neil's mum, I have it on good authority that Neil's dad loves his gardening. In fact he loves it so much that when mum stays in Neil's unit, she said that dad is available for gardening duties. So if you want your front/rear garden fixed up this is the man to get on board. Well-done Dave Barnett.

Mr. Clumsy

Is it true that during one of Neil's Grand Unit Tours a certain KJ came through the front doorway and then proceeded to wash his sandy feet in one of the delicate, ornamental streams that run through the complex? He then proceeded to jump in the elevator and accidentally knocked one of the emergency, anti-terrorist buttons that set off alarms here there and everywhere. I believe six police cars and Pol Air [the police helicopter] were dispatched within minutes. I hope he made up for it with a generous donation to the aforementioned development fund. It seems Dickey Knee is going for a big year in 2004, just as well he is still running so well. And it is definitely not true that the police questioned him for hours about his Al Queda connections! What a malicious rumour. Who would start such a thing?

Up There, Over There

This is definitely true. I know because I was standing right there as it happened. We were all gathered at the starting point for the recent Puckey's. There were the usual KJ's and a few new people too. A young, attractive lady was making some enquiries about joining the club and having a few races. Her English was a bit broken but quite reasonable for someone new to the country. Chief KJ Speaker, Mr. Microphone was right onto it. He had spotted

Peter's Pages cont.

her from across the car park and zoomed in faster than a hawk onto a mouse. He quickly explained the ins and outs of all aspects of the club when finally she asked "Where can I get changed?" Kapow! It was like a bolt of lightning; his hand went straight across and slightly up. You know where he pointed? You guessed it, his new penthouse on Cliff Road of course. After a bit of diplomatic intervention by yours truly I then sent her on her way to the change rooms. Now come on Neil that would have cost you a big donation. Yes she did run a great race, fastest female time if I recollect correctly.

Out There Again

As I cycled out the back blocks of West Dapto I thought I had spotted Peter Asher ahead as he is always running for miles out there. But as I got closer whom was it running in a lather of sweat, listening to the latest stock prices via his headphones and oblivious to what was going on around him? Well, none other than Mr. LSD himself, Eric Brown. He had run all out Huntley Road and was last seen heading off to Marshall Mount and Albion Park. I believe he is up to 180km per week these days. Great work Eric and don't worry the shares will bounce back.

Spas Hit The Youth of Today

It does not seem long ago that some of the young KJs were still at Primary school and now they are driving cars around! Well I heard on the grapevine that one very keen KJ athlete was so absorbed in his training at Beaton Park the other night that when he had finished he discovered that he was locked in. I also hear that there were two girls around at the time and someone did mention the spa pool. You will have to ask him about that side of things. But I do know that he managed to get out over the barbed wire fence without getting cut, don't know about the girls though. Keep up that fine track work Jarred Poppett

Knock them Down Like Ten Pins

It seems our resident Tour de France hopeful has been up to his old tricks again. There he was mid pack in a group ride when the peleton decide to turn left at the next major intersection. Unfortunately our lad decides to keep going straight ahead. Crash! It was like ten pin bowling, except he only knocked down nine, not quite a complete strike. I believe he has now been banished to riding 100m off the back. But he still runs quickly and still managed do to get fastest time at the Hangover Handicap. Well-done Dickey Knee.

Balls Up Award. Nomination Number 1

It seems unbelievable that this one came on New years Day, at the Hangover Handicap. Everything was well underway, nice weather [as opposed to the cold wet miserable condi-

tions of 2003], new course marker, a clean up of the start finish area etc, etc. Then someone realized they had forgotten to bring the large Seiko timing clock! Nice one, and to think we used to Call him Mr. Timekeeper too! Well he was soon on the mobile and managed to get the clock in order before the start of events. Well done Mark Everton. Keep up the improved running.

Balls Up Award. Nomination Number 2

Again on New years Day, at the Hangover Handicap, who was going to win the race? Could we get the first person over the line to be the actual winner? I cannot remember the last time that had happened? [I'll ask Neil] Being right at the back of the field I had no idea who was across the line or in what order. I was very happy to learn that Allan Onions had done it. He is a really nice guy and such a talented swimmer I thought he deserved to win. Then I thought, wasn't he in this position last year? In 2003 He had not won because of his lack of recent race entries? Then I thought "mmmm?" Haven't seen him around much recently. Lo and behold he was in the same dilemma again. Two wins and two lack of pre race entries. He was ineligible again! I guess I'll have to have a quite word to him and get him in a few more KJ races beforehand. But nevertheless he did have a great race once again. Now if only the computer handicap programme would finally catch up with my running form. It is only two and a half years behind. But that is another story.

Family Affair

Wasn't it great to see young Ryan Burns take out the Running Nut Trophy at the Hangover Handicap? I believe both his mum and dad also ran in the race and I reckon this would have had to have been the first time ever that a mum and add ran in a race where their son won the race. I guess that will be another question for El Presidente. Congratulations to the Burns family on an outstanding afternoons work.

Mr. Watch Man

Which KJ seems to be wearing a new

wristwatch every time I see him? He seems to be changing watches as as often I buy newspapers. I think he must have a major shareholding in one of the Jewelers Chains or something like. But I guess he improved so much last year that he probably wore the others out. Anyway next time you see him check out the watch. Keep up that great running Mr. Athlete's Athlete of 2003, web master extraordinaire, Brendan Scollary.

Engagements, Marriages, Romances Etc

There must be something in the air at the moment [besides dust] so many KJs are making the big step forwards/backwards. By the time you read this Garry Wheeler will be married to his Sydney Morning Herald Half Marathon sweetheart, Dimi. Mt Kembla 9 mile runner extraordinaire, Matt Kerr, is now engaged to be married after the Olympics, Dave Pomery is just about there, as is KJ workaholic, cursaholic and sha#!olic Steve Mlacic is down on bended knee I believe. Go for it lads. Although, when you glance at those names, what does strike you? Mmm, haven't seen them running for a while. But when you think about it; pounding the hard roads or cuddling up with a nice soft lady...it's an easy choice. Go the lads. I heard an inkling about Dickey Knee too but will have to confirm that before I mention anything.

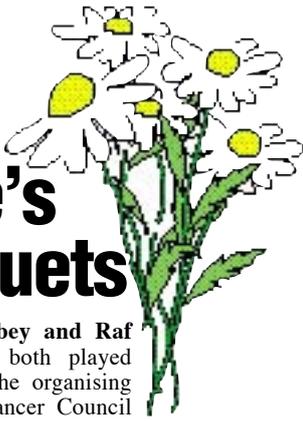
Position Vacant

After 5 years of trying to keep up with the races, gossip, sporting news, romances, scandals or whatever I feel as if my ideas have started to peter [groan] out. There seems to be an air of repetition that comes from years of familiarity. I think there needs to be new blood, otherwise I might have to start making things up and you know I like to be 100% truthful. I am sure there must be someone out there just busting their boiler to have a crack at writing the latest goss for the Fox. Therefore if anyone out there would like to give it a go please feel free to take over. With my decreased running I feel a bit 'out of the loop' and I know there are many people in the club with much more wit, better writing abilities and more dedication than me. So just go ahead give it a go, just contact Pasco or myself and get into it.



Mt Kembla Hotel

This Issue's Bouquets



To Hugh Motbey and Raf Moriana who both played a big role in the organising of the 2003 Cancer Council Fit For Life Relays. The KJs raised over \$5,000 as part of the \$100,000 plus fundraising effort. In fact well done to everyone who got involved in some way.

To Judy Dent & co, and Svegi, Gokhan and Guilden Girgin who helped man the Xmas wrapping table at Rebel to raise some funds for the KJs last month.

To Hazel Brown and Elizabeth Krajewski who combined forces to make some heavy duty slip bags for the flashy new KJ A-frame signs. And to the others who offered to assist, Diane Warren, Michelle Formosa and Diane Birch.

To the new additions to the committee after this year's AGM. Welcome aboard Carolyn Dews, John Burns, Karl Stamp (who returns after a 7 year break) and Brendan Scollary (officially).

To everyone who has offered to help with the cleanup of the West Dapto site in the next few months. Don't forget if you haven't done so already, it's not too late to volunteer to assist - see Neil for more details.

To Anne Asher who has volunteered to take on the refreshment duties at KJ events during 2004. Anne has already done a great job helping on race days with the supervision of the tea/coffee tables and will have her work cut out to keep up Hazel's previous high standards. Mind you we're sure this won't pose any problems for Anne!!

To Brett Reedy who we discovered works for club sponsor and supporters TPE and is now able to collect and return the 2 way radios for KJ events.

To whomever it was from our Sydney athletic cousins who found and handed over the long-lost NSW Winter Club Premiership Trophy we won the last 2 seasons. Having said that, we don't have too many plans to hand it back either!!!!

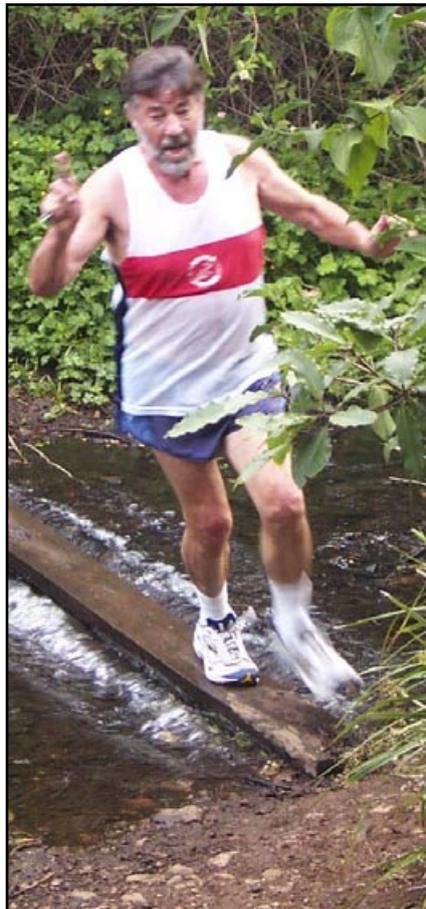


FROM HAZEL'S KITCHEN:

Chilli Bean & Corn Salad with Coriander

- 310g can red kidney beans, drained
- 250g cherry tomatoes, halved
- 1 small sliced red onion
- 310g can corn kernels, drained
- 1 small red chilli, seeded and chopped
- 2 tablespoons lime juice
- 1/2 teaspoon sugar

Combine all ingredients in bowl and mix well.



Albion Park action.



Supporting the Illawarra's Sporting Community

Happy Birthday & lots of PBs to:

January:

Karlie Chambers, Linda Cortes, Paul Coxhead, Kerrie Davison, Lauren Elms, Shane Finnegan, Troy Harriot, Robyn Henry, Ann Marie Hosie, Julie Howard, Ward Hummerston, Graeme Jay, Greg Learmonth, Mike McCarthy (a mega birthday), Tony McDonald, Kerrie McGoldrick, Max McKay (80 years young....what a milestone, our oldest member), Steve Mlacic, Noreen Parrish, Jared Poppett, Louise Samuel, Sue Scott, Melinda Sharpe, Sally Sharpe, Kerry Smillie, Graeme Smith, Tanya Strevens (our Irish visitor), Lynn Tague, Denis Webb, Ken Whitton, Paul Wiedersehn, Alana Yardley (a new teenager).

February:

Peter Asher, Dave Barnett, Max Beattie (another teenager), Gwenda Brokenshire, Julian Cruana, Tracey Collett, William Dae, Ben Dryburgh (ANOTHER teenager), Jeff Dunning (who wishes he was a teenager),

Kelly Edy, David Feeney, Michelle Formosa, Jeni Greenland, Steve Hilton, Melinda Hynard, Michael Iarcuto, Richard Jay, Kirra Jones, Tom Joyce, Natalie Kerr, Sally Kurt, Tobias Lunney, Kathy McCarthy (a BIG one), Renee Ognenovski, Laure Pilati, Sophie Pilati, Bobby Projevski, Campbell Ruty, Kye Stamp, Michaela Tranby, Amanda Vandeweghe, Dana Wilton, John Wilton.

March:

Rod Batten, Robbie Belsito, Stephen Brown, Jodie Casser, Joe Castro, Martin Church, Rod Dowse, Peter Evans, Matthew Feeney, Katy Frie, Darren Gordon, Jeff Gray, James Greathead, Mick Hickman, Dave Higgins, Georgette Ibrahim, Amanda Mackey, Keely McCarthy, Sophie McLeod, Bruce Medley, Jesse Morris, Frances Pearson, Ros Perry, Kevin Raines, Andrew Ruty, Erin Smillie (a teenager), Katrina Van Gils, Carrine Weston, Michelle Wu.

UPCOMING EVENTS

January

13 1, 2, 3 & 5 k Illawarra Yacht Club – 5.45pm
 17-18 Country Track Champs Beaton Park
 22 200m-3k-800m Beaton Park
 26 Aust Day Aquathon Belmore Basin - from 7.30am
 27 1, 2 & 5k Hill 60 Pt Kembla - from 5.45pm
 28 NSW 5000m Track Champs Homebush
 29 100m-5/3/1k-400m Beaton Park

February

5 200m - 1 mile - 800m Beaton Park

KJ SOCIAL DIARY

Welcome to the 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

2004 Calendar:

Friday 16th January (6.30pm) – Friday Feast – Amigo’s Mexican Restaurant, W’gong (BYO)
Sunday 1st February – Family Fun Day at Australia’s Wonderland.
Tuesday 10th February (7pm) – Brewery Bash – Beers & Nibbles at Five Islands Brewery
Friday 13th February (6.30pm) – Friday Feast – Trangs Vietnamese Restaurant, Wollongong (BYO)
Friday 12th March (6.30pm) – Friday Feast Coconut Thai Restaurant, Wollongong (BYO)
16th - 18th April – Canberra Marathon Weekend
Sunday 16th May – Cataract BYO BBQ After Race.
Saturday 31st July – Fundraiser Night at West Leagues Club
Saturday 18th September – Cordeaux BYO BBQ After Race. Plus Junior Presentation
Saturday 6th November – KJs Presentation Night at West’s

Friday Feasts:

For information and RSVP, please contact: Steve or Katrina Vangils on ph:42285703, 0409363061 or email: vangilsy@bigpond.com
16th January at 6.30pm – Amigo’s Mexican Restaurant, Keira St Wollongong (BYO) RSVP by 15th January
13th February at 6.30pm – Trangs Vietnamese Restaurant, Keira St Wollongong (BYO) RSVP by 12th February
12th March at 6.30pm – Coconut Thai Restaurant, Keira St Wollongong (BYO) RSVP by 11th March

Canberra Marathon Weekend Accommodation

2 x 2 Bedroom Units and 1 x 4 Bedroom Unit at Pinnacle Apartments in Canberra have been booked for any Kembla Joggers and family, that require accommodation. The Apartments are fully self contained and only 5 minutes walk to the race start/finish. At the moment they are booked for the Saturday night only. If

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.

6-8 NSW Track Champs Homebush
 10 1, 2 & 5k Brewery Bash W’gong Ent Centre
 12 100m-1500m-400m Club Champs Wk 1
 19 200m-5000m-800m Club Champs Wk 2
 22 24k & 31k Gong Run Albion Pk 6.30 am
 26 3 km - 2k (Junior) Club Champs Wk 3

March

2 1,2,3 & 6k Beach Run Port Kembla
 4 100m - 5/3/1 km - 400m Beaton Park
 7 5.5k Fun Run Mollymook
 13 Six Foot Track 45k Katoomba

you want them for more than the one night then contact us (contacts at top of page) or Pinnacle Apartments directly on 1800637770. The cost will be: \$45 Each in a 4 share Apartment (2 Bedrooms). Or \$180 per Apartment. Each 2 Bed Apartment has a room with a double bed and a room with two singles plus a kitchen, bathroom, lounge room, laundry, undercover parking and swimming pool access. Or \$40 Each in the 8 share Apartment (4 Bedrooms).

Brewery Bash – Tuesday 10th February

After the KJ race on the Tuesday Afternoon (6pm) Starting and finishing at City Beach (South Beach) Members and friends are invited to come to the Five Islands Brewery for a drink and some free nibbles. If you just want to come for the drink then wander down at about 7pm.

Family Fun Day – Australia’s Wonderland!!

On the 1st February we will be heading up to Australia’s Wonderland for a Family Fun Day. Bus leaves from Wests Leagues Club, Unanderra, at 8am. Returning approx 7.00pm. Bring your own picnic lunch if you want. Also bring your swimmers and remember to Slip Slop Slap!

Cost (not including bus): 0 -3 yrs - FREE; 4 -13 yrs - \$32; 14 -55 yrs - \$48; 56 yrs + - \$32
 Bus cost only \$10 per head (Thanks to Premier Illawarra Coaches and Steve Mlacic)

BONUS: If we get 50 or more people we can give everyone \$10 CASHBACK (except the under 3 year old’s!), due to the group discount, for 50 or more people, at Australias Wonderland

NOTE: If you are able to get Wonderland Tickets cheaper, then feel free to, and come up on the bus with the crowd. If you and your family/friends will be coming please call Steve Van Gils on ph: 42285703 or 0438219565 Or email: vangilsy@bigpond.com First in with the money gets the seats on the bus.

Money can be given to Steve or Katrina Van Gils, Neil Barnett or Dave Higgins or sent to: “Kembla Joggers” PO Box 527 Dapto 2530 Money must be paid in full by the 26th January (Australia Day!)

For those of you that have never been to Australia’s Wonderland check out their website at: www.wonderland.com.au Winner 2002 Major Tourist Attraction NSW Tourism Awards

KJs on the Airwaves



ive their own radio ment on 2VOXFM-06.9 just after 'am 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

Kembla Joggers Club Contacts 2004

Committee Roles:

President	Neil Barnett (h) 4227 4662 (w) 4275 7469 (m) 0419 256 047
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Secretary	Hazel Brown 4261 3985
Asst Secretary	Carolyn Dews 4271 1567
Treasurer	Dave Higgins 4284 1317
Public Officer	Peter Evans 4297 0082
Social Secretary	Steve VanGils 4228 5703
Handicapper	Gary Howard 4274 3411
Race Organiser	Peter Issa 0403 280 760
Asst Race Org	Jim Hennessy 4285 0657

Club Captains:

Female Captain	Vanessa Kearney 4283 7785
Male Captain	Bob Oggenovski 4226 3682

Other Roles:

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First Aid	Raf Moriana 4296 6656 Carl Stamp 4256 5185
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World Mountain Running Championships

The real story ...

On the 2nd of September after receiving no assistance from athletics Australia but a generous \$800 from Kembla Joggers and a \$250 donation from Keith Bennett Plumbing, I packed my bags and headed in the general direction of Alaska for the World Mountain Running Championships. I had no idea yet of how to get to Alaska for I was flying in to Toronto to meet up with young Matty Kerr 2 weeks beforehand and the plan was to plan once I had arrived. Upon arrival I discovered that Alaska was a cold, inhospitable place so far away that nobody in their right mind has any business being anywhere near there. Thus the few flights going were prohibitively expensive. Hmmm. After consultation with one Jim Kerr, who some older KJs may remember, it was decided hitchhiking was the way to go. "Yeah, you'll get a lift easy," he said. "Plenty of trucks going, they'll pick you up." So on Tuesday 16th September I caught a cheap flight to Edmonton with a view to hitching the remaining 3500km. I caught a city bus out of town and set up shop. After several hours without a bite I began to feel a slight sensation of worry. I remembered passing a car yard which appeared to stock really bomby cars further down the road so I trudged back, went up to the salesman and said, "Show me your cheapest car." A 1985 Mazda 626. It was rusty, blowing smoke, had no plates, no rego and I had no insurance but for \$250 I drove it off the lot with nary a backwards glance. (Driving without insurance in Canada is a \$2500 on the spot fine) But I was on my way now or so I thought. A little ways down the road though I discovered it was stuck in 5th gear. That's ok I mused, worry about getting over the Rockies when you get to them. But not much further I blew a tire and of course had no jack. So I spent a chilly (-2) night in the car before flagging down a driver in the morning. After breaking his wheel brace I gave the Mazda a final kick and left it on the side of the road in disgust and got a lift up the road to the next major town. Wednesday 17th September. The worst day of my life. No real idea of where I was. No idea of how I was to get where I was going. \$20 Canadian dollars in my pocket, plus I don't really speak Canadian. After much thought and talking to anyone who would listen, I got on the horn to Alaska Airlines, told a sob story and got the last seat on the last flight to Alaska the night before the race. Unfortunately it was leaving from Edmonton. A friendly taxi driver though gave me some currency for certain favours, namely me giving him some Australian money, and I caught the 6 hour long midnight bus ride back to Edmonton. Sunday 21st September. Race day and I hoped I hadn't used up all my courage, strength and perseverance getting here. I would need it in the race.

Considerable and continuing snowfall meant the course was now nothing more than thin single track where the previous races' runners had been. I was off to a fine start, content to drift back through the field on the steeper uphill sections hoping to regain places on the return downhill. A relentless vertical climb of 600m took its toll though, there wasn't a lot left in the legs over the top. The downhills proved just as difficult - too steep and rocky to run at any serious speed negating the one serious advantage I thought I had. Down for about 2kms before returning back over the summit in 51st place then a long 15 minute descent, through a swamp, a final brutal climb to finally break the spirit, and a gradual coast into the finish. In the end I made up places all the way down to finish in 42nd place in just under 57 minutes. By far the hardest race I have ever competed in, the terrain, the conditions, the level of competition, the physical and mental exhaustion by the finish are things I won't quickly forget. Of the other Australians, Steven Page, John Winsbury and Kevin Laws, 70th, 71st and 112th respectively.

So that was that. And I was off into the wilderness and wildness of the Yukon for a while. I survived a bus roll-over just 3 days later without a scratch. Although I did have a sore neck and back after 3 fat girls fell on my head. Still managed a win in the Yukon Cross Country Championships a few days later however.

As for my remaining time in Canada, just how did I mooch food and accommodation off total strangers for the next month and survive on 3 dollars a day? And why was I painting the basement, cleaning gutters, etc at Matt's house? Doing jobs he should have already done? And what do you do when you come face to face with a wolf on a training run?

All stories for another day.....

Wilson's Discount Bikes

- Albion Park Rail – 185 Princes Highway 4256 1948
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Thursday till 8pm, Saturday &
Sunday 9am-4pm
- Warrawong – 113 King Street (behind Pizza Hut) 4274 4534
Open 9am-6pm Monday-Friday,
Thursday till 8pm, Saturday &
Sunday 9am-4pm
- Wollongong – 337 Keira Street 4228 7366
Open 9am-5.30pm Monday-Friday,
Thursday till 8pm, Saturday &
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