



# The FOX

Issue 2 - May 2004

THE OFFICIAL NEWSLETTER OF KEMBLA JOGGERS INC.

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## Fitness Five 2004

It was if the heavens had conspired against us. After almost 3 years of drought and countless days of sunshine, with barely a hint of rain, a sheet of lightning and a clap of thunder heralded a

downpour of torrential proportions in the hours of darkness leading up to the event. The coming dawn saw no respite and right up to the start and throughout the race the rain lashed down on all

of those competitors who turned up, none escaped. The small field of around 230 did little justice to those who organized the event but, the eventual turn out was quite surprising, considering how tempting it would have been

to stay in bed.

The race itself was a contest between the best athletes to ever compete in the Fitness Five. As an example, former Australian 10K champion and



winner of the Sydney Half a few years ago, Scott Westcott, lead out the field from the very start with Olympic track aspirant, Lachlan Chisholm, showing that he also was well credentialed by keeping doggedly to the heels of Scott for

most of the race. By the top of the hill at Cliff Rd Westcott had extended his lead to about fifteen metres with a small group of runners, including Ben Dubois and Barry

Keem, a similar distance behind Lachlan battling for 3rd place.

Finnish triathlete, Kirva Kiviranta, was much to the forefront of the female athletes in the run back along the cycle way. Lauren Elms showed that she had lost little of her fitness with an exceptional run that had her following only a few metres behind as they both

turned into the final finishing straight up Crown St. Scott Westcott, by this time, had powered home to win comfortably and smashed the previous race record with an outstanding time... cont pg 4

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## President's Report

The new season has kicked off with a minimum of fuss and everything is primed for another great year of running at the KJs. I would like to welcome all of our new junior and senior athletes and encourage you all to get as active as possible in everything the club offers. There are plenty of social activities lined up during the year and this is easily the best way to get to know everyone better. And as always keep an eye on the KJ website which is updated daily with news, results, photos and stories, even better make it your home page.



The second KJ event for the winter season was held at West Dapto and it was great to see the kids off the road and running across

the paddocks on our new cross-country turf. Let's hope that over the years ahead we will see the site develop into a great cross-country park, with creek crossings, log jumps and lush running trails etc. Perhaps even a great clubhouse with a nice balcony for everyone else to view the panorama over a beer or two!! There's plenty of work ahead for us including a working bee on 24 April so please chip in and help the KJs make it all a reality.

The Athletics NSW cross-country season is upon us again and with the talent available to us, particularly amongst our juniors, it should be a bumper year for our KJ teams. Don't forget the ANSW events are for all standards of runners, much like fun-run events, so every KJ is invited to sign up and join the KJ crew. The ANSW events are really a social day out. Sure you have a race to compete in, but the rest of the day is usually spent cheering on our KJ teams in the other races or eating Hazel's cake under the KJ tent. If that doesn't interest you, you can still turn up, race and go home. Refer to the KJ Handbook for the events and venues and see Dave Higgins to get registered for 2004 in the next few weeks. The KJs will host the State Road Relays on July 3 at Flagstaff Point, Wollongong, so we will need as much help as possible.

The Fitness Five Fun-run was held in the worst possible conditions, with a couple of inches of rain falling during the race alone!! It was a great credit to all of the KJ volunteers who turned up and got drenched but still helped to make it run as smoothly as if it had been a fine day.

The patience and co-operation of all of you who ran was also appreciated.

Thanks to everyone and especially our major sponsor City Coast Credit Union without whose support the event would have finished in the red placing the future of this race in jeopardy. So fingers crossed for next year's event.

On a final note, congratulations to KJ junior Madeline Heiner who after some impressive performances on the interstate track circuit in recent months has been named in the Australian team for the World Junior Championships to be held in Italy later this year. The club wishes Madeline all the best for what we hope is a spring board into a promising senior running career.

*Neil Barnett*

Cheers, Neil



## This Month's Bouquets



To Carolyn Dews for volunteering to put together some of our upcoming submissions for State and Council grants for the West Dapto project. To Eric Brown for acting in the editors role for the KJ Handbook and to Brendan Scollary for spending many hours putting the final masterpiece together – awesome result guys!! Peter Evans' photos weren't too bad either! To John Wilton who has been redrawing all the course maps for our publications and the KJ website.

To Mike Roberts for taking on the role of Fox Editor with this issue and to his son David who will assist with the graphic layout work. Thanks heaps guys, where would we be without The Fox?!

To Weston Printing for giving us some great deals on our printing, particularly the KJ Handbook and Fitness Five certificates. And what a great job they did too! To Brett Chambers for helping to get our new Motorola 2 Way radios at a great price. To Dave Barnett for doing a great job as Fitness 5 Race Director and to the organising team, John Burns, Jim Hennessy, Warren Evans, Carolyn Dews, Wayne Montefiore, Neil Barnett, Rob Battocchio and Dave Higgins and to all the brave volunteers too who got drenched but ensured the Fitness 5 went on without any other hitches. A big brickbat though to whoever was in charge of organising the weather!!

To Tim Crinnion and Ray McCauley for picking up all the gear, dropping it out on the course, picking it back up and returning it to Council after the Fitness 5. To Michael Hickman for rounding up so many wonderful prizes for the Fitness 5 barrel draws. Hans Lambert for putting on another successful Gong Run around the Lake. And to all the volunteers (many of whom are not even club members!!) who turned up to assist with marshalling and refreshment duties in the KJs longest road event.

To Peter Issa for volunteering to be the KJs West Dapto site safety officer and for undertaking the necessary training in his own time.

## FOX TALES by Rob Battocchio

### Uncle Pete's

It's nearly winter and for many of us that signals the start of a frantic season of XC events, fun runs, ANSW events and of course the famous and fun KJs Winter Point score.

If last year was any indication, 2004 will be another huge year with plenty on the race calendar. The KJ Winter Series once again spreads across a variety of locations and juniors can participate in the Uncle Pete's Junior Point score events in the 3-5km range and for the sub juniors a 1km, 2km or 3km event. The KJs promotes running as a sport for all ages and abilities. Whether your aim is to get fit for the school XC, enjoy meeting others for a fun Saturday afternoon of running, or to be part of a team of KJ Juniors, all runners from the very first timer to those seeking to be the best are more than welcome. With heaps of fun activities at all events, plenty of give-aways and a great friendly atmosphere the KJ Winter point score is shaping up to be another fantastic season.

I wish all juniors the best of luck in their coming School XC events and hope to see many juniors representing the club in the many Athletics' NSW events also. In this issue of the Fox, you will read about the first three point score events of the season, race wraps of the Fitness Five, latest news and information on coming events, and coaching. Keep the fox flying and have a sensational winter.



## The 2004 Uncle Pete's Junior Pointscore

The 2004 Winter Pointscore season started with a flurry as many a 'Flying Fox Junior' from the very young with parents in toe (actually just keeping up!!) to the more experienced juniors participating in the first 3 rounds of the season. Juniors now make up over one third of the Kembla Joggers membership and it's a brilliant testament to the KJ philosophy of embracing junior athletes 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 pointscore events and the many a school XC, athletics events, ANSW events ahead, social events, training and much more to look forward to.

The famous Stuart Park Puckey's event once again kick started the winter season with an excellent turn out of over 70 juniors racing in either the Junior 5km event or in the 1km, 2km or 3km sub-junior events. Young guns Ryan Burns, Ryan Davidson and Guy Cuttill lead the junior 5km charge displaying their pre-winter fitness is up to scratch by putting in some fine times. With Melissa Burgess leading the girls home (and third outright female) from a close tussle between Gemma Burke and Renee Ognenovski for the minors. In the frenzy of the sub-junior events, 27 runners took to the 1km course with Brett Cowie displaying speed runs in the family with a scotching 4.21 to be first home, in the 2km event Jack Reedy won in a slick 8.08 and the 3km event was taken out by Shane Cowie. The second KJ event of the season was held at West Dapto under humid conditions with another solid turn out of juniors. Leading KJ Juniors Ryan Burns and Melissa Burgess took to the 8km course and put in fine performances with Ryan 4<sup>th</sup> outright and Melissa 4<sup>th</sup> female. Both these young gun endurance runners have been putting in the training over

the past few years and continue to improve and develop.

The 4km event was a close tussle as 20 runners blasted from the gun. Last years flash juniors Jake Evans and Ryan Davidson did the one-two duo separated by 2 seconds with Guy Cuttill only another 2 sec back for third. What an impressive junior team KJs have this season. In the girls Dana Wilton produced a solid result to lead home from Danii Gregson and Sara Burns, all showing solid fitness and speed. The sub-junior event once again brought in many a runner with Mathew Wittington leading 1km event home with Karlie Chambers scorching the 2k event to be first outright and Shane Cowie maintaining his unbeaten 3km record in tact.

The third event to date was held at Mt Kembla and over 50 juniors took to either the 1km, 2km or 3km events on offer. As season heads closer towards school XC it is promising to see large junior numbers, many new faces and great results. The 1km event was a close tussle between Jordan Gregson who came in only 5 secs ahead of a sprint finish between Jake Laphan in 2<sup>nd</sup> and Ashlee Smith in 3<sup>rd</sup>. The 2km saw young hot shot (watch this girl in the future) Karlie Chambers cross the line first in a fine 8.27 from Kyran McCarthy 8.53 and Joel Dent making a come back from recent illness in 9.07. Jake Evans lead the 3km event home in a solid 9.56 from a close Ryan Gregson (a new and slick KJ Junior member) in 9.58 and first junior female Dana Wilton 11.12 with Ryan's sister Danii a super 2<sup>nd</sup> junior female.

With many new names and many great results it is difficult to acknowledge all the fine performances and improved times. Well done to all junior KJs and I hope that you continue to enjoy the winter season ahead and have success in your coming events.

### The Winter Point Score Ahead

In 2004 there will be 12 junior pointscore events with the younger kids able to choose from 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 12-15 at year's end can now compete up to the 5km distance.

### Giveaways, trophies & more....

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



**Mt Kembla Hotel**

### Welcome to all New Junior Members

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 committee members for any advice on event days. For more info please see call Neil Barnett on 42274662 or Rob Battocchio on 0413 862676.

### KJ Junior Representatives Wanted

Keen to represent KJs at ANSW running meets? Want to travel to interesting and fun places and meet other kids?

KJ juniors were outstanding last year and if this trend continues 2004 will be another brilliant season! ANSW regos are now being taken for all juniors with teams available in the U12, U14, U16 & U18 male and female age-groups. All juniors 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 or Rob Battocchio. 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

*Come on team, let's continue to be the No.1 junior running club in the NSW!*

### Madeline takes on the World

Madeline Heiner continues to make leaps and bounds in the world of elite junior middle distance running. Madeline has forged forward in leaps and bounds in the past 3 seasons and is regarded as one of Australia's finest up and coming athletes. With expert guidance from the NSW Academy of Sport, Madeline is ranked in the top 3 juniors female in the 800m & 1500m events and recently represented Australia at the Junior World Cross Country Titles. Madeline put in a typical brilliant performance to place inside the top 10 ... outstanding!!

Madeline has also been chosen to represent Australia at the 2004 World Junior Athletics' Titles to cap off a remarkable year. We wish Madeline the very best of luck and hope that she continues on the path to greater success.

## Hot off the Press ...

Steve Brown: Australian Junior Mountain Running Champion

On Sunday 25<sup>th</sup> April, long time KJ Junior member Stephen Brown recorded a sensational Gold Medal performance at the 2004 Australian Mountain Running Championships at Mt Buffalo, Victoria.

Racing with the elite males over a very demanding 11km course, in which runners covered a rise of over 1000m from start to finish, Steve took it out with the 'big' boys and recorded a sensational 8<sup>th</sup> outright and 1<sup>st</sup> junior (by 4.30min). Steve's finish time was only 4 minutes behind outright elite male winner and our very own Ben Dubois who once again showed his class as Australia's finest Mountain runner.

Steve's performance (and Ben's) was quoted by the race director as 'World Class' and we hope that both Ben and Steve are chosen to represent Australia at the 2004 World Mt Running Championships in Italy. Superb effort guys!!

Spread the Word

Do you have a result to share???...help keep fox tales informed...email Rob Battocchio at [rocket.rob@optusnet.com.au](mailto:rocket.rob@optusnet.com.au)

## 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 KJ handbook or check out the KJ website for weekly events. Track events are a great way to work on your speed for the XC and winter race season. Events begin at 6.30pm are open to all KJ juniors and invited friends and are free to of charge.

## Club Mascot Plush Toy

Want to get your very own cuddly KJ club mascot? We now have them in stock thanks to Uncle Pete's Toys. At only \$25 the KJ mascot plush toy will run (err walk) out the door so be quick!!

## Junior Coaching

Keen to improve your running and want to run with other KJ juniors? KJ 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 [rock-etrob@optusnet.com.au](mailto:rock-etrob@optusnet.com.au) for more information.



## Uncle Pete's Junior Pointscore

Provisional points after Race 3 - all points subject to change.

1	Sharna Fairley	110
2	Tim East	95
3	Ryan Davidson	80
4	Gokhan Girgin	75
5	Guy Cuttill	65
6	Melissa Burgess	25
7	Gemma Burke	25
8	Sara Burns	25
9	Ryan Burns	25
10	Jake Evans	25
11	Cameron Faricy	25
12	Trent Goodwin	25
13	Nicola Hummerston	25
14	Renee Oggenovski	25
15	Jack Parle	25
16	Dana Wilton	25

## Fitness Five Cont...

of 14.27 followed by Lachlan in a first class time also of 14.58—not bad for an 800/1500m runner. Ben continued his great form so far this year with a time of

wish her well in Athens and hope she enjoyed her stay with us immensely. Our juniors Melissa Burgess and Dana Wilton were also prominent at all times during the race and their respective times of 19.10 and 19.28 suggest that it won't be



RUNNERS IN THE APPALLING CONDITIONS FACED ON THE DAY

15.08 holding out Daniel Green for 3rd place. Last years winner and previous record holder, Barry Keem, was equally competitive by finishing in fifth place in 15.19. Paul Micale (15.58) showed training compatriots Jarred Poppett (16.06) and Steven Brown (16.20) the way to the line to round out positions in the top ten.

Kirva, who has adopted the KJ's whilst training for the Olympics while in Australia, held off a determined Lauren Elms by only 8 seconds in a time of 18mins 20secs. We

long before they are up battling for first place. Other outstanding performances included Jake Evans (17.42) and Ryan Davidson (17.46) with both Shane Cowie (19.14) and his brother Brett (24.28) also flying high with the eagles, with such polished performances for one's so young.

Others to do well were Paul Coxhead, with a time of 18.02, and Jim Owen who took out the 50+ age group in 18.15. The perennial Peter Asher held off a focused Roy Francis in a time of 22.32 to win the 60+ age group. The real winners, though, were all the competitors who competed—they did themselves proud in the most appalling of conditions.

## Novice XC Ramsgate Report, April 24

A smaller, but determined group of KJs, attended the Novice Cross Country Championships this year. The weather was ideal and the spirit was there, particularly from the juniors who never fail to inspire the senior runners, who can see in their own image a future champion in the making. The first race included those who had made a top three finish in an ANSW event before and Sarah Mycroft was KJs representative in the Open 4K event. Not quite at the level of fitness she would like, Sarah, nevertheless, put in a typical gutsy effort and was not far behind ANSW front-runners Jenny Truscott and Cindy King at the finish. The smile on her face showed that the old enthusiasm was back again.

In the same race we also had several of our U16M runners, including Ryan Gregson who has just joined KJs in the pre-season and is showing outstanding form on the track on Thursday nights. With Jake Evans, Ryan Davidson and several other outstanding KJ U16 runners the U16M would probably rank among the strongest in Australia, and are a short priced favorite to take out the ANSW championship this year. After Ryan Gregson had led the KJ contingent for much of the race Ryan Davidson then had the extra strength and maturity to get a dozen metres or so in front by the finish. Jake Evans, despite suffering the effects of breathing difficulties, showed that he would never be a quitter by grimly hanging onto the heels of his two team mates. Two other team members, Gokhan Girgin and Joel Dent, also ran fine races in their own right and, in doing so, demonstrated the great depth of talent that we have in the U16's this year. Shane Cowie also ran in the 4K and ran a time that most seniors would have been delighted with. The junior 2K had an excellent representation of KJ under 12's showing that we will be also extremely competitive this season in this age category as well. A strong run by Karlie Chambers and a fine debut by Ashlee Smith were highlights in a race where Jack Reedy and Ben Scollary demonstrated their potential in a great duel by finishing well up in a field of much older runners. Brett Cowie and Guilden Girgin also showed that they had improved tremendously over the summer months and can also be relied on to support the charge in their respective U12 age group categories.

The open 10K was won by Russell Chin (now running for Sydney University) in fine style with another former KJ, Paul Arthur, showing excellent form by coming in fourth place. I spoke to both these fine athletes after the race, with one setting his goals on the Commonwealth Games in Melbourne,

and the other recuperating, after finishing first in the Six Foot Track only a few weeks before. I also managed to chat with Bob Squires who ran in the KJs 055 team and was the Australian Veteran Champion in the 5K and 10K just three years ago. Bob's running career was then cut short by illness but it was great to see this class runner fighting his way back with all the strength we know he has. If you read this Bob, keep it up, all the KJs are behind you, those KJ 'Fox in Sox' will be on their way to you shortly!

Now for the crucial events! First the Women's 4K Novice Championship. Right from the outset it was evident that Sutherland had the numbers and even after the first lap they were prominent at the front of the field. Melissa Burgess was heading the small KJ contingent of junior runners but in the end we were pretty well swamped by Sutherland in terms of numbers and capability. Even so, some of our junior girls did exceptionally well and Bree Jones was one who excelled despite her tender years. On their shoulders the KJs reputation was upheld, but where were the senior runners? Only Clare Margetson and Narelle Smith turned up to support them and, as a result, Sutherland comprehensively trounced us in the club point score and took out the gold medal that we won so convincingly last year.

In the Men's Novice 10K we were heartened by the sight of Mark Scott, Daniel Covington and John Rosenzweig who had just joined ANSW in time to strengthen the aspirations of our Men's open team. Paul Micale was there also with a bit of a chance of actually winning Novice, much like Matt Kerr did two years ago. It depended on what new runners other clubs had unearthed in the off season. By the end of the second lap it was evident that Sydney Striders had produced a runner of extremely high quality and he developed a strong break over the rest of the field. Two Sydney Uni runners followed him with Paul

and Marc Orklin of Sutherland battling it out for fourth place. The pleasing thing from a KJ point of view was the performance of Mark Scott and Daniel Covington who were well placed at the top end of the field giving KJs the possibility of winning the team point score.

In the final analysis, Paul maintained his fourth place and, with a fast finishing Ryan Burns, KJs finished second to Sydney University to get a well deserved silver medal in the team's event. A number of other runners, including John Rosenzweig, Wayne Montefiore, Neil Barnett, Brendan Scollary, and excellent performances from John Burns, Witold K, Ward Hummerston, Roy Francis and some of the other KJ stalwarts, helped KJs take a lead over Sutherland in the men's event despite being outnumbered by around 28 to 20. The solid packing of our runners managed to relegate many of the Sutherland teams to a lower scoring position.

Overall, despite not having the full results from ANSW yet, it would appear that Sutherland was able to gain a slight lead of around 25 points on the day, courtesy of the efforts of their female members. In the past this has been our domain so it is a pointer to what we have to do if we want to win the club trophy. C'est la vie. If we do we do, if we don't we don't, but we will still give it our best shot all the same. Which reminds me: -

Don't forget the ANSW 10K Road Championships and other events for juniors at Holsworthy on Saturday the 8th May, starting at 12 noon for the U12 Junior Male Race. These championships will show if we can cut the mustard as far as the winter trophy is concerned so be there or be square.



Runners starting their journey along the track

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Sunday 9am - 4pm.**
- **Warrawong - 113 King St.  
(behind Pizza Hut)  
42744534**
- **Wollongong - 337 Keira  
St. 42287366  
Open 9am - 5.30pm Monday  
to Friday.**

In appreciation to all our  
van sponsors:



## West Dapto Update

Many KJs have been asking me lately when we will be running on cross-country trails on the West Dapto property. The question isn't an easy one to answer but things are definitely moving slowly but surely in the right direction. The KJs are part of the Park management committee which is supervised and funded (for now) by Council. Unfortunately, there is a lot of red tape and other hurdles to get over before we can start carving our circuits into the paddocks. Some of the main issues include:

Contamination on Lot 2 - this is minor and due to the painting of Integral Energy power poles over the years. It is located in the back corner of the property and is due to be cleaned up this year. If not, the area is easily roped off and should pose no barriers to using the other areas which aren't affected.

Public Liability - yes, everyone's favourite. Council is nervous about the user groups like us accessing the site unsupervised on weekends etc due to insurance issues. To get around the problem they intend to set up a Bushcare Group for the site which is covered by Council's policy. The KJs will be part of this Bushcare Group.

Environmental Study - this will be completed in the next month or so and will try and identify whether or not, amongst other things, the Green Hooded Illawarra Orchid is on the site. If it is it should pose no major problems but until the study is complete we are unable to slash the grass or remove dead trees etc.

Termites - the old shelter posts have been attacked by termites and until core samples are taken and it is given the

'all-clear' this area cannot be accessed.

Once the last three of the issues above have been resolved the KJs will be able to conduct supervised working bees which will be conducted in stages. This will involve general cleanup and debris removal, removing internal barbed wire fences, design and layout of cross-country circuits, slashing and mowing, and possibly landscape work. In the meantime we have access to certain areas of the property and can conduct the junior events as we did in March (as long as the grass doesn't get too long!). Peter Issa will be the KJs official work supervisor for the site.

There are some great opportunities for the site too. The club has applied for Council funding for the design of a clubhouse facility on the site. If successful, we can move to the next stage of funding which involves the actual construction phase in the following financial year. Council have been very supportive to date in this process and I am hopeful that we will be successful. Also, BlueScope Steel own the

adjacent 60 ha parcel of land which would quadruple the size of the property if we could somehow get hold of it (who has some spare cash lying around??). There are a number of opportunities regarding this land especially if the State Govt dedicates it to 'public use' when their West Dapto DUAP study is finished this year.

There is plenty more to tell you but not enough space so feel free to talk to me if you want to know more about our exciting project. We still need more KJ members to put their hand up for working bees and other assistance so drop me an email at [neil@kembajoggers.org.au](mailto:neil@kembajoggers.org.au) or phone 42274662 to get involved. The more help we have, the quicker we will get things done and the less chance there is of anyone else moving in on our 'territory'.

## 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. Please get in touch with Neil, Eric or Peter Issa if you would like to volunteer very soon.

## DID YOU HEAR?

Shane Cowie, aged 10 ran an awesome 10.48 for the track 3km!!!

Madeline Heiner has been named in the Australian team for the world junior championships.

Elfi Ashcroft now has a new baby girl.

Vanessa Kearney, our club captain recently turned 30!!!!

Eric Brown aged 64, recently completed a Himalayan trek to Everest base camp and reached an altitude of 5600 metres ASL!!!

Kerryn McCann is back on track for Athens, having already set an A qualifier and only having to now prove her fitness after giving birth to Josie Judy.

Greg Mackey FINALLY broke 60 seconds for the track 400 metres!!!!

Vito Guadosi might actually get to marshal this year!!

Wayne Montefiore is out to break all of the 50+ records this season.



## From Hazel's Kitchen



### Low fat Rice Pudding

3 cups skim milk  
 ½ cup caster sugar  
 ¼ tsp ground cinnamon

½ cup medium grain white rice  
 1 teaspoon vanilla essence

Preheat oven to 160degrees.  
 Brush deep 4 cup ovenproof dish with melted butter to lightly grease.  
 Combine rice, milk, sugar, cinnamon, vanilla in greased dish.  
 Cook in preheated oven for 2 hours until rice is absorbed and tender.  
 Serve by itself or with fruit such as strawberries.

### Banana and Dried Fruit Oat Cookies

1 ½ cups rolled oats  
 1 cup wholemeal plain flour  
 1 tsp baking powder  
 1 tsp ground ginger  
 1 egg whisked  
 ¼ cup skim milk natural yoghurt

¾ cup mixed dried fruit  
 ½ cup firmly packed brown sugar  
 1 tsp ground cinnamon  
 ¼ cup vegetable oil  
 1 mashed rip banana

Preheat oven to 190 degrees. Line 2 baking trays with non stick baking paper.

Place rolled oats, dried fruit and sugar in large mixing bowl.  
 Sift flour, baking powder, cinnamon, ginger together over oats.  
 Mix well to combine.

Wisk oil, yoghurt and egg together.  
 Add to flour mixture with the banana and use a wooden spoon to mix until well combined.

Place tablespoons of mixture on the lined trays about 3cm apart.

Use damp fingers to slightly flatten the mounds.

Bake in preheated oven for 13 minutes, swap trays in oven and bake a further 13 minutes until golden brown.

Cool on trays and store in airtight tin when cold.

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### Many Happy Birthday Returns to:

#### April:

Tony Armstrong, Tristan Arnold, Bronte Burger Blay, Jim Brokenshire, Chris Brown, Jennifer Ann Burns, Ryan Burns (old enough to marshal), Tania Carmody, Todd Davidson, Grant Deitch, Paul DiPietro, Hannah Dove, Brandon Fairley, Roy Francis, Henry Gordon, Emily Howard, Donna Lee Jones, Thomas Leedham, Adam Lingard, Tony Maloney, Jack Millar, Wayne Montefiore, Simon Morton, Joseph Mungovan, Trent O'Brien, Michael Rogers, Imogen VanGils, Eloise White  
 (Mr KJ himself)

#### May:

Nathan A'Bell, Byron Arnold, Kellie Baxter, Darren Baxter, Karen Blay, Hazel Brown, Campbell Burke, Gary Burton, Lou Caruana, Brooke Casser, Lachlan Casser, Denis Cauduro, Jemma Chambers, Russell Chin, Mitchell Connor, Shane Cowie, Joel Dent, Mark Everton, Claire Fraser, Vito Gaudiosi (the dodger), Gabe Giason, Trent Goodwin, Rob Gordon, Madeleine Heiner, Paul Holland, Allan Hutton, Colin Jones, Tom Kapantrias, Ian Kemp, Bob Kimbrey, Luke Kneipp, Patrick Kneipp, April Maciejowski, Ian McBarron, Jarryd McBarron, Kerryn McCann (good luck with Athens), Rory McLeod, Jessie O'Brien, Suzanne O'Brien, David Ognenovski, Alan Onions, Shaun Osborne, Matthew Pandelus, Alistair Perry, David Pomery, Gary Poppett, Tegan Richards, Emma Riley, Mark Robinson, Rob Sciberras, Brendan Scollary, Ross Sharpe, Tony Tenkate (the big one), Grace Tyerman, Garry Wheeler

#### June:

Kirsten Arnold, Elfi Ashcroft (congrats on the new baby), Jessie Baaner, Elizabeth Bevan, Diane Birch ( a BIG one), Scott Bowley, Erin Burns, Paul Casser, Steve Cavanagh, Luis Cortes, Daniel Covington, Ryan Davidson, Ashley Deitch, Jared Dryburgh, Cameron Faricy, Guiden Girgin, Peter Henry, Michelle Hoctor, Phillip Holland, Brad Hynard, Drew Ibbotson, Andrew Krajewski, Hussein Kurt, Scott Leedham, Phil Leishman, Ray McCauley, Derek Moriarty, Rowena Mullany, Kevin O'Connell, Bob Ognenovski, Katie Patterson, Joe Pereira, Andrew Poppett, Kevin Rayment, Vaness Reid, Tennille Shelley, Geoff Stalker, Kathryn Tranby, Connie Warn, Bill Williamson

**REBEL**  
**S P O R T**

★  
**10% DISCOUNT  
 TO ALL KJ  
 MEMBERS**  
 ★



## Athlete of the Month

### January 2004

This particular Kembla Jogger is one of the most consistent age for age runners going around. He has been at the forefront of some of our elite runners for many years and sometimes doesn't get the credit that he deserves for his achievements. However, like El Presidente, he has now passed the magical age barrier of 35 years old with the possibility of several age group records and championships remaining firmly fixed in his sights. The month of January therefore presented several opportunities that would come his way and it remained to be seen if he could capitalise on them. One of these was the Country Track Championships that were held at Beaton Park and he managed to beat all-comers to take out the 35+ 5000m open event in a quality time of 15m 23s leaving several of his younger rivals in his wake, including Troy Sundstrom of Blue Stars who finished second. Not content with this, his aspirations to be one of the leading duathletes in the district were also put on display at the Australia Day duathlon held at Belmore Basin. Despite showing true spirit he finished in second place in his age category and fifth overall, not too far behind the leading place getters, one or two of which were close to Olympic standard. The event, in fact, that won him the supreme award of athlete of the month of January, was the ANSW State 3000m track championships earlier at Homebush in Sydney. Paul Micale ran an outstanding time of 8m 46s to finish as State Champion in the 35+ age group. In a month of outstanding performances Paul clearly clinched the Athlete Award of the Month for January.



### *Wilson's Discount Bikes*

- Albion Park Rail-185 Princes Highway  
42561948      Open 9am - 6pm Monday to Friday, Thursday till 8pm, Saturday & Sunday 9am - 4pm.
- Warrawong - 113 King St. (behind Pizza Hut)  
42744534
- Wollongong - 337 Keira St.      42287366  
Open 9am - 5.30pm Monday to Friday.

*Proud Sponsors of The Athletes Athlete Award*

### February 2004

This month's award goes to one of the many "Mom's" in the club who combine a rigorous training routine with looking after the kids. Carrine Weston is one of those quiet, unassuming women whose graceful style seems to cut through the air as the miles pass swiftly beneath her feet. On a par with her training partner, Karen Ryan, she has improved considerably in recent months, no doubt through her long distance runs with Brett Parry, Chris Richards and the rest of the lads, who meet regularly together in training. Carrine chose the Gong run around Lake Illawarra as a guide as to how she was shaping up in her preparations for the Sydney Half marathon in May this year. Her run of 2h 14m 03s over the 31kms around the lake was an excellent performance that will stand her in good stead, not only for the Sydney Half, but also augurs well for a top winters running in KJ events. More importantly, she finished strong and fresh on what was a warm and humid morning. With this background she will go on to bigger and better things but, for February, it was an accomplishment that fully deserved the Athlete of the Month award.

## MARSHALLING IN 2004

It is vital, when conducting Kembla Jogger races, both road and cross country, that we pay major attention to runner's safety. Therefore, we have to have plenty of marshals on the course to ensure this. Every member over the age of 18 years has the responsibility to do marshalling duty. While we have been able in the past, to use members twice in any one running year for this, there is the definite possibility that members will be required to do 2 duties (minimum) in a year as we conduct both winter and summer races.

Members have the opportunity to nominate the races in which they wish to marshal and should ensure that Eric Brown receives these requests in writing. Failure to do this will mean that when we are short of marshals, folks who have failed to nominate will be called upon to do this....as this may be your

favourite race, it is in your interests to let Eric know your marshalling preferences.

If, by some chance, you arrange for someone else to do your duty, you will still be called upon to fulfill your responsibility to marshal 2/3 more. In other words, everyone will have to personally marshal 2/3 races in a running year.

Portaroo hauling is considered a marshalling duty, as are the many hours put into the club by the committee.

**Please note that parents and friends cannot do a marshalling duty unless they are members of Kembla Joggers.**

If you think that these requests are onerous, talk to anyone who belongs to the cycling club (Peter Evans is a good one) and see what they are required to do.

If, for any reason you cannot do a designated duty, please

ring Eric Brown on 42613985, as early as possible so that a replacement can be found. Ringing one hour before a race doesn't help at all.



## Forthcoming ANSW Winter Season

One of the new innovations by Athletics New South Wales this winter season is the award of \$2,500 to the club that wins the Winter Club trophy. Kembla Joggers have won this award over the last two years from Sutherland on the back of some great participation by many runners in the club. Not only did we win several age categories but we also had many ordinary club runners contributing significantly by filling teams that counted towards the point-score. Foremost in this achievement was the efforts of our talented junior teams plus the great depth and talent we had in our 35+ and 45+ senior teams. Despite this though, we only beat Sutherland by a relatively narrow margin and a handful of runners on certain days made all the difference. With the advent

of prize money this year we can expect the competition to be even greater, so anyone who wishes to join and be part of the great sport that comes from representing KJ's in the ANSW championships, contact Dave Higgins and Dave Barber for further information. All abilities are welcome - it's not how good you are - it's being part of it that counts. The first event of the winter calendar will be at the Novice Cross-Country Championships at Scarborough Park Ramsgate on 24 April. Last year Madeline Weiner won the ladies 4k event leading home the KJ's women's team, consisting entirely of juniors, to first place. This year, with Stephen Brown and Jared Boppert maturing into fine athletes, the men's team of four runners could go very

close in the team's championship. It's a great X/C course so KJ's look forward to a large contingent attending to set the club off in its quest for the Winter Trophy. The Sydney Half Marathon also features in the Winter program and last year, KJ's were extremely successful in winning the Men's Championship, and finishing second in the Women's championship. This year we should be equally strong across the board with the added advantage of Commonwealth Games Champion, Kerryn McCann, leading the charge for our women's team, and at the same time hopefully cementing her place in the Australian team for the Olympic Games in Athens later in the year. For those competing don't forget to get your entries in to the organisers asap since the race is always heavily oversub-

scribed and as a result of an early cut off, many late entries don't get a start and finish up extremely disappointed. Finally, you will notice ANSW fees have gone up this year because they have had to absorb a heavy increase in insurance premiums. Inherent in this, is that KJ's, being a member of ANSW, are able to keep club registration fees for all members at a very low rate, because we are able to take advantage of the umbrella effect of the ANSW insurance scheme. To more than offset the ANSW increase KJ's will be giving KJ racing singlets free of charge to all ANSW competitors, courtesy of Bluescope Steel. Look forward to seeing you again this year and a warm welcome to all those newcomers who wish to join us in our quest to win the ANSW club competition this winter.

**KJ Social Diary**  
**Annual Fundraiser Night**

Trivia Night - "Date Change" Wests Leagues Club  
 Friday 23rd July 6.30pm  
 Start Organising your teams

Jeans for Geans Auction  
 Great items for sale  
 Steve Moneghitto Jeans painted by local artist Paul Dorin  
 Plus sporting memorabilia:  
 Signed Harry Kewell Soccer Ball plus a lot more!!!

For more information contact:  
 Ryan Park 0242

Jeans for Genes Race at Beaton Park

**Remember  
 the  
 Cyber  
 Jogger?**



KJs internet address:

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

**Kembla Joggers  
 Club Contacts 2004**

**Committee Roles:**

President	Neil Barnett ..... (h) 4227 4662 (w) 4275 7469 (m) 0419 256 047
Vice President	Eric Brown ..... 4261 3985
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:**

Trophies & Engraving	Wayne Montefiore ..... 4237 5672
First Aid	Raf Moriana ..... 4296 6656
	Carl Stamp ..... 4256 5185
Webmaster	Brendan Scollary ..... 4295 3424
Club Clothing	Bronte & Karen Blay .... 4229 7058
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**Upcoming Events**

**KJ Events**

**Winter Road Race Series**

June:			
5	10 mile (16.1km)	West Dapto	
	3 mile	G-man bolt memorial trophy	
27	Half Marathon(21.1km)	West Dapto	Tom Miskelly Memorial Trophy

**Other Fun Runs**

July 4	Gold Coast Half Marathon	21.1km
July 25	Sutherland to Surf	11km
August 8	City to Surf	14km

**ANSW & AA**

June:		
19	NSW 12 and 8km Cross-Country Championships	Nowra
July:		
3	NSW Road Relay Championships	Wollongong
4	Australian Half Marathon Championships	Gold Coast
17	NSW 8 and 6km Cross-Country Championships	Mt. Penang
31	NSW Cross-Country Relay Championships	Miranda

**City to Surf Buses for August the 8th**

Book with Dave Higgins:

42841317

0412 641317

[leslie@1earth.net.au](mailto:leslie@1earth.net.au)