



# The FOX

Issue 4 - DECEMBER 2004

THE OFFICIAL NEWSLETTER OF KEMBLA JOGGERS INC.

## KEMBLA JOGGERS 2004 PRESENTATION NIGHT

HAPPY



Stephen Brown  
Elite Male Pointscore



Participation Award Winners



Narelle Smith  
KJ Medal

STUNNED



Stephen Brown  
Athletes Athlete

ECSTATIC



Stephen Brown  
ZATOPEC TROPHY  
Most Meritorious

The pictures say it all.....The Annual KJ's Presentation night was a complete success.

It was certainly a happy occasion for one young jogger who was badgered into attending, to find that he was the athlete of the season. Stephen Brown excelled and won four individual awards recognition from his peers for all his effort and training.

Four KJ Medal were awarded for achievements of outstanding sporting prowess. Narelle Smith, Ray Wales, Stephen Brown and Michael Hickman.

Dianne Birch for taking out the Winter pointscore, "The Pres" for Club Person of the Year (albeit grudgingly).

All in all it was a terrific night, fun and camaraderie, good food and new and old friends and acquaintances all completed by a top class venue.

Our thanks to Western Suburbs Leagues and staff for their assistance.



Diane Birch  
Winter pointscore Winner

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## Presidents Report



As another year rolls by, the club is already gearing up for the next. The first draft of the next winter season is already on the table and approvals for other major events like the Fitness Five have been submitted to Council. The lazy summer months are far from quiet for club organisers as we get everything ready for next years activities and events. So if you have any feedback or suggestions to make, now is definitely the time. The club is always looking to improve and we rely on you to

let us know how things are travelling from the average club member's point of view.

The club AGM was held earlier this month and I would like to welcome on board new committee members, Suzanne Weir and Megan Demirov, in addition to former committee rep John Gullick who rejoins us. It's so good to have such an enthusiastic team running the club. I decided to offer myself for re-election as President and thank everyone for their tremendous support over recent years. The amount of positive feedback I get from members at club events makes it all worthwhile, particularly from the parents of our juniors. It's extremely rare in KJs to come across anyone with a negative thing to say about the club or the people who work so hard for it. Thankfully we have very few of these types or we would certainly be a much different club than we are. If you missed the AGM but would like to help us out in any way, no matter how large or small, please get in contact with me soon to discuss ways you might be able to assist us.

Well done yet again to KJ Madeline Heiner who has just been selected in the Australian Junior team to compete at the World Cross-Country Championships to be held in St Galmier, France in March 2005. This caps off a stellar year for Madeline and we wish her the very best in her preparations over summer. At just 17, Madeline is a great role model for our younger athletes and hopefully her achievements can inspire some of them to achieve similar things in the not so distant future.

The West Dapto project is chugging along and next year will define how successful it will be. We have the task of raising up to \$200K in cash and kind, designing a new clubhouse and applying for major government funding besides setting up the new circuits. If you have a trade or are a builder, own some equipment etc, and might like to offer some help, then please get in touch with us. By the time we start our winter series, the old buildings will have been demolished including the picnic shelter, the toilets refurbished and a new access road into the park constructed. The Motoring Museum will go up around March where we currently park our cars. Our land is set to the north of this and a lease expected to be signed with Council early next year. We have been given the green light to start laying out our courses and slashing the tracks in time for winter. How soon we start using them will depend on the number of you that turn out to the monthly working bees. Please make an effort to turn up to the first few in 2005, a notice will be emailed when dates are finalised.

It's great to see so many people getting along to our Thursday night track meets lately. With daylight savings here it is so much easier to make the effort so why not come along and see what its all about. You will be surprised at how much fun you will have. It's becoming as much a family outing as any usual KJ winter series event nowadays so there's no excuse to leave the kids at home. The summer series is attracting some good

fields and quite a few new members. Make an effort to attend the infamous Hangover Handicap on New Years Day at Mt Kembla and the cross-country event at West Dapto in February.

It was with great sadness that we heard the news of the sudden passing of KJ member Phil O'Hearn in early October. I learnt the news by email sitting in an internet café in New Orleans and it certainly took the punch out of me. Phil was a most personable guy, friendly, a good sport in every respect and always smiling. He was extremely competitive and I always looked forward to his fierce battles with John Burns at KJ meets. Phil regularly travelled from his home in the Southern Highlands to represent the KJs in ANSW events no matter where they were, such was his dedication. We pass on our sincere condolences to his family and his good friend, training partner and KJ Rita Mein who travelled with Phil to most club events. I would like to dedicate this issue to Phil's memory and encourage you to read Rita's lovely piece on Phil elsewhere in The Fox.

Yours in running ... Neil

PS – Best wishes everyone for a great festive season & see you on New Years Day!!

## This Month's Bouquets



To all the regular KJs who turn up to the West Dapto monthly working bees, including Roy Francis, Ward Hummerston, Dave Higgins, Neil Barnett and Eric Brown who rarely miss!!



To Brett Chambers from Bass Electrical for organising for them to become our latest club sponsor.

To everyone who helped put together another successful Presentation Night, too many to mention but you all know who you are, thanks heaps guys.

To Mike Roberts who put together his first KJ Annual Magazine and did a great job too!! Also thanks to everyone who contributed by writing articles, compiling Pointscores etc.

To Ryan Park, Brendan Scollary, Gary Howard and everyone else who handled Neil's stuff while he was away on his holiday to the US.

To Ian Hatfield and his tribe for setting up the great cross-country course at Albion Park last month. And to John Wilton for placing marker flags at what appeared to be every 5 metres over the entire length of the track!!!!

To everyone who fronted up to the AGM – a record crowd!! Thanks for the interest.

To Ray Wales for organising another great instalment of the end of year road relays (aka Ray's Relays) and Gary's usual expert hand-capping of the teams.

***This month's Golden Bouquet goes to ...***

***Hugh Motbey who single-handedly organised the large KJ team that participated in the Cancer Council 24 Hour Relay for Life. The KJ team raised over \$6,000 in total for the Cancer Council but Hugh raised almost \$4,000 of this himself - what a champion effort!! Well done Hughey!!***

# FOX TALES

by Neil Barnett

## Uncle Pete's



### Mt Kembla Hotel

The summer series of events is here and many juniors are coming along to keep up their fitness during summer. Keep an eye on the program, which is on the website if you don't already have one, for all the summer junior action. Keeping in shape over summer will mean you will start next year's winter cross-country season in top form and be ready to fly in the schools cross-country carnivals, ahead of your rivals.

The KJ track events at Beaton Park on Thursday evenings are getting huge crowds of junior athletes. The events range from 100m up to 2,000m for our younger juniors and up to 5,000m for juniors aged 15 and over. It's great to see so many of you having a go at the sprints and haven't we seen some almighty performances and big PB efforts lately. Some that come to mind include Karlie Chambers 5.15 in the 1500m and an age-group record for the 10-11 girls and Danni Gregson with 12.6 for 100m (15-19 record) and an open record 25.7 for 200m. Jake Evans is also running red hot at KJ track events including a 3,000m in 9.18 and 1,500m in 4.18. Age-group records have also been broken by Shahna Fairley 13.36 (15-19) and Sarah Liddle 15.21 (10-11) both for the 2 mile.

The KJs Short Race Xmas Track Series is now wrapping up and the competition between our juniors has been fierce. Well done to everyone who has competed throughout the series and don't forget the KJs Track Championships take place on February 10, 17 and 24 with events just for our juniors. Also why not have a go at the pentathlon in January which should be a lot of fun. This includes discus, shot put, long jump, 1500m and 400m, and is only held once a year over 2 weeks. Check your KJ track programs for more details.

Well done to our athletes who were all recently chosen to represent the NSW team at the upcoming Australian All-Schools Track Championships at Homebush. These included Jake Evans (U16) for the 800m and 3000m, Danni Gregson (U17) for the 400m and 800m, Ryan Gregson (U15) for the 1500m and 3000m, Madeline Heiner (U18) for the 800m, 1500m, and 3000m, and new-recruit Sally Fitzgibbons (U15) for the 800m and 1500m. Congratulations also to Karlie Chambers for being selected in the state team for the Australian Primary

Schools Championships which were held in Adelaide. And some more BIG news ... Madeline Heiner has also been selected in the national junior team to compete at the IAAF World Cross-Country Championships in France next March, an awesome achievement Madeline, well done!!

The KJs fielded just one junior team in the NSW Track Relay Championships at Homebush on 20-21 November and they did very well. Our under 16 boys team of Jake Evans, Ryan Gregson, Gokhan Girgin and Ryan Davidson came home 3rd in the 4x1500m and 4th in the 4x800m. Jake was on fire in both events with PBs of 2.02 for the 800m and 4.17 for the 1500m. But take nothing away from any of the boys as they all ran very well and thoroughly deserved their medals



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#### Are You First Aid Trained?

The club is currently compiling a list of KJ members who are first aid trained. Are you? If you have a senior first aid qualification with St Johns, Red Cross or other first aid trainer we would like to know. Please let either Karl Stamp know soon on 42565185 and advise who conducted the course and when your qualification expires. Too easy

#### KJ Member

A number of businesses associated with the KJs offer good discounts to all club members. There are some fantastic savings to be made by simply showing your KJ membership card prior to purchase. As a reminder refer to the full list below.

#### Discounts

Also, don't forget that not only do you get a 10% saving on all purchases at Rebel Sport by showing your Rebel Sport Discount Card, but the club also gets a 5% rebate on all sales too. Since last year over \$3,000 has been rebated back to the KJs and over \$6,000 saved by KJ members on their purchases!

Rebel Sport (Wollongong Store)	10% (must show Rebel card)
Uncle Pete's Toys	10%
Wilson's Discount Bikes	10%
Chicko's Chickens	10%
Pepsport	10%
Sportsman's Warehouse	10%
Corrimal Wines	Up to 15%
Rapid Cool Air Conditioning	A cool discount!
City Physiotherapy	\$10 off all visits

## Wollongong Relay For Life 2004

By Hugh Motbey

Thanks to the 72 teams and approximately 1200 participants in the 2004 Relay For Life at Beaton Park athletics track, a provisional total for the event of \$120,000 was raised. This is an amazing effort by everyone involved. I would like to congratulate the Kembla Joggers team for their great effort in raising themselves a total of \$6,564 towards the final amount, well done!

Despite the inclement weather for the second year in a row, we all turned up on time for each of our legs of the relay through day and night. Everybody enjoyed themselves and it was nice to see a lot of new faces taking part this year.

The Kembla Joggers team members for the relay were Marie-Claire Kurt, Uberlinda Cortes, Dave Higgins, Paul DeNobrega, Peter Asher, Wayne Montefiore, Ryan Burns, Sevgi Girgin, Gary Howard, Paula Crinnion, Tim Crinnion, Tina Johns, Richard Johns, Stephen Turner, Franca Facci, Dave Pomery, Kevin Brennan, Rafael Moriana, Eric Brown, Andrew Krajewski, Geoff Smith, Diane Birch, Marty Weston, Joe Pereira, Hans Lambert and myself, that's 26 KJs in total.

Once again, I would like to thank you all for your fundraising efforts and participation. If you didn't have a go make it a priority for next year, sometime in November.



### Q: CAN YOU HELP? A: YES I CAN

The KJs were recently awarded the timing contract for the **Corporate Games in Sydney on the weekend of 19-20 March 2005**.

We will be needing 15 or more of you to assist in timekeeping and registration tables duty at the Funrun (Saturday) and/or Triathlon events (Sunday). The events are held in the morning and all we will need is a few hours of your time on either or both of the days.

The club is handsomely remunerated for our services and this all helps us raise funds for new equipment and our clubhouse and cross-country project. Each KJ will be given a meal and fuel allowance (plus a free t-shirt) so you shouldn't be out of pocket at all for your help.

In a similar fashion, the KJs will be responsible for timekeeping, registrations and marshalling duties at the **Australia Day Aquathon on 26 January 2005**. Again, the club receives a generous donation for our assistance. We will be needing 30-40 KJ helpers for this event and only about 3 hours of your time. It's always great weather, great scenery and a great vibe, so what event could ever be so good to lend a hand at.

If you can help us out with any of these events we would love to hear from you VERY soon. Email Neil at [neil@kemblajoggers.org.au](mailto:neil@kemblajoggers.org.au) or phone 42274662 for more info or to volunteer. Don't forget your support is critical for KJs at these events so please get involved if you can spare a little amount of your time!!

## KJ's SHINE AT AUSTRALIAN ALL SCHOOLS CHAMPIONSHIPS

Some outstanding results were achieved in the Australian All Schools Championships at Sydney Olympic Park from 9 to 12 December recently. All Kembla Joggers came through the heats and competed with the best in Australia in their respective finals. Madeline Heiner backed up her selection in the Australian team for the World Junior Cross Country Championships in France with a convincing win in the U18 3000m event in a time of 9.35.11s. Madeline also backed this up with a second place in the U18 1500m final in 4.25.87, just behind arch rival Brooke Simpson, who did 4.23.97.

Newcomer Sally Fitzgibbon showed great talent and the benefits of coaching by Ian Hatfield to do an outstanding time of 2.16.01 to finish second in the U15 800m final and fourth in the 1500m final in a time of 4.41.2. Danni Gregson, from the same coaching school, reached the finals in both the U17 400 and 800m events, and although finishing outside of the medals, can feel justifiably proud at reaching the finals and achieving times of 56.93 and 2.20.22 respectively for her events in this highly competitive division. Her brother Ryan Gregson also reached the Australian finals for the U15M age group with a best placing of fifth in 9.24 for the 3000m, and a little lower down the order in the 1500m with a time of 4.39.

Jake Evans did an outstanding time of 1.58.82 in the U16 800m heats but, felt the effects when his tired legs could only carry him to seventh place and a time of 2.03.09 in the final. Jake also made the final of the 3000m and finished in twelfth place overall. However it was his time that was remarkable - 9.12. This time, and that of the others that competed for NSW, show that the quality of the KJ juniors are up with the best in Australia and augurs well for both KJ's future and theirs when they move up into senior ranks.



**A big cheerio to all readers** out there. If any of you are familiar with previous issues of "The Fox" you may remember "Pete's Pages". Well this is what we aim to do with our column, but with a touch of spice, a splash of naughtiness and a huge dollop of fun! We're going to bring you all the news from the front-line. Anything any Kembla Jogger does either inside or outside of the club may well be documented here on these very pages. We may find out something great you've achieved, or even something you'd rather have kept to yourself.

**Someone is always watching!**

We don't need to name names in this column, as the people know who they are. We will name names if it has been documented elsewhere, so therefore is common knowledge anyway!

This is our first column and hope you get a kick out of reading it. If anyone has any goss they think should be shared with the club (either funny, good, bad even downright embarrassing), please email me: [kamakaze@austarnet.com.au](mailto:kamakaze@austarnet.com.au)

**TRACK GOSSIP**  
*From The Tinsell Twins*

'Tis the season to...go cherry picking? So it seems to a few of the senior male members of the club. One in particular has been picking that hard that he's even been spotted dreaming about it! This was no ordinary dream either; it actually involved the said person walking around the caravan searching and picking cherries, actions and all! Now that's a dedicated cherry picker indeed! Sweet dreams!

Congratulations to Shahnna Fairley and Sarah Liddle, who are attending their graduation/formals this week. Hope all goes well. We're sure you will both look absolutely gorgeous

Also on Sarah, good luck with high school in the New Year. It sux, but time flies.

Any Elvis fans out there? Well, I know of ONE KJ who most certainly looks to be an Elvis hater if his prior shenanigans are anything to go by. This globetrotter was having a good old time knocking back a few (too many it seems), when it all became too much for him, so he decides to go find a nice tree in which to satisfy his gag reflexes with a good ol' up chuck. Little did he know that the tree he chose outside of Gracelands, was supposedly the same tree Elvis the Pelvis penned a huge hit under. Spew, Spew, Spew Suede Shoes!

A massive congrats goes out to Bobby Ogenovski whose over 40's touch side took out the NSW Touch State Cup. Having played touch at a representative level myself I know this is no mean feat. Bobby once upon a time was also coach of a rep side I was in so I know the hard work and dedication he puts in. Bobby seems very excited in his interview with the Mercury and rightly so. Final score was 3-2, losers were Port Macquarie.

Now I'm sure most of you would be familiar with the good-looking "Krajewski Brothers". They are Witold and Andrew, two very nice guys. I had the pleasure of meeting up with them at a recent fun run and had a good laugh and chat with them. Things were going well until one of them (Can't quite remember which), decided to change his clothes in the car park of this event. Not that I cared. I mean, hello, have you seen the legs on these guys? Nice pins I must say. Hmm, this is starting to sound like I have a "leg fetish" or something. Maybe I do

Which new club and committee member likes to "pick her seat" long before she gets to the movies? All done whilst managing to run, with nobody noticing. Mmmmm, some sports pants wouldn't go astray.

Which member of the club who competed in this years City 2 Surf was spotted on one of the buses wearing what seemed to be remnants of the great 90's rapper MC Hammer's pants? "U Can't Touch This!"

Thanks for reading, "catch" you next time!

**Guess who, Don't sue, watch out it could be you!**

**2004 Summer Series Pointscore—Race Results**

**West Dapto – 9 October 04**

Junior 1km	
1 Brett Cowie	4.43
2 Kieran Richards	4.52
3 Dane Richards	5.37
Junior 2km	
1 Tom Mackey	8.00
2 Shane Cowie	8.21
3 Joel Dent	8.38
Junior 3km	
1 Samuel White	11.59
2 Timothy Fitzpatrick	12.07
3 Patrick Navin	13.16
Senior 5km	
1 Stephen Brown	17.16
2 Paul Micale	17.16
3 James Greathead	18.52

**Albion Park – 16 November 04  
Croome Road Sporting Complex**

Junior 1km	
1 Brett Cowie	4.43
2 Jordan Gregson	4.48
3 Amanda Bergin	4.50
Junior 2km	
1 James Russell	7.09
2 Brad Mowbray	7.13
3 Shane Cowie	7.32
Senior 5km	
1 Stephen Brown	16.13
2 Jared Poppett	17.10
3 John Rosenzweig	18.06

**Stuart Park - 19 October 04  
Puckeys Estate XC**

Junior 1km	
1 Brett Cowie	4.19
2 Emily Howard	4.41
3 Keelie Royle	4.52
Junior 2km	
1 Shane Cowie	7.38
2 Tom Mackey	7.42
3 Kyle Eardley	8.31
Senior 5km	
1 Paul Micale	16.17
2 James Greathead	17.00
3 David Covington	17.11

**Stuart Park – 30 November 04  
Womens 3km Cross Country**

Junior 1km	
1 Brett Cowie	4.51
2 Amanda Bergin	5.05
3 Emily Howard	5.06
Junior 2km	
1 Shane Cowie	7.58
2 Jack Reedy	8.00
3 Gulden Girgin	10.44
Female Senior 3km	
1 Sophie Egan	11.12
2 Alys Williams	11.20
3 Trudi Barnes	11.55
Open 3km	
1 Ben Dubois	9.34
2 Phil Parle	9.51
3 John Rosenzweig	0.07

**Illawarra Yacht Club  
2 November 04**

Junior 1km	
1 Matthew Whittington	4.32
2 Emily Howard	4.33
3 Amanda Bergin	4.36
Junior 2km	
1 Jack Reedy	7.53
2 Johnathan Liddle	8.07
3 Stephanie Hummerston	9.06
Senior 5km	
1 Paul Micale	15.41
2 John Rosenzweig	17.12
3 Chris Brown	18.03

**Brewery Bash – 14 December 04  
Wollongong entertainment Centre**

Junior 1km	
1 Emily Howard	4.28
2 Campbell Ruty	4.32
3 Brad Gullick	4.51
Junior 2km	
1 Jack Reedy	7.43
2 Benjamin Scollary	8.06
3 Jonathan Liddle	8.41
Senior 5km	
1 Russell Chin	15.29
2 Ben Dubois	15.49
3 Stephen Brown	16.32

## Christmas Preparation

With Christmas just a week or two away you have no doubt already begun to attend some of the annual party celebrations. Unfortunately for most of us, the abundance of Christmas cheer also means a few extra kilos that spring up out of no where during this time. Here are a few handy hints to try and lesson the Christmas load, so to speak.....

Many traditional party appetisers such as pastries and hors d'oeuvres are very high in fat. For example, just one small sausage roll has the same amount of calories as 2 pieces of bread and at least 10 grams of fat. Limit the number you pick as plates are passed around and look for plainer varieties.

Dips can be high in fat, stick to tomato or homous varieties and avoid corn chips and potato crisps. Pretzels or vegetable sticks are healthier alternatives.

Light options for meals that consist of 2-3 courses include seafood such as prawns and oysters, lean meats with vegetables, fish, antipasto and stuffed vegetables. Heavier options include pastas particularly those served with cream based sauces, risotto and large serves of meat. When choosing heavier options ask for an entrée sized portions.

At functions select fresh fruit, gelato or sorbets for dessert rather than heavy, cream based desserts, or opt to share heavier desserts with a friend.

Do not arrive at parties and functions starving as you will eat everything in sight, whether it is healthy or not. Plan ahead and have a filling snack such as yoghurt and fruit or a protein bar an hour or two before the event. This way, you are much less likely to overindulge on high fat, non filling pastries and snack foods.

Be fussy with your foods and focus on good quality food over large quantities of stodgy heavy foods. Fresh seafood, tropical fruits, crunchy salads and antipastos are light, healthy food options for the holiday period that won't weigh you down. On the other hand, heavy pastries, creamy desserts and fried foods can leave you feeling bloated and fatigued and are full of fat and unnecessary calories.

Choose spirits with diet soft drink and wines over calorie laden beer and soft drink. Keep in mind that one glass of soft drink has the calorie equivalent of ~ 2 small pieces of bread.

Don't feel like you have to eat every meal. If you have an abnormally big lunch you will probably only require a small dinner, if at all.

If you do have a big meal planned, eat lightly for the rest of the day to compensate for the

### ***Susie Burrell***

B.Nutr & Diet (Hons), B.Sc (psych) (Hons)

## Sports Dietitian



### Specialising in:

Susie is the consultant sports dietitian for Parramatta Eels Rugby League, Wollongong Hawks Basketball and the Sydney University Rugby Club. Susie is also the specialist weight management dietitian at The Children's Hospital at Westmead.

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extra calories you are likely to consume later.

Most importantly, continue with your regular runs right throughout the Christmas break. Maintaining your regular workouts will ensure you avoid that bloated feeling we all get from too much Christmas cheer and will also mean you will start 2005 on the right track.

Remember Christmas only comes once a year, so enjoy the wonderful treats of the season and balance them with some extra exercise so you don't have too many extra kilos to contend with come 2005!

Susie Burrell is a sports dietician and nutritionist with clinics in Kogarah and Wollongong. For more information call 0414 905 239 or email Susie at [susie-burrell@yahoo.com.au](mailto:susie-burrell@yahoo.com.au).



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## VALE.....Phillip James O'Hearn

By Rita Mein

Phil was always a most keen and enthusiastic sportsman. As a typical Wollongong boy Phil was always in the surf in summer or winter and to his mother's alarm sometimes spent all night on the beach. Phil also enjoyed motor-cross, golf, football, cricket, cycling and of course running becoming quite competitive at all of them. Though very competitive Phil found great enjoyment in all his sport especially in his later years with cycling and running. Phil had a happy nature and was always positive, usually seeing the best in things and people. People were attracted to his good nature and he enjoyed a good laugh and a joke and could usually be heard wherever he was before he would be seen.

Phil was a regular City to Surfer. His big goal was to crack the elusive 60 minutes for the 14km race. Coming close on many occasions, but typically musing philosophically "Ah well it's a great day out and there's always next year" he would not dwell on what could have been.

Phil's first marathon was "The Sydney Host Test Marathon". It was a tough run for Phil and so he decided to do some serious training, which resulted in a 30 minute PB in the Canberra Marathon. He next tackled The Newcastle Masters Half Marathon, which netted him a bronze medal in the very competitive 45-49 age group.

Prior to joining Kembla Joggers, Phil ran in the Sri Chinmoy summer and winter races enjoying some fine competition until the races were cancelled after 9/11. To fulfill Phil's thirst for competition, he then joined KJ's and within no time signed up with KJ's Athletics New South Wales, when he quickly became a regular member of the 45-49 A Team, winning numerous medals. Phil had nothing but praise for the organization, competition and the company he enjoyed with KJ's.

Another of Phil's passions was bush running and mountain bike riding.

He joined with the Wingecarribee Bush Runners, a group of runners formed casually, in the quest to find the best running and mountain bike tracks in the Southern Highlands area.

Phil passed away in his sleep on Sunday night on the 3<sup>rd</sup> October after having what in Phil's own words was "one of the best runs" in Penrose Forest. This was followed by breakfast in Berrima with a group of his training mates, where between cappuccinos, there was some great joke telling, much laughter and happy smiles, a fitting finale for a great bloke. We will miss Phil very much.



### Master Coach Arthur Lydiard Passes

Master athletics coach Arthur Lydiard, who produced two Olympic champions and inspired generations of New Zealanders to run, has died aged 87.

Lydiard died of a suspected heart attack today in a Texas hotel while on a lecture tour of the United States.

His mother-in-law Gloria Vanvertogt confirmed Lydiard's death in Houston.

"He was watching tv in his hotel room and took a bit of a gasp," she said.

Paramedics were called and spent an hour trying unsuccessfully to revive him.

Lydiard had been in the US since mid-

October on a lecture tour.

Earlier today he'd been coaching runners in Houston before returning to his hotel about 7pm (local time).

Peter Snell and Sir Murray Halberg are his best-known proteges, but Lydiard also inspired a generation of top New Zealand runners through the late-1960s and 1970s, including Dick Taylor, Rod Dixon, Dick Quax and 1976 Olympic 1500m champion John Walker.

His influence spread beyond athletics, with coaches in sports ranging from rugby to rowing, canoeing and swimming adopting many of his training methods.

Source: New Zealand Herald & Coolruning

## From Hazel's Kitchen

*Quick and easy for the holidays...*

### Impossible Quiche

4 eggs  
 1 finely chopped onion  
 1/3 cup soft butter or marg  
 250g tin of salmon  
 1/2 cup plain flour  
 1 cup crushed savoury biscuit crumbs  
 2 cups milk



Heat oven to 180 degrees.

Blend together the eggs, butter, flour and milk. Add salmon and onion and pour into greased pie plate.

Sprinkle top with savoury crumbs.

Bake for 40 mins.

Any quiche filling may be used instead of the salmon/onion.

### Impossible Pie

4 eggs  
 3/4 cups sugar  
 1/2 cup plain flour  
 Nutmeg  
 2 cups milk  
 1 cup coconut  
 1 teaspoon vanilla

Heat oven to 180 degrees.

Mix all ingredients together. Pour into greased pie dish.

Sprinkle with nutmeg and bake for 1 hour or until set.



## THE ILLAWARRA'S COOLING INFLUENCE

For all your air conditioning and refrigeration enquiries call Mark on: 0418-671-135

**RAPIDCOOL** PTY LTD

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### Results of Kembla Joggers 2004 Annual General Meeting

A record attendance made it to last week's Kembla Joggers 2004 AGM making it a most successful evening. Many thanks to everyone who showed an interest and turned up, particularly those taking on positions on the club committee.

We would like to welcome on board new committee reps Suzanne Weir (Social Secretary), Megan Demirov and former Club Secretary John Gullick who makes a welcome return. And also John Rosenzweig who becomes our new male club captain.

Unfortunately, several key positions remain unfilled including Race Organiser, Publicity Officer, ANSW Officer and Junior Development Officer. Members should be aware that if the Race Organiser's role is not filled before the start of next year's winter season, there will be in fact no season. It's a very simple equation, no Race Organiser = no KJ races, so please give this position and the others mentioned some thought. If you want to have a chat about any of these roles or other ways you might be able to assist your club, please contact Neil very soon on 42274662.

## KJ's Welcome New Committee Representatives

Congratulations to our new committee. All other roles/positions and contact numbers will be updated on the club contact list on the website in the next few weeks.

President	Neil Barnett
Vice-President	Eric Brown
Secretary	Ryan Park
Asst Secretary	Carolyn Dews
Treasurer	David Higgins
Public Officer	Hazel Brown
Race Organiser	To be filled
Asst Race Organiser	Jim Hennessy

Handicapper  
 Social Secretary  
 Committee

Gary Howard  
 Suzanne Weir  
 John Burns  
 Dave Barnett  
 Wayne Montefiore  
 Peter Issa  
 Megan Demirov  
 Karl Stamp  
 John Rosenzweig  
 Suzanne O'Brien

Male Club Captain  
 Female Club Captain

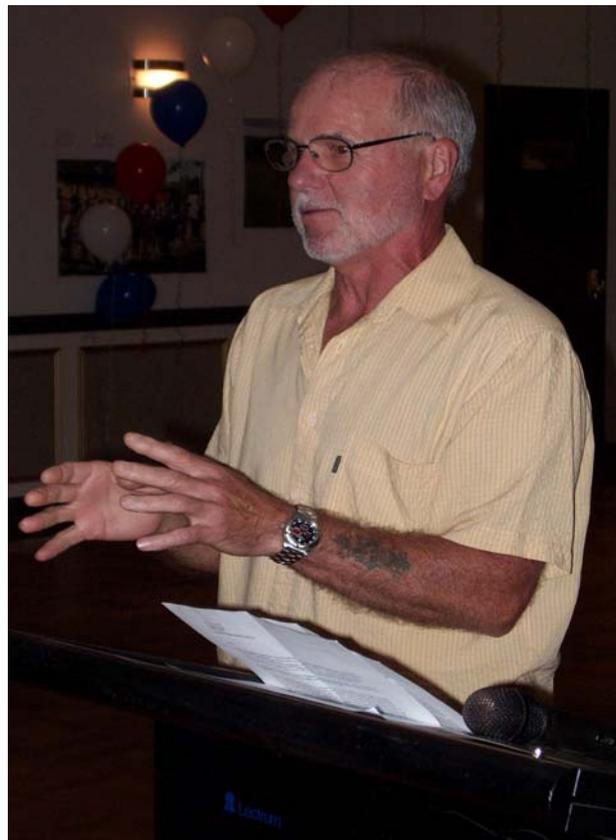
## Athlete of the Month

### Athlete of the Month—October 2004

#### Eric Brown

They say there is many a good tune played on an old fiddle. The summer season this year has seen a resurgence of several veteran runners of the past and this has been particularly evident in some of the early races. The Illawarra Yacht Club 5K race brought out many fine performances, none more so than that of Eric Brown, whose face showed every effort of someone out to extract an extra second or two over the last fifty metres to the line. With Raf Moriana accompanying him and playing the mentor, instead of the other way round, Eric put in a final burst to beat Alan Batchelor's previous 65+ AGR with a fine time of 23.35s.

Eric has continued this fine form into November with AGR's on the track and on the road. To get a breakthrough so early in the season shows that greater things are to come and, for the Yacht Club 5K, the award of athlete of the month for October goes to a deserving member of the club – take a bow Eric Brown.



#### *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*

### Athlete of the Month—November

#### Alisa Williams

With female athletes thin on the ground so far this year the return to form of Alisa Williams is timely because she put in excellent performances in some of the KJ races during November. Particularly noteworthy was the 2K on the track on November 18<sup>th</sup> in which she recorded a time of 7m.15.4s to finish well up in the field of some strong male runners. A week or two later she finished in second place behind talented newcomer Sophie Egan in the Women's 3K road race in a time of 11m.20s on a very hot and sticky night.

Both these performances testify that Alisa is out to regain her form of two years ago when she was equally competent over longer distances such as the half-marathon. This time it was the faster paced run on the track over the relatively short distance of 2K that proved to be a pointer for future performances over the coming winter. Well done Alisa it was one that merited the athlete of the month for November.



## KJ Social Diary

### Social Celebrities—The Tinsell Twins?

Hello runners,  
Suzanne and Megan here. Some of you may know us better as Prue and Trude. We are your new members of the Social Committee, and I, Suzanne am your new Social Secretary. The other half of the committee being made up by Ryan Park.

We plan on putting the fun back into run!  
We are hoping for a huge year and have a number of ideas in the pipeline for the coming season. If anyone has any ideas feel free to call Suzanne on 0419242260 or email her on

[darryl.weir@kodak.com](mailto:darryl.weir@kodak.com)

One of these ideas is we are wanting to bring back the "Friday Night Feasts". Nothing like a cheap and cheerful meal, a lovely glass of red and great conversation. One Friday a month, I'm sure you can pencil us in.

Family Fun Day, we're bringing it back! Bigger and better than ever. Watch out Jamberoo here come the KJ's.

Anybody out there who may be interested in purchasing a special edition Kembla Joggers water bottle, please let us know.

Megan [kamakaze@austarnet.com.au](mailto:kamakaze@austarnet.com.au) 0438619785

Keep an eye out for the Fox for dates and details on upcoming events.

Toodles,  
Suzie & the Socials



**Remember  
the  
Cyber  
Jogger?**



KJ's 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	Ryan Park	4227 1039
Asst Secretary	Carolyn Dews	4271 1567
Treasurer	Dave Higgins	4284 1317
Public Officer	Hazel brown	4261 3985
Social Secretary	Suzanne Weir	4262 2392
Handicapper	Gary Howard	4274 3411
Race Organiser	TBA	
Asst Race Org	Jim Hennessy	4285 0657

#### Club Captains:

Female Captain	Suzanne O'Brien	4226 6045
Male Captain	John Rosenzweig	4285 5154

#### Other Roles:

Trophies & Engraving	Wayne Montefiore	4237 5672
First Aid	Karl Stamp	4256 5185
Webmaster	Brendan Scollary	4295 3424
Club Clothing	Kevin Brennan	4261 8811
Publicity	Neil Barnett	4227 4662
Photography	Darryl Weir	4262 2392
Junior Development	Rob Battocchio	4226 4754

## Bulletin Board

### Training Down South

Hi - I was wondering if anyone would be willing to be my training partner. I need someone to run with me at 5.30 in the mornings and that would put up with a slow runner. I run along the track in Mt Warrigal for approx 1/2hr maybe there might be some lunatic that would get up that early and keep me motivated! My number is 4297 5491. Thanks  
Wendy Rivera

### Tuesday Night Fartlek Group

Hi all,

Fartlek sessions for runners 15 years and over are back. These sessions are for ALL abilities, quick and slow catered for, as the sessions are over circuits nobody ever gets left behind.

**What is Fartlek:** Developed in the 1930's, comes from the Swedish for 'Speed Play' and combines continuous and interval training. Fartlek allows the athlete to run whatever distance and speed they wish, varying the intensity, and occasionally running at high intensity levels. This type of training stresses both the aerobic and anaerobic energy pathways and can improve both your speed and endurance.

**When:** Tuesday nights when no Summer Series races are scheduled (Rain, Hail or Shine).

**Meet:** North Wollongong Surf Club car park.

**Time:** 5-6pm.

**Training venues:** Stuart Park, Flagstaff Point, Dalton Park, Towradgi pool, Puckeys, the Cycleway, South Beach steps.

**Contact:** Wayne Montefiore 42375672 or Mark Everton 42845379.

All welcome - you don't have to be a registered KJ member, so bring along a friend

## Coming Events

#### FUNRUNS

##### March 2005

Six Foot Track Marathon Katoomba

#### MULTI EVENTS

##### January 2005

26 Australia Day Aquathon

27

#### ANSW EVENTS

##### January 2005

8 NSW 10,000m Track Championships  
Homebush

15-16 Country Track Championships  
Mingara

##### February 2005

3 NSW 5,000m Track Championships  
Homebush

#### KEMBLA JOGGERS SUMMER SERIES 2004/05

##### October 2004

Tue 19 5km Cross Country Stuart Park Puckeys  
6.00pm  
1 & 2km Juniors

5.15pm

##### November 2004

Tue 2 5km Illawarra Yacht Club  
6.00pm

1 & 2km Juniors

5.45pm

Tue 16 5km Albion Park Croome Rd Spts Complex  
6.00pm

1 & 2km Juniors

5.45pm

Tue 30 3km Female

6.00pm

3km Open



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*a MERRY CHRISTMAS AND A SAFE AND HAPPY NEW YEAR TO ALL*