



# The FOX

Issue 1 - February 2005

THE OFFICIAL NEWSLETTER OF KEMBLA JOGGERS INC.

## Hangover Handicap

By Megan Demirov

Having had around 3 hours sleep that morning (like most people), I had serious doubts about turning up for the "Hangover Handicap". But as it would be my first as a Kemplab Jogger member, I pushed aside negative thoughts that included it being too hot, too tired, etc, and tried to pump myself up for the afternoon. As the day rolled on, the weather was getting hotter, which would more than likely make for uncomfortable race conditions, so when my mum rang to ask me if I was going in it, I told her I wasn't. She sounded a bit disappointed as she wanted to come with me, but I told her to get over it and go somewhere with dad.

As it neared 2:30pm I was getting bored, so I decided to fire up the work ute and made my way up to the Scramble Track. Now the work ute isn't the newest model hilux on the market,

so heading up past Ruby's I could only average around 20km/h, and on one of the bends some loser decided to cut the corner and ran me off the road in the process. That seemed to wake me up and got my heart rate flowing, so when I actually made it to the Scramble Track, I was feeling ready to race (not that I ever FEEL like I want to run a race.)

A lot of hugs, kisses and Happy New Year's later, the heat really hit me. I realised I hadn't drank any water up to this point, and started to panic. I quickly stopped myself from guzzling down 1 litre of water, as I knew I'd end up with a

stitch and by this stage my body was probably dehydrated already.

As I sat under the shade of a tree with Shahna, more and more familiar faces were rocking up and it looked as though it was going to be a great turn out. Then out of nowhere the urge to go to the toilet was almost too much, but not keen on the idea of coming butt to face with a snake, I tried to forget about it and the feeling subsided. Shahna's dad Dave Fairley wasn't com-



peting as he was getting over a bug, which annoyed me a little as I keep my eye on him in races, one day hopefully I will catch him, so I had to pick another target, and that person became Marie-Claire (thanks MC).

With the juniors off and running, my pre-race nerves were building up in my gut like a volcano ready to erupt. I swear I would have to be one of THE MOST nervous people in the club before a race. I'd put money on it too. So while sitting there trying to calm myself down, along comes Neil and asks me to tie his shoelaces. I mean come on, have you ever

heard of anyone being so lazy? I felt bad after telling him he was lazy, as he explained to me he'd hurt his back, so I tied em up for him, not wanting to get kicked out of the club or anything.

I spy Kerryn McCann going through her paces, and as I really admire her for achieving so much and also being a mum, I wanted so bad to get her autograph, but nerves got the better of me (again) and decided to get up and go for a warm-up myself. (It's all a bit sad really as I carry a laundry marker in the glove box just for the occasion, when I can get a grip and ask her.)

A cameraman from WIN TV almost took me out in the car park (near miss #2), so I decided to hang around and try and get my mug on the news.

The time came to line up and wait for my handicap to display itself on the huge timer, and when it did all I wanted to do was walk...but I didn't, I jogged off and had Eric Brown's famous last words in my head "Come home stronger than you go out." I tend to take a while to run the nerves out of my system, and this annoys me as I run a little slower than I intend to, but I can't seem to help it.

With the likes of Jaci Berwick and Shahna Fairley somewhere behind me, (thank goodness for handicaps) I settled on running up the hills instead of walking. After what seemed like a bloody long time, I made it to the 1/2 way drink station. Grabbed a bevy, drank it and with my mouth no longer feeling as though I'd eaten a dozen dry weet-bix, I caught up with Marj Kearton. Then somewhere further along I came across Sevgi who seemed to be feeling a bit ill, and heard Peter Issa tell her to stick her fingers down

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## THE ILLAWARRA'S COOLING INFLUENCE

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## Presidents Report



The new Winter Season of road, cross-country and track running with KJs is almost here. I have a feeling that this year is going to be a big one given some renewed enthusiasm over summer and the reappearance of many of our previously injured athletes in the last few months. The kids are itching to go too so all this points to a good season ahead. The new Winter program will be posted and emailed to all club members, listed on the KJ website and printed in our club handbook. So if for some reason you don't get a copy get in touch with us soon and we will get one to you.

The Winter Series retains pretty much the same format with the following changes: the re-introduction of a 10km road event at West Dapto at the expense of the mid-year relay, two new (5km & 8km) cross-country events at West Dapto and cross-country events in place of road events for alternative shorter races at West Dapto. Hopefully the new cross-country courses will be well received but it will take some time to remove all the bumps and divets along the circuits. Your help at our monthly working bees will ensure this happens sooner rather than later. In the meantime we ask you to exercise caution when running on the new courses and understand that they are not yet perfect, so if you are not steady underfoot you might want to consider marshalling for these two events.

The news of our grant from Wollongong City Council for free design and architectural services for a clubhouse facility was a huge boost for our plans at West Dapto. With Council now on board this gives our proposals much more weight when we apply for the next round of major state government funding later this year. The total cost of the project including the course development, clubhouse and possible acquisition of adjoining property seems quite daunting, but where there's a will there's always a way. If we press the right buttons and continue to impress authorities with our plans, then there is absolutely no reason why this project won't happen. Again your support and enthusiasm is critical, so if you want to help us out in any way, please step forward very soon.

The year ahead poses other challenges too. The club will be hosting again the NSW Road Relay Championships in July at Flagstaff Point. On March 27 we will also be hosting the NSW Mountain Running Championships at Mt Kembla. And then we have the Fitness Five on April 17 and the big Trivia Fundraiser Night in July. Our new socialites Suzanne Weir and Megan Demirov also have got a big year of social activities planned for club members. Knowing the girls, these will no doubt be a real hoot and a great way to get to know your fellow KJs on a more relaxed, social level.

So what more can I say ... *slip* on your shoes, *slop* on the Den-corub and *slap* on your running singlet, and hope to see you at the KJs very soon!!

Yours in running ... Neil

### West Dapto Working Bees 2005

Working bees at West Dapto will generally be held on the third Sunday of each month starting from 9am.

All you need to bring are some sturdy shoes, old clothes, water and sunscreen or a hat. Gloves and a shovel or two don't go astray either.

The working bees only go for a couple of hours and you will always be home for lunch so not too much of a commitment is required.

The dates scheduled for 2005 are Sundays, 20 March, 17 April (Fitness 5), 15 May, 19 June, 17 July, 21 Aug, 18 Sept (KJ event), 16 Oct and 20 Nov. It is worth checking the website or ringing Neil to confirm they are definitely on beforehand.

Your attendance is crucial if we want to transform the park into our vision of a national standard cross-country venue.

### This Month's Bouquets



To Hugh Motbey who donated his time and brand new tractor to help slash the cross-country course at West Dapto. And to Gary and Dave Higgins who helped lay out the course.



To everyone who helped put together the 2005 Club Handbook, in particular the one and only Brendan Scollary who always does such a professional job. And not forgetting Brendan's employer Westonprint for doing the job for such a competitive price.

To our newest committee members Suzanne Weir, Megan Demirov and Mike Roberts, and Club Captain John Rosenzweig, who wasted no time in getting stuck into some work for the club.

To John Gullick for taking on the onerous role of marshal organiser for the year. Thanks also to Eric and Hazel who have done such a wonderful job with this for some time.

To Mike Roberts for drawing up the preliminary prototype layout of the KJ clubhouse at very short notice.

To Wollongong City Council for awarding the KJs a grant which provides free design and architectural services for our proposed clubhouse facility.

To the 35 or so KJ members who turned up and helped with timing, marshalling and registration duties at the Australia Day Aquathon. And boy did we need all of you, thanks heaps.

To Hans Lambert for organising another successful Gong Run around Lake Illawarra plus all the volunteers who marshalled on the day.

To Jim Hennessey for checking the courses

To Bill Williams for hand crafting the new "60+ Pointscore" trophy.

To Ben DuBois & Geoff Stalker for establishing and organising KJ's new Mountain running series which kicked off in February with great results

## New Rebel Discount Cards

The existing Rebel discount card has now expired. To keep getting your 10% discount on all purchases at Rebel Sport Wollongong you will need to re-register with the club in 2005 to obtain the new Rebel MVP Card. After March the existing cards issued 2 years ago will not be able to be used.

**OK KJ juniors... Now It's Your Turn** show us what you're made of!! Now it's time for you guys to make a contribution to Junior News. Why not write a story about one of the events you did, or do a profile on another junior, make some suggestions about junior events or even take some silly photos. We're getting desperate so it's likely to get published. So have a go and send your contribution to [neil@kemblajoggers.org.au](mailto:neil@kemblajoggers.org.au) or write it down and hand in at the next KJ event.

## KJ Member Discounts

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.

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%
Sportsco	10%
Sportsman's Warehouse	10%
Corrimal Wines	Up to 15%
Rapid Cool Air Conditioning	A cool discount!
City Physiotherapy	10%

## Club Wins Major Grant

BIG news for the club recently when we were informed that we had been awarded a major grant under Sports Planning (Stage 1) funding through Wollongong City Council for our West Dapto cross-country project.

The club applied early in 2004 and were part of a rigorous selection process which included a detailed submission and presentation to Council's Sports Planning Committee mid-year. Out of the six other organisations that applied for funding our proposal ranked outright first. The funding provides free in-house design and architectural assistance for a clubhouse, course design and other structures. While unlimited in value, the estimated benefit to the club is approximately in the range \$30,000-\$50,000. Both Neil and Mike Roberts met with Council's planning and architectural officers a few weeks ago to discuss our 'wish-list' prior to them starting any preliminary design work. Mike is an architect by profession so his input has and will be invaluable.

The club's West Dapto subcommittee will be working hard throughout the year to prepare a submission for funding through the State Governments Regional Sports Facility grant program. This allows funding up to \$300,000 and submissions are due

in November. We will also be applying for other grants including Stage 2 Sports Planning funding through Council, which allows up to \$200,000. Most of this funding is dollar-for-dollar which means if we want \$200K we need to raise the same amount ourselves before we can apply. This can include in-kind support such as donated building materials, labour, loaned equipment etc. If you can help in any way here we would like to hear from you VERY soon.

In other West Dapto news, all the buildings on site including the old shelter have now been demolished and removed. The toilet refurbishment is nearly complete and should be ready in time for our first event at West Dapto. The new road into the park should also be ready too and the construction of the Motoring Museum should begin in March. As a result, the area where we used to park our cars will not be able to be used anymore and, instead, we will find some new space on the gravel behind the toilet facilities. During the year you will see some great transformations taking place and these will all benefit the club, exciting times!!



## Mt Kembla Hotel

### Hangover Handicap cont'd

Fairley somewhere behind me, (thank goodness for handicaps) I settled on running up the hills instead of walking. After what seemed like a bloody long time, I made it to the ½ way drink station. Grabbed a bevy, drank it and with my mouth no longer feeling as though I'd eaten a dozen dry weet-bix, I caught up with Marj Kearton. Then somewhere further along I came across Sevgi who seemed to be feeling a bit ill, and heard Peter Issa tell her to stick her fingers down her throat, or something along those lines!!

With the crowd in sight and around 200 or so metres or so left to run, I gave it all I had and thought, hey, Jaci didn't catch me!! Thought too soon didn't I, as I turned to my left there she sailed past "Good run!" she yelled. Oh well, that's life.

Crossing the line feeling a bit disoriented, very thirsty and a little ill, the urge again hit me, but this time, it couldn't be ignored. I bolted to the nearest clump of trees and told Girkhan and Kerem to keep an eye out and yell if someone was coming!

Water was like gold that day and everyone wanted some. So when I went to get a well-earned drink, alas there was none left! Lucky I had back up in the form of a bottle of hot water that was left in the car! Steven Brown was awarded the "Running Nut Trophy" on the day and he deserved it. How good is he? Him and his trademark sweatband have a huge future.

A few days later my mum rang to congratulate me on making the evening's news. She said she was watching Kerry McCann being interviewed then all of a sudden she seen a big close up of me at the start line! Guess I changed my mind about racing that day hey mum!

### 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



## ANSW WINTER SERIES

By David Barnett

The season is getting closer and it is time to get your mind into gear as the first event starts at Scarborough Park, Rams-gate in Sydney on Saturday 30 April 2005 with the Novice Cross-Country Championships. This is always a fun event in which to get the legs in motion for a great season of competi-tive running that caters for all comers from elite athlete to the ordinary club runner. In fact it is the club runner who decides the Winter Club trophy, which KJ's held for two years before relinquishing it to great rivals, the Sutherland club, last year.

All the same KJ's did very well winning more age group championships than any other club and arguably were the strongest club in the juniors. This season we hope to wrest the club championship back from Sutherland and this will only be done through the support of past and present runners, plus those in the club who wish to experience the camarade-rie of running in the club colours for the first time.

One of the highlights of this year will be the hosting of the State Relay Championships by Kembla Joggers in late July. These will be held on one of the best courses in the Illawarra along Marine Parade and around the Lighthouse. Currently we are getting some strong teams together in all age groups to compete in the ANSW winter season. If you want to join with us see Dave Higgins or Dave Barnett on registration day, or at any of the club races. You are more than welcome what-ever your ability.



## Sydney Half Marathon

Kembla Joggers will be running a bus to the Sydney Half Mara-thon to be held on 22<sup>nd</sup> May 2005. The bus will leave West's Leagues Club Unanderra at about 4.30am to get you to the Rocks area before the roads are closed at 6.00am by the Police. The coach will return shortly after lunch (1.00pm) after the traditional few beers after the race has finished.

It is essential that you book a seat with either Dave Higgins or Dave Barnett to ensure yourself a spot on the coach, which will pick up people on the way through the northern suburbs. Friends of KJ's are welcome. Equally important is make certain that you get your registration into the organisers as soon as possible. Don't delay as the cut off point closes earlier and earlier each year.

Cost of the bus is only \$15 ... great value when you can get a snooze on the way and be dropped off within metres of the start / finish and your clothes locked safely away until you return.



The Fitness Five will be held on 17 April this year and promises to be a top event for all runners and walkers with some top runners coming from afar to challenge the best that we have to offer in the Illawarra. With records on the line and great prize money we should see some great running along the most scenic course in the district. Proceeds will go towards the development of a na-tional class cross-country course at West Dapto, something that will benefit all runners in the district, including Kembla Joggers.

The City Coast Credit Union have supported this event generously over recent years and will again be the major sponsor this year along with many other sponsors such as Beaton Park, Rebel Sport, Wollongong Pure Water, I98FM and a host of other sup-porters who have contributed excellent give away prizes in the final draw at the end of the event.

Mark the date in your diary and support this club event in particu-lar since it will be of direct benefit to club members. Please en-couraging family and friends to participate since it is above all a healthy lifestyle event even if it is just to enjoy a friendly walk along the promenade to North beach and back again. Registration forms are available on the KJ website.

If you are not able to participate get in touch with Dave Barnett, Jim Hennessy or Wayne Montefiore – we would love to have your help at the registration tables or help on the course

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

Firstly big congratulations to everyone who competed in the NSW Country Champs held at the Gatorade Regional Athletics Centre in Mingara between 15/01-16/01/05.

Aside from one unfortunate fellow I know who forgot to do the good ol' "Slip Slop Slap Rap", the heat didn't seem to get in the way of our lot bringing home medals and doing the club proud.

The following members deserve a big slap on the back for their performances: **Shahna Fairley, David Fairley, Madeleine Heiner, Ryan Gregson, Ben DuBois, Jared Poppett and Stephen Brown.**

A bit of track gossip for you lot. Marshalling can be a fun experience, especially when you have your eyes open and your ears pricked, awaiting that priceless bit of gossip. This may not be priceless, but it's pretty funny anyway. A young stud in the making who always seems to sport the latest in **Mohawk Madness**, seems to have taken major advantage of the recent warm weather and apparently had his mummy do some finger painting on his back with sunscreen. The end result was something of a "bold" statement as it has his name and a big #1 tanned into his back! Way to go mum, obviously her son's biggest fan.

Onto a "JUICY BITE" of gossip now. A semi-retired KJ and former committee member was snapped tucking in to what resembles a filthy big fat burger, with all the trimmings (complete with dripping onion and beetroot juices). Add to that a can of slam it down fast Solo and you got yourself a fair dinkum aussie pig out session. He looked pretty please about it to judging by the big oily grin on his face. Nice to see the KJ's healthy lifestyle has rubbed off P.E.

One high -ranked KJ seems to "totally support one-way traffic" with...wait for it..."**SPEED CALMING DEVICES**". Aren't they called speed cameras? Speed calming devices sound so **Cliff Rd**, don't you think?

I agree with **him** that the "footpaths are too narrow and shabby", as we've all probably experienced the annoying scene where you're running up/down Cliff Rd, 2 people will be walking on the path then you have to jump down off the gutter to run around them and almost get swiped by a speeding driver in the process.

A nice little picture of this KJ trying to look incognito in his nice shades complimented the article.

Congrats to Russell Chin who seems to be popping up everywhere of late. He made a well-earned appearance in the Mercury with a story on his achievements in winning the **New Zealand national 10,000m champs in Taranaki province**. It says he came back from a poor position to take the race out and beat world mountain champ and NZ Commonwealth games rep Jonathon Wyatt. Nice one Russ.

I also saw him on WIN news running up and down the grass at Stuart Park or somewhere like that. They kept playing it on the highlights and I woke up after falling asleep on the lounge to again see Russell Chin still running to and fro on the grass, what a fit young lad.

The **Gong Run** was held on the 13/02, and I marshalled for this also. I seem to be doing a lot of it lately, but seem to be getting a whole lot of gossip in the process, so it's all good.

A heap of familiar faces lined up for the long-distance event, but there didn't seem to be a big turnout this year. Maybe they knew I was marshalling....

I set up my post across from Maccas in King St. Warrawong and waited. Before I knew it along came someone I didn't recognise, mainly because he was running that flaming fast! Then hot on his heels came Phil Parle, followed by El-Presidente` Neil Barnett, who looked fighting fit and very strong. Haven't seen those legs in a while Neil, and I like what I see!!

First female to fly past was a 20 something yr old, and according to Dad Barnett, her name was **Carlie**. Dianne Birch sailed on by with her headphones glued to her ears, but she gave me a thumbs up so I knew all was good. Other determined competitors included Franca, Marie-Claire, Dave, Warren, Michael, Paul, Ron, Peter, Marj, Jaci and my good mate Sevgi. I apologise to anyone I may have left out, but you were all going so fast and most had left by the time I rode my pushie to the finish line.

Hans done a great job as usual and his family put out a great spread for all to enjoy after their hardwork. I really hope people can get behind this event next year and either compete or assist in marshalling or just to give Hans a hand as it really would be such an effort to organise and run almost **single handedly**.

Some news on the Aquathon, which was held on Australia day. Morning started out overcast and threatened rain for most of the event, which made for cool and comfy race conditions. I was in control of the Long Course registrations so got to converse amongst other things with some elite athletes, which consisted of triathletes iron men and women and average Joes who were giving the long course a shot. Let me say this, the job Stephen Brown scored which was writing the race numbers on competitors was a much sought after task, as there were a lot of good sorts on the day!

Triathlete Trudi Barnes took out the women's long course event (her third in a row) and Steven Nicholson took out the men's section.

Apparently it was the biggest turnout ever, and boy did Pasco have his work cut out for him in the way of putting together the times and places for all competitors. Nice work Pasco.

While we're on the Aquathon, I couldn't pass up the opportunity to make mention of the various bodies of some of our members. Some male members donned swimwear ranging from quick dry boardies through to the controversial "**Budgie Smugglers**". DP's are notorious for exposing a little bit more than they intended and this day was no exception. I need not say anything more on the subject.



Thanks for reading, "catch" you next time!

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

## Fitness Preparation

Food and nutrition is something that we all know a little about. We all eat; we all know that certain types of food are better for us than others and we all have times when we eat well and times when we eat poorly. Athletes in particular tend to have excellent food and nutrition knowledge. They know that high GI carbs should be eaten immediately after a session; they know that they need to drink a mixture of electrolyte drinks and water for optimal hydration and they know which supplements do what in the body. Although, putting this knowledge into practice is often a different story. Triathletes and competitive runners routinely come to nutrition appointments with a complaint of similar nature. Fatigue is the most common nutrition issue for endurance athletes and it can usually be solved with some simple changes to the individual's diet.

There are a number of dietary related issues that need to be considered when examining the possible causes for chronic fatigue. The first thing to consider is if you are consuming enough carbohydrate. The hype over the past two to three years surrounding low carbohydrate diets in the media has seen a number of athletes reduce the amount of bread, rice, cereal, pasta, fruit and sugars they are consuming. It must be remembered though, that carbohydrate is the body's primary fuel source. If you reduce your carbohydrate intake too far below what the body actually requires for its training and competition load, muscle breakdown will occur to allow protein to be metabolised for the body to use as fuel. As this is not the preferred metabolic pathway for energy production, over time the metabolism will be lowered as the body attempts to conserve its stores of muscle and liver glycogen. These altered metabolic pathways also impact on immune functioning and make athletes very tired.

For any athletes training at least an hour a day at high intensity, carbohydrate needs to be consumed at regular intervals throughout the day to ensure optimal energy levels, ideal preparation for training sessions and the opportunity for ideal recovery in between sessions. The most important thing is sticking to less processed, low glycaemic index carbohydrates such as grain based breads and unprocessed breakfast cereals, and always balancing them with proteins. If you are trying to lose body fat, the best option is to reduce or cut your carbohydrate intake at night to allow for fat burning, but to refuel with some carbohydrate before the next mornings training session so performance will not be compromised.

The other important thing to consider is whether or not your iron may be low. Endurance athletes are at much higher risk of iron deficiency as a number of red blood cells are destroyed on impact from running and also some bleeding occurring in the gut during high intensity running sessions. The thing to remember in regards to iron deficiency is that it does not happen overnight. Iron stores deplete very gradually and so it may be many months

### **Susie Burrell**

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

## Sports Dietitian



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.

### Make 2005 your year to get fit and healthy

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before the effects of iron deficiency such as the dreadful feeling of fatigue, actually set in. So, if you feel like you have never slept when you wake up in the morning it may be worth having your iron checked by your GP. Never take iron supplements without advice from a doctor, as some people are actually at risk of storing too much iron. If you training every day for an hour or so each time, you need to be consuming red meat in the form of beef, pork or lamb at least three to four times each week to ensure you are getting enough iron.



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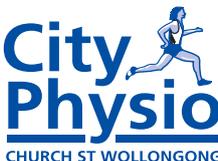
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In appreciation to all our van sponsors:



**2004 Summer Series Pointscore—Race Results**

**Mt Kembla – Hangover Handicap**

1	Ben Dubois	20.50
2	Stephen Brown	21.54
3	Paul Micale	22.04

1	Kerryn McCann	22.13
2	Jennifer Ann Burns	29.15
3	Jaci Berwick	31.38

Junior 2.0km

1	Gokhan Girgin	7.34
2	Sara Burns	8.45
3	Tegan Richards	9.33

Junior 1.0km

1	Kieren Richards	4.29
2	Nathan Cassilles-Southgate	4.30
3	Brad Gullick	4.34

**Hill 60 – Port Kembla**

Tuesday February 1

1	Stephen Brown	18.12
2	Paul Micale	18.59
3	Chris Richards	20.08

1	Erin Hargrave	22.00
2	Alisa Williams	22.16
3	Kylie Ryles	22.46

Junior 2.0km

1	Jack Reedy	8.28
2	Jonathan Liddle	9.02
3	Gulden Girgin	10.34

Junior 1.0km

1	Emily Howard	4.50
2	Campbell Rutty	5.10

**Illawarra Yacht Club - Berkeley Tuesday January 18**

1	Paul Micale	15.40
2	Stephen Brown	16.23
3	John Rosenzweig	17.10

1	Alisa Williams	19.03
2	Karlee Ryles	19.52
3	Jennifer Ann Burns	20.36

Junior 2.0km

1	Gulden Girgin	9.50
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Junior 1.0km

1	Joshua Hayward	5.02
2	Karem Izmirlı	5.17

**West Dapto - Cross-Country**

1	John Rosenzweig	18.53
2	Jonathan Clennar	19.32
3	Neil Barnett	19.57

1	Merja Kiviranata	19.48
2	Alisa Williams	20.35
3	Sheree Fanning	22.38

Junior 2.5km

1	Gokhan Girgin	9.43
2	Jonathan Liddle	10.52
3	Stephanie Hummerston	12.32

Junior 1.0km

1	Emily Howard	4.55
2	Campbell Rutty	5.01
3	Joshua Hayward	5.22

**New West Dapto XC Course—Inaugural Race**

A great day for all, beautiful weather, a freshly slashed track and a terrific turn out. For those KJ's who ran the course congratulations . As all could see it has the foundation of the Premier track that it soon will be, an on going program of filling



and levelling will produce a venue that will be the envy of many major cross country rivals. The start of the Winter season will see the course in full swing.



**KJ Clothing**  
All that's missing is you

To Order  
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4261 8811

## From Hazel's Kitchen

### Apple Puff Squares

1 sheet puff pastry  
60g melted butter  
2 tablespoons brown sugar  
½ teaspoon mixed spice  
2 Granny Smith apples



Preheat oven to 210c. Cut pastry into 4 squares and place on oven tray. Combine butter, sugar and spice and brush ½ mixture over squares. Peel apples and cut into thin slices. Layer on top of pastry squares, overlapping. Leave a 1 cm border around edge. Brush with remaining butter mixture and bake for approx. 15mins or until apple is tender and lightly golden. Cut each square into half for serving.

## THE ILLAWARRA'S COOLING INFLUENCE

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### A Temporary Farewell to Eric & Hazel Brown.

Eric and Hazel are taking a much deserved holiday in late March—We wish them all the best on their trip and a safe return.

“Hazel's Kitchen will return”

## Happy Birthday and lots of PB's to

**January:** Estelle Appleby, Trent Bailey, Trudi Barnes, Laila Comer, Amber Deitch, Karlie Chambers, Catherine Gilbert, Steve Gregson, Linda Cortes, Paul Coxhead, Troy Harriot, Julie Howard, Ward Hummerston, Greg Learmonth, Mike McCarthy ( a mega birthday), Tony McDonald (a mega mega birthday), Kristen Vandeweghe, Dennis Lane, Jake Lapham, Dieter Loemker, Max McKay ( 81 years young...what a milestone, our oldest member), Steve Mlacic, Noreen Parrish, Damien Paynter, Jared Poppett, Sue Scott, Melinda Sharpe, Kerry Smillie, Lynn Tague, Denis Webb, Ken Whitton,

**March:** Cade Barnes, Jaci Berwick, Rod Batten, Stephen Brown, Kim Cheney, Joe Castro, Martin Church, Rhys Gottaas, Rachel Coppola, Tom Cranney, Peter Evans, Matthew Feeney, Mick Hickman, Dave Higgins, David Hopkins, Marj Kearton, Georgette Ibrahim, Keely McCarthy, Kim Morgan, Alice Nauendorf, Bruce Medley, Jesse Morris, Frances Pearson, Leah Projovski, Kevin Raines, Andrew Rutty, Erin Smillie, Peter Southgate, Katrina Van Gils, Carrine Weston,

**May:** Hazel Brown, Campbell Burke, Lou Caruana, Russell Chin, Mitchell Connor, Shane Cowie, Joel Dent, Brittany Evans, Mark Everton, Vito Gaudiosi (yes, he has done his marshalling duties), Gabe Giason, Lucas Gilbert, Trent Goodwin, Jordan Gregson ( a champion of the future), Sue Gregson, Madeleine Heiner, Paul Holland, Kerem Izmirli, Colin Jones, Ian Kemp (Mr Cool Running), Jonathon Liddle, April Maciejowski, Ian McBarron, Kerryn McCann (Mrs 3 times Olympian), Jessie O'Brien, Suzanne O'Brien (club captain), David Ognenovski, Luke Oppio, Matthew Pandelus, Ryan Park (club secretary), Garry Poppett, Tegan Richards, Robert Scibberas, Brendan Scollary (Mr web site), Silvana Sebben, Tony Tenkate, Garry Wheeler,

**February:** Peter Asher, Dave Barnett, Max Beattie ( another teenager), Gwenda Brokenshire, Julian Caruana, Andrew Coad, Tracey Collett, Elli DiPietro, Jeff Dunning, Kirra Jones, Sally Kurt, Tobias Lunney, Kathy McCarthy, Renee Ognenovski, Lauren Ognenovski, Parisse Ross, Leah Teuia, Rachel Mintoff, Steve Newman, Bobby Projovski, Campbell Rutty, Michaela Tranby, Amanda Vandeweghe, Matthew Whittington, Dana Wilton, John Wilton,

**April:** Jim Brokenshire ( big one Jim), Jennifer Ann Burns, Ryan Burns, Todd Davidson, Blair Day, Grant Deitch, Paul DiPietro, Brandon Fairley, Roy Francis, Ryan Gregson, Brad Gullick, Donna Lee Jones, Thomas Leedham, Tony Maloney, Jack Millar, Wayne Montefiore, Trent O'Brien, Alison Reedy, Mike Roberts (Mr Fox), Imogen VanGils, Eloise White (sweet sixteen)



## Athlete of the Month

### Athlete of the Month—December 2004

#### Jake Evans

The month of December is a quiet month in terms of athletic activity with few opportunities to judge someone who stands out from the crowd. In fact there was only one road race in the month but perusal of the results of the regular weekly track races at Beaton Park did shed some light on an outstanding athlete of the future. Although not in the senior ranks at present this KJ revealed extraordinary talent in two races that put him a position to win this award, something not normally given to a junior.

Turning to his track performances, despite only just turning fifteen, he ran a superlative 4.38.7 for the mile, just behind Jared Poppett, who won in a time of 4.38.2. The following week, to show his ability as a sprinter, he won the 100 metres in an age group and senior open record time of 11.9s. A talented sportsman all round, quiet and unassuming, Jake Evans is on target for better things to come and despite his youth was one who stood out as athlete of the month for December.



#### *Wilson's Discount Bikes*

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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—January 2005

#### Alison Dickinson

Sometimes we sit back and think I won't run today in a KJ race because I have a little injury, or it's a bit warm, or I don't feel like it - I do and I'm not alone. Well if you need inspiration come along to some of the events and see someone who doesn't know the words ... *I can't do* ... and that person first started coming down to the track about a year ago. At that time just running 400m was a challenge. From this beginning she graduated to longer distances and has fronted up for several of the Summer Series races. At the Illawarra Yacht Club race she did an outstanding run of 31.12 for the 5K, finishing a in a sprint.

The other week she did the Hill 60 run, which is not for the faint hearted. Police Constable Vito Gaudiosi was so impressed with her attitude he ran all the way back from his marshalling position, up the big hill, and back to the finish with her ... and Vito hates running hills. His running partner that day was Alison Dickinson and her performance throughout summer, particularly in the Yacht Club 5K, is recognition of her *never say die* efforts with a heart as big as the best. Alison, if anyone deserved it, then your achievements put you out in front of anyone else as far as athlete of the



## 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 2005

#### 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	Mike Roberts	4256 8987
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

## Coming Events

#### FUNRUNS

##### April 2005

17 Fitness 5

#### MULTI EVENTS

##### April 2005

10 Canberra Marathon

##### May 2005

22 Sydney Half Marathon

#### ANSW EVENTS

##### April 2005

30 NSW Novice Cross Country  
Championships Ramsgate

15-16 Country Track Championships  
Mingara

##### May 2005

7 NSW Road Championships  
Holsworthy

22 NSW Half Marathon Championships

#### KEMBLA JOGGERS WINTER SERIES 2005

##### March 2005

Sat 26 West Dapto  
8km Road Race 3.00pm  
4km Cross Country

##### April 2005

Sat 9 4 mile Mt Kembla 3.00pm  
3km Juniors

Sat 23 5km Cross Country 3.00pm  
West Dapto

##### May 2005

Sun 15 8km Cordeaux Dam 11.00am  
4km Juniors  
Family Picnic Day & Junior Open Day  
BYO BBQ

Sat 28 10km Mt Kembla 3.00pm  
3 mile

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