



THE FOX

Letters to the Editor/Club Correspondence
Address to: PO BOX 527 DAPTO NSW 2530

SEPTEMBER 1995

PRESIDENTS MESSAGE

Welcome to the second issue of *The Fox*, the Kembla Joggers new Club Newsletter. Many of you might have missed the first issue if you couldn't make it to the last couple of races. It is hoped that *The Fox* will be mailed directly to all KJ members in the future, keeping you all informed about the latest happenings in the Club.

We are now approaching the end of our Winter Season which has been every bit as successful as last years record breaking season. Membership numbers have easily exceeded last years, with race attendance figures about the same. This is particularly pleasing when you consider some of the problems we have had to face during the season such as changing venues for most Mt Kembla races due to Sydney Water property access problems and rain at up to 5 or 6 of our events. This included heavy rain at our 10 km cross-country at Cordeaux Dam last week which still attracted a race-record crowd (almost 60) most of whom stayed for the BBQ. Most people commented that it was just great to get out and run in the rain, something we hadn't seen for almost 50 days straight.

Many thanks to all KJ's who fronted up at the Dapto Long Course Duathlon on 20 August and assisted by marshalling, timekeeping etc. Your efforts were very much appreciated by the organisers who made it clear during the presentation ceremony that they could not have staged the event without the KJ's assistance.

The Summer Series is almost with us again and promises plenty of action and variety. Most KJ members should take advantage of the series to keep in shape during the off-season and to compliment this with our Thursday night track races to develop leg-speed. The Summer Series gets underway on 7 October with a 7 km scratch start at Mt Kembla starting at 3pm. Most races following will be held as usual on Wednesday evenings at 6pm once day light savings begins. (Program enclosed).

Two events in particular should be highlighted on the Summer Program, the first being the Club Challenge at Grays Point on 15 October and the second the Duathlon Relays on

19 November. Both events will depend heavily on club member participation so please get involved if you are available. (see separate articles).

Anyway, try to stay enthused now the Winter racing season has passed by - it always is a hard task to do so, but will pay dividends come next season

See you at our Summer Series races.

Neil Barnett

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Modern Medical Miracle at Kembla Joggers Meet



In a performance reflective of current medical technology, doctors have reported the successful separation of the athletic Bobsy Twins (Gary and Kevin). After a multi-hour operation the doctors reported that they thought both athletes had come out of the ordeal relatively unscathed; but unfortunately it was only Gary that was able to run at the 5 Miler - 19/08/95. Kevin was still recovering and was able to handle the intense pressure of being a marshal at the first corner. It has been reported that no jogger was sent eastwards to Kembla Grange; although the reported sighting of Gary with a guide dog at the halfway mark has yet to be verified.

Gary of course did yet another quality run with a good time. Was he the strength of the Bobsy combination? Will Kevin reveal his true colours? Can they remain separated forever? Has the operation been successful in the long term? Keep your eyes open for further medical updates in future issues.

UPCOMING EVENTS

September

16	7 mile	Mt Kembla	3pm
	3 mile(alt)	Mt Kembla	3pm
23	3 x 3 mile relays	Stuart Park	3pm

October

7	7 km	Mt Kembla	3pm
15	10.5 km	Club Challenge Grays Point	3pm
19	3,000 & 1,500m	Beaton Park	6.30pm

November

1	5 km	Stuart Park	6pm
15	5 km	Tri-Club Challenge Illawarra Yacht Club	6pm

KEMBLA JOGGERS PRESENTATION NIGHT

Friday 3rd November
1995
Kembla Grange Turf
Club

Adult \$25.00 per head
Children under 12 -
\$10.00

Please order your
tickets
now by contacting
Robyn Henry on
565274

1995 INTERCLUB CHALLENGE
KEMBLA JOGGERS
REQUIRED

The KJ's have been invited to this years Interclub Challenge which will be held at Grays Point on Sunday 15 October. The Challenge will involve most Sydney Running Clubs who will be competing for the prestigious Club Shield which is presently held by Billy's Bush Runners. As last years winners Billy's Bushies host the event on a course of their choice, which will be 10.5 km along fire trails in the scenic Royal National Park. The course is largely traffic free and has been described by organisers as "an interesting and challenging venue for the event" - no guessing competition for what this means.

The Interclub challenge is for runners of all levels and uses a pointscore system so that everyone earns points towards their Club's tally i.e. 200 points down. Male and female finishers will score on separate scales. The Club which wins the Club Shield will earn the right to host the 1996 Interclub Challenge on a course of their choice - couldn't we have some fun with this! There is also a Top 25 Shield for the first 25 place getters (male and female).

The scoring system gives the KJ's a large advantage because of our large membership numbers. So far there has been a lot of interest shown by KJ members and we hope that this will mean a huge turn out by our Club on the day. If you would like more details or would like to register your name (you must do this if you wish to compete) please phone **Bruce Medley** on **288024** or **Neil Barnett** on **713299** by 8 October, if not sooner.

There is no entry fee and a free BBQ, tea, coffee, fruit and drinks will be provided - what more could you ask for. It is anticipated that a car pooling system will be used to and from the event so don't worry if you have transport problems.

The event starts at 8.30am on Sunday 15 October 1995 at Grays Point Oval, Angle Road, GRAYS POINT about 45 minutes drive from Wollongong.



Some items of KJ clothing are still in stock and can be purchased at any KJ event or by contacting Jeff Dunning on 617599.

This will be the last opportunity to buy Club clothing prior to the next orders being placed during the 1996 Winter Season. Prices are as follows:

T-shirts \$10,
Singlets \$10,
L/sleeve shirts \$14,
Sloppy Joes \$18,
Club Racing Uniforms \$50 per set or \$25 per item.

PRESENTLY IN STOCK

Singlets - sizes: 14
T-shirts - sizes: 20
L/sleeve shirts - sizes: 12, 20, 22
Sloppy joes - sizes: 16, 18
Racing Uniforms - sizes: most sizes

VETS NEWS

By Jim Hennessy

The highlight of the vets scene was the run of 59.34 by Dave Higgins in the 1995 City to Surf, this being his first time under 60 minutes. To ensure a reasonable start Dave was on the starting line at 7.00 am which certainly helped. Dave was a running member of the Australian record breaking team for the Kembla Joggers Sydney to Melbourne run in 1991.

In perfect conditions on Thursday evening 17/08/95 a great 5km run eventuated at Beaton Park.

Frank Hungerford 17.47,
Greg Learmonth 17.48,
Raphael Moriana 17.59,

All ran personal best times in a closely contested event. Third placed Andrew Krajewski 17.53 was only a few seconds off his best time as well.

Rowan Allnut; Bryan Ashton; Ron Perry; Bronte Blay; Tony Hamilton; Steve Matthews; Graeme Smith and Gary Howard are getting back to their best and ready to run satisfying times on the track.

Younger runners Lauren Elms, Neil Barnett, Darren and Troy Upward are running fast and keeping the Vets honest.

With the Winter Series road races nearing completion now is the time to do some track running. Track is most beneficial for road running as well as being enjoyable once you get used to it.

REMEMBER

Track events start at 6.30 pm every Thursday at Beaton Park.



LETTERS TO THE EDITOR



WHAT A PLEASANT FEELING

On Saturday 2nd September 1995 my wife Judy and I came for a "trial run" at Cordeaux Dam, thinking of joining the Kembla Joggers.

The weather was not on your side but was quickly forgotten by your warm welcome. We felt like everyone knew us. It was a very pleasant feeling. We were so surprised to see you so organised. It seems that everyone knew what they were supposed to do.

1995 ANNUAL GENERAL MEETING

DATE	Tuesday 21 November 1995
TIME	7.30pm
VENUE	Mt Kembla Hotel Lounge

I enjoyed the run, it was excellent. It was my first cross country run and I loved it. What a difference from running on the footpath.

During the run my chain and medallion got caught in the branches and could have been lost if it was not for one of the runners behind me who found it and returned it at the finish. Thank you to whoever this was.

After this first event, and encounter we have decided, Judy and I, to join the Kembla Joggers. I hope we can keep up with you.

Thank you again to all.

Alain Brule

FUNRUN INFORMATION SERVICE

A new Funrun information service has been established in Sydney which individuals and Clubs can subscribe to. The package is mailed to you each month and contains an event calendar with detailed race information for that month, previews of events for the following month, event reports, entry forms and runner profiles. The subscription fee is \$12.00 for 6 months or \$20.00 for 12 months. Application forms can be obtained from the club or by writing to:-

Derek Foley
Sporting Services
c/o 63 Crawford Road,
BRIGHTON LE SANDS NSW 2216
(Ph. 02 5976750).

IAN KENNERLEY

DOB: 21/03/70
Nickname: Kenners, "Red"
Place of Birth: Fiji
Family Status: Single (but taken)
Occupation: Development Officer,
Royal Lifesaving Society
Other Sports: Triathlon
Favourite Food: All of it
Favourite Drink: Any sport's drink, H₂O
Favourite TV Show: Simpsons, Footie Show
Favourite Music: Anything except Rap & Techno
Best Times: 5 km 15:27
10 km 32:40
800 m 1:52
1500m 3:52
Preferred Shoes: Most comfortable at time of purchase
Toughest Event: 800's
Aspirations: To gain selection for Triathlon Grand
Prix Series
**Most Admired
Athlete:** Seb Coe, Claire Carney (Triathlons)



KJ PROFILE

PHYSIO ON THE RUN

Cross-Training for Injured Runners

By Phil Parle

How can you tell the difference between shinsplints and a stress Fracture?

The classic-Posteromedial Shinsplints is a diffuse pain along the muscles on the inside of the Tibia (Shin) and their attachments to the bone. The muscles affected function to pull up the arch of the foot (Re-supinate) and stabilise the foot during the mid stance stage of running. They can get fatigued, over stretched or traumatised in activities or at times which involve excessive pronation (the phase of lowering the arch in order to absorb shock and adapt to the ground).

In the early stages microtrauma and inflammation develop, and tenderness, intermittent pain and a hindrance to training result.

In the latter stages scarring occurs and pain, a loss of function and an inability to train is the consequence.

Stress fractures are present as more localised areas of tenderness and swelling, usually in the upper 1/3 or the junction of the lower 1/3 of the Tibia and diagnosis is confirmed by an X-ray or a bone scan. They occur as a result of too much stress through the line of the Tibia. They may occur as a result of a lack of muscular support that occurs with shinsplints or as a separate entity due to a lack of shock absorption with running on excessive hard surfaces or in old shoes. High arches and stiff ankles have a reduced ability to pronate and therefore shock absorb. An over ambitious increase in mileage may also lend itself to trouble.

SHINSPLINTS

STRESS FRACTURES

DISTINGUISHING

FEATURES

1. Diffuse tenderness along the soft tissues
2. Scarring in chronic stage

1. Localised tenderness/swelling on the bone

CHECK LIST

1. Shoes-worn out, worn down lack of stability
2. Increase in mileage
3. Increase in hills/track
4. Tight calves/hamstrings
5. Pronating feet

1. Shoes worn out/down lack of shock absorption
2. Increase in mileage/overtraining
3. Hard surfaces
4. Medical complications
5. Under or over pronating feet

TREATMENT

Early

1. Correct training error
2. Taping the arch
3. Massage/ice/stretching
4. Anti inflammatory

1. Medical assessment/advice
2. Cast for up to 6 weeks/rest
3. Correct errors/shoes
4. Cross training/gradual return

Late

1. Rest/cross training
2. Orthotics
3. Strengthening
4. Medical intervention (occasionally)

Phillip Parle
 City Physiotherapy Centre
 Shop 3, Simpson House, 135-137 Crown Street, Wollongong
 PH: 042 261015

Phillip Parle - BApp Sc Physio
 P.G.D. Manipulative Physio (Syd Uni),
 P.G.D. Sports Physio (WA)
 Reduced Rates for crippled KJ's
 (see Page 8)

EATING FOR SUCCESS

Indexing Your Energy

Susan Mulready

Dip. Nutritional Science

Most of us are now aware that a high carbohydrate diet is best for enhancing sports performance. We have also been taught that the majority of the carbohydrates that we consume should be complex rather than simple sugars. It is suggested that athletes derive 60-70% of calories from carbohydrates (which should be increased to 70-90% for 3 days preceding a race).

Food scientists have now introduced glycemic-indexing - a ranking system for carbohydrate foods that measures the rate at which carbohydrates break down and release glucose into the bloodstream. Glucose is the energy source for exercising muscles.

The glycemic index measures how soon and to what extent glucose levels rise in the blood after you eat carbohydrates. Foods that have a high glycemic index provide a quick sugar fix, as glucose is released into the bloodstream quickly after eating. Foods with a low glycemic index raise the blood glucose level slower and to a lower extent, supplying a steady supply of energy over several hours.

The key to using the glycemic index for boosting performance is knowing when the body needs a surge of glucose energy, or a weaker but steadier supply. **BEFORE** long workouts your body needs slow glycemic-index foods to provide a sustained entry of glucose into the bloodstream.

DURING long workouts your body will require high glycemic-index foods. When glucose stores are depleted your body will require glucose to be pumped into the bloodstream quickly to refuel your muscles and brain. **AFTER** long workouts glycogen stores must be replenished with new supplies of glucose. The sooner this occurs, the faster your recovery time will be. High glycemic-index foods prompt high blood-glucose levels which encourage rapid rebuilding of glycogen stores. This will help speed recovery and prevent overtraining.

Getting glucose into the blood stream at exactly the right time before, during, and after exercise is crucial to your performance. Using the glycemic-index system can help you do this effectively.

Below is a list to show you how some foods rate.

HIGH

Bagels, bananas, bread, carrots, corn, honey, muesli, potatoes, raisins, rice, sports drinks.

MEDIUM

Grapes, oatmeal, oranges, pasta, peas, rye bread.

LOW

Apples, beans, cherries, chick peas, dates, figs, ice cream, lentils, milk, peaches, plums, yoghurt, peanuts.

*Sue works for Nutrafit, Nutrition & Health
Consultants,*

Shop 5 Northbeach Novotel.

Discounts apply to all KJ's.

(see Page 8)

*Sue has a Diploma in Nutritional Science
& is a Level 1 Triathlon Coach.*

JUNIOR NEWS

As we have reached the end of the Cross Country season there has been a large number of events that have been held recently and a lot of junior KJ's have performed well.

Not long after the last newsletter went to press the NSW Athletics Assoc. State Championships were held at Nowra on the hilly (very) course at Mt Camberwarra.

A few junior KJ's competed in these championships, with a notable performance coming from Elivia Comer, who ran up an age group but still managed to place 2nd in the U/18 girls, which qualified her for the national titles in Bendigo. Bethany Comer ran in the U/14's and came 8th. In the U/18 boys I ran 11th. Lalia Comer also ran in the U/18's.

The next day the Edmund Rice "College to Coast" was held with Brendan Cato and Stephen Locke winning their respective age groups. I also ran and helped Stephen and Brendan win the secondary schools category, for the 2nd year running.

On the 12 August the Australian All-Schools Cross Country was held in chilly Launceston, Tasmania. I competed at these championships placing 16th in U/17 boys. The next day I ran again to help NSW U/17 boys to 2nd place in a state relay, we were just beaten by Victoria.

Three weeks later the Australian Cross Country Championships were held in Bendigo, Victoria. Elivia Comer ran at these championships and placed a great 14th in the U/18 girls. These championships also featured the National male and female opens race. This was the last event of the cross country season for 1995.

Last weekend the NSW Combined High Schools Athletics Championships were held at the Sydney International Athletic Centre at Homebush. A number of KJ juniors competed with fine results. Bethany Comer competed in the 12 yrs girls and placed 5th in the 800m, and 14th in the 1500m walk. Elivia Comer placed 6th in the 15yrs girls 1500m, 4th in the 300m, and 3rd in the 1500m walk. One of KJ's newest members, Lauren Elms won both the 15 yrs 800m and 1500m. These results are a fine indication of the standard of the KJ juniors and these athletes are to be applauded for their efforts.

I would like to apologise to any athlete who ran in any of the above events and wasn't listed. If you compete in any event and would like to see the effort recognised, write the result down on paper and hand it to me at any of the races, (if I'm there).

Until next time, stay fit and healthy and have fun

Jnr Ed. Stuart Perry

KJ Membership Cards

KJ membership cards are now being issued to all KJ members. Membership cards are valid for the 1995 Winter Season and 1995/6 Summer Season which ends in March next year.

Your card will entitle you to discounts on a range of fitness/health products and services when presented to the supplier. Please make the most of this service and support those businesses which support the Club.

DISCOUNT PARTICIPANTS

- Sportsco - Crown Central, Wollongong
Up to 10% on all stock.
- Nutrafit - Shop 5 Northbeach,
Ph: 265353 25% off fitness
& Nutritional Assessments.
- Phil Parle - City Physiotherapy Centre
Crown Street Mall, Above
Pigalle Cafe. Ph: 261015
All visits \$30 (usually \$40
first visit, \$35 each other visit)
- Wilson's - 5% off bikes, 10% off
Discount Bikes clothing and accessories

ATHLETICS NSW NEWS

On 29 July the NSW Cross Country Championships were held at Nowra and hosted by the Nowra ACC. The senior men's race was won by Paul Arthur who won the City to Surf last year, while the senior women's race was won by Lorraine Davis who ran with us a few times over the last couple of years. Third in the senior women's race was Leanne Wilford who first ran with KJ's many years ago as a junior. Other Kembla Joggers members who took part included Petri Laajoki, Stuart Perry, Bethany, Elivia and Laila Comer.

As the jury is still out on whether Kembla Joggers should seek affiliation with Athletics NSW, if you wish to take part in any track and field carnivals this summer you should think about local clubs, talk to any of the Comer or Perry families about Southern Flame AAC, or Wayne Montefiore about Shellharbour AAC. I don't think there are any KJ members of Blue Stars AAC.



A few events to remember for the coming season:

Move Games	Sept 22/23/24
NSW 10 k Championship	Oct 29
Lysaght Shield (Canberra, Hunter & South Coast)	Dec ?
Australian All Schools	Dec 12
NSW Country Championships	Jan 27/28
NSW Open & U20	Feb 16/17/18
NSW U18, U16 & U14	Feb 23/24/25
South Coast Branch Championships	Feb ?
NSW Vet Championships	Mar 23/24

1995 DUATHLON RELAYS

This years Duathlon Relays will be held on Sunday 19 November commencing at 9.30am at Dapto High School.

This event is a combined effort between the KJ's, Tri-Club and Cycle Club and involves teams of 3 (5 km run, 30 km cycle, 5 km run). No individual entries or teams of your own are allowed. Instead, entrants are formed into graded teams of about the same ability (this requires a lot of skill!) so that every team has roughly an equal chance of winning. Teams will be announced on the day.

The event, which is being held for the third year in succession, allows members from each of the three clubs to mix with each other in a friendly, social atmosphere. The cost of entering is \$5.00 per athlete and includes a BBQ lunch. All proceeds from the day will be donated to the Children's Ward Appeal.

An entry form has been included in this sendout and should be returned to Robyn Henry or any Club official as soon as possible or at latest by 12 November. **Entries received after this date will not be accepted.**

Enquiries to Robyn (565274) or
Neil (713299)

STOP PRESS STOP PRESS STOP PRESS

3 x 3 RELAY VENUE CHANGE

The 3x3 mile relay listed on your Winter Program for 23 September **can not** be held at the West Dapto Venue. The venue will now be STUART PARK (meet near the surf club) and will start at 3pm instead of 12pm.

A one mile circuit around the park has been devised. You don't need to form your own teams - this is done on the day by our handicapper to ensure all teams are as evenly matched as possible.

KEMBLA JOGGERS CONTACT LIST

	NAME	HOME	WORK	FAX
President:	Neil Barnett	713299	757469	753489
Vice President:	Ron Perry	283807		
Secretary:	Karl Stamp	566616	757380	754038
Treasurer:	Jeff Dunning	617599	753529	
Public Officer:	Robyn Henry	565274		
Race Organiser:	Gary Howard	743411		
Social Secretary:	Jim Hennessy	292490		
Veterans Club:	Jim Hennessy			
Jnr Development:	Neil Barnett			