



THE FOX

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

FEBRUARY 1996

PRESIDENTS MESSAGE

A great season of summer road and track racing has almost come to an end and once again has been supported in large numbers by KJ members. It's hard to believe that the Winter Road Racing Season is only weeks away from beginning. We hope you are all fit and have not suffered too much over the Xmas break from the usual overeating and undertraining regime.

Another action-packed season has already been planned for 1996 and we invite you again to join us in our 23rd year. The season kicks off with the *Pre-Season Cross-Country Classic* 5km to be held at Stuart Park (Puckey's Course) on March 16th at 3pm. This will again be used as a registration day with registrations being taken from 1.45-2.45pm. To ensure the event starts at the scheduled time please bring with you a completed membership form and your 1995 membership card

which will be validated for 1996. If you cannot make it to this event registrations will be taken at the following event or you can simply post your form and a cheque covering feesto:-

PO Box 527, Dapto 2530.

For the first time in 5 years there will be an increase in fees this season. This has come about due to costs associated with mailing out the new club newsletter "*The Fox*" to all members on a regular basis as from this year. In addition a new user-pays fee which will be imposed on the club when using the ICC West Dapto venue and the planned purchase of new equipment has made an increase necessary. The new fees will be \$20.00 (individual), \$40.00 (family) and \$10.00 (under 16), which I'm sure you will all agree still represents excellent value for money.

If you wish to receive all issues of the newsletter during 1996/7 it is advisable that you renew your membership before April.

All athletes over 30 years still gain automatic membership of the KJ's Vets Club.

Quite a few new faces were elected to positions on the committee at last November's AGM. It was great to see that these people were more than willing to take on some responsibility in their first year, including Paula Crinnion who agreed to fill the newly created Female Liaison Officer position.

The junior pointscore gets underway on May 18th with a 7km at Mt Kembla and continues every second race thereafter. Any KJ member under 18 years is eligible to participate in the series which is held in conjunction with normal KJ events.

Don't forget that KJ track events are still being held every Thursday evening at Beaton Park athletics track starting at 6.30pm. Jim Hennessy can be contacted for more details.

Yours in running,
Neil Barnett

UPCOMING EVENTS

February

21	5 km	Stuart Park	6.00pm
22	5,000m	Sth Coast Vets	6.30pm
	200m	Track Champs	
	800m		
29	1,500m	Sth Coast Vets	6.30pm
	400m	Track Champs	

March

16	5km XC	Stuart Park	3pm
30	3 mile	West Dapto	3pm

KJ CLOTHING

Orders are now being accepted for KJ clothing. The same range is available as in previous years but with one new item for the women - a lycra crop top valued at \$25.00. Once again there will be no price increase. Please make the most of this because it is expected there will be small increases in prices next season.

FOUND

Found during 1995 - items not claimed will be given to charity - enquiries to Neil.

Fitness 5 shirt (1994 type)
Black Givency track pants
KJ shirt
Green Umen hooded top



CONGRATULATIONS!!



**Congratulations this issue to two KJ members
Ian Kennerley and
Ranay Hall who
announced their engagement recently.**

KJ RACE START TIMES



Race start times will remain the same in 1996 however due to late registrations delaying the start of many handicapped events some changes have been made. The cut off time for registrations has now been brought forward from 2.45pm to 2.30pm or 30 minutes prior to race start time in all events. It is hoped that competitors will arrive well before this to enable events to start at the scheduled time. Handicap time penalties for runners arriving after 2.30pm will also be enforced more strictly by the handicapper.

NEW POSITION

The newly created position of Woman's Development Officer was keenly taken on by Paula Crinnion at the 1995 AGM. Paula already has some good ideas on ways of attracting new female runners to the KJ's. We are sure Paula would appreciate fellow female KJ's out there to forward their own ideas and suggestions to her regarding issues relating to woman both in the club and the wider running community itself.

Andrew Bounces Back

Many of you will not be aware that Andrew Krajewski, one of KJ's keenest members, underwent major surgery in November last year to remove a cancerous tumour from his stomach. We are happy to report that Andrew has recovered very well from his surgery and the prognosis for his future is said to be good.

Andrew turned up to marshal at the 5km cross-country event at Mt Kembla soon after his release from hospital and was proudly showing everyone his battle-scars. Our spies even spotted him out training the following week.

On December 13th Andrew competed in the Stuart Park 5km event in a very credible 20.24 - a truly remarkable effort considering - and more recently in the Hangover Handicap and a 5000m track event in 18.43. Andrew also tells us that he plans to compete in the 1996 Canberra Marathon. A great effort Andrew - but don't think this means your getting an easier handicap!

Bill Williamson, KJ guru, is also recovering after a short stint in hospital due to illness. We also wish Bill a speedy recovery.

GARTH'S HAIRY PREDICAMENT

The latest gossip doing the rounds is all about Garth Hennessy who has recently been turning up at Illawarra Cycle Club road racing events on the bike, which incidentally has already earned him the nickname "Romper-stomper", but whether or not he will match the trend of fellow cyclists by shaving his legs. With Garth currently contemplating another season in footy shorts it is understood that the razer will be staying in the bathroom cabinet at least for the short-term.

FOX ON VOX

The Kembla Joggers very own radio slot is going to air every Saturday morning - have you tuned in yet!! If not tune in to 2VOXFM (106.9) sometime between 6.50am - 7.10am each Saturday to hear the latest news from the KJ's including previews of upcoming events, previous race results, interviews with club members, and lots more!



FOXTROTS

5 km Cross-Country (Mt Kembla Ring Track) 29 Nov 1995.....30 KJ's turned out for the annual 5km cross-country event along Mt Kembla's rugged Ring Track. Hot, humid conditions made the going tough for most competitors however this didn't stop some good times being recorded. Mark Everton battled it out with Ben Dubois most of the way with Mark taking out line honours by a mere 2 seconds. Garth Hennessy ran the race on his own and finished strongly in third place. First female home was Kym Batten. For the first time ever no sprained ankles or torn ligaments were attended to at the finish although Gary Burton was seen stumbling into the bushes at the 2km mark.

Results

- MALE**
1. Mark Everton 17.17;
 2. Ben Dubois 17.29;
 3. Garth Hennessy 18.06;
 4. Kane Johns 18.33;
 5. Neil Barnett 18.44;
- FEMALE**
1. Kym Batten
 2. Nicola Owens 27.23;
 3. Louise Samuel 27.23;

5km (Stuart Park) 13th Dec 1995.....Another good crowd of 30 plus athletes competed on perhaps the KJ's most popular 5km course. With a very blustery NE wind blowing the times were expected to be a bit slow. They were for most of us however Ben Dubois didn't seem to notice smashing Wojtek Krajewski's course record by almost half a minute. Ben's time of 16.10 will prove hard to beat even in perfect conditions. Rowan Allnut finished second and Johnathan Crowe an impressive third.

Results

- MALE**
1. Ben Dubois 16.10;
 2. Rowan Allnut 17.09;
 3. Johnathan Crowe 17.26;
 4. Paul Micale 17.26;
 5. Craig Williams 17.39;
- FEMALE**
1. Dione Buhagiar
 2. Jacqueline Hill 27.57;

7km (Hangover Handicap - Mt Kembla) 1 Jan 1996.....57 KJ's managed to make it to Mt Kembla on New Year's Day for the annual Hangover Handicap event (or should it be said that 250 KJ's didn't make it?!). The race, which has become the most notorious on the local running calendar, was held on the Kembla Hts 7km course in hot, steamy conditions after a shower of rain.

Robbie Belsito finished first on handicap and picked up the much sought after running Nut Trophy for her efforts. Robbie even managed to slip away before the compulsory breathalyser test could be performed to ensure she had at least one drink the night before - this is doubtful as she was noticed to be running a very straight line! Ben Dubois started last on handicap and ploughed through the field to finish in sixth place with the quickest time of 23.26 which by the way is equal to the quickest time on this relatively new course. Mark Everton finished mid pack with the second quickest time of 25.41 whilst Elivia Comer was the fastest female in 32.12. Most KJ's however just ran at a comfortable pace which was reflective of the humid conditions and the hangover factor. Run of the day went to Mark Owen who recorded a great time of 27.44 and 4th place on handicap.

Results

- MALE**
1. Ben Dubois 23.26;
 2. Mark Everton 25.41;
 3. Chris Stocker 26.10;
 4. Ian Kennerley 26.20;
 5. Gary Burton 26.30;
- FEMALE**
1. Elivia Comer 32.12;
 2. Paula Crinnion 33.36;
 3. Bethany Comer 35.08;

5km (Hill 60 Challenge - Port Kembla) 10 Jan 1996...This one made the 9 mile at Mt Kembla look like a trot down Crown Street with a strong westerly blowing. The course climbed Hill 60 twice - the second ascent on return from Fisherman's Beach was the real gutbuster with even the quickest runners reduced to a walk. The times recorded were the real indication of the toughness of the course with only 2 KJ's able to break 20 minutes. Gary Howard, the architect of this event, justifiably copped the flak from the weary competitors on their return to Port Kembla Beach. Gary has since retired from his Race Organiser's role to take on another position in the club - good riddance Gary!!

Results

- MALE**
1. Ian Kennerley 19.57;
 2. Paul Hellier 19.58;
 3. Ross Walker 20.36;
 4. Gary Burton 20.53;
 5. Raffael Moriana 20.57
- FEMALE**
1. Carrine Weston 26.42;
 2. Sally Dare 29.07;
 3. Ranay Hall 29.08

TRI CLUB CHALLENGE

The annual KJ -Tri Club Challenge was held on 15.11.95 at the Illawarra Yacht Club, Warrawong. A race record crowd of 52 runners turned up to tackle the 5km course along the scenic (but smelly!) cycleway which travels beside the Lake Illawarra foreshore.

The course is as flat as they come and extremely quick if the conditions are right despite a stiff breeze on the return some very respectable times were recorded by a number of the competitors.

Ben Dubois, representing the KJ's won the event in a course record time of 16.09 almost 30 seconds ahead of second placed Murray Smith (Tri Club) who finished in 16.38. KJ stalwart Mark Everton recorded an impressive 16.40 to place third overall. Andrew Lloyd barely jogged to halfway and blitzed over the second half of the course coming home fourth with a time of 16.50.

First female home was the Tri Club's Tracey Hargreaves in a top time of 18.13 with second place being taken by the KJ's Paula Crinnion in 22.21. Carrine Weston (KJ's) pushed Paula all the way with a third placing in 22.37.

KJ's won the event purely on the number of competitors however we have been

reliably informed by the Tri Club that this is unlikely to happen again. Some consideration will be given to the Tri Club's request to hold this event around March-April when this event would fit into their own programme more easily.

VITA HEALTH FOODS DISCOUNT

Discounts available for all KJ's on presentation of KJ membership card on a wide range of health food products for athletes such as Durafuel drink and bars.

<u>Total purchases</u>	<u>Discount</u>
< \$25	10%
\$25-\$50	15%
> \$50	20%

VITA HEALTH FOODS TEAM DUATHLON 19.11.95

A good roll-up ensured that the 1995 Vita Health Foods Teams Duathlon was yet another success. Continuing support for the Duathlon from Ken Challinor of Vita Health Foods ensured that everyone

was looked after in terms of prizes and freebies such as Durafuel bars and drinks - thanks Ken. A swag of marshals and volunteers also donated their time to make the day more enjoyable for all athletes attending. The Tri Club BBQ was greatly appreciated - thanks to those responsible for this. Over \$300 was raised on the day with all proceeds given to the Children's Ward Appeal.

The race turned out to be perhaps the most evenly matched since it was first held three years ago with the top 10 teams finishing within 3 minutes of each other. The handicappers did a great job overall in fine-tuning the randomly chosen graded teams - especially Pasco Coppolaro who proved his talent for the assistant handicappers role in 1996.

Congratulations to the winning team of Frank Neri, Andy Shannon and Johnathan Crowe who finished with a total team time of 1.24.09. They were closely followed by the team comprising of Jim Hennessy, Gemma Craig and Shannon Taylor (1.24.23) and the third placed Robbie Belsito, Danny Hennessy and John Gullick (1.24.51). Some outstanding performances were recorded on the day in particular Tim Crinnion's 18.05 and Daniel Covington's 17.03, both for the 5km run leg.