



# The Fox

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May 1996

P.O. Box 527 Dapto, NSW 2530

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## KJ's on fire in Canberra

A Race Report by Chris Stocker

Sunday April 14th saw KJ's Andrew Krajewski, Dennis Webb and Chris Stocker lining up for the start of the 21st annual Canberra Marathon. This race incorporates several championships, including the Australian Veterans Marathon Championships and the N.S.W Veterans Marathon Championships. It is worth noting that Kembla Joggers members who are also members of the Kembla Joggers Veterans Club, qualify for both these championships.

Both Andrew and Chris and their families had travelled to Canberra on Saturday and stayed at the Telopea Park Motel which is located at the start/finish line. This was a great benefit to both pre-race preparations and post-race recovery. On race morning, weather conditions were perfect with no wind and low temperature. The KJ's runners anticipated good times as a result of many months of hard training. An unexpected bonus was the appearance of several hardy KJ club members who had risen early and made the long journey to Canberra that morning to cheer the runners on. This was greatly appreciated by the runners, especially in the closing stages of the race.

The course is reasonable flat and winds around the new Parliament House and along the southern edge of Lake Burley Griffin. It includes several out and back loops which takes the runners past the start/finish area up to 6 times. This is a benefit to spectators who can set up at one location and watch the runners pass many times as the race unfolds.

The pre-race information includes a copy of the Canberra Runners magazine which contains a ranking of all marathon entrants based on their P.B.'s. It was interesting to note that all of the KJ's smashed their ranking. Chris finished in 14th place (2:43), Dennis Webb ran 2:55 and Andrew came in 43rd place in a time of 2:56. This result was especially pleasing for Andrew who knocked 8 minutes off his previous best and finally cracked 3 hours.

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## The Canberra Marathon

(continued from page 1)

In the Australian titles, Andrew and Chris both placed 4th in their age groups. In the NSW championships (provisional results) Andrew was 1st in the 45-49 age group and Chris was second in the 40-44 age group. A very pleasing result.

Footnote : there was a rumour circulating after the finish that a protest might be lodged against a certain runner who allegedly made use of several pace-makers towards the end of the race. Oddly enough, one of these pace makers looked remarkably like Andrews wife.



### FOX ON VOX

Saturday mornings  
some time between  
6:50 and 7:10am  
2VOX FM  
106.9

Wake up to the latest from the  
KJ's on Wollongong radio  
2VOXFM.

### Pointscore

#### Women's placing's

6th Bethany Comer	186
7th Paula Crinnion	184
9th Carrine Weston	180

## KJ's Women on the Run

by Paula Crinnion

The pre-season run at Puckey's Reserve was a great success. The gusty winds and rain didn't deter 87 committed (or crazy) runners from taking their mark in the 5km classic. The gun went off and our favourite marathon runner Kerryn McCann didn't waste any time positioning herself with the front pack. Kerryn was first female home in a great time of 16.52. Second female home was our World Schools Cross Country representative Lauren Elms. Lauren finished strongly in a time of 20.10. Heather Rutty made a great come-back run with the club securing third place in a time of 21.08. I think Heather will be one lady to keep an eye on as the season progresses.

Race one of the season was the 3 mile race at West Dapto on the 30th March. The wonderfully warm conditions brought runners out from everywhere with a race record 125 runners competing in the race. Lauren Elms was the first female finisher in an excellent time of 18.30. Elivia Comer took out second place in a time of 19.57. We can look forward to some great results from this young lady throughout the season. Karen Blay finished very comfortably in third in a time of 19.59.

Ninety six runners turned up at the West Dapto 8km run on 13th April. Karen Blay put in another solid effort to finish first female in a time of 33.12. Jacqui Parrish ran well to take out second place in 34.08, closely followed by Heather Rutty in 34.14.

It was wonderful to see 16 females competing in the pre-season race, 27 females in race one and 23 females in race 2 of the winter series. Lets keep these large numbers of women and girls up throughout the season.

### Average Times

Category	Pre-season	3 miles	8 km
	5K	30/3/96	13/4/96
Females	24:04	25:37	39:15
Males	20:19	19:55	34:11
Total	21:00	21:09	35:24

Congratulations is in order for 3 of our KJ women. Karen Blay recently came first in the State vets 800m and 1500m championships for the 30-35yr age group for the second year running. Karen also ran a personal best time for the 800m event.

Lauren Elms ran a very impressive 25th in the World Schools Cross Country 3km event in Turkey. Lauren ran a very fast time of 10.18.

A special cheer for Kerryn McCann who ran the 100th Boston Marathon during April. Kerryn finished in a time of 2:48.

Until next issue.

Keep on running. Paula

## The Presidents Report

by Neil Barnett

The winter season is now well underway, so I hope the racing is providing you with improved fitness in readiness for the upcoming funrun onslaught. Some of us have actually gone backwards (lets not talk about it!) but for many, PB's are coming thick and fast. If your efforts have met with some disappointment so far, keep on trying because out there somewhere is that elusive PB. Anyway, it usually turns up when your least expecting it, so don't give up!

Congratulations to KJ's Andrew Krajewski, Chris Stocker and Denis Webb who competed in the recently held Canberra Marathon. From all reports everyone did very well in particular Andrew Krajewski who smashed through 3 hours for the first time with a big 8 minute PB of just over 2.56.

Kerryn McCann was disappointed with her run in the Boston Marathon after experiencing blistering of her feet mid race. Kerryn tells me the only thing that kept her going to the finish was her inability to pull out of the race - the streets were lined 3 deep with spectators! A courageous run nevertheless. Brian Mannix, another KJ in the big race, was reportedly a little disappointed also finishing well behind his target time, but was thwarted instead by huge crowds on the course. Apparently it took Brian the best part of half an hour to cross the start line and even then it was difficult to get moving.

Many congrats also to our world schools cross country representatives Stuart Perry and Lauren Elms who have just returned from Turkey. From all reports they performed very strongly, particularly Lauren who was first Aussie home (see report this issue).

I would like to thank all volunteers who assisted the club on April 28th with the *Fitness Five Funrun*. This event has very quickly become Wollongong's most popular funrun and continues to attract an extremely high quality field. The *Fitness Five* is one of the few funruns which can boast increasing entries with each year. There are many reasons for this but I think that the terrific course, Civic Square venue and great value for money are at the top of the list. All of the success for the 1996 event can be attributed to the efforts of the *Fitness Five* committee and the valued support of the sponsors, Sportsco, Illawarra Mercury, WINTV, WaveFM, Graphic Connection and Beaton Park Leisure Centre. Many thanks to you all.

Yours in running  
Neil Barnett

## Clothing Orders



The KJ's clothing orders for 1996 will be closing soon. Please get your orders in to Hans Lambert by 9/5/96. Hans can be contacted on 711892.

## KJ's Meeting



All Kembra Joggers members are encouraged to come to the next committee meeting in the dining room of the Mount Kembra Hotel on Wednesday 22nd of May at 7:30pm. The new updated club constitution will be tabled for approval. Copies of the new and outgoing constitutions can be obtained by contacting Neil Harper (acting secretary).

# World Schools Cross Country

A Race Report by Stuart Perry

Well.... what an experience.

During Easter the World Schools Cross Country Championships were held in the Turkish city of Antalya, situated on the Mediterranean Sea. Australia was represented for the first time at this event in 1996 and three Kembla Joggers, Lauren Elms, Stuart Perry and Alan Stacey (head of Delegation) were part of the team. They were joined by 22 other athletes, 4 team managers and a team doctor.

The team left Sydney on Tuesday, 2nd of April for stop overs in Singapore and Istanbul before flying to Antalya which is an attractive town with trees and nice streets and slightly sane drivers. The Australian team shared a hotel with the British, Belgium, Turkish and Luxembourg teams, which enhanced the international feeling.

An opening ceremony was held prior to the race day, and it was great to see all teams together in their official uniforms. Many thought Australia was the best presented team. After the march past there was a long demonstration of Turkish dancing and fashionable dress sense.

The weather on race day was perfect; overcast, no wind and about 18 degrees but the course wasn't what was expected, it was dead flat, dusty with a lot of corners.

The first race was the Girls schools and Australia was represented by Baulkham Hills High who ran well to finish in 11th place. The Chinese girls dominated the event, taking out the first 4 places. The strange thing was that there was no Chinese representatives competing in the boys event! The next race was the Boys Schools race. Australia being represented by Sydney Boys High. They performed well picking up 12th place.

The Elite girls race produced the best results for Australia with the first Australian placing a fantastic 21st. Lauren Elms surprised even herself being the second Australian, placing 25th, quite an achievement. Overall, the Australians finished 7th in this race.

The Elite Boys was the final race of the day, a three lap course covering 5 kms. The winner of this race was a Turkish boy, who ran a blistering 14.17 mins. On casual conversation with his coach through an interpreter, we were shocked to find he runs about 130

kms a week, and had spent the last 5 weeks in Antalya, preparing for the race. The best placed Aussie in this race finished in 39th position, with Stuart Perry the third Australian in 45th position, with a time of 16:05 mins, a 25 second p.b. The Australian boys all finished within 90 seconds of each other to take 8th place.

After the race things lightened up, the Australians, British and Belgians visited a nearby disco together, and dancing the night away. The next day contained a full tour of Antalya's historic sights.

Friendship relays were held two days later in the centre of Antalya. The roads were blocked off and a large crowd of locals cheered the event. The relays were a multicultural affair with mixed teams being selected similar to the Kembla Joggers relays, giving all teams a chance at winning. However, much to everyone's amazement, the team managers team won the event, much to the delight of Alan and others. It was a fun day, with much uniform swapping and just mingling with the other countries competitors.

One of the best things about the trip (apart from shopping in Singapore and Istanbul's Grand Bazaar) was the team spirit shown by everyone. The Australian team really supported each other in all races, being one of the most vocal at the races. Also the chance to meet athletes from other countries was a fantastic experience.

The Australian team was pleased with their results, and plans are already underway for the next World Schools event which is Track & Field in Latvia in 1998 with Cross Country again in 2000.

Lauren and Stuart would like to thank Kembla Joggers for their donation towards expenses and to all members who bought raffle tickets in support of the team.



**The 1996  
Kembla Joggers Tom Miskelly  
Memorial Half Marathon  
June 22nd  
2pm Mass Start**

This fast, flat Half Marathon will provide runners with the opportunity to set a P.B. for the half marathon distance of 21.1 km. The course will feature regular aid stations and as always will be well marshalled.

## Upcoming KJ Events

18th MAY 7K  
Mount Kembla  
A.C.Mitchell  
Memorial Trophy  
3pm



1st JUNE 16K West Dapto 3pm,  
also a 3 mile alternative run.

8th JUNE 8K  
West Dapto , 3pm.  
This is also a junior Point score  
race.

Don't forget that track races are on  
every Thursday night at Beaton  
Park from 6:30pm.

### Other Events

26th MAY Sydney Half Marathon.

Those interested in joining a team  
for this half or catching the KJ's  
bus, please contact John Gullick on  
724274 ASAP.

23rd JUNE Jamberoo 8K Fun run  
(more details in next issue).

### KJ's Committee Contacts

Neil Barnett	713299
John Gullick	724274
Neil Harper	266151
Ron Perry	282807
Robyn Henry	565274



**Error:** Tim and Paula Crinnions' phone number was incorrect in the previous issue of The Fox. Their phone number is 848281.

## KJ's Veterans News

by Jim Hennessy

During February, the Kembla Joggers South Coast Veterans Championships were held over three Thursday evenings. The championships were very successful with approximately 50 runners competing in races from 100 metres up to 1000 metres. Thankyou to all of the members who helped conduct these events and to the competitors for their fine efforts. Results will be published in The Fox soon.

The N.S.W Veterans track championships were held in March at the Sydney Athletic field and the Homebush Athletic Centre. Kembla Joggers results are listed below :

Karen Blay	W30	800m	2:18	1st
	W30	1500m	4:43	1st
Noreen Parish	W50	100m	14.00	1st
	W50	400m	69.00	1st
	W50	800m	2:56	1st
Wayne Montefiore	M40	800m	2:03	2nd
	M40	1500m	4:06	1st
Bronte Blay	M30	800m	2:04	unplaced
	M30	1500m	4:24	unplaced
Joe Novy	M65	800m	3:33	unplaced
	M65	1500m	6:45	unplaced
Jim Hennessy	M50	10000m	39:39	unplaced
	M50	5000m	18:32	unplaced

The Thursday night runs are continuing to attract a good number of runners. Dave Higgins recently ran a p.b. for 3000m in a time of 10:57 and Paula Crinnion broke 12 minutes for the first time when she ran 11:58. All members are welcome to the track runs which commence at 6:30pm.

## Wilson's Discount Bikes



Support the shop that supports  
your club !

Wollongong - 337 Keira Street, ph 287366.  
Warrawong - 133 King Street, ph 744534.  
Albion Park Rail - 185 Princes Hwy, ph. 581948.



## Fox Trots

Race Reports by Neil Barnett

### 5km Puckey's Classic 16 March 1996

A race record crowd of over 90 runners braved the warm and windy conditions to take on the popular Puckey's course. Despite the poor conditions some good performances were posted with almost 40 times recorded under 20 minutes. First home was Ben DuBois in 15.56 after running to the half way mark with the pack not knowing the way. Murray Smith wasn't far behind finishing in 16.07 with junior athlete Stuart Perry running a remarkable 16.31 for third place. Wojtek Krajewski made a successful comeback placing fourth not far behind Stuart. Kerry McCann used this event as a hit out and was pleased with her 16.52. Phil Parle's 17.21 was perhaps the most impressive performance on the day.

*Results: 1. Ben DuBois 15.56, 2. Murray Smith 16.07, 3. Stuart Perry 16.31, 4. Wojtek Krajewski 16.46, 5. Mark Everton 16.49. Female: 1. Kerry McCann 16.52, 2. Lauren Elms 20.10, 3. Heather Ruty 21.08.*



### 3 Mile West Dapto 30 March 1996

This race will go down in the history books as attracting the biggest ever field for a KJ event since the club formed 23 years ago. No fewer than 125 runners competed eclipsing the previous race attendance record of 106 set at Mt Kembla in 1994. On past experience even bigger crowds can be expected leading up to mid season. The race turned out to be a battle between Ben DuBois and Johnathan Hall right to the finish line with Ben just taking line honours in 14.58. This time was over 30 seconds outside Dave Pomery's 1990 course record but considering the hot westerly wind out to half way was a great effort. Ben still managed to break Ian Kennerley's 20-24 yrs age group record by 1 second. Other gutsy efforts were recorded by Wayne Montefiore in 15.36 and third place (40-44 yrs record), Russell Chin in 15.53 (15-19 yrs record) and Brian Mannix 20.00 (60-64 yrs record). Lauren Elms also recorded a big PB being first female in a top time of 18.30 (15-19 yrs record).

*Results: 1. Ben Dubois 14.58, 2. Johnathan Hall 15.01, 3. Wayne Montefiore 15.36, 4. Russell Chin 15.53, 5. David Pomery 15.55. Female: 1. Lauren Elms 18.30, 2. Elivia*

*Comer 19.57, 3. Karen Blay 19.59.*

### 8 km West Dapto 13 April 1996

Another impressive field participated in this race even though no age-group records could be broken on the day. Most notable absentee was Ben Dubois - probably in fear of seeing his h'cap time. This was the first handicapped event for the 1996 winter series so, as expected, another big crowd was in attendance (97 finishers). Gerry Mahoney was the biggest improver (or should that be burglar?) since the 3 mile winning the race with over 1 minute to spare in a time of 38.54. In his heyday (only 4 years ago!) Gerry was running close to 29 mins for 8km so there may still be more improvement to come this season. Jill Hayman (38.43) was second on h'cap with John Gullick (34.48) third. Quickest on the day was David Pomery in 26.55 who just caught Garth Hennessy who was second fastest in 27.20. Best runs must go to Peter Patterson (30.41), Rafael Moriana (28.54) and Steven Matthews (28.57) - all big PB's.

*Results: 1. Dave Pomery 26.55, 2. Garth Hennessy 27.20, 3. Ross Walker 27.42, 4. Wayne Montefiore 27.46, 5. Paul Micale 28.32. Female: 1. Karen Blay 33.12, 2. Jacqui Parrish 34.08, 3. Heather Ruty 34.13.*

## KJ's Junior News

Here is another reminder to all junior KJ members that the club is now conducting weekly training sessions especially for our junior athletes. Training sessions are being held at Lysaghts Oval, Figtree (opposite Westfield Shopping Centre), on Monday afternoons starting at 4.30pm. Ian Kennerley and Nathan Brown will be running the sessions which are open to juniors of all abilities. For further information call Ian on 265593 or Neil on 713299.

Welcome to all new junior members who will be running in the 1996 Kembla Joggers Junior Pointscore Series which gets underway on the 4th of May at Mt Kembla. There are plenty of interesting courses for you to tackle this year which we hope you will all enjoy. The next event in the series will be an 8km at West Dapto on June 8th followed by a 3 mile (4.8km) on July 6th. All up there are just 5 races in the series with your best 4 results included in the final point score tally. Points are calculated from your finish position on handicap so every junior will have a chance to win the title - good luck! Don't forget, you can still participate in any other KJ event or activity during the year, not just junior point score races.

## Reebok Donation

Andrew Lloyd recently presented a cheque to the club from Reebok Australia to the value of just over \$600 for the sale of Reebok gear to KJ members since mid 1995. Not only have members been able to purchase shoes, running gear etc at cost price from Lloyd but 10% of sales are given directly back to the club in return. This will provide a big boost to club coffers and will help us with some expected major equipment purchases during the year. The club thanks Andrew for his service and time in attending so many KJ races and also Reebok for this generous incentive scheme. And of course thank you to all KJ's who support the scheme making these incentives a reality. Lloyd has advised *The Fox* that the KJ's boasted the second largest sales of Reebok gear for the scheme in 1995 - not bad considering we are not a Sydney based club!

## Discount Participants

The following businesses offer a discount to KJ's members on presentation of a current membership card:

**Sportsco**, Crown Central, Wollongong

**Nutrafit**, shop 5, North Beach Novotel, ph. 265353

**Phil Parle**, City Physiotherapy Centre, Crown Street Mall, Above Pigalle cafe, ph. 261015.

**Vita Health Foods**

**Wilson's Discount Bikes**, see advertisement this issue.

## KJ's Training Sessions

### Monday

Track work from 4.30pm.  
Lysaghts Oval, Figtree.  
(Includes juniors training)

### Wednesday

4.30pm Mt Kembla, adjacent to Motor Cross Circuit, Harry Graham Drive.

### Friday

Track work from 4.30pm.  
Lysaghts Oval, Figtree.

### Saturday

3pm (alternative weekends to race meets) Mt Kembla, adjacent to Motor Cross Circuit, Harry Graham Drive.

## Car news



Who was the silly lad who locked his keys in his car at the 8K on 13/4 ? After calling out the NRMA he was out on his warm up when they arrived. Why wouldn't they believe that was his car ? Come on Paul you have to tell them if you change the number plates !

Anonymous

P.S. Is it true that the NRMA man opened his car in a few seconds via the unlocked passenger door ?

## 1995/6 Summer Series Results

	7/10 1995	1/11 1995	15/11 1995	19/11 1995	29/11 1995	13/12 1995	1/1 1996	10/1 1996	24/1 1996	7/3 1996	21/3 1996
	7K	5K	5K	5K	5K	5K	7K	5K	5K	6K	5K
	Mt K	St. Pk	LYC	Duathl.	RingTrk	St. Pk	Mt. K	Hill 60	LYC	Alb Pk	St. Pk
Agnew, Bill	27.36	18.06					28.31		18.25		17.45
Allison, Mark	31.39	19.51	19.29				30.52		20.03		20.31
Allnut, Rowan		17.39				17.09					
Asher, Peter				23.56							
Ashton, Bryan				20.54							
Ashton, Helen				27.28							
Baird, Brian		19.51	19.20				29.28				18.59
Barnett, Dave	35.32						37.37				
Barnett, Neil	26.58	18.08	17.51	18.02	18.44	18.02		21.25	17.46	21.53	17.54
Barron, Anthony										22.31	18.08
Batten, Kym				23.51	27.19						
Batten, Rod					22.18		33.34	25.16			
Beattie, Nick											18.25
Belsito, Robbie				24.48			36.43				
Blay, Bronte				17.37							
Bleakley, Kathleen			22.42	23.11							
Bloomfield, Ross			23.56				36.42				
Bourke, Chris		19.52									
Brennan, Kevin	35.28						36.14				
Brown, Fred								19.36			18.45
Buhagiar, Dione				28.34		27.08					
Burton, Gary			18.05	17.47	20.58	18.52	26.30	20.53	16.57	21.41	
Cato, Brendan			19.03	19.42		19.28	30.09				
Challinor, Ken			23.10								
Church, David	31.26	20.15	19.51	20.04			31.56				
Clayton, Phil						18.13					
Comer, Elivia							32.12				
Comer, Bethany							35.08				
Comer, Des							35.24				
Comer, Jenny							41.16				
Coppolaro, Pasco			23.10	20.24				29.11	21.00	32.28	
Cortes, Claudio	39.44	23.25	22.46	22.54	25.33						33.40
Cortes, Linda		33.05	31.12	30.22	37.02		51.42	41.37			33.40
Cortes, Luis	31.51	21.12	20.43	22.11	22.28		32.48	26.33			20.53
Covington, Daniel				17.03							
Crinnion, Paula			22.21	21.49			33.36		22.30	32.28	
Crinnion, Tim	29.30	19.28	18.47	18.05			32.53	24.01	18.55	23.09	
Crowe, Jonathon				17.04		17.26					
Dalla Pozza, Dean		24.13				22.42			23.25		22.01
Dare, Sally								29.07			
Davis, Tony					21.51					25.49	
Dubois, Ben		17.01	16.09		17.29	16.10	23.26			20.05	15.40
Evans, Peter	27.59		18.37	18.30	19.10		28.26				
Everton, Mark	25.34	18.25	16.40		17.27	18.42	25.41				18.58
Fitzpatrick, Julian									17.34		

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## 1995/6 Summer Series Results (cont.)

	7/10 1995 7K Mt K	1/11 1995 5K St. Pk	15/11 1995 5K IYC	19/11 1995 5K Duathl.	29/11 1995 5K RingTrk	13/12 1995 5K St. Pk	1/1 1996 7K Mt. K	10/1 1996 5K Hill 60	24/1 1996 5K IYC	7/3 1996 6K Alb Pk	21/3 1996 5K St. Pk
Gregory, David			23.13								
Grose, Tim								18.40			
Groom, John						30.34					
Gullick, John	33.47			20.27						26.59	
Hall, Jonathon											17.03
Hall, Ranay		25.13					36.42	29.08	24.36		
Hamilton, Tony		19.38	19.32	19.34	20.15	19.30					
Hanley, Michael									24.34		
Hargreaves, Tracy			18.13								
Harper, Andrew		20.47									
Harper, Neil	28.20	18.53				19.23	28.23	21.40	18.30	22.43	
Hayman, Jill			24.46	23.31							
Hayward, Glenn		19.42	19.13		19.50	18.56	29.26		19.42	23.21	18.30
Hellier, Paul								19.58	17.10		
Hennessy, Garth		17.51			18.06		28.08				17.08
Hennessy, Jim	29.04			18.54							
Henry, Peter		20.34								26.33	21.27
Hedley, Tim							41.12				
Hickman, Michael							42.03				
Higgins, Dave	29.52		19.34				31.00		19.43		19.45
Hill, Ian		30.52	26.33		31.57	29.03					
Hill, Jacqueline						27.57					
Hill, Richard		29.07	26.33		26.40	25.51					
Hinch, Bob	33.41										
Howard, Gary		21.22	21.33		22.46	22.12	34.42		22.00	26.17	20.43
Hungerford, Frank							30.35				
Issa, Peter				24.19					29.27	31.39	
Jego, Bob										26.49	21.44
Johns, Kane		17.55	17.45		18.33						
Kemp, Ian		22.01			22.12	20.53	32.03	25.09	20.59	25.21	20.12
Kennerley, Ian		25.14					26.20	19.57	17.10		18.51
Krajewski, Andrew	26.56	18.55				20.24	27.45	22.16	18.18	22.17	17.52
Krajewski, Witold	28.45	18.55	18.50	18.29		18.44	29.02	23.00	19.13		19.33
Lackenby, Mark			20.39		22.03	20.43					
Lambert, Hans	30.02	19.47	19.25	19.34	20.44	20.16	30.35	24.01	20.10	24.15	19.29
Langridge, Andrew		22.58									
Lawler, Glen		29.12	30.19		34.13	29.20	46.55		32.31	38.27	
Lloyd, Andrew			16.50					25.15	17.56		
Locke, Stephen		18.01		17.44							
Mannix, Brian							32.13				
Marcinkowski, Dean									20.08		
Margetson, Claire				26.46			40.25				
Martens, Ian		19.30		19.07				23.16	19.02		19.18
Matthews, Stephen	27.12		18.09	17.59	18.47	18.14					
McCauley, Ray	32.26			21.13			33.10			28.36	
Medley, Bruce		24.12	22.45	24.09			36.30	28.35			
Micale, Paul		17.41							17.37		17.14

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## 1995/6 Summer Series Results (cont.)

	7/10 1995 7K Mt K	1/11 1995 5K St. Pk	15/11 1995 5K IYC	19/11 1995 5K Duathl.	29/11 1995 5K RingTrk	13/12 1995 5K St. Pk	1/1 1996 7K Mt. K	10/1 1996 5K Hill 60	24/1 1996 5K IYC	7/3 1996 6K Alb Pk	21/3 1996 5K St. Pk
Milacic, Damien				22.22	24.58						
Milacic, Steve					20.31			18.57			
Moody, Mathew								22.08	18.52	25.53	17.48
Moriana, Raphael	26.40		17.48	18.09				20.57	17.36		20.46
Mulready, Sue											18.59
Murphy, Mitch	34.34										
Neri, Frank			20.25	19.53		20.08					
Nicholson, Chris			25.00								23.10
O' Dwyer, Vince		23.27	22.45			22.12		25.49	21.37	26.15	20.33
Owen, Mark							27.44		19.00	22.59	18.34
Owens, Nicola			26.03		27.23		40.05				
Parle, Phil		17.44		17.11							
Patman, Andrew		22.02									
Patterson, Peter	29.02	19.44	19.15	19.26		20.01				24.47	19.54
Peacock, Carole							36.21				
Pearce, Glen							37.10	27.02	22.26		
Perry, Ron	34.09	23.10			24.07	22.22	34.25	28.54	22.52		23.09
Pertsinos, Theo										25.34	20.09
Phipps, Jim		27.37									
Plecas, Grant				18.36							
Pomery, David				16.30		18.42			17.24		
Poropat, Danny									18.55		
Porter, Les		18.57									
Raymond, David					20.03	19.06					
Rivers, Antony								21.06	17.35		
Rodwell, Drew											20.47
Rutty, Andrew							30.14				
Samuel, Louise			23.49				35.19				
Sellers, Colin			20.48								
Sheppard, Barry							28.09		17.59		
Smith, Gelf			20.20								
Smith, Graeme			19.59	19.44					20.14	24.29	20.03
Smith, Michele							38.42	29.53			
Smith, Murray			16.38								
Southall, Paul											19.19
Stalker, Jeff	26.32				19.49		28.11		17.48		
Stamp, Karl		21.39	21.45				36.15			28.36	
Stocker, Chris	26.28	21.01	17.31			17.57	26.10	21.41			
Taylor, Vic							40.19				
Wales, Christine									29.50		
Wales, Ray	32.06						33.25		24.23		
Walker, Ross				16.40			27.48	20.36			
Warren, Malcolm						28.18					
Webb, Dennis			18.26								
Weston, Carrine	34.56		22.37	21.57				26.42	22.30	27.52	23.04
Williams, Craig						17.39					
Wynen, Mark			18.01	17.55							
<b>total finishers</b>	<b>29</b>	<b>45</b>	<b>51</b>	<b>45</b>	<b>29</b>	<b>33</b>	<b>57</b>	<b>29</b>	<b>45</b>	<b>28</b>	<b>40</b>

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## Kevin O'Connell



Nickname :	Keve
D.O.B. :	17/6/1927
Place of Birth :	Wollongong
Family Status :	Married
Occupation :	Retired
Other Sports :	Gym
Favourite Food :	Steak
Favourite Drink :	Beer
Favourite TV show :	Sport shows
Favourite Music :	Dance music
Best Times :	
5k	20:08
10k	39:44
1/2 mar	95
marathon	3:23
Preferred Shoes :	None (any brand)
Toughest event :	Nowra King of the Mountain
Aspirations :	Drop dead running at 95
Most Admired Athlete :	Cliff Young



## Bogong to Hotham Ultra

### Race Report by Neil Haper

On 7/1/96, Australia's toughest single day ultra was held on the Alpine Trail between Mountain Creek near Tawonga and the summit of Mount Hotham. The course was 60K and visited the summit of Victoria's highest peak - Mount Bogong. In total, we had 3000m of elevation to climb.

The Kembla Joggers made up almost 10% of the field! Well, actually, Glenn Hayward and I were the only KJs to compete in a field of 22 starters. The reason for the small field is the difficulty of the terrain (ie. mountains) and the probability of bad weather. There is also an extremely tough half way cut off of 5.5 hours with only a small proportion of the field usually allowed to proceed past half way. For obvious reasons, in alpine conditions it is very important that runners are not out on the course overnight. The race director personally screens all entrants based on their results in other ultras over the last 12 months and is also strict about ensuring that runners carry emergency equipment.

After a comprehensive briefing, the signal was given for us to start and we were off on a run that all of that training up and down Mt. Keira did not prepare us for. Glenn and I were confident that we would make the half way cut off but there was still an element of doubt since we didn't know what the terrain would actually be like. We formed a plan to stick together for most of the race and we would go for it with about 10K to the cut off.



We ran along flat ground for about 200m before heading uphill for a 1500m elevation (3 times the height of Mt. Keira) gain over the first 9K. We quickly slipped into a comfortable pace which was a combination of running and walking. We knew that we would have to conserve as much energy as possible for the latter part of the race. It was an interesting experience to run up through the clouds and look down on them only to realise that we still had a long way up to go. Quite a while after we ran through the tree line, we made the top of Mount Bogong and it was awesome. We had climbed for 1 and a half hours and were standing at a point where we had a view to the horizon in all directions. It was a good feeling but unfortunately, we could not stand and look at the view all morning, so we pushed on.

Above the tree line, the ground is covered with grasses and very small shrubs. It is important to maintain concentration and watch your footing very carefully as there was many hidden rocks. It wasn't long before we began to appreciate the aid stations along the route. It was incredible to see aid stations out in the middle of nowhere with an abundant supply of goodies. Due to the early start, the marshals had mostly walked in the previous day and camped overnight!

It wasn't long before we started going down again and up, and down, and up, etc., you get the picture. The terrain eventually caught up with us and at one point we found ourselves standing, leaning against trees as it was too steep to just stand still on the track. It eventually flattened out with about 10K to go to the half way and we had an opportunity to start striding out.

Unfortunately, I missed the halfway cut off by a mere 10 minutes with Glenn another 20 minutes back. We were actually the first two to miss it the cut off but I have no doubt that even if I had made it to Langford Gap within the time allowed, I would have stopped! Only 10 of the starters made it past the half way, so that gives you an indication of how tight it was.

It was a great learning experience on a top course and I will definitely be back next year.