



# The Fox

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June 1996

P.O. Box 527 Dapto, NSW 2530

<http://terumi.cs.uow.edu.au/People/Neil/kjs.html>

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## Brisbane Waters Bush Bash 47k

### A Race Report by Glenn Hayward

My preparation for this race was shorter than usual as I only decided to do this run about two weeks prior. A heavy Uni workload in the week prior meant that I had no time to concentrate on the race which may or may not have worked to my advantage. Saturday dawned fine and clear and brought a return to warm weather. After a short race brief, the race got off to a start on the dot at 6.00 am.

The first couple of kilometres were along the road, flat and at a steady pace with most people taking the opportunity to chat to old friends or make new ones. The road then rose quite sharply out of Gosford and the talking reduced, to be replaced by heavy breathing. At this stage I was given advice by a local legend, Dave Girvan, to intersperse walking with running as there was a long way to go. I took this advice and after a total of 5.5 kilometres we finally headed into the bush.

The trail at this stage was undulating and quite rocky underfoot. Nearly everyone was reduced to walking on some of the rises. The flatter sections did allow some time to take in the views and they were simply awesome! The sun rising over Brisbane Water was a sight to behold and proved yet again that you can't beat a trail ultra. After several kilometres of this we dropped down a very steep hill and came out on Brisbane Water Drive. We followed this road across a bridge and into Woy Woy.

It's level running for a while here along the side of Brisbane Water. We pass the 15k aid station which is stocked with fruit and drinks. Dave takes a photo of the marshals here, as he does at every drink station, with one of those disposable cameras. What a good idea! I'll have to take one next time. We continue through the suburbs before entering the bush again for some great climbs. At the top of nearly every huge hill there has been a drink station and no matter how remote, the people there are always cheerful and encouraging.

*...continued on page 2*

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## The Brisbane Waters 47k (continued from page 1)

After about 23 kilometres I decided to pick up the pace, from very slow to slow, and began running with a local, Simon, who was out for a training run. We ran a fairly long gradual uphill on the road with a drink station on the top. The people there said to head off the road, onto a trail, follow the ribbons and keep left. I filled my bottle, had a drink and shot off with Simon behind me. I headed for the first ribbon and onto the trail. The trail dropped down sharply with a series of steps. I dropped Simon, and thought "I'm glad I'm running down here and not up!" I was soon to realise how prophetic those thoughts were! After a few more minutes I ran through a spider web. "Either the spiders spin a quick web up here or I'm in trouble. Come to think of it, I haven't seen any markers for a while." I continued downward looking at the sandy patches for footprints but did not see any heading in my direction. "I'll just go a bit further." The steps got steeper and then the bush cleared and I found myself on a lovely beach. There was no sign of volunteers, ribbons or footprints. I decided to wait for Simon and when he arrived we decided to go back.

The uphill was as bad as I expected. The turn we missed was about 20 metres from the drink station at the top of the hill! I started down the *correct* track and felt totally deflated and walked for a moment. I then decided I would just have to make the most of the situation so I picked up the pace. I was surprised how good I felt and was soon passing people. I caught up to someone just before 30k and he sped up to my (slow) pace so I had someone to run with.

We entered the 30k aid station which was packed with fruit and drinks. I also encountered the first of what was to be many female aid station attendants with water splashed down the front of their shirts. She said "If you catch up to Dave Girvan, trip him over will you?". Dave had run past while I was making my detour and

proceeded to splash all female aid station attendants for the rest of the race. He's quite a character!

Out of the 30k aid station there is a VERY steep climb over rough terrain which reduces most to walking. The fellow I was running with then took a turn off the main track. After a couple of hundred metres without seeing a course marker my alarm bells rang. I called the other runner back and soon located the correct track.

The terrain remained rough and undulating for quite a while before coming out into a surprising new subdivision. We ran through here and down the main road before heading out onto some back roads. The 40k aid station was stocked with the usual fruit and drink but also jelly babies, snakes and chocolates! I stocked my bum-bag and continued on thinking there was only 7 kilometres to go. The next aid station told me there was 10 to go!

At this point there was a *loooooong* and *steeeep* hill which must have gone for 2 kilometres. I attacked it by alternating walking and jogging. I thought that at least when I got to the top it would all be downhill. Wrong! Somehow it seemed to keep going up. The bush at this stage was very thick and great to run through. When I did finish climbing though, I could see Gosford and the sailing club a long way below.

After a short, sharp, downhill spell I came out onto the road. It was only another kilometre and I was finished. I placed 20th out of an estimated 60 in a time of 5:06. I was happy with my time and really enjoyed the run. I'll be back next year, hopefully with a few other Kembla Joggers, and try to run only the advertised 47 kilometres.

### Results

1st	Michael Burton	3:42
2nd	Kelvin Marshall	3:52
3rd	Phil Hugill	3:53

Women 1st Wendy Downdes 4:56

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## Kembla Joggers on the Net

by Neil Harper

The internet has been around for over 20 years but over the last couple of years it has become the word on everyone's lips. Our club now has its own home page. It is a place where people anywhere in the world can get information about our club. For those who have access to the internet, the address is :

<http://terumi.cs.uow.edu.au/People/Neil/kjs.html>

...more information in a future issue of *The Fox*.

# Physio on the Run

## Advice from the Clinic and the field



### 10 Steps to prevention of injury during the KJ Winter season

1. **Ensure your base training is adequate for your years expectations.** Injury occurs when these two are out of synchrony.
2. **Long term goals need to be planned ahead. Short term goals are best kept achievable** (pending your training and current level of fitness) i.e. Ron Clarke wrote in a recent Fun Runner that an athlete needs to chip away at his PB in seconds not in minutes.
3. **Training:** There are many people in the club with expertise in this area. Guidance is often a benefit to ensure enough time to adapt to a new training regime. **Injuries are often associated with an increase in intensity of training or volume or coming back from a lay off.** Word from the Wardlaw enthusiasts suggests that consolidation of a training schedule over a long period of time accompanied with a bit of fine tuning closer to events is a good option. A periodical training (seasonal) also has its advantages.
4. **Rest:** Absolutely essential. All training regimes whether it be of the above variety or of a periodical nature advocates **Hard/easy days, and a day off.**
5. **Surfaces:** **All surfaces should be run on.** The most realistic approach to running is to vary the stresses subjected to your body. Injuries occur when there is too much road, too much beach, too much camber, too much hills or too much too fast.
6. **Shoes.** A good shoe provides stability for those who need stability (The over pronators and heavy runners), and good cushioning for the higher arched and stiff feet who do not pronate enough.  
 Watch the wear in the shoe. It is normal for the outer aspect of the heel to wear. But once it is worn the degree of relative pronation is enhanced. The Average runner running 50Km a week (in the same shoes) needs to change his shoes every 9-12 months. By this time even if the shoe looks good the ability to absorb shock has diminished. Old shoes are a common cause of overuse injury and calf soreness.
7. **Stretching:** Running takes your muscles through a limited range and also involves decelerating forces within the muscles which are known to cause sore and tight muscles. Reduced length in the muscles leads to increased tension on the attachments of the muscles to the bone i.e (Achilles tendon and increased shear/compressive forces through the joints that they cross) i.e (hamstrings across the knee). Regular stretching and / or massage accompanied with a good training regime can assist this.
8. **Warm Up:** The major benefit of a good warm up with running particularly in the shorter races is performance enhancement. A good cool down will help in an active recovery for the working muscles .
9. **Early recognition of injury:** Pain after running or during warm up and near the end of your session is an early sign of minor to moderate overuse injury. The good news is that if you identify your training error at that point then you should be able to minimise your interruption to training. If your injury gets to the point of hurting the more the more you run then a period of time is required to allow the tissues to heal.
10. **Cross training** as mentioned in previous articles is fun and great for prevention and management of injury without jeopardising your fitness.

**Phillip Parle (M.A.P.A M.M.P.A.A)**

City Physiotherapy Centre (Shop 3 Simpson Hse 135-137 Crown St Wollongong )  
 Ph 261015 or catch me at the KJ races.



## Race Reports by Neil Barnett

*10km (Dons Farm, Huntley) 20 April 1996 .....*

Yet again this event brought with it very warm weather - great for the post race BBQ but hell for racing. This didn't deter the field of 80 runners with some great individual performances on the day including six age-group records. Quickest was veteran Wayne Montefiore who smashed the 40-44 yrs age-group record in a blistering 34.13. It was a great day for the vet runners with 10 of the quickest 15 times recorded by vets. Gary Burton was one of these recording a 35.59 to break the 45-49 yrs age-group record. The competition between the ladies this year is proving to be fierce with Paula Crinnion the quickest female in 45.01 and Elivia Comer second in 45.51 (15-19 yrs age-group record). Paula's hard training seems to be paying off with plenty of PB's already under her belt in 1996. Other age-group records were set by Jim Hennessy (38.54, 50-54 yrs), Claire Margetson (50.20, 50-54 yrs) and Christine Wales (64.39, 40-44 yrs). First on handicap was Fred Brown (42.07) with Dave Higgins second in an impressive 40.41 and Peter Trad third in 51.17. *Results:* 1. Wayne Montefiore 34.13, 2. Rowan Allnut 34.41, 3. Garth Hennessy 34.37, 4. Johnathan

Hall 35.08, 5. Gary Burton 35.39. *Female:* 1. Paula Crinnion 45.01, 2. Elivia Comer 45.51, 3. Leesa Bennett 46.54.

*10km cross-country (Mt Kembla) 4 May 1996 .....* A week of torrential rain had turned this course into a cross-country runner's delight with mud and water galore. The rain also fell heavily during the race which provided some additional entertainment in the form of a few spectacular falls on the slog home - Peter Henry's voted the best of these with Rafael's a close second. Despite the rain, a race record crowd of 87 competed on the day. This can be attributed to our return to this popular course following the 10km cross-country's relocation last year. Let's hope the return to Mt Kembla is a permanent one. Eric Brown was first home on handicap in the 10km almost 2 mins ahead of Laila Comer who recorded a gutsy 46.59. Bruce Medley came in third and was the only KJ to break an age-group record with a 45.13 (60-64 yrs). Paula Crinnion again impressed being fastest female with her 43.59 ahead of Leesa Bennett (46.11). Quickest male was back-marker Johnathan Hall (34.02) who probably would have given the course record (32.53) a shake in drier conditions. Other impressive performances were set by Steve Van Gils (37.43), Tim Crinnion (37.43), Chris Stocker (34.44) and Ros Perry (53.42). See Junior News for Junior 5km results. *Results:* 1. Johnathan Hall 34.02, 2. Chris Stocker 34.44, 3. Wayne Montefiore 34.45, 4. Garry Wheeler 35.38, 5. Kevin Goodwin 35.39. *Female:* 1. Paula Crinnion

43.59, 2. Leesa Bennett 46.11, 3. Laila Comer 46.59.

*7 km (Mt Kembla) 18 May 1996*

The race record crowd trend continued with 108 KJ's competing on the course which was voted KJ's most popular in our 1993/4 survey. The finish was perhaps the tightest we've ever seen with almost 90 runners finishing within 3 mins - great handicapping! The timekeeper Donna Dunning was sure kept busy and understandably was left a little dazed at the end of it all. Perhaps the most impressive field on record took part in the race with 19 runners breaking 26 mins. Kerryn McCann was the stand out smashing her own female course record by 36 sec to record 24.01 which was also second quickest time on the day. Johnathan Hall was again quickest overall with a credible 23.29. This sure makes Allan Carman's course record of 20.53 look pretty good. The winner of the AC Mitchell Trophy (first on handicap) went to Christine Wales who ran 42.28. Other great runs were put in by new member Bob Squires who broke the 50-54 yrs record by running a fantastic 25.42, Wayne Montefiore 24.24 (40-44 yrs record) and Denis Webb 26.13 (45-49 yrs record). It is good to see the women dominating the higher handicap placings with the likes of Lyn Tague, Elivia Comer, Chris Hall and Ros Perry now showing rapid improvement. *Results:* 1. Johnathan Hall 23.29, 2. Kerryn McCann 24.01, 3. Garth Hennessy 24.06, 4. David Pomery 24.06, 5. Mark Everton 24.11. *Female:* 1. Kerryn McCann 24.01, 2. Elivia Comer 30.25, 3. Heather Ruddy 30.50, 4. Paula Crinnion 31.15.



## Upcoming Events



### KJ Events

8th June 8K

West Dapto, 3pm. Junior Pointscore Race

22nd June 1/2 Marathon, 2pm mass start. Also a 4 mile alternative run

6th July 3 miles 3pm mass start. This race is also a Junior Pointscore race.

Track races are on every Thursday night at Beaton Park from 6:30pm.

### Other Events

16th of June, Shoalhaven King of the Mountain 32k and Ultramarathon 46k.

16th of June, Lighthouse 10 fun run

23rd of June

Jamberoo 8K Fun Run

Also an under 14, 5K run.

\$3 entry fee. The race starts at Kevin Walsh Oval in Jamberoo - registrations from 8:30am, race start at 9:30am.

### KJ's Committee Contacts

<i>President</i>	
Neil Barnett	713299
<i>Vice President</i>	
John Gullick	724274
<i>Asst. Secretary</i>	
Neil Harper	266151
<i>Treasurer</i>	
Ron Perry	283807
<i>Public Officer</i>	
Robyn Henry	565274

## Junior News

The first race of the Junior Pointscore Series was the 5km cross-country event held in conjunction with the 10km cross-country on 4th May at Mt Kembla. It was mud, mud, mud from start to finish but this didn't seem to slow many of the 11 junior starters down. Stuart Perry was first in 18.08 and Mathew Moody second in 18.54. Lauren Elms continued her recent good form and was third home in 20.55. First on corrected handicap was Bethany Comer, second Elivia Comer and third Stuart Perry. Not alot separated all of the junior KJ's once the times were adjusted on handicap, so it looks like being another closely contested series this year. *Results: 1. Stuart Perry 18.08, 2. Mathew Moody 18.54, 3. Lauren Elms 20.55, 4. Elivia Comer 21.12, 5. Brendan Cato 21.23, 6. Tim Robertson 22.21, 7. Bethany Comer 22.22, 8. Ian Gregory 25.04, 9. David Gregory 25.05, 10. Sara Arcioni 32.00, 11. Jacqui Wales 32.04.*

As mentioned in the last issue of *The Fox*, a junior club championship is being held in conjunction with the pointscore series for the first time this season. Points will be awarded based on times recorded for both junior male and female runners. Like the pointscore series your best 4 efforts will count. After only one race Stuart and Lauren lead the male and female championships.

The next Junior Series event is the 8km to be held at West Dapto on 8th June starting at 3pm. Last registrations for this race will be taken at 2.30pm. The race will be conducted on handicap.

Don't forget that junior training sessions are now being held at Lysaghts Oval, Figtree (opposite Westfield Shopping Centre), on Monday afternoons starting at 4.30pm. Ian Kennerley and Nathan Brown are running the sessions which are open to juniors of all abilities. For further information call Ian or Nathan on 726131(w).

### Junior Championship Female

Lauren Elms	10
Elivia Comer	9
Bethany Comer	8
Sara Arcioni	7
Jaquie Wales	6
<b>Male</b>	
Stuart Perry	10
Mathew Moody	9
Brendan Cato	8
Tim Robertson	7
Ian Gregory	6
David Gregory	5

### Junior Pointscore

Bethany Comer	100
Elivia Comer	95
Stuart Perry	90
David Gregory	85
Brendan Cato	80
Matthew Moody	75
Tim Robertson	70
Lauren Elms	65
Ian Gregory	60
Sara Arcioni	55
Jaquie Wales	50

## PetersCorner

By Peter Evans

\* Record attendance at the 7k race ! So many people were at the last race that one KJ who was running late remarked that he's had to park his car that far up the hill that he reckoned he was doing "altitude training" just to get down to register for the race !

\* I wonder how many jogging clubs in Australia could boast 2 Olympians and an Australian Duathlon champion all at the one race meet ? Keep up the great work KJ's.

\* The small world of running. Last year I did a day walk to the bottom of the Grand Canyon. This 7 hour marathon experience brought out buckets of sweat as the temperatures at the bottom soared to 112°F. Down in the bowels of the canyon I ventured into a small shop and purchased some much needed Gatorade and a couple of Power Bars to prepare for the climb out (They recommend allowing twice as long to get out and they also warn you to allow two days to do it). An American lady bumped me and stated that her daughter had been in that race. What race ? At this stage I glanced downwards and noticed I was wearing my 1989 City to Surf t-shirt ! Apparently her daughter had gone to Australia on some exchange programme and run the race as part of her schedule. P.S. The waters of the Colorado River were fresh and blue but the temperature was such that you could only wade knee deep for about 10 seconds before the pain of the cold became unbearable.

## KEMBLA JOGGERS FITNESS FIVE FUNRUN 28th April 1996

The sixth annual Kembla Joggers Fitness Five Funrun was once again held in near perfect conditions - a clear blue sky and a slight cooling breeze. This event has quickly grown to become the South Coast's most popular funrun and is widely regarded as one of the most scenic 5km courses in the state.

The Fitness Five follows roads and cycleways which traverse only metres from Wollongong's famous north and south beaches, and on the return passes through the historic harbour region before the final stages leading to the finish near the city's civic square.

Long-time Kembla Jogger and Aussie marathon representative, Kerryn McCann, fired the starters gun sending off some of Sydney's and the Illawarra's hottest middle distance runners. Andrew Lloyd set the pace right from the start and seemed keen to win this event for the second year in succession. It was Lloyd all the way finishing in first place in a very respectable 14.39 although this was still 13 seconds off Jamie Harrison's course record. Lloyd felt the southerly breeze may have slowed him a little on the return and has vowed to give the record a shake next year.

Second place, also for the second successive year, went to Trent Wood who improved 15 seconds on last year to finish in 14.55. KJ Ben Dubois ran his best time of 15.00 to take third place overall. Both Andrew and Trent spoke highly of Ben's great performance after the race and expect even tougher competition from him in the future.

Nicole Broers ran a solid 17.19 to take out first placed female almost one minute ahead of second placed Sue Mulready who recorded 18.15. Karen Blay finished third to make it a local trifecta for the ladies.

Over 600 runners and walkers competed in this year's event helping to raise around \$3000 to purchase an Oximeter for the soon to be refurbished Children's Ward. Most of the competitors stayed around at the finish to enjoy the free breakfast, refreshments and glorious autumn weather. Sooner or later our luck with the weather will come to an end - but lets hope it's not next year!

### Results:

**Male:** 1. Andrew Lloyd 14.39; 2. Trent Wood 14.55; 3. Ben Dubois 15.00; 4. Tony Ventura 15.40; 5. Simon Hull 16.01; 6. David Pomery 16.02 **Female:** 1. Nicole Broers 17.19; 2. Sue Mulready 18.15; 3. Karen Blay 19.07 **Teams:** Open Male - Kembla Joggers 47.10; Open Female - Kembla Joggers 61.29; 40 Plus Male - Kembla Joggers 51.59; 40 Plus Female Kembla Joggers 77.07; Family - Krajewski's 60.26; Corporate - BHP Flyers 54.09; Primary Male - Keiraville PS 72.11; Primary Female - Keiraville PS 93.02; Secondary Female - Wollongong High 100.35; **School Challenge Shield - Keiraville.**---

## New Zealand Relay

by Neil Barnett

The Kembla Joggers is buzzing with the news that we have been invited to enter a team or teams in the "Fit For Life" Relay which will be held in New Zealand in October this year. The event is conducted over three days through the beautiful Waikato countryside on the North Island and covers a total of 347km. Teams of ten are required with each runner having to complete one leg each day which, depending on the terrain, will be between 10-12km.



The event starts on October 18th in Hamilton making its way to Rotorua (108km), then to Atiamuri on day 2 (125km) and back to Hamilton on day 3 (118km). The race is conducted on a handicap system and is modelled on the Lewis and Clark Trail Run, an eight day relay across Washington State in the US. Awards are given to the first three teams on handicap as well as the quickest three teams. Teams from Germany and the United States have competed in the past and will take part again this year.

Planning is only in the early stages at the time of writing this article however the cost of a return airfare to NZ in October is about \$349 (cheap!). Accommodation and team transportation costs should be added to this but it is hoped that sponsorship and fundraising will keep the total cost to a minimum (hopefully less than \$500 each). You may decide to take one week off work as some of us we will possibly spend a couple of days in the Rotorua area at the end of the race (optional).

If you want to be involved in this exciting event by being part of the Kembla Joggers Australian team or want further info then contact Neil Barnett on 713299. Support crew and a team manager will also be required. If interested advise please Neil ASAP because the relay is strictly limited to 40 teams only and entries for overseas teams are due soon.

We are also looking for KJ runners interested in competing in a team in the Westfield to Hometown Road Relay on Sunday 8th September. The event involves 12 stages with 2 compulsory female stages. The legs range from 6.5km to 12.4km. The cost is \$10 per team member which covers provision of food and drinks at the presentation barbecue at the completion of the race. Enquiries to John Gullick on 724274.

## Handicap !

Handicap time penalties were handed out at the recent 10km cross-country event for those KJ's unlucky enough to turn up late. Most offenders fronted the handicapper armed with an excuse however it was Steve Matthews' that took the cake. "My Grandmother died", pleaded Steve. "You use that one all the time", responded the next KJ waiting in line. "So", replied Steve, "I have a very big family don't I!" Better luck next time Steve.



## Lifelong KJ



Avid Kembla Jogger Frank Hungerford may not be a life member of the KJ's but last year made sure he was a KJ member for life. Frank made his total commitment by having the KJ Fox tattooed on his right leg as a 40th birthday present to himself. Frank is more than happy to show interested persons this work of art but ladies beware - you might get to see a little more of Frank's leg than you are normally used to seeing!

## Found

black sunglasses at the  
Fitness Five Funrun  
registration area.

## KJs Women on the Run

By Paula Crinnion

The 10 Km run at Don's Farm was held on 20th April. The very warm conditions didn't stop 12 females from competing in this sticky run with 3 of them setting age group records. Congratulations to Elivia Comer, Claire Margetson and Christine Wales on your excellent runs.

The 10 Km cross country at Mt Kembla - what more can I say but WOW! Isn't all that rain, mud and puddles what running cross country is all about !?! Eleven women took part in this great race with Laila Comer running a determined race and finishing first female on handicap in a time of 46.49. Rosalind Perry put in a fine performance finishing strongly in a time of 53.42. Other great runs went to Diane Birch (55.45) and Wendy Bennett (53.02) who are showing strong improvements with every race.

The 5 Km Cross country was held on the same day. Five females ran this race with Lauren Elms and Elivia Comer running particularly well. Lauren finished first female in a time of 20.55, closely followed by Elivia in a time of 21.12. Well done girls!

We had another huge turn-up of women at the 7Km run at Mt Kembla on the 18th May 1996. Twenty four females took part in the run with 3 females taking out the first 3 finishing places on handicap, and the vast majority of females finishing in the first half of the field. This was great to see and means that KJs women are getting fitter and stronger with every race. Keep up the hard work! Kerryann McCann undoubtedly took the run of the day finishing 2nd place overall in a time of 24min and smashing her own previously held women's record.

### Average Times

	10 km Don's Farm	10 km XC Mt Kembla	5 km XC Mt Kembla	7km Mt Kembla
<b>Females</b>	54.22	52.25	25.43	36.44
<b>Males</b>	42.17	42.16	22.38	29.33
<b>Total</b>	44.06	43.45	23.55	31.10

### Pointscore - Women's placings

2nd	Paula Crinnion	670
14th	Leesa Bennett	598
15th	Claire Margetson	566

We are now taking names for people who are interested in travelling to New Zealand to take part in the 3 day road relay. Any females interested in coming along please give your name to Neil Barnett ASAP. Runners of all ages and abilities are more than welcome as the runs are based on handicap. So come along and give it a go - it will be fun. For more information see the main article on New Zealand in this issue of The Fox.

### Westfield to Hoptown Road Relay

I am taking names from any females interested in competing in the Westfield to Hoptown Road Relay on the 8th September, 1996. KJs is hoping to enter 3 teams, so we will need 6 females to run the compulsory legs (7.1km or 6.5km). If you are interested please see me ASAP.

Until next issue  
Keep on running.



## KJ's June Birthdays



2nd	Peter Henry
2nd	Bill Williamson
4th	Wendy Bennett
5th	Diane Birch
7th	Jenny Comer
8th	Luis Cortes
10th	Tenille Hennessey
11th	Mark McDonald
15th	Peter Trad
17th	Kevin O'Connell
19th	Jemma Comer
21st	Peter Buckman
23rd	Derek Moriarty
24th	Ray McCauley
25th	Geoffrey Chidgey
28th	Mick Banach
28th	Chris Stocker
28th	Bob Squires

## Pointscore

Pasco Coppolaro	706
Paula Crinnion	670
Jeff Dunning	666
John Gullick	665
Ray Wales	616
Robert Takacs	608
Garry Wheeler	602
Leesa Bennett	598
Gary Howard	570
Claire Margetson	566
Frank Hungerford	560
Anthony LeBas	554
Greg Learmonth	530

## Nutrition and the Female Runner

By Paula Crinnion

Whilst basic dietary principles are similar for both sexes, women do have increased requirements for certain nutrients, especially if they run regularly.

Among the various minerals our bodies need, only a few are of real concern. Calcium and iron are the ones of which we should be most aware.

Calcium is a mineral which plays an essential role in growth, muscle contraction and transmission of nerve impulses. It is extremely important for the development of strong bones, so it is essential that all sportswomen have adequate amounts in their diet. Good sources of calcium include low fat fortified milk, yogurt, hard cheese, baked beans and tofu.

It is also critical for female runners to maintain normal amounts of iron status since iron deficiency anaemia can decrease physical work capacity. Iron is found in the diet in two main forms:

**HAEM IRON** is well absorbed by the body. It is found in foods such as red meat, poultry and seafood.

**NON-HAEM IRON** is found in plant foods such as breakfast cereals, rice, pasta, bread, vegetables, dried fruit, legumes and tofu. It is less well absorbed by the body. Vitamin C and animal sources of protein enhance the absorption of non-haem iron. Conversely, tea, caffeine and excess fibre reduce absorption.

All sportswomen should pay special attention to including calcium and iron rich foods in their diet. However, for most female athletes, selecting a wide variety of foods from each of the five major food groups will ensure consumption of adequate quantities of all essential nutrients.

## Sports Tops

KJ's has introduced a new women's sports top into our uniform wardrobe. Why not try one on for size. (KJ's Running top \$25).

A good sports bra or running top should feel sturdy, but not constricting. The best sports bra has a comfortable amount of horizontal stretch, but far less vertical stretch (otherwise it will not support well).

Your performance is a key element to your enjoyment of running. If you are comfortable you can eliminate one extrinsic factor that can adversely affect your performance.

## Sydney Water Decision Soon

The actual details of the decision made by Sydney Water in regards to Kembla Joggers access to the Upper Cordeaux (Mt Kembla) venue will be known in the next week or so. An on-site meeting was held last month between all parties concerned and the Minister's Office has now requested a speedy resolution to the issue. Although the actual details of the agreement have not yet been made public, discussions with the Minister's Office suggest that there is reason to feel positive about the final outcome. A full report on the Sydney Water property saga, which is now approaching 2 years duration, will be given in the next issue of *The Fox*. Watch this space!

## We need your help !



There is a lot of work that goes on behind the scenes to keep the Kembla Joggers running and expanding. Please lend a hand to keep your club running. There are many ways to help out from marshalling and administering race day activities to stuffing

newsletters in envelopes. If "more can do a little" then things will be a lot happier for everyone. Approach a committee member if you are willing to offer your services. It will be greatly appreciated. Don't forget to keep those articles for *The Fox* coming in. Hand them to Neil Harper or Glenn Hayward at any of the races.

## START/FINISH Race Procedure

by Jeff Dunning - Race Organiser



### Registration

All competitors are to register no later than 30 minutes prior to race start time. Late registrations will incur a handicap time penalty.

### Start

Once the clock has been started the elapsed time will be read out at regular intervals. It is the competitor's responsibility to be aware of their start time and to present themselves on the starting line prior to this start time.

### Finish

At the finish line your position will be called out by the clock assistant - you should remember this position. On crossing the line slow down and then form a queue in the same order that you crossed the finish line. Position tags will be issued at a point 30-40 metres past the finish line - all competitors must take a position tag.

### Recording

At this stage proceed immediately to the recording tables to present your position tag, membership no and handicap time. Normally there will be three queues, 1-30, 31-60 and 61 plus.

### General

Please be courteous to the officials at the start/finish area as these tasks can be demanding with large numbers of runners finishing in a very short period of time. The efforts of these people contribute towards the smooth running of our events. We are always looking to improve the running of events - constructive suggestions should be directed to Jeff Dunning (Race Organiser) for consideration.