



The Fox

July 1996

P.O. Box 527 Dapto, NSW 2530

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

Water Torture Ends !

The latest info

Yes, it's finally over. The dispute with Sydney Water regarding access to their property at Upper Cordeaux (Mt Kembla venue) was ended on 5th June with a letter received from the Minister For Urban Affairs and Planning, the Hon Craig Knowles MP. This followed an on-site meeting between representatives from the KJ's, Sydney Water, Wollongong City Council, Integral Energy and the Minister's Office 2 months ago.

The letter concluded in part that *"the existing informal access arrangements enjoyed by the Club into the catchment should be regularised"* and that the club *"be encouraged to use the private sealed road within the Corporation's freehold land rather than unsealed tracks"*. This is exactly what the Club has been saying for 2 years.

The letter also states that KJ events may now proceed and that we must enter a formal agreement with Sydney Water, including terms and conditions and the payment of a bond, governing access to the property. The exact details of the terms and conditions and the bond amount have not yet been formalised. All KJ members will be promptly advised of the new rules once known.

One thing is clear - Sydney Water will conduct more regular patrols in the future to make sure the rules are adhered to, so it is vitally important that all members do the right thing. Any breach of the agreement will almost certainly mean an end to our new found freedom at Mt Kembla (and our bond!). Any member observed or reported disobeying these rules may face disciplinary action.

The club should feel elated with the news contained in the letter. It's been a long fight but the final outcome should be regarded as a common sense solution to the benefit of both parties. We all look forward to competing and training again at our favourite running venue and should look after it so we may do so for many years to come. **Enjoy.**

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KJ's Tom Miskelly Memorial Half Marathon



West Dapto 22 June 1996

The Miskelly Half is increasing in popularity each year and this year continued the trend with many first time Half runners having a go. The conditions were once again ideal for quick times and the early pace reflected this with a large group of runners at the front. By 8km, Garth Hennessy, Chris Stocker and Mark Everton had broken away. On one of the tough Cleveland Rd hills Chris and Mark left Garth behind making it a two way battle for the lead. With just less than 5km to go Chris Stocker put his foot to the floor and never looked back crossing the finish line in first place in a fantastic 74.58 - almost a 2 min PB! Mark came home second and Garth ran home solidly for third place having run the second half of the race on his own. The battle for first female was equally impressive with Paula Crinnion and Carrine Weston neck and neck all the way. In the end Paula edged ahead of Carrine by just 11 sec with a time of 100.41. Louise Samuel (1994 winner) was third lady home. There were many PB's recorded on the day whilst many (I think all!) were just relieved to finish. The encouragement given to the runners by the marshals and spectators greatly lifted spirits especially in the later gut-wrenching stages of the race - this was appreciated by all.

Results: 1. Chris Stocker 74.58, 2. Mark Everton 75.40, 3. Garth Hennessy 77.08, 4. George Osadczuk 79.09, 5. Rowan Allnut 79.51.

Female: 1. Paula Crinnion 100.41, 2. Carrine Weston 100.52, 3. Louise Samuel 104.56.

The Presidents Message

The KJ's Winter Racing Season is now half way through and as yet there is no sign of any drop off in numbers at our events. This is very pleasing to see and certainly lets the committee know that their efforts are worthwhile. One particular aspect that has helped us so far this year is the improved punctuality of competitors registering prior to races which has enabled most events to get away on time.

I would personally like to thank all the helpers and marshals who came out in force to assist with the running of our very popular Tom Miskelly Memorial Half Marathon last month. From all accounts - certainly from a runners point of view - the race was completed without any major hitches and the help provided made this possible. Thanks to Brian Wilson of Discount Bikes for once again supplying the wonderful trophies and to Peter Evans for offering \$50 cash to any runner able to break the course record - my apologies for not mentioning this pre-race. Congratulations to Chris Stocker and Paula Crinnion for their fine runs and to all who finished.

One of our favourite KJ's, Kerry McCann, heads off to Atlanta in the next couple of weeks to compete in the Olympic Games womens Marathon. After many years of training and thousands of kilometres around Mt Kembla, Kerry has finally reached her ultimate goal to represent Australia in an Olympic Marathon. I am sure Kerry will not let anyone down and, as always, will compete to her full potential. Kerry's recent good form suggests that she has reason to feel optimistic about the big race. From everyone at the KJ's, all the best Kerry.

It was sad to hear of the passing away of former KJ Reinier Van Beek a few weeks ago. Reinier was a regular at the club during the 80's and competed to a very high level, running a marathon in 2.40 and breaking 60 mins for our 10 mile event on at least 3 occasions. Reinier lost his short battle with cancer only 2 weeks short of his 50th birthday, still a relatively fit man. The club passes on it's deepest sympathies to Eileen and children Richard, Joanne and Natasha.

Yours in running,

Neil Barnett

How Is My Handicap Time Calculated?

For each race our computer program works out a predicted race time for each runner based on times recorded during the current season. The aim is to make races fair to all runners although, at times, it is acknowledged that some hiccups occur - this is dependent on runners running honestly. In general the system works very well, with *City to Surf* type finishes a familiar sight at many KJ events.

After each event the time you run is scaled back by the program to a 3 mile time using a scaling factor which varies with race distance. For example, it divides your 8km time by 1.69. This allows the program to compare all races that you have competed in during the season with one another regardless of distance.

Once you have competed in two or more pointscore events, the program averages your quickest two modified (3 mile) times. To work out your new predicted time the program simply scales back up this 3 mile averaged time using the same factors, eg multiplies by 1.69 to convert back to 8km etc.

Every race has a maximum allowable predicted time. For example, for 8km this is 45 mins, so if you are predicted to run 45 mins or slower you will start off 0.00. If you are predicted to run say 35 mins you will start off 10.00, for 30 mins you will start off 15.00 etc.

Only pointscore races are used to calculate your predicted race times, ie alternative shorter races, pre-season races, fun runs etc are not used. If you feel your handicap is incorrect feel free to discuss it with the handicapper, after all mistakes can happen. If you are returning from serious injury or illness you may apply to the handicapper to be re-handicapped until such time that you regain form.

The secret to finishing well up in handicapped events is to maintain your form throughout the season or, even better, to improve. Good early season form which cannot be matched later on in the year usually will result in poorer finishing positions. So stay fit and enjoy your racing. But above all, don't take it too seriously.

A more detailed explanation sheet on the handicapping and pointscore systems can be obtained from Gary Howard, Club Handicapper at any KJ race.

City to Surf

Sunday 11th of August 1996



All of those who ran last years City to Surf will have received their information packs from the organisers for this years event. The Kembla Joggers will again be entering teams and hiring a bus to get us there. This is a great day out both for the run and socially. Anyone who hasn't done it before should seriously consider it. To guarantee a seat on the bus, we require a \$10 deposit as soon as possible. Final costs will be known closer to the event and will depend on numbers, bus hire costs and parking fees.

All those who wish to be in a team and/or travel on the bus, contact John Gullick ASAP on 724274.

Vale Reinier Van Beek

Last week we lost one of the gentleman of running. Reinier Van Beek was a runner of great ability who supported the club throughout the 80's on a regular basis and rather less frequently in the 90's. Although he had a rather ungainly style, Reinier ran with a lot of strength and determination which took him to a 2:40 marathon and a 2:06m 800m; and this when he was turning 40 years of age. Most of us who knew Reinier will remember his optimistic attitude to life, his great friendship and support and his repertoire of jokes. Reinier came somewhere between Jimmy Hennessy and John Cooper...what a combination !!!!

Reinier will be sadly missed by all who knew him. He died aged 49. We extend our sympathy to Eileen and his children.

Physio on the Run

(Advice from the Clinic and the field.)

Achilles Tendonosis(formally Tendonitis)

Achilles tendonosis is a common running injury with a reported incidence of 6.5% amongst runners. It occurs as a result of repetitive overload and breakdown of the Tendon that attaches the calf muscle to the heel.



There are 4 types of achilles injury.

1. **Paratendonitis:** Involving a crepitus (Crackly) feeling in the tissues surrounding the Tendon
2. **Proliferative Tendonosis:** Acute and Reactive response to overload of the tendon structure (ie: following a heavy hill session) causing a fusiform thickening of the tendon.
3. **Degenerative Tendonosis:** slow onset chronic and recurrent response where inevitably the tendon never regains its former structure and therefore is always sensitive to a load.
Some injuries can display symptoms of all 3 subtypes.
4. **Enthesis:** Inflammation of the insertion to the heel (associated with children during their growth spurts)

Signs and symptoms

1. **Pain in the region of the achilles** (Gr1): that occurs after running, (Gr2): during warm up/cool down (Gr3): gets worse as you run, or (Gr 4): Constant pain
2. **Palpable tenderness, crepitus(Crackling)** and sometimes thickening in the region of pain
3. **Morning stiffness/pain on rising.**
4. Sometimes preceded by evidence of tightness in the calf muscles.

NB: Symptoms don't always reflect the extent of pathology. Seek advice early!

Management can include:

1. Icing -daily.
2. Massage along the calves and into the tendon (with Difflam).
3. Calf Stretches with the foot in a supinated position (Arch up) to achieve an even stretch on the muscle.
4. Relative Rest: Recommendations from the Australian institute of sport* based on the severity and chronicity of the injury.

	Proliferative	Degenerative
Grade1	Modify training**	Normal(Warning sign)
Grade 2	Short Rest	Modify Training **
Grade 3	Long Rest	Long Rest/Surgery?
Grade 4	Surgery(Rehab 6-12mths)	Surgery

****Modify training** = correct the extrinsic errors that contributed to the injury .

5. Taping, orthotics and running shoes with stability properties in the rearfoot and midsole can help control pronation. Correct fitting is also very important.

6. Strength exercises such as heel raises off a step are useful in cases where there is a demonstrated strength deficit and the tendon is relatively asymptomatic and stable. Advice should be sought before proceeding with this program.

7. Cross Training such as cycling, swimming or aqua jogging.

*Reference: Purdam, C. July 1995. Lecture notes NSW Sports Physiotherapy News Letter P15-20

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

City Physiotherapy Centre 135-137 Crown St Wollongong)

For further Advice: Ph 261015 or catch me at the KJ races

Strength Training on Hills

By Eric Brown ph. 613985

Strength Training. Most of us have read about strength training and it usually involves spending 1-2 hours a day, 2-3 days a week in the gym pumping iron. Not your cup of tea ! Well there is an alternative and much cheaper and satisfying way for distance runners. Hill Running. Using your own body weight as the resistance. Hill running builds strength in the legs, helps to increase stride length, improves racing ability and builds mental toughness. Hill running is a specific kind of training stimulus and should be introduced into your training program gradually.

There are 3 kinds of hill running for distance runners. One is a series of gentle uphill and downhill as part of a cross country run. Another is a series of runs up a long but manageable hill. The third is a speed session up a short steep hill. Not only does hill running increase the stress at any given pace due to the extra work to overcome elevation changes, but also requires the use of the arms, legs and trunk in a manner different than in level running. The vigorous arm, shoulder and trunk muscle action from hill running cannot be duplicated on the track. It closely mimics the muscular activity required for sudden pace changes when overtaking or putting in the Hollywood finish.

Attacking hills in a long run provides a constantly recurring challenge. Each hill is an obstacle to overcome. This challenge simulates racing, conditioning the mind and body in a specific and practical way.

Long repetitions up hills of around 1 in 10 for around 90 seconds to 2 minutes duration is an excellent way of improving aerobic and anaerobic power. Start this session by warming up with a 2 mile (3km) easy jog, then for the first session do 3-4 hills followed by a 2 mile (3km) cool down. Repeat the session once a week for 3 weeks to a maximum of eight hills. When done at level anaerobic pace, the added stress of the incline, may be physiologically similar to aerobic capacity interval runs building mental and physical strength.

Short hill sessions run quickly, can be done on a 1 in 6 hill with a short jog back down recovery, making this a predominantly anaerobic session. A very exaggerated bouncy running style with a quick, powerful knee lift and toe off, are all important elements for a sudden change in pace for those hollywood finishes. Start the session off with a good warm up then do one set of 8 hills only increasing the number of reps when 8 can be done in full control of a bouncy style (knee lift and toe off). Increase by 2 each week until 2 sets of 8 reps can be completed with 5 mins rest between each set. Don't worry about times, powerful and controllable hill running is the aim.

Spend some time on the first two hill sessions, gaining strength and endurance before attempting the speed sessions. Don't rush into hill training. Allow your body time to adapt as you should always do with any change of training regime.

Good luck, I will be looking forward to some big hollywood finishes in the near future.

KJ's July Birthdays



6th	Lyndal Groom
6th	Ray Wales
7th	Frank Hungerford
8th	Jacqueline Hill
10th	Murray Smith
12th	Dave Fleming
15th	Dave Kirton
17th	Kym Batten
17th	Geoff Gilroy
20th	Tim Robertson
24th	Oscar Sanjurjo
24th	Jim Hennessy
28th	Dave Lovegrove

Fire Sale

Hans Lambert is selling off some of the KJ's uniforms. He has the following on sale :

2, size 12 1/2 sleeve t/shirts	\$5
1, size 16 sloppy joe	\$15
1, size 18 sloppy joe	\$15
1, size 14 white singlet	\$5
1 large racing shorts (white insert)	\$20
1 large racing singlet (w/out sportsco logo)	\$20

The expected delivery for the ordered white singlets is 6th July. The expected delivery for the racing outfits is the 13th of July. The new women's sports tops have finally arrived. For those who did not order one, we have some in stock for \$25.

Winning is achieving your own goals. not someone else's. Winning doesn't usually mean coming first

Junior News

Some great efforts were put in by the junior KJ's in the 8km at West Dapto on June 8th. First on handicap was 10 year old David Gregory, the Junior Pointscore winner in 1995. David ran very well and managed to pull away from his older brother Ian in the final stages of the race after they started together. Quickest junior was Stephen Locke who smashed the 15-19 yrs record with his top time of 27.43. Elivia Comer was quickest female overall in the race with her 32.55 which broke the 15-19 yrs record also. Elivia was third junior home on handicap. Unfortunately, the cross-country titles in Nowra combined with the long weekend meant that numbers were down on the usual. However the next event is the popular 3 mile on July 6th and should attract a big crowd of juniors. *Results: 1. Stephen Locke 27.43, 2. Mathew Moody 32.12, 3. Elivia Comer 32.55, 4. Bethany Comer 37.54, 5. David Gregory 39.09, 6. Ian Gregory 39.36, 7. Rachelle Giles 45.06*

After two events the Junior Pointscore is being headed by last year's winner David Gregory on 185 points. Not far behind is Elivia Comer on 181 points with Bethany Comer third on 165 points. Don't forget you are able to miss one race out of the five in the series so don't worry if you are a little behind at this stage. Elivia is also doing very well in the Junior Girls Championship on 19 points just 2 points ahead of Bethany. Mathew Moody is coming first in the Junior Boys Championship with a big lead over the rest of the field at the moment. Once again only your best 4 of the 5 races will count towards the Championship.

Junior Pointscore : David Gregory 185, Elivia Comer 181, Bethany Comer 165, Ian Gregory 153, Matthew Moody 133, Stuart Perry 90, Brendan Cato 80, Stephen Locke 79, Rachelle Giles 70, Lauren Elms 65, Sara Arcioni 55, Jaquie Wales 50.

Junior Girls Championship : Elivia Comer 19, Bethany Comer 17, Lauren Elms 10, Rachelle Giles 8, Sara Arcioni 7, Jaquie Wales 6.

Junior Boys Championship : Matthew Moody 18, Ian Gregory 13, David Gregory 13, Stuart Perry 10, Stephen Locke 10, Brendan Cato 8, Tim Robertson 7.

Upcoming Events



KJ Events

20th July 9 miles (14.4km) Tony McMichael Memorial Trophy - Mt. Kembla. Also a 3 mile alternative run (scratch start)

3rd of August 7km Mt. Kembla. This race is also included in the junior pointscore

Other Events

6th of July Sydney Striders 10k & 5k, Marsfield

7th of July Sri Chinmoy 10k, Domain, Sydney

14th of July Great Nosh Fun run 15k cross country Lindfield Oval.

14th of July. Pitt Town 13.5 & 5k run/walk

14th of July. Randwick Rugby 21.1k & 8k fun run

20th of July Dapto Leagues Duathlon 9am 4K-25K-4K. enquiries Dorothy Newton ph.847966

21st of July Gold Coast Marathon

Upcoming

11th of August City to Surf

8th of September Hoptown relay

15th of September Aust. 100K road running champs.

28th of September Royal National Park Ultra 50km also teams legs of 19, 16 and 15k.

KJ's Pointscore

Pasco Coppolaro	1159
Paula Crinnion	1034
John Gullick	1030
Jeff Dunning	1018
Neil Barnett	927
Claire Margetson	924
Gary Howard	923
Ian Tague	902
Peter Issa	892
David Church	869
Gary Wheeler	844
Jenny Comer	843

Athletics NSW Update by Ron Perry

At long last the affiliation of Kembla Joggers has been approved by Athletics NSW so Kembla Joggers can now become registered and compete in any Athletics NSW event. If you want more information on becoming registered, or transferring from a track and field club see Ron Perry and he will answer all your questions.

Recently the road and cross country calendar has been rather busy, the following is a precis of recent major events.

NSW Road Championships (10K at Holdsworthy)

In the senior male race David Evans took the title in 29.55 from Paul Arthur and Brendon Hince. In the senior female race, Helen Turland made a great return to top competition to win in 33.26 with Annette Dwyer second, some five minutes in arrears. As we have many vets in the club, the veterans titles for men and women may be of interest. The 40+ men's title was won by Peter Hutton in 34.45 while the 50+ men was won by Ian Graves in 35.55. In the veteran women, the 35+ women was won by Anne Forbes in 38.38 while the 45+ was won by Gaye Lynn in 41.12.

Gives us older runners something to aim for next year.

NSW Cross Country Championships (Nowra)

This was the first event held since KJs became affiliated and it did see the KJ uniform appear in an Aths NSW competition for the first time. The cross country course at Willandra must be one of the toughest cross country courses around, if you don't think so try it.

In the senior men's race Paul Arthur won for the second year by the proverbial country mile. In the senior women's race, Heather Turland (who now runs for Nowra) lead for most of the race to be pipped within sight of the finishing line by Liz Miller who also won the title in 94.

A number of KJ members took part in the various races that were held including Bethany, Elivia and Laila Comer, Ben Dubois, Russell Chin, Mark Everton, Stuart, Ros and Ron Perry.

Coming events

NSW 8/5K Cross Country Championships Centennial Park

This is the other leg of the NSW cross country championships, over a shorter, faster course. As this one does not clash with a KJ event there is no reason not to compete. All you need is a club uniform and your Aths NSW registration number.

Track Season

The track season is not far away. Last Thursday we had 45!! starters for a 3000 metre so there is plenty of interest in track running in the club. If you want to compete in any track competition other than on Thursday night, get registered before the season starts.

World Juniors

The Olympics may not be in Sydney this year but the World Junior track & field titles are. They are being held from 20th to 25th August at Homebush. 129 countries have confirmed that they will be competing so it will be a great opportunity to see the best under 20 athletes in the world. Tickets are available through Ticketek and the program is available on Internet from the Athletics Australia home page (you can get there from KJ's home page - <http://terumi.cs.uow.edu.au/People/Neil/kjs.html>).

Sydney Half Marathon

A Race Report by Pasco Coppolaro

On a bright sunny day 36 Kembla Joggers lined up underneath the Sydney Harbour Bridge for the gruelling 21.1km journey. First home for the club was Johnathon Hall in 73.28 (36th outright), 2nd in was Kerryyn McCann in 74.18 (39th and 3rd female) and third in was Chris Stocker in 76.51 (60th outright).

There were many good runs from our members, especially from Denis Webb (81.34), Jeff Dunning (83.46), Vito Gaudiosi (87.58 after a poor start), Chris Paesler (89.13), Ray McCauley (93.42), David Church (97.58) and Derek Moriarty (117.58). Dave Higgins (93.10) once again gave it all he had and this year after collapsing over the line had to be put on a drip in the medical tent. How's that for sheer determination.

Those of us who travelled on the bus had a great day out (and our thanks to Ray Wales for driving). I enjoyed my run up there as I improved my time of 100.06 last year to 94.32 this year. Teams results have not yet been published. Results should be in the next issue.

JOHNATHAN HALL	73.28	BRIAN BAIRD	95.50
KERRYYN MCCANN	74.18	HANS LAMBERT	95.54
CHRIS STOCKER	76.51	VINCE O'DWYER	97.02
ROSS WALKER	78.24	PETER STUCKEY	97.08
NEIL BARNETT	78.57	CHRIS RUTTY	97.30
PAUL STEIN	79.46	PETER ASHER	97.40
GARY BURTON	80.22	DAVID CHURCH	97.58
DENIS WEBB	81.34	GARY MORIARTY	102.00
MARK EVERTON	83.36	BRUCE MEDLEY	103.06
JEFF DUNNING	83.46	IAN TAGUE	103.16
ANDREW KRAJEWSKI	84.22	RAY WALES	103.34
VITO GAUDIOSI	87.58	ROB JEGO	104.26
CHRIS PAESLER	89.13	JOE CACHIA	106.44
WITOLD KRAJEWSKI	89.36	RON PERRY	112.08
MARK OWEN	90.14	JILL HAYMAN	113.44
DAVE HIGGINS	93.10	DEREK MORIARTY	117.58
RAY MCCAULEY	93.42		
MARK ALLISON	94.10		
PASCO COPPOLARO	94.32		

Pasco's Lucky Day

Pasco Coppolaro had plenty of reasons to smile on the day of the 8km at West Dapto. First, Pasco ran a PB of 32.40 beating rival John Gullick home by just one place. Pasco decided to celebrate his efforts with a night out at the Fraternity Club along with Des and Jenny Comer. Pasco planted himself in front of a poker machine and had barely played one or two coins when he picked up the lucky machine jackpot of \$560. Not content with this Pasco invited Jenny to pick 6 numbers to use in a game of Keno. Jenny decided to use some of the Comer birthdates and yes 5 of these came up - another \$90. Just to rub it in a little more, Pasco returned to the top of the pointscore after the 8km event.

Helpers Wanted!!

KJ volunteers are needed to assist in marshalling and timekeeping at the upcoming Dapto Duathlon which will be held on Sunday, 21st July. The event is organised by the Illawarra Triathlon Club and starts and finishes at Dapto Leagues Club. A donation has been offered to the Club for helping so there is good reason to get out there and help make this event a success. Anyone wishing to volunteer should contact Neil Barnett on 713299 as soon as possible.

KJ Quiz

1. Which runner won back-to-back KJ Half Marathon titles in 1994 & 1995?
2. The KJ's celebrate their 25th anniversary in what year?
3. What is the name given to the distinctive trophy which is awarded to the winner of the Hangover Handicap event?
4. Which two runners tied for 1st place in the KJ's Pointscore in 1994?
5. In what year did ten runners from the KJ's break the Australian 1000km ultra relay record between Sydney & Melbourne?
6. At which race this year was the all-time race attendance record set?
7. Which runner won the KJ's Athletes Athlete award in 1995?
8. Who were the winners of the 1996 Fitness Five Funrun?
9. Name all of the Comer girls?
10. Which former KJ was Club President between 1990-1991?

Answers on Page 10.

9 LIGHTHOUSE 10 FUN RUN

a race report by Pasco Coppolaro

On a cold and miserable winter's day about 300 people lined up on this fast course. The race was dominated in most categories by members of the Kembla Joggers Club. First in was Johnathan Hall in 31.58, 2nd Dave Pomery 32.23 and third in was Julian Fitzpatrick 33.12. In the womens section first in was Sue Mulready in 37.21, 2nd in was Julie Biederman 42.48 and third in was Paula Crinnion 42.58. The race was highlighted by many good runs from most of our members.

All the mens age groups were won by Kembla Joggers runners and the womens group also won their fair share of categories. A special mention to Uberlinda Cortes who ran a great race to finish 3rd in her age group and to Rafael Moriana who ran a great P.B.

JOHNATHAN HALL	31.58	ANDREW KRAJEWSKI	36.58
DAVE POMERY	32.23	BRIAN BAIRD	39.50
JULIAN FITZPATRICK	33.12	DAVE HIGGINS	40.31
RUSSELL CHIN	33.40	LUIS CORTES	40.48
GARRY WHEELER	33.50	GARY HOWARD	41.30
CHRIS STOCKER	33.52	VINCE O'DWYER	41.32
STEPHEN LOCKE	34.01	PAULA CRINNION	42.58
PHIL PARLE	35.07	CARRINE WESTON	43.23
RAFAEL MORIANA	35.53	PASCO COPPOLARO	46.29
JEFF DUNNING	36.29	DES COMER	46.47
MATTHEW MOODY	38.40	KYM BATTEN	49.30
KEVIN GOODWIN	35.10	DIANE BIRCH	51.33
GERARD FRAHILL	35.04	PETER ISSA	51.35
WITOLD KRAJEWSKI	40.57	UBERLINDA CORTES	64.00

Fox Trots race reports by Neil Barnett

16km & 3 Mile (West Dapto) 1 June 1996

Many KJ's backed up in the 16km after the Sydney Half only 6 days before and consequently most had to dig deep in the final stages. This didn't stop some great times being recorded by these runners including Chris Stocker who was second quickest with 57.13. Chris may have been quickest if he hadn't added on an extra 300m at second turn-around. Wayne Montefiore proved that he is not just a middle distance athlete by recording the fastest time of 56.26. Tony Maloney was first on handicap, with David Raymond second and Peter Issa third. Natalie Angel came all the way from Katoomba to compete and didn't regret the long drive after recording a big PB of 72.03 to be the quickest female on the day. Other top performances were put in by Denis Webb (59.51), Jim Hennessy (62.37) and Laila Comer (81.56) who lowered the 15-19 yrs age-group record by 8 mins. The 3 mile attracted a field of 30 runners. This race turned out to be a battle between two with Julian Fitzpatrick first home in 15.31 (15-19 yrs record) just ahead of Murray Smith (15.33). Lauren Elms again lowered her 15-19 yrs age-group record coming home first lady in a quick 18.26. *Results: 16km - 1. Wayne Montefiore 56.26, 2. Chris Stocker 57.13, 3. George Osadczuk 58.43, 4. Gerard Franhill 58.52, 5. Neil Barnett 59.09.*

THE FOX

Female: 1. Natalie Angel 72.03, 2. Carrine Weston 75.44, 3. Louise Samuel 75.51. 3mile - 1. Julian Fitzpatrick 15.31, 2. Murray Smith 15.33, 3. Stuart Perry 16.09, 4. Bob Squires 16.35, 5. Mathew Moody 18.04. Female: 1. Lauren Elms 18.26, 2. Elivia Comer 19.01, 3. Karen Blay 19.06.

8 km (West Dapto) 8 June 1996

The 8km was held in near perfect conditions with 76 runners competing. The first 3 positions were the same as in the 16km the week before with Wayne Montefiore quickest in 26.38 (40-44 yrs record). Chris Stocker keeps getting quicker (27.08) and is firming as a favourite for the KJ's Half. Almost 20 runners broke 30 mins with Stephen Locke (27.43, 15-19 yrs record), Paul Micala (27.44) and Kane Johns (28.31) the most impressive of these. Elivia Comer continued her recent improvement to take quickest female in 32.55 (15-19 yrs record). Another lady Lyndal Groom was first home on handicap almost 1 min ahead of second placed Jose Pereira. Bill Williamson's comeback was the talking point and Bill didn't disappoint taking the 60-64 yrs record with his 33.38. Louise Samuel was the fifth runner to break an age-group record on the day with her 36.02 in the 35-39 yrs bracket. Junior results in Junior News. *Results: 1. Wayne Montefiore 26.38, 2. Chris Stocker 27.08, 3. George Osadczuk 27.28, 4. Rowan Allnut 27.28, 5. Ross Walker 27.29. Female: 1. Elivia Comer 32.55, 2. Paula Crinnion 34.49, 3. Louise Samuel 36.02*

10 KJ's WOMEN ON THE RUN

By Paula Crinnion

There is no holding back Louise Samuel this year who, in the 10 mile race at West Dapto on 1st June broke the 35-39yr age group record in a time of 75.51. Louise was not far behind Carrine Weston, who proved to be too strong on the day and finished in a time of 75.44. Laila Comer (81.56) smashed the 15-19yr age group record (her own set last year) by an incredible 7min 54sec. Other impressive performances on the day went to Wendy Bennett (86.39), Jill Hayman (79.47) and Mandella Parmenter (78.10).

The 5 mile race at West Dapto on 8th June proved to be a record breaker. Elivia Comer was the female race winner in a time of 32.55, and broke the 15-19yr age group record which has stood for the last 5 yrs. Louise Samuel also had a great race breaking her own 35-39yr age group record in a time of 36.02. Kerry Chard (36.52) and Bethany Comer (37.54) also ran well on the day.

The half marathon this year proved yet again to be a great race with many K.J.'s running P.B.'s. Carrine Weston narrowly missed out to Paula Crinnion (100.41) on taking home the women's trophy by a mere 11 seconds. Paula and Carrine shared the lead for the last 2km and the race was only decided by a sprint to the finish. Louise Samuel (yet again) ran a good race (104.56) as did Frances Pearson (112.14). Congratulations to all finishers of this very long run!!

Statistics

Average Times

	5 mile	10 mile	3 mile	13 mile	4 mile
Females	40.36	81.57	24.02	113.37	35.02
Males	32.42	69.50	18.39	94.22	28.38
Total	33.57	71.40	21.15	97.07	33.00

Pointscore - Women's placings

		Points
2nd	Paula Crinnion	1034
6th	Frances Pearson	924
12th	Jenny Comer	843

Until next issue

Keep on running.

2VOX FM KJ's Radio Saturday Mornings 106.9 on the dial. This segment discusses news and results. Usually between 6:45 and 7am.

THE FOX

WHY WE SHOULD KEEP RUNNING

(and encourage our friends to come along)

By Paula Crinnion

- People who engage in regular physical activity start to feel good about themselves, enjoy better health and quality of life.
- They also notice a marked change for the better in their ability to cope with a wide range of activities including school studies.
- Sport is about accepting discipline, providing leadership, gaining confidence, learning to co-operate and being able to relax.
- We all know that when we exercise regularly we burn up calories, our posture improves, we look better and more importantly we feel better.
- There are many things we can share through sport and physical activity and they include a wonderful sense of well-being, confidence in our day-to-day life, enjoyment and most important, fun and companionship.

Source: Australian Sports Commission, "Why Women in Sport?" brochure.

Answers to the KJ's Quiz

1. Petri Laajoki, 2. 1998, 3. The Running Nut Trophy, 4. Peter Patterson & Chris Stocker, 5. 1991, 6. 3 mile on 30/3, 7. Chris Stocker, 8. Andrew Lloyd & Nicole Broers, 9. Elivia, Bethany, Jemma, Laila & Jenny (mum), 10. Dennis Drabble.