



The Fox

September 1996

P.O. Box 527 Dapto, NSW 2530

W Squared 3km Handicap

Organised by The KJs Veterans Club
by Eric Brown

The W Squared 3km. handicap series was put on to add a bit of spice to our regular Thursday night races and to encourage more of the regular Saturday road racers, who had not experienced track racing, to give it a go.

First we needed a handicapper. We required someone with the knowledge, experience and willingness to take on such a task. The committee were unanimous in who that person should be. None other than Kembla Joggers founder and original handicapper Bill Williamson. (You probably have seen him of late running along the road in the Saturday races encouraging everyone along.)

Determining the handicap system was a typical Williamson work of art. Bill perused results from Kembla Joggers track and road races for the previous 18 months so that he had an idea of both the possible performances and the latent potential within each athlete. There was absolutely no chance of anyone being able to fudge each race to get into the final. Each race had to be raced honestly and to the athlete's potential.

The format of the series was to be 5 x 3km races on the track at Beaton Park, four preliminary races and a final, the results from each race being passed on to Bill each week for him to predict the next races handicap times, and also to compile a points list based on how each athlete performed against their predicted time. At the end of the four preliminary races the top 15 athletes on the list were to contest the final. The final starters and their handicap not being announced until the week prior to the final.

So, the fliers were posted and the date set for the first race of the series. We didn't expect that we would get such an overwhelming response. Race numbers increased by 100% on the first night and stayed that way through the whole series. Week 1= 43, Week2= 53, Week3= 53, Week4= 47. This was an average of 49 runners !!

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...(W Squared 3km continued from page 1)

The atmosphere on the night of the final was electric. Unfortunately two of the top fifteen Eric Brown (one of the favourites) and David Pomery had to withdraw through sickness and injury. So the next two on the list were invited to run, plus two wild cards.

Diane Birch started off scratch with Derek Moriarty three seconds behind her. Derek did his predictable flying start and gobbled Diane up in seconds. The rest of the field followed off their handicap. Chris Stocker must have recorded a p.b. for the first 400m for he took off like the proverbial scalded cat leaving Neil Barnett and Rafael Moriana in his wake. The back marker, Bronte Blay, started four minutes and five seconds behind the scratch marker. This meant Derek and Diane had almost a lap and a half start on Bronte; a big ask, to pull that much back in seven and a half laps. But not to be deterred Bronte set about reeling everyone in.

Tim Crinnion was putting the big one in when it was required and was floating along in his inimitable style. He looked like the man to beat with two laps to go. Tim's wife Paula was determined he wasn't going to catch her. Her first two kilometres were probably PBs. Rafael Moriana was on another sub 10.00 minute 3km, as was Neil. This was building up to be one of the best finishes ever seen on the B.P. track. Once again Bill had got it right.

The last lap was a memorable one, with the whole field bunching up. Everybody was winding up for the Hollywood finish. Vince O'Dwyer's legs were a blur coming down the straight. Graham Warren's stride must have been two meters long. Neil and Rafael were having a ding dong battle and John Gullick was heading for a big p.b. Laila Comer, Andrew Krajewski, Diane, and Derek gave it everything on the night. Paula, Steve Van Gils, Ray McCauley and Des Comer put in mighty efforts to finish within three seconds of each other and all this time Bronte was boring down on them. Tim lived up to his potential by coming in second with a p.b. of seven seconds. And not to be outdone the man with the withering finish, Vince, just held on to third from the fast finishing Graham.

But there was only ever going to be one winner. That first lap dash of Chris Stocker's sealed the race for him. With all the strength of his marathon training in his legs and the incentive of someone always in front to catch was enough to bring out the best in him and he ended up with a nine second p.b.

To all the competitors I say thank you for a most memorable race, you gave it your best shot on the night and I am sure you converted a few more athletes to the joys of track racing.

Last but not least a big warm thank you must go to Bill for staging such a tremendous finish. Bill weaved his magic as only he can do and I am certain he inspired some of the excellent performances with his invaluable advice. It was heart warming to see the satisfaction on his face at the presentation.

The Kembla Joggers Veterans Athletic Club invites any athlete of any level to join us at the Beaton Park Athletic Track every Thursday evening at 6.30pm. hail, rain sleet or snow someone will be there to put on a race for you.

AND WHY THE TITLE

"W SQUARED" ?

WELL YOU'LL HAVE TO WORK THAT OUT FOR YOURSELF!!!!

Results across the line

Chris Stocker	9:42
Tim Crinnion	10:14
Vince O'Dwyer	11:14
Graeme Warren	10:12
Neil Barnett	9:58
Rafael Moriana	9:56
Bronte Blay	9:41
John Gullick	11:34
Ray McCauley	11:32
Steve Van Gils	10:27
Paula Crinnion	11:50
Des Comer	12:14
Derek Moriarty	13:55
Diana Birch	14:03
Andrew Krajewski	10:49
Laila Comer	12:34

September Birthdays



1st	Des Comer
2nd	Phil Parle
2nd	Peter Roope
8th	Greg McCann
10th	Catherine Bell
11th	Tony Davis
11th	Alan Stacey
14th	Gary Howard
15th	Garth Weston
17th	Matthew Moody
18th	Paula Crinion
19th	R.Jago
24th	Leesa Bennett
26th	Sue Fitzgibbon
26th	Ian Hill
27th	Vince O'Dwyer
29th	Robert Mitchell

Oops !

In the last issue the date of the Luke Savage Memorial Cross county Relay was incorrect. It is :
Sunday September 8

The Presidents Report

With this edition of *The Fox* we celebrate its first birthday - hopefully the first of many! Having a regular club newsletter was long overdue and I believe that the format and content of *The Fox* has been very well received by all KJ's. Many thanks to everyone who has made a contribution. In particular, thanks to Neil Harper who took on the role of editor at short notice this year (& has done a great job too!), to Pasco Coppolaro and Peter Issa for copying and compiling each issue, and also to Dean Dalla Pozza for volunteering to shove them into envelopes.

The winter season is fast coming to an end and will finish up, I think, being our best ever. The summer racing program gets underway in October and should keep all runners fit and fast during the off-season. In fact, the next couple of months look like being as action-packed as any other time this year with the Hopetown Relays (Sept 8th), Club Challenge (Oct 13th), New Zealand Relays (Oct 18-20th) and Duathlon Relays (Oct 27th) keeping many runners focussed.

I strongly encourage ALL KJ's to turn out at the annual Club Challenge at Grays Point in the Royal National Park in October. Billies Bushies, last year's victors, are telling their people to expect 100 KJ's on the day - all this to stir them all into action I guess - lets not let them down. This day is easily the highlight of the running year with a great course, great company and a decent feed at the finish - and it all costs nothing!

It seems everyone was impressed with Kerryn McCann's fine effort in the Olympic Womans Marathon in Atlanta last month. Kerryn was first Aussie home in 2.36 which was recorded in extremely humid conditions and on a very tough course. Kerryn was 28th overall and even beat some of the more fancied runners including the Bronze medallist from Barcelona. I'm not sure what Kerryn's plans for the future are but if she decides for a bit of a rest then she has certainly earned it.

Yours in running, Neil Barnett.



Fire Sale

Get them before they run out
Fitness 5 T-Shirts

There are still some size "S" Shirts left over from the race. Going cheap \$10 each. If you are interested, contact John Gullick on 724274 or catch him at one of the races.



Fit For Life NZ Relay Update

Two teams of 10 runners from the KJ's will be heading off to New Zealand in mid October to compete in the "Fit For Life" Relays. Ray Wales has taken on the role of team manager and has been busy making arrangements for the teams accommodation, transport and flight needs. An "A" and "B" team will be formed from the 20 runners and will be chosen in early October. Most runners have returned a survey to Gary Howard which will provide information on each runner such as preferred distance, terrain, time of day for running etc. This will help the team captains when deciding on who runs what leg. A trivia night fundraiser is being organised to help meet the entry fee and transport costs - please show your support. In the meantime team members are busy improving their fitness for the expected hilly route with many using the tough 9 mile circuit as a regular training run.

The runners competing are:
Mark Everton, Jeff Dunning, Neil Barnett, Garth Hennessy, Paula Crinnion, Tim Crinnion, Pasco Coppolaro, Paul Micale, Steven Van Gils, Derek Moriarty, Peter Issa, Jim Hennessy, David Higgins, Ian Kemp, David Church, Ray Wales, Ron Perry, Kane Johns, Gary Howard and KarlStamp.

Club Challenge

After KJ's successful participation in last year's event many clubs are now gathering their forces in order to repel our 1996 Challenge. This year the event is anticipated to be run on the same 10.5 km cross country course as last year. There should be a BBQ held after the event and the race and the BBQ is all FREE!!! Ask anyone who participated last year and they'll tell you how enjoyable the event was.

John Gullick is currently compiling a list of interested members and he will be giving out more information as it comes to hand. John can be contacted on 724274.

KJ's Top 10 Pointscore :

Jeff Dunning, Pasco Coppolaro, Gary Howard, John Gullick, Paula Crinnion, Frances Pearson, Ian Tague, Neil Barnett, Jenny Comer, Peter Issa

Sport - Not only a boy's game

By Paula Crinnion

A major survey of youth attitudes, conducted by the Australian Sports Commission shows that girls still perceive sport as a 'boys' game. This perception, still so strongly held in the 1990's, can narrow their opportunities and reduce the motivation to succeed. Girls who don't play sport are found, on average, to be less healthy, less confident and have less self-esteem than those who do.

The survey also found that, generally, more girls are less fit than boys. As young women, statistics show that they are less likely than men to return to regular physical exercise as a natural way to improve their quality of life.

You can help by:

- Encouraging girls to participate in sport, or at least some form of regular physical activity.
- Encouraging girls into a broader variety of sports depending on their interests.
- Promoting sport as not only being an acceptable activity to all girls and women, but a very beneficial one.
- Supporting sporting programs and policies that increase opportunities for women and girls.
- Asking if your school is providing a comprehensive physical education and sporting program that encourages girls participation.
- Supporting the work being done in your State by 'Women in Sport' Offices and 'Australian Sport' Offices.
- Contacting your State sport department or the Australian Sports Commission for information about the Active Girls Campaign.

Source: Australian Sports Commission. 'The Active Girls Campaign'.

Upcoming Events

Presentation Night



November 1st Kembla Grange Turf Club.

KJ's Races

September 14th 7mile Mt Kembla - also a 3 mile alternative.

September 28th 3 * 3 mile relay West Dapto.

October 13th 1996 Interclub Challenge at Grays Point.

October 27th Vita Health Foods teams Duathlon at Dapto High

Track races **every** Thursday night at Beaton Park run by the KJ's Veterans Club - 6:30 PM

Other Races

September 8th Luke Savage Memorial Cross Country Relay

September 28th Royal National Park Ultra incorporating a teams relay race.

Billys Bushies run regularly in the Royal National Park on Saturday mornings. A contingent of Kembla Joggers participate in these runs regularly. See Glenn Hayward for details.

Ouch !

The Kembla Joggers site on the internet went down recently when the machine that it was on crashed. I am currently negotiating to have it put onto a more reliable commercial server. Stay tuned...

The 1996 City to Surf

A Race report by Gary Howard

A Cold Morning greeted all the Kembla Jogger Members at 6.15am as they waited for the bus to arrive at the Western Suburbs Leagues Club car park. Our Club name, KEMBLA JOGGERS was splashed across the back window of the bus for all passing motorists to see. With a full bus we set off for William Street. Nature called at Heathcote where Luis Cortes decided to get on the wrong Bus upon returning and Kevin Goodwin went missing. All were found and we again were on our way to Sydney. Celebrating a Birthday was first time City to Surfer Rafael Moriana who was being briefed on how to run through 44,000 runners to Bondi. Getting close to our departure point from the bus, the runners stripped down to their running gear and used old T shirts or pyjama tops to keep warm. All thoughts were then set on getting a good starting position and keeping it, but unfortunately nature again called at 9.45am and I lost my position!

Most runners were being amused by bouncing balls and flying clothes, I was amused by pre-race entertain performed by Luis Cortes, so much in fact that it entirely put me off my pre race plans and I missed starting my watch at the gun. Over 70 Kembla Joggers ran the 14 kms to Bondi with standouts being Jeff Dunning 53.16, Ian Tague 62.48, Mark Owen 56.29, Tim Robertson 64.36, Bethany Comer 65.46, Paul Stein 51.05, Damian Mannix, and Mark Allison. PBs, hard luck stories and potential PBs, for next years race were all the talking points at the Bondi Icebergs Club where all the Kembla Joggers met after the race for a sausage sandwich and drinks. On returning to the bus most members bought the traditional Sunday Ice cream and waited for Choppers to arrive but be never made it. Does anyone Know who "Choppers" is?. Many thanks to John Gullick who organised the bus and also to Andrew Ruty who drove the Bus, ran the race, and got us all home safely. Congratulations to all runners. A list of Runners and their times are below. (Sorry if your name is not there or your time is incorrect, names get a bit blurry after 44,000 names).

J. Fitzpatrick	49.53	Brian Baird	61.27	B. Robertson	75.07
Paul Stein	51.05	Jose Pereria	61.44	Kevin Raines	75.10
Paul Hellier	51.13	Hans Lambert	62.27	Ian Dodsworth	75.28
Neil Barnett	52.14	Ian Tague	62.46	Jemma Comer	75.49
Rafael Moriana	53.07	Ray McCauley	63.41	Jill Hayman	76.03
Ross Walker	53.08	Gary Howard	63.45	Ron Perry	76.18
Jeff Dunning	53.16	Luis Cortes	64.10	Laila Comer	77.04
Kevin Goodwin	53.41	Brian Mannix	64.21	P. Coppolaro	77.05
Gary Wheeler	53.42	Tim Robertson	64.36	K.Oconnell	77.48
Gerard Frahill	54.01	Tim Crinnion	65.01	C. Margetson	78.55
A. Krayewski	54.59	Paula Crinnion	65.02	Jenny Comer	80.18
Steve Vangils	55.58	Bethany Comer	65.46	Gerard Mahoney	82.29
Mark Owen	56.29	Gary Moriarty	66.17	Josef Ruiz	83.23
Martin Church	56.44	Anders Klasson	66.22	Wendy Bennett	?
W. Krayewski	57.13	Elivia Comer	66.30	Kerry Cook	?
G. Learmonth	57.15	Carrine Weston	66.59	Michael Hickman	?
Mark Allison	57.23	John Gullick	67.05	Christine Hall	?
Damian Mannix	57.44	Peter Stuckey	68.00	Lynne Tague	84.37
P. Patterson	59.08	Leesa Bennett	68.06	Claudio Cortes	89.44
Andrew Ruty	59.45	Deb. Cummings	71.11	Linda Cortes	100.41
Jim Hennessy	60.42	Des Comer	71.22	Neil Harper	110.00
Dave Higgins	61.19	R. Bloomfield	71.23		

Teams Events

Congratulations to Bethany Comer who finished 3rd in the 12-14 age group for girls, and Rafael Moriana who finished 3rd in the Government Department Teams and Claire Margetson, Wendy Bennett and Christine Hall, 3rd in the over 40 Females.

COLLEGE TO COAST 10K

28 JULY

A Race report by PASCO COPPOLARO

On another cold and wet Sunday a large contingent of KJ 's competed in this popular fun run. The race was dominated by our runners ,with the first ten runners all KJ's and 15 out the first 20 were KJ's. Results were 1st BEN DUBOIS 31.13, 2nd DAVE POMERY 32.50,3rd MURRAY SMITH 33.05.

In the womens, the 1st KJ in was CARINNE WESTON 44.13, 2nd RUTH RUSSELL 47.14, and 3rd in was RANAY HALL 48.53. There were many PB's run in the race . Those I know of were BEN DUBOIS 31.13,CHRIS STOCKER 33.25,PAUL MICALE 34.09,JOSE PERIERA 38.09,LUIS CORTES 40.31 JOHN GULLICK 41.20 and myself 39.32. If I've missed any I'm sorry. Well done to all who ran on such a miserable day.

BEN DUBOIS	31.13	JOSE PERIERA	38.09	IAN TAGUE	43.19
DAVE POMERY	32.50	MARK ALLISON	38.18	PETER ASHER	44.00
MURRAY SMITH	33.05	ANDREW RUTTY	39.15	CARINNE WESTON	44.13
CHRIS STOCKER	33.25	CHRIS BOURKE	39.25	ROSS BLOOMFIELD	45.53
JULIAN FITZPATRICK	33.51	WITOLD KRAJEWSKI	39.26	TONY MALONEY	46.51
GARRY WHEELER	33.57	PASCO COPPOLARO	39.32	KEVIN RAINES	46.59
RUSSELL CHIN	34.06	ANDREW GODSMAN	40.01	RUTH RUSSELL	47.14
PAUL MICALE	34.09	LUIS CORTES	40.31	TONY DAVIS	47.45
ROWAN ALLNUT	34.09	VINCE O'DWYER	40.50	RANAY HALL	48.53
KEVIN GOODWIN	34.22	BRIAN BAIRD	40.58	DEREK MORIARTY	49.44
RAFAEL MORIANA	35.18	MICHAEL DEURA	41.05	PETER ISSA	52.09
NEIL BARNETT	35.46	BRENDAN CATO	41.15	MICHAEL HICKMAN	52.48
PAUL HELLIER	36.06	JOHN GULLICK	41.20	ROS PERRY	54.30
STEVE VAN GILS	36.51	IAN DODSWORTH	42.22	CLAUDIO CORTES	60.13
ANDREW KRAJEWSKI	37.10	GARY HOWARD	42.32	LINDA CORTES	60.17
TIM CRINNION	37.34	JIM McGRATH	42.47		
IAN KENNERLEY	37.55	HANS LAMBERT	42.47		

Sydney Marathon

18 AUGUST

A race report by PASCO COPPOLARO

CHRIS STOCKER once again showed just how well he is running ,by running a great time of 2:40:07 (Almost a 2 minute PB). He wasn't that far off the leading group at the halfway mark and its only a matter of time before he breaks 2:40.Second KJ in was ANDREW KRAJEWSKI in approximately 2:59:30.Andrew was hoping to break

3 hours , so well done Andrew. Third in was myself in 3:31:40.It was my first marathon and the first time I have run over 30K, so I was happy with my time. It certainly was an experience to run into the stadium, with the crowd cheering you on and knowing you're nearly finished. Other KJ's to run were WITOLD KRAJEWSKI (3:43), LOUSIE SAMUEL (3:51), GARETH BUCKLEY (3:51), JILL HAYMAN (3:56), CHRIS RUTTY (3:56) and one of our sponsors KEN CHALLINOR (4:28).Congratulations to all who ran PBs, especially Jill who took almost 30 minutes off her PB.A special mention must go to the KJ support crew up in the stands of PETER & ROBYN HENRY and VINCE O'DWYER, who gave us great support as we ran around the final corner. It certainly spurred us on to run to the line strongly.





Race Reports by Neil Barnett



Editors notes

Thanks to all those who are continuing to submit articles to our newsletter. Its success depends on you. I can't always fit everything in so occasionally I may push something over to the next issue. I edit most of the articles so sometimes I make slight changes to the wording and even remove entire sections. Keep those stories coming!

Vita Health Foods Team Duathlon

27 October 1996

Attached to this edition of "The Fox" is an entry for this year's Teams Duathlon. As in previous year's the event will be a combined KJ's / Tri Club / Cycle Club Event.

Vita Health Foods has fortunately agreed to sponsor this year's event and will be providing great trophies and goodies similar to previous years.

The event is being held at Dapto High on Sunday 27 October 1996 at 10 am and participants will be placed in 3 person teams and will be in a 5km run/30km cycle/5km run format. A free BBQ will be held for all participants after the event.

Entries should be given to John Gullick together with the entry fee of \$5 by Sunday 20 October.

7km (Mt Kembla) 3 August 1996 The last hit-out before the *City to Surf* brought out 83 KJ's to the second 7km in the winter series. The race was closely contested with Ross Walker first home in 24.50 just one second quicker than second placed Greg Hatfield (24.51). Third quickest was shared by Chris Stocker and new member Tim Berry both recording 25.05. The road works on the back section of the course made the surface a little uneven resulting in slower than usual times for this event for most. Bethany Comer (30.36) ran a great race and edged out sister Elivia (30.39) for fastest female. Age-group records were broken by Mathew Moody (26.08, 10-14yrs), Brian Mannix (31.50, 60-64yrs) and Debbie Cummings (32.52, 40-45yrs). First home on handicap was Bruce Robertson, who seemingly had the race wrapped up by halfway, second was Kevin Raines and third Barry Harper. Pasco Coppolaro ran another big PB (28.51) to maintain his pointscore favouritism over rival Jeff Dunning who finished mid field. *Results: 1. Ross Walker 24.50, 2. Gregory Hatfield 24.51, 3. Chris Stocker 25.05, 4. Tim Berry 25.05, 5. Gary Wheeler 25.20. Female: 1. Bethany Comer 30.36, 2. Elivia Comer 30.39, 3. Debbie Cummings 32.52. Junior results in Junior News.*

8km (West Dapto) 17 August 1996 Most leg weary City to Surfers backed up to run this event which was held on an unseasonably warm winter day. Once again only a few seconds separated the quickest three runners with Ross Walker fastest for the second race in succession in 27.20. Russell Chin and Tim Berry started together and battled it out all the way. In the end it came down to a final sprint with Tim (27.24) just edging out Russell (27.25). Paul Micale ran a blinder to be fourth quickest on the day with a time of 27.46. Elivia Comer was quickest female in 33.47, with Paula Crinnion not far behind with her PB time of 34.05. Jemma Comer looked to have the race won with a mile to go but Peter Trad (35.34) ran her down to finish first on handicap just 19 seconds ahead of Jemma. Klara Favalaro showed improvement to finish in third place on handicap. One of the best runs was put in by Jeff Dunning with a great 29.03 which earned him 17th place on handicap. It also earned him some handy points for the pointscore tally pushing him ahead of Pasco into first place with just 2 races to go. *Results: 1. Ross Walker 27.20, 2. Tim Berry 27.24, 3. Russell Chin 27.25, 4. Paul Micale 27.46, 5. Rowan Allnut 27.49. Female: 1. Elivia Comer 33.47, 2. Paula Crinnion 34.05, 3. Laila Comer 36.22.*

KJs Women on the Run

By Paula Crinnion

Seventeen women took part in the 7k at Mt. Kembla on 3/8 with the Comer girls dominating to run the fastest times. Other good runs on this day went to Debbie Cummings, Wendy Bennett and to Laila Comer who took almost three and a half minutes from her 7km time run in May this year.

17 women ran at West Dapto on 17th August. The two runs of the day definitely went to Uberlinda Cortes and Christine Wales. Uberlinda ran a notable 48.09 taking a massive 4min 10sec from her 8km time run in April. Christine ran a time of 48.16 slashing a huge 4min 3sec from her time run in April this year. A third impressive run went to Diane Birch. Diane finished in a time of 40.59, 1min 55 seconds faster than her April 8km run. If only we could all run such incredible PBs. Ladies, you'll have to tell us your secrets.

Statistics

Average Times

	7km Mt Kembla	8km West Dapto
Females	36.33	41.03
Males	30.31	33.19
Total	31.47	35.15

Pointscore - Women's placings

		Points
5th	Paula Crinnion	1476
6th	Claire Margetson	1422
9th	Jenny Comer	1255
11th	Wendy Bennett	1218

Congratulations Kerryn on an excellent run in the Olympics!

Until next issue

Keep on running.

Junior News

Some great efforts were put in by junior KJs in the 7km event at Mt Kembla on August 3rd. First home on handicap was Bethany Comer who also was quickest female overall in 30.36 - well done! David Gregory took second place and is now looking pretty good to take the junior pointscore for the

second year in a row. David has shown huge improvement this year taking almost 5 mins off his 7km times from last season. Rachelle Giles was third placed junior on handicap. Quickest was Greg Hatfield who ran 24.51 and was second placed overall in the race. Mathew Moody ran well and broke the 10-14yrs record with his time of 26.08. *Results: 1. Gregory Hatfield 24.51, 2. Mathew Moody 26.08, 3. Brendan Cato 28.58, 4. Stuart Perry 30.33, 5. Bethany Comer 30.36, 6. Elivia Comer 30.39, 7. David Gregory 33.44, 8. Ian Gregory 38.53, 9. Rachelle Giles 39.13.*

Once the junior series is over there is still the summer series to look forward to with plenty of shorter events to run in. And why not attend the KJ's junior training sessions to build up your fitness and to improve your speed and style during the summer months. Training is still held each Monday starting about 5pm at Lysaghts Oval, Figtree and is supervised by Nathan Brown.

Junior Pointscore top 14 :

David Gregory, Bethany Comer, Elivia Comer, Ian Gregory, Rachelle Giles, Brendan Cato, Mathew Moody, Stuart Perry, Tim Robertson, Stephen Locke, Greg Hatfield, Lauren Elms, Sara Arcioni, Jacque Wales.

Junior Girls Championship top 6 :

Elivia Comer, Bethany Comer, Rachelle Giles, Lauren Elms, Sara Arcioni, Jaquie Wales.

Junior Boys Championship top 8 :

Mathew Moody, David Gregory, Brendan Cato, Stuart Perry, Ian Gregory, Greg Hatfield, Stephen Locke, Tim Robertson.

Club Survey

The club survey has now been issued to all KJ's and we hope everyone takes a few minutes to fill it out. If you haven't got a copy please ask Ron Perry for one at the next event. The information provided from the survey helps us to further improve the way your club operates and also lets us know what sort of things you want from your club including the events that you most prefer to compete in. In fact having a regular club newsletter like this was one of the suggestions from the last survey that has been put into place. Return completed surveys to Ron Perry or post to our PO Box.