



The Fox

October 1996

P.O. Box 527 Dapto, NSW 2530

A Call to Arms !!

1996 Interclub Challenge
by John Gullick

This year's Interclub Challenge will be held at Gray's Point, near Sutherland, at 9am on **Sunday 13 October 1996**. Billy's Bushies will again be our hosts and are determined to keep their trophy.

KJ's was successful last year in winning the Top 25 shield and while we are keen to repeat this performance this year we have our eyes firmly set on the main prize. To do this we need to ensure that as many club members as possible can attend. This is not a day just for elite runners - all runners score points for their club and the system heavily favours clubs who can get as many female participants as possible. For the ladies who haven't yet indicated their intentions, the club will be contacting you in the next couple of weeks.

For those who didn't compete last year and don't know what it is about, talk to someone who did compete and find out how enjoyable the day was. The course is a scenic 10.5 km cross country course through the Royal National Park - Fresh air!! No traffic!! The event is completely FREE and this includes a BBQ after the run.

Last year we had 60 - 70 KJ's compete but this year we are aiming for at least 100. To date 58 members have indicated they wish to compete and of those 58 only 11 are female so we still have some work to do. If you haven't let anyone know that you'll be competing please ring John Gullick on 724274 ASAP or catch John or another committee member at the next race.

Kembla Joggers has a fantastic chance to prove that we're the strongest running club in the state - lets not pass up this opportunity - BE THERE!!!!

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A Race Report by Neil Barnett

**7 mile
Mt Kembla
14 September 1996**

Strong winds and mild weather greeted runners at the last official race of the winter pointscore series. Many of those who competed in the Hopetown Relay the previous weekend hobbled over the course and barely made it home. Despite running two stages in the tough relay event Chris Stocker still managed to run a great race clocking 39.36. This smashed his previous 40-44 yrs record by over two minutes. Russell Chin was second quickest in 39.52. Rowan Allnut and Gary Wheeler fought it out for third fastest with Rowan just taking the honours in 40.35. Paula Crinnion ran one of her strongest races of the year finishing in the top 10 on handicap and recording the best ladies time of 49.46. Jemma Comer won the event on handicap by a whopping 3 minutes ahead of second placed Gary Moriarty. Greg Learmonth ran an impressive time of 42.35 while Denis Webb's 43.08 broke the 45-49 yrs record. Pasco left his best to last with another big PB time of 45.58. But will this be enough for him to take the pointscore title once more?. David Pomery won the closely contested 3 mile event in a course record time of 16.03. Just 14 seconds separated the top four with Tim Berry (16.10), Mark Everton (16.16) and Paul Micale (16.17) just behind

Results: 1. Chris Stocker 39.36, 2. Russell Chin 39.52, 3. Rowan Allnut 40.35, 4. Garry Wheeler 40.43, 5. Geoff Stalker 41.51.

Female: 1. Paula Crinnion 49.46, 2. Klara Favaloro 51.53, 3. Jemma Comer 56.38.

Junior 3mile results in Junior News.

1996 VITA HEALTH FOODS DUATHLON RELAY

This annual event is on Sunday 27th of October 1996 at 10 am. It starts and finishes at Dapto High School in Cleveland Road, Dapto and the event is a 3 person team event with a 5 km run / 30 km cycle / 5 km run.

The cost is \$5 per person which is donated to charity. A BBQ will be held after the event and it will be a great social morning as KJ's mix with Tri and Cycle Club members.

Runners of all standards are welcome to participate as teams will be graded to give them all equal opportunity to win the great trophies and goodies supplied by Vita Health Foods.

Entry forms were distributed in last month's edition of The Fox but if that has now disappeared then contact John Gullick on 724274 or see him at your next race to get a new copy. Entries close on 20 October 1996 and your entry fee is required with your form.

Everyone who competes in this event always enjoys themselves - DON'T MISS IT!!!!!!

Reebok Donation

Andrew Lloyd recently presented a cheque to the Club to the value of \$619 courtesy of Reebok. This represented a 10% rebate on sales of Reebok gear through Lloyd at KJ events since January and brings the total benefit to the club to over \$1500 in the last 2 years. This has had obvious benefits with the club being able to purchase expensive new equipment without a large increase in fees. Well done to all KJ's who have taken advantage of Lloyd's service to help the club - hopefully you have saved a few bucks also! Once again thanks Lloyd for your time and enthusiasm

KJ's AGM is on Tuesday 10th of December at the Mount Kembla Hotel. Your chance to have a say about your club.



Westfield to Hopetown Relay 8th September 1996

A race report by Neil Barnett

Two teams represented the KJ's in this years Westfield to Hopetown Road Relay on Sunday, 8th September. This was our first attempt at this prestigious event which was being held for the 6th time. Organising the teams before the big day proved to be the biggest headache with several runners pulling out at short notice. After dozens of phone calls we managed to get the numbers required except that we were still short by one female runner. This meant that Claire Margetson had to run twice for the A team. It also meant that the B team had to include the slowest female runner's time in their total team time for the two female stages because they didn't have a lady runner. We just couldn't convince Kev to put on that one-piece.

The event started at the ungodly hour of 6am at Westfield, Pagewood, which meant setting the alarm for 3.30am. The event involved 12 stages and headed north to Hopetown Special School at Wyong on the Central Coast over a very tough, hilly course. A bus was provided by the organisers at no cost to transport our two teams to each exchange point. Once the sun came up it revealed a fine day ahead. Chris Stocker hit off the first leg for the A team which finished in the City. Chris ran well over the flat 9.2km course to finish in 2nd place overall in a time of 32.21 - about 1 minute behind the 1st runner. Gary Howard for the B team also ran well.

Paul Stein and Vince O'Dwyer ran the scenic leg over the Harbour Bridge and up the hill into North Sydney. Paul finished strongly in 3rd place behind the Saucony Brats and Eastern Suburbs Athletics (ESA). This kept the KJ's A team firmly in the top 3. At this stage the KJ's B team was looking quite competitive against the B teams from the other clubs.

Claire ran the 3rd leg which was the compulsory female stage and had stiff competition including Sue Mahoney who ran for the Brats. This didn't deter Claire and she performed well on the 7.1km hilly section to Gordon maintaining our top3 position. Garth Hennessy was under the assumption that his leg from Gordon to Asquith was going to be fairly easy (so were the team captains - sorry Garth!). The 4th leg in fact turned out to be one of the hardest but Garth and father Jim for the B team gave it their all. Garth finished 2nd overall.

The 5th leg to Berowra wasn't much easier than the 4th. Mark showed some his old form and hung on to finish 3rd, again behind the Brats and ESA. We were now clearly in a battle for third overall. A challenge from the 4th placed Reserve Bank team appeared likely. The sun rose further along with the temperature. Derek Moriarty for the B team put in a solid effort in the emerging heat.

The 6th leg was mostly downhill to the Hawkesbury River bridge with Paul Micale and Andrew Krajewski putting in the big ones over the entire 12.4km. Chris Stocker courageously backed up to run the 9km uphill stage to the top of Mt White. Chris powered up the incline finishing in 3rd place whilst Ray Wales did well for the B team. Claire then had to back up for the final compulsory female stage over a hilly 6.5km and didn't let us down. The Reserve Bank though were starting to make their move - now only about 2 minutes behind us.

The 9th stage was definitely the most difficult with 4km steep downhill followed by 7km very steep uphill. Young Stephen Locke was unknowingly thrown to the lions but bravely tackled this leg against some tough opposition. Ray McCauley finished in one piece for the B team. The Reserve Bank team was now just 30 seconds behind. The 10th stage ran 5km down the steep grade to Gosford before heading north over a tough stretch. The RB runner beat me home easily even though I gave it all I had. I finished in 6th place over the 11.5km distance. Kevin Brennan battled his flu all the way but it got the better of him at about 9km and Kev had to retire early.

Jeff Dunning ran strongly over the undulating 11km 11th stage beating the RB runner easily and crossing in 2nd. We were back in 3rd place with one stage to go. Hans ran a blinder finishing 4th overall for the B team. Garth backed up for the final stage into Wyong and pulled well clear of the RB runner to easily claim 3rd place overall for the KJ's. Luis Cortes finished it off well for the gallant B team.

The ESA team finished almost 30 mins ahead of us in 1st place with the Brats A team about 10 mins ahead in 2nd place. Our B team finished in 12th place overall. All runners from the KJ's should be congratulated for their mighty performances in what really was a solid team effort. Having the B team there helped the A team, and vice-versa. The team spirit and camaraderie on the day lifted everyone above their true potential - that's what team running is all about! I hope even more KJ teams will make the trip next year.

The Westfield to Hoptown Relays will be featured in a special 1 hour sport documentary on ABC TV in the next 4 weeks - check your TV guides.

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W****Athletics NSW News**

The Cross Country season has well and truly ended, the last major event was the 8/5K Championships at Centennial Park. This was memorable by being possibly the coldest day of the year. Only a small contingent of KJ runners took part with Russell Chin returning the best result with a fifth in the under 20 race. Other KJ members who competed were Greg Hatfield, Ben Dubois and Ron Perry. Russell's result, together with his good result from Nowra resulted in him earning a place in the NSW team to compete in the Australian Cross Country Championships at Bendigo on 7th September (results in the next issue). Ben Dubois and Stuart Perry also were selected, although Stuart declined to compete as he was a member of the NSW team for the Australian All School's Cross Country at the Gold Coast.

The depth of NSW running talent was evident in the U20 at the All School's Cross Country, as Stuart finished 12th overall but was the 8th NSW runner to finish.

With the winter season drawing to a close, most people's attention will be turning to track running. While the Athletics NSW summer program is not yet available, the following events will be occurring.

The Moove Games for Secondary School students will be on the weekend of 11th October. This will be the selection for the Australian All School's Titles. This year the Australian Titles have been combined with the Pan Pacific Games to be held in Perth from 4th to 15th December.

The weekly interdistrict competition commences at Homebush on 9th November. As the events vary from week to week, check with Athletics NSW to determine which events are being held each week. For Interdistrict competition there is a fairly high standard (eg. for the open male 5000M, the qualifying time is approx 17.30).

The NSW Country Titles, which are open to athletes from clubs outside of Sydney will be held on the weekend of January 27th. This event is definitely worth competing in, there is no entry standard, and events are held from under 12 through to over 50 vets.

As we don't have steeplechase barriers at Beaton Park, if you have a desire to run a 3000M over jumps, start planning your trips to Homebush now. Steeplechase is not recommended for the old or rheumatic.

Hope that is enough to encourage a few more KJ runners to think of Athletics NSW registration.

The Presidents Report

The summer season is about to begin and I am sure many of you are looking forward to competing in the shorter events. I hope that I will see many of you turning up at these races over the summer. With any luck I will have the chance to chat to you about the season gone.

Overall the winter series was the best attended on record - even without the 10km event at Cordeaux Dam which was cancelled. This is most pleasing to the organisers but as always increasing numbers means increasing demands on the way we conduct our events. We will need to review our winter series format and race management in the coming months. The club survey which many KJ members have filled out and returned will help us decide many of these issues - thanks to everyone who responded.

Well done to Johnathan Hall and Rafael Moriana who recently represented Australia at the World Duathlon Championships in Italy. Johnathan finished 6th overall which was a great result. Raf came 23rd in his age group and was also the 1st Australian home in that age group. Russell Chin represented NSW at the Australian cross-country championships in Victoria on 7th Sept and performed well finishing in the thick of the action.

Please make an effort to turn up to the KJ's AGM on 3rd December at Mt Kembla Hotel lounge. It's your club so come along and have a say. Also consider getting more involved by perhaps joining the committee or even taking on a position. If you would like more info about what this involves don't hesitate to give me a call. As always the KJ's Presentation Night promises to be a great night so if you haven't booked yet do so soon to avoid missing out.

Yours in running, Neil Barnett.

Sydney Half Results

Team results for the Sydney Half Marathon have just been published. Well done to the Kembla Joggers mixed team of Kerryn McCann, Ross Walker and Neil Barnett for finishing first in the mixed team category.

The veteran male team of Chris Stocker, Gary Burton and Andrew Krajewski finished in second place in their category just 12 seconds behind the first placed team.

Kerryn McCann also finished third female overall and first female in the 25-29 years category.

Upcoming Events



1st November
Presentation Night
4th - 13th October Greater Western Games, Athletics - Sydney International Athletics Stadium Sat 5th Oct.
Details ph. 02 9687 8555
5th October Sydney Tower Runup
13th October NSW Interclub Challenge Grays point
10th November Brindabella Classic 54K mostly downhill near Canberra.

October Birthdays



ROSS BLOOMFIELD	3/10
NEIL BARNETT	4/10
PETER PATTERSON	5/10
JOHNATHON HALL	8/10
GEORGE OSADCZUK	8/10
JOHN GROOM	9/10
KANE JOHNS	10/10
BILL RAIMOND	11/10
GLENN HAYWARD	11/10
RANAY HALL	11/10
KEVIN GOODWIN	11/10
IAN GREGORY	12/10
FRANK NERI	14/10
BOB HINCH	15/10
CRAIG MURPHY	18/10
JILL HAYMAN	18/10
COLIN SELLARS	19/10
NEIL HARPER	19/10
ANDREW GREIG	21/10
STEPHEN LOCKE	26/10
DAVID CHURCH	27/10
BEN DUBOIS	30/10
GAVIN MOONEY	30/10
TROY UPWARD	31/10

Junior News

The Junior Pointscore Series for 1996 is now over after the final race at Mt Kembla on September 14th. Unfortunately the 5km event at Cordeaux Dam had to be cancelled because of the wind and rain. This was rescheduled to the final 3 mile event with valuable points still up for grabs. Mathew Moody ran well finishing fifth overall and first junior in 17.19. Tim Robertson put his recent training to good use finishing second fastest in 18.38. Elivia Comer was next home in 19.15. Bethany Comer nearly caught sister Elivia with a top 19.18. Bethany's times continue to improve rapidly so we should see some more tight battles between her and Elivia next season. David Gregory ran 20.18 which placed him first on handicap in yet another junior event. David looks hard to beat in the pointscore but will have to wait until Presentation Night to find out.

All juniors are reminded that the All Schools Track & Field Championships are being held at Beaton Park on Sunday, 27th October. See Des Comer for more details. If any KJ members would like to help on the day, I am sure Des would love to hear from you.

Final Junior Pointscore & Junior Championship tables will be published in the Annual Edition of the Fox which will be handed out on Presentation Night.

KJ Presentation Night



Friday 1st of November

7 for 7:30pm

Kembla Grange

\$30 per head, also special rates for children - to book see Robyn Henry at one of the races or call her on 565274.



FOX ON VOX

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

Wake up to the latest from the KJ's on Wollongong radio 2VOXFM. Hear race results, previews of upcoming events, and interviews with club members. Don't forget to set your alarm.

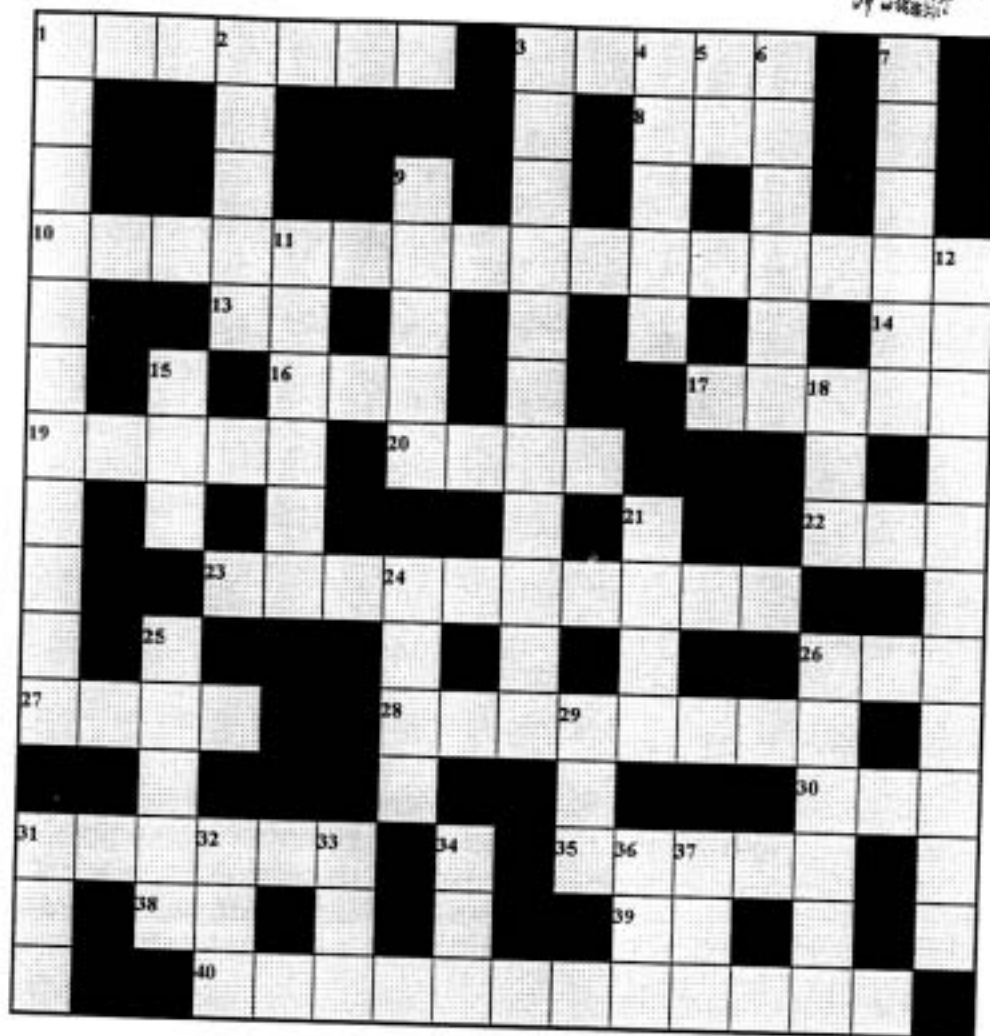
The Last Word

As the editor of "The Fox" for the winter series, it is time to hand over the reigns and get some fresh ideas into the publication of this newsletter. Anyone interested in doing the job please contact me (Neil Harper ph. 266151) or Neil Barnett. There will only be 1 or 2 issued over the summer series, so you can ease into the job nice and slowly.

Thanks for everyone who contributed articles especially those who always managed to put something together for each issue. Thanks to those who typed their articles in and give them to me on disk as it makes my job alot easier.

I still have some articles which I havent been able to squeeze in yet and I will be handing these over to the next editor.

The next issue of the Fox will be issued on the presentation night and will be prepared a bit differently. I need everyone to print their own pages and hand them to Neil Barnett who will have someone organised to collate the issue. The special issue will contain the complete list of award winners and a list of all of the race times for the winter series. There will be special articles on aspects of training as well as some race reports.

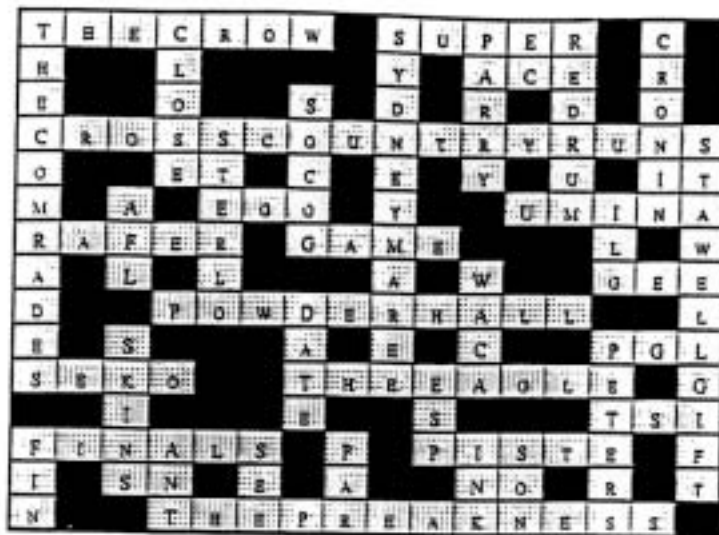


CLUES

Across

Down

- | | |
|---|--|
| <p>1. Nickname 7 down. (3) (4).</p> <p>3. Slalom and league. (5).</p> <p>8. Winning shot, tennis. (3).</p> <p>10. First used (1876), as training, by Thames Rowing Club. (5) (7) (4).</p> <p>13. Rugby league centre or extra terrestrial, (abbrev). (2).</p> <p>14. International Telecommunications, (inits). (2).</p> <p>16. Many world class athletes have more than most. (3).</p> <p>17. Home of mercurial Manly & Aussie fullback "wombat". (5).</p> <p>19. Won Rome Olympic decathlon. As FBI agent, Johnson was with Robert Kennedy when he was assassinated. (5).</p> <p>20. It's not winning, but how you play. (4).</p> <p>22. Brisbane Bronco and former Queensland rugby league forward. (3).</p> <p>23. Professional sprint race, Edinburgh Scotland. (10).</p> <p>26. Professional Golfers League, (inits). (3).</p> <p>27. Japanese marathon champion, Toshihiko. (4).</p> <p>28. Nickname of British ski jump exponent, Eddie Edwards. (3) (5).</p> <p>30. Tasmanian Sports Institute, (inits). (3).</p> <p>31. The best part of the meet. (6).</p> <p>35. Some skiers end up this way. (5).</p> <p>38. Summer Nationals, (inits). (2).</p> <p>39. In cricket, a sundry is added for this type of ball. (2).</p> <p>40. Famous horse race, Pimlico, near Baltimore Maryland. (3) (9).</p> | <p>1. Ultra mar athon (RSA). Peitermaritzburg to Durban. (3) (8).</p> <p>2. Former Manly & Queensland Rugby League centre and assistant state coach. (5).</p> <p>3. South African middle dist runner (1980's). (6) (5).</p> <p>4. Professional golfer, Craig. (5).</p> <p>5. European Community (inits). (2).</p> <p>6. Won Three Grand Nationals, (1973/74/77). (3) (3).</p> <p>7. Possibly the greatest Rugby League centre of all time. (6).</p> <p>9. Sydney Olympic Games Organising Committee, (inits). (5).</p> <p>11. Rugby League half, teammate of 1 across (nickname). (6).</p> <p>12. Australia's answer to 23 across. (7 & 4).</p> <p>15. The Games the "Mexicans" play, (inits). (3).</p> <p>18. Won first ever gold medal, 3000m steeplechase, Patriz. (3).</p> <p>21. West Australian Cricket Assn, (inits). (4).</p> <p>24. Japanese womens tennis ace. (4).</p> <p>25. Type of golf tournament. (5).</p> <p>26. First man to break 2hrs 20mins for the marathon. (6).</p> <p>29. Some judges need this (inits). (3).</p> <p>31. Finland (abbrev). (3).</p> <p>32. Sailing class. (3).</p> <p>33. In ball sports, Essential to "—" the ball. (3).</p> <p>34. Handy golf score. (3).</p> <p>36. A verbal contract is not worth the "—" it's written with. (3).</p> <p>37. Won 1936 Olympic marathon, Kee-chung. (3).</p> |
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LUKE SAVAGE MEMORIAL RELAYS 8 SEPT

A race report by PASCO COPPOLARO

On a beautiful Sunday morning a small group of KJ's ventured deep into the heart of the National Park for the annual relay. The 9KM course covered just about everything, from water hazards to mud and sand and bush tracks. KJ member Andrew Lloyd won the race along with his partner, who I didn't know. Other members to compete were Ross Walker (34min) & David Kirton (36min), Louise Samuel (45min) & Ken Challinor (46min) Pasco Coppolaro (38min) & Peter Issa (51min). Other runners to compete were Glen Hayward, Barry Harper and Chris Bourke. It was a great day out and at least we didn't have to get up at 4 like the other group competing in the Hopetown Relays.

THURSDAY NIGHT RACING

Thursday nights are still proving to be a great success. There are many runners running PB's on a regular basis. Athletes like Paul Micale (3k-9.36 & 5k-16.43), Robbie Belsito (3k-13.42), Vince O'Dwyer (800m-2.28 3k-11.09 5k-19.33) Chris Stocker (3k-9.42 5k-16.42 10k-34.55) and Bethany Comer (800m-2.28 3k-11.09). Congratulations to all the others not mentioned here as it would take up the whole page. The 1 hour race was run on the 20 Sept and the evergreen Chris Stocker dominated the race by covering 16.94 km or just over 42 laps. Second in was Gerry Hughes from Campbelltown Joggers covering 15.84 km, and third in was Mark Everton doing 15.68 km. There were many great runs in the race such as Eric Brown 14.35 km, Brian Mannix 13.52 km and Barry Hall 15.61 km. Well done to all of you that ran as it takes a lot of concentration to go round and round for an hour. Remember we race every Thursday night at 6.30 sharp so be early (Dave Higgins excepted).

TRIVIA NIGHT

This night proved to be a great success. We had 72 paying contestants all contributing to help us raise funds for our NZ trip. At the end of the night we finished up with a profit of \$850. For those interested the winning team was Whispering Death, second was The Simpsons and third was The Unthinkables. There were many helpers on the night so thank you to all, especially to Donna Dunning for all the snacks she provided for our enjoyment. Host for the night was the ever reliable Neil Barnett who was kept busy with people constantly quering his answers followed by the occasional bribe, by one team in particular (no names Paula). Also thank you to all the companies that supplied us with gift packs for our raffles, especially to Ken from VITA HEALTH and to Karen from HOYTS. Listed below are the other companies that all helped to contribute to our night:

Dapto Chickens, Civic Video (Wollongong & Dapto), Dapto Photography, Sportsman Warehouse Cheesecake Shop (Dapto) and the Canton Chinese Restaurant (Dapto).