



The Fox

P.O. Box 527 Dapto NSW 2530

August 1998

KJ's RULE IN THE MUD

Report by Neil Barnett

We are having trouble finding a willing scribe to keep everyone up to date on what's happening at ANSW State Championship events so it looks like I've got the duty for this month. With over half of the ANSW winter program now completed it is worth knowing that the KJ's are making a real impression at State level especially in the Vets categories.

On the 25th July a hardy group of KJ's made the trip north to the Crest at Bankstown to compete in the long course State Cross-Country Championships. The day started off cold enough and things only got worse. During the women's 8km event the heavens opened up and by the time the men lined up for the senior 12km event the course was a quagmire (ten times worse than the cross-country at Mt Kembla earlier this year - fair dinkum!!). Not many thought to wear spikes (some of us had no choice - we don't even own any!!) so there were plenty of thrills and spills. The highlight was Dylan Forbes' wise pit stop after the first 4km lap - Dylan changed his slicks for spikes (Schumaker would have been proud!).

Despite the atrocious conditions the Kembla Joggers achieved some outstanding results. Vanessa Kearney put in the big ones to run down fellow KJ Jenny Biela with just 30m to go to win the gold medal for Country and finishing in 10th place outright. Jenny finished 2nd for Country and 11th overall to join Vanessa on the NSW Distance Runner of the Year Pointscore. Peter Evans won his 2nd State Championship gold this year by taking out the 45+ category in convincing fashion ahead of Ian Graves of Sydney with fellow KJ Chris Stocker 3rd. With Wayne Montefiore not too far behind Chris it probably isn't out of the question that we could grab the top 3 places before too long. Bob Squires ran very well to take out the 55+ category - our 2nd State Champ for the day! New recruit Rachel Kemp was all smiles after finishing 3rd for Country in the under 12's 2km and Allison Couldwell did the same in the under 18's 3km.

There was a big KJ turnout - 20 registered KJ's plus all our KJ cousins who are registered with other athletics clubs. Stephen Locke representing WSF was 3rd in the under 20's

while the Comer's picked up a swag of medals including Jenny (3rd, 45+). In the teams the KJ's picked up 1st 45+ team (Chris Stocker, Wayne Montefiore, Peter Evans, Andrew Krajewski) and 2nd 35+ team (Raf Moriana, Geoff Stalker, Ian Kemp, Bob Squires). Apologies if I've inadvertently missed someone out. Everyone deserves a medal for turning out on what was a shocking winter's day and for giving it everything they had. Thanks too to the KJ cheer squad which could be heard from all corners of the course.

So there you have it, the Kembla Joggers are going 'great guns' in the State Championship events. It's been heaps of fun too. You certainly don't have to be an elite runner to have a go. People of all abilities and ages participate. Let me know soon if you want to join the fun on 42 713299. There's plenty more coming up. And if there is someone out there who is keen, enthusiastic and willing to continue our ANSW updates please let me know.....you've got the job!!

STOP PRESS

Kerryn McCann wins the City to Surf.

Motherhood certainly hasn't slowed Kerryn as she powered to her first win in Australia's largest fun run. Kerryn finished the 14km course in 48.10.

Many fantastic results were recorded by KJ's members and a full report will appear in next month's issue.

Did anyone not notice on TV that Paul (Dicky Knee) Micale finished just in front of Kerryn?

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FOX TROTS

by Neil Barnett

3 mile, West Dapto, 11/7/98

A large crowd made it to the last 3 mile sprint for this season. Everyone was quite aware by now that Ben Dubois was eager to get close to Dave Pomery's course record which has stood since 1990. Given Ben's recent top form, some bravely predicted he would break it by a second, maybe two. No-one though dared to suggest he would obliterate it into little pieces (sorry Dave). This is exactly what he did.

When the runners set off many knew what Ben had in mind. Straight away Ben surged to lead and was a staggering 20m ahead of his nearest rival after only 200m. Heading up Sheaffes Rd Ben started to push hard in an effort to get a big time advantage up his sleeve for the return home. Ben was greeted at half way with a nervous smile courtesy of turn-around marshal Dave Pomery. With Rob Battocchio in the far distance Dave must of knew what was about to happen. The half way mark was reached in 6.48. Ben had plenty of time to spare but still managed to maintain his huge lead as the finish approached. Entering the final straight he knew it was finally his, a time of 14.01, 21 seconds chopped off the course record in one massive swipe. Ben is finally reaching the potential many know he is capable of. Well done also to previous record holder Dave Pomery for holding one of the longest standing KJ course records.

The battle for first ladies honours was equally intense. Little more than 20 seconds separated the first 3 at the finish with Jenny Biela strongest on the day in a time of 17.34 just ahead of Vanessa Kearney in 17.43. Suzanne O'Brien had to settle for 3rd with her PB effort of 17.57. Rob Battocchio was 2nd overall in 15.06 and must have found it hard to concentrate with Ben disappearing out of sight. Paul Micale and Phil Parle were not that far behind Rob. Phil's return to form has been a remarkable one and his effort in this race left almost everyone gob-smacked.

Other outstanding runs worthy of mention include Elivia Comer (18.17), Gennaro Acunzo (16.43), the fast improving Eddie Muston (19.33) and Eric Brown (18.52) whose regaining some old form. Many backed up the following day to take on the Dapto Leagues Duathlon with little sign of tiredness from the 3 mile - sadists!

Results: Male - 1. Ben Dubois 14.01, 2. Daylight, 3. Rob Battocchio 15.06, 4. Paul Micale 15.21, 5. Phil Parle 15.26, 6. Barry Keem (Branch) 15.30, 7. Dylan Forbes 15.48, 8. Bronte Blay 15.55 Female - 1. Jenny Biela 17.34, 2. Vanessa Kearney 17.43, 3. Suzanne O'Brien 17.57, 4. Elivia Comer 18.17, 5. Bethany Comer 18.32. Junior results in Junior News.

KJ's Latest Life Member

James (Jim) Hennessy

Jim has been a member of Kembla Joggers since 1974. From those early days Jim exhibited those special qualities of club loyalty, dedication and willingness to get in and offer help when needed. Jim was always one of the first to step forward whenever volunteers were required in organising a KJ's event, even if it meant jeopardising his own performance by not having enough time to warm up or not competing in order to assist with marshalling. He has always put club and fellow club members before himself. Jim epitomises the perfect club person. Being rostered on for marshalling duty is, as Jim puts it, "everyone's duty" and should be carried out to appreciate what goes on in the background.

Jims comitment to KJ's is indicated by the list below:

- * Executive Position - Treasurer
- * General Committee - Assistant Handicapper
- Handicapper
- Social Secretary
- Refreshments Organiser
- * Jim also did some wonderful work as a member of the 25th Anniversary committee.
- * Founder member (1994) of The KJ's Veterans Movement.
- * Co-organiser of the very successful 6.30pm Thursday night track races and track championships.

Congratulations Jim Hennessy.



Jim Hennessy (left) receiving his Life Membership at the 25th Anniversary Dinner from fellow Life Member Bill Williamson & Hazel Brown

"No matter how slow you run, you can't bludge on hills"

- Jim Hennessy

Running with the Lord Mayor of Sydney

It was during the second half of the Sydney Morning Herald Half Marathon. I had just survived Hunter Street for the second time. (Amazing how much steeper and longer it seems the second time around!). As I wandered up Macquarie Street I was awoken from my stupor by the constant shouts of- "Go Ian! Go Ian! Looking good Ian! Keep it up Ian! Go Ian!" I could hear someone catching me and at every intersection or aid station people kept calling out- "Go Ian! Go Ian! Looking good Ian! Keep it up Ian! Go Ian!"

I was amazed at this and as he went past at the 15km mark I thought who is this guy? As we headed out of Lady Macquarie's chair I could still hear all this- "Go Ian! Go Ian! Looking good Ian! Keep it up Ian! Go Ian!" Then I returned to my my own race.

After a few more kilometres I managed to catch up to this fellow and his cheer squads- "Go Ian! Go Ian! Looking good Ian! Keep it up Ian! Go Ian!" -So when I got right behind him I said "Geez mate! Are you the Lord Mayor of Sydney or something? Everyone around here seems to know you!" With that he uttered a few words which I could not hear, pushed down the accelerator and took off. I never saw him again. I couldn't find his name in the results [a SMH error] and thought no more of it.

A few weeks later I arrived at Cambewarra for the State XC Championships. I was feeling quite flat and when I saw THE HILL-YES-THAT HILL -or more like that mountain, I almost got back into the car and drove home.

As I wandered around the idyllic setting a cheery Eric Brown came up to me and transformed my mood in a flash. He told me that I had managed to get the Silver Medal at the SMH Half in Sydney.

As we lined up for our race Eric pointed out the fellow who had got the Gold at the SMH Half in Sydney. You guessed it! It was Ian! Yes the same "Go Ian! Go Ian! Looking good Ian! Keep it up Ian! Go Ian!"... It turns out that he is a well known Fun Run winner from over the years. Ian Graves. Everyone knew him except me.

I decided to follow him out and was lucky enough to get up in the race. As we stood on the podium Ian received his Silver medal and I turned to him and said "You don't know me, do you?" "No" he said. "I'm the fellow in the SMH Half who asked if you were the Lord Mayor of Sydney."

With that he had a good laugh and replied that "I've been telling my work mates all about that for the last few weeks!" So every time I see him at one of the ANSW events I always go up and ask -"How's the Lord Mayor of Sydney today?"

THE MAGAZINE - GOT YOUR COPY?

Copies of the Kembla Joggers 25th Anniversary Magazine are selling fast although we still have plenty left for those quick enough. If you haven't yet seen the Magazine then you might be very disappointed if you miss out. The quality is second to none and the response has been absolutely fantastic. The 100 page magazine outlines the 25 year history of the club in four parts and contains many other articles on our special events, trophy winners, life member profiles and plenty of photographs from over the years. It's not to be missed. Make sure you pick up your copy at the next KJ event or phone John Gullick on 42 724274 to have one reserved. Once they are sold there will be no more reprints.

ATHLETES ATHLETE AWARD

Very soon, if not by the time this issue of The Fox is distributed, 1998 Athletes Athlete nomination forms will be handed out to eligible KJ members. To be eligible to vote or to be nominated a member must have participated in or been present at more than half the winter series events. You will be given the opportunity to nominate up to 4 KJ's you feel have given their all during the previous summer and current winter seasons. The Athletes Athlete award is non-elitist and any runner regardless of ability is eligible to win. Previous winners include Mark Everton, Chris Stocker and Kevin O'Connell in 1997. If you want to be at the remaining events on the winter program call Robyn Henry for a nomination form on 42 565274 or drop in at any race until the Cordeaux Dam 3x3 Relays. The Athletes Athlete Award has proudly been supported by *Wilson's Discount Bikes* for a number of years.

A note from the Editor:

You may notice that the content of this edition is not as extensive as usual. Obviously I can only publish articles if you write them. If you feel the urge, don't hold back! Share some of your experiences with your KJ mates. If you would like to contribute something contact me on 4272 4274. My thanks to all of the regular contributors (you know who you are).

John Gullick, Editor

Fox On Vox

REMEMBER!!!!

KJ's have their own radio segment on 2VOXfm (106.9) just before 7 am on Saturdays. Don't miss it for the latest news and club gossip.



Running Weekend Update

If you loved the atmosphere of camaraderie at the KJ's Anniversary dinner, or of the City to Surf bus trip, then the next big thing will be the KJ's 25th Anniversary running weekend at Blackheath, in the Blue Mountains on October 31, November 1 and 2.

We will be staying in lodges, set amongst some of the most beautiful bush there is to see. The cost of the weekend (\$140.00), includes two nights accommodation, two dinners, and two breakfasts, and a \$20 deposit is required ASAP to secure a place. We have already filled two of the three lodges, so get your name down fast to avoid disappointment.

Some of the highlights of the weekend will include bush walks, a short fun run, training runs (of varying lengths), a visit to "The Edge" cinema, running videos, and other night time entertainment.

For further information, contact Karen Blay on 4262 2100, or e-mail me on blay@ozemail.com.au.

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Junior News

The 3 mile at West Dapto was not attended by all junior KJ's because many were away during the school holidays. But with Branch there as well there were plenty around to allow some competition. Tim Robertson showed his sub 17min 3 mile time in May was no fluke by being fastest junior on the day in 16.45. Darren Upward showed an improvement with a 17.23 which he seemed to be happy with. The next 2 places were filled by junior girls Elivia and Bethany Comer, with Elivia running a very good time of 18.17 and Bethany within sight in 18.32. Girls took the next 4 places after this too! Bethany leads the Junior Pointscore and looks to be firming up as favourite for this year's title. Eight year old Jack Parle had a top run with a PB time of 22.07 earning him valuable points which could give him a chance at a Junior Pointscore placing. Welcome to new KJ's Mariana Hernandez and Carla and Lauren Whitehead who all showed good form in their first KJ race. *Results: 1. Tim Robertson 16.44, 2. Darren Upward 17.23, 3. Elivia Comer 18.17, 4. Bethany Comer 18.32, 5. Mariana Hernandez 18.52, 6. Allison Couldwell 19.25, 7. Carla Whitehead 20.17, 8. Lauren Whitehead 20.25, 9. Jack Parle 22.07.*

Ten junior KJ's competed in our special 25th Anniversary 4 mile event on the 1st August. Brendan Cato blitzed over the course in 23.06 which was 5th quickest overall on the day ahead of runners like Garry Wheeler and Peter Evans. It might not be enough though to catch Darren Upward in the Junior Championship race with Darren 2nd fastest junior

male in 25.00. Fastest junior girl was Bethany Comer in 27.54 with plenty of other girls hot on her heels. It was a day in which the kids stole the limelight with Jack Parle winner on handicap and the special John Zamuner Trophy which he gets to keep. First over the line was Jack's mate Matthew Harding and together they are organising a pretty hot under 12 team for the upcoming state road relays. *Results: 1. Brendan Cato 23.06, 2. Darren Upward 25.00, 3. Mark Scott 25.11, 4. Bethany Comer 27.54, 5. Melinda Mlacic 28.26, 6. Allison Couldwell 28.46, 7. Lauren Whitehead 29.11, 8. Matthew Harding 32.21, 9. Jack Parle 32.41, 10. Carla Whitehead 33.30.*

Congratulations to Rachel Kemp and Allison Couldwell who both picked up 3rd place for Country in their age groups representing Kembla Joggers at the recent State Cross-Country Titles at Bankstown. Matthew Moody ran his best in the very strong under 18 category. Bethany and Elivia Comer also ran well picking up medals for Southern Flame before forming part of the KJ's noisy cheer squad for the senior races. Well done to all competitors on what was a wet, muddy, cold and miserable day.

Coming KJ Junior Events: 29 August - 5km cross-country at Cordeaux Dam, 1pm. Bring the family along for the BYO BBQ after the race. A great day out!!

1998 CLUB CHALLENGE

Last year the Kembla Joggers won the Club Challenge at Grays Point ahead of other well known Sydney Clubs like the Western Districts Joggers & Harriers and Billies Bushies. Winning this important event means that we host this year's Challenge on a course of our choice. A lot of work will have to be done by the club between now and the Challenge date to ensure that it is as successful as the Bushies hosted events we have competed at.

Firstly we will need as many KJ's as possible to turn up as usual to defend the Challenge Shields. Everyone counts from the first runner over the line to the last, so don't think that you might be too slow!! We have chosen a new scenic 10km cross-country course at Cordeaux Dam which incorporates part of the old cross-country course and an out and back loop to the end of the Dam wall. A free BBQ and some drinks will be provided at the end of the race. From this year all clubs decided that a small entry fee of \$2 per runner be paid to help defray the costs of the BBQ and that the venue be changed each year to another host club to maintain interest.

ALL KJ RUNNERS COMPETING WILL NEED TO REGISTER THEIR NAMES WITH PETER ISSA (EVENT ORGANISER) PRIOR TO 14/10/98 ON 42 837760.

If for some reason (and it better be a good one!!) you don't think you will be able to run on the day then we would appreciate your help in marshalling or timekeeping etc. Please contact Peter Issa to offer your assistance.

WHAT:	1998 CLUB CHALLENGE
WHEN:	Sunday, 18 OCTOBER, 1998
TIME:	10AM
VENUE:	CORDEAUX DAM Registrations in Picnic Area
DISTANCE:	10KM Cross-Country
COST:	\$2 PER RUNNER (pay on the day) FREE BBQ and DRINKS PROVIDED
ENQUIRIES:	PETER ISSA ON 42 837760

Volunteers Required

Don't forget the inaugural 1000m Mt Kembla Gift is on Sun 30th August (entry form in last issue). If you don't plan to compete we need your services desperately as the KJ's will be taking on the timekeeping duties. All volunteers will get a free BBQ lunch at Mt Kembla Hotel (yum!) and some drinks too. Should be a great, fun day with a village type fair planned to celebrate Hotel's 100th Birthday at the same time. Ring Neil on 42 713299 to offer your help.

The Old Course Returns

Good news! The old 10km cross-country course at Cordeaux Dam is likely to return this year after being dumped last year. This occurred mainly because the course was unusable after Sydney Water made some major alterations, like huge ditches and man made obstacles along the course to keep out undesirables. Apparently these obstacles have now been moved elsewhere. So with any luck it's back to the previous course at the same venue. Don't forget this event starts at 1pm and please stay for the BYO BBQ afterwards. Some amber fluid will be provided free. See you there for a great day!

Club Uniforms - Don't Get Caught Out!

For registered athletes competing in ANSW sanctioned events it is a requirement that the club uniform always be worn. Disqualifications have been made in the past when a protest has been placed (petty maybe, but these are the rules!). Please ensure that you make every effort to obtain a racing uniform soon if you don't already have one because another order may not be placed with the manufacturer until early next year. If you don't have a uniform you will have to borrow a set, otherwise you may not be able to represent the club in ANSW relay events. Please contact Hans Lambert on 42 711892 to get your gear - crop tops, singlets and shorts are only \$25 each. Cheap!!

The Feud Continues

The long running feud between John Cooper and the Comer family boiled over at the recent 4 mile event to a near farcical stage. Members were encouraged quite openly by an anonymous senior male family KJ member to dish out as much abuse as possible to Coop who happened to be the half way marshal on the day. Almost every competitor managed to gather some strength and find some breath from their overburdened lungs to greet Coop with a few expletives at the turn around. Unfortunately most comments are not deemed printable in a family newsletter so we have to leave this up to your own imaginations. But you can rest assured that there were very few flattering remarks, if any. Des would like to offer his thanks to everyone for their support.

Volunteers Required

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THE GOLDEN SHOELACE AWARD

Goes to Pasco Coppaloro for tying up his shoelaces five, -yes 5, 3+2, 4+1, 6-1 times during the recent 9 miler at Mt Kembla. Perhaps one of his female running companions could teach him how to do a double knot?

4 Founders Race Series

Next Race:

The Terry Braddock Windy Gully 9 Mile
3pm Saturday 5 September

(Park at Kembla Heights Bowling Club)

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9 Miler Anecdotes

True or False?

Is it true that

....."#@!??*&@!!#%*!!??*&!??.....Raf" was the reply that Raf Moriana got after suggesting to Danny Poropat that they go for a cold beer at the Kembla Hotel after the recent 9 miler. They had both run very good times but it was noted that Danny was turning a very deep shade of blue due to the coldness of the late afternoon.

Muddy Waters?

Who has an Answer?

Does anyone out there know how to get the red mud/dirt/colouring out of their gear whenever they have run on the wet dirt roads at Mt Kembla? viz a viz the recent 9 miler?

Please contact the KJ whose wife has threatened divorce if he brings home any more muddy gear!

P.S. They are already major shareholders in the companies that produce-Cold Power, Dynamo & Napisan.

While we are in housekeeping mode.....How do you get the little bits of gluey gunk off your shorts after you have tried to peel off your Kembla Joggers handicap tag???

True or False?

Is it true that the stars were starting to shine before Paul Micale and Dylan Forbes [who had bravely put his handicap back to run with Paul] got started in the recent 9 miler?


Correction from the last Fox

Dean Cavuoto, the winner of the Australian Half marathon Championships was trying to run 63 minutes not 73 as was written. He did 64!! But in the recent Gold Coast Half Marathon he was the first Australian home in Yes 63 minutes!!

Desperate for KJ's Results??

Don't forget our results are published in the Sunday Telegraph the weekend after the race and also on our Website:

<http://www.ozemail.com.au/~kjoggers/>

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WOULD YOU LIKE TO BE PART OF THE SYDNEY 2000 OLYMPIC GAMES?

Kembla Joggers are being invited to provide officials for the Sydney Olympic Games Road Events: Men/Women's Marathons, Paralympic Marathon, Road Walks, Mountain Bike and Triathlon.

SOCOG require 40,000 volunteers to ensure the 2000 Olympic Games are successful. 1500 volunteers will be required for each marathon!!!

Recruitment will start in July '98, with preference given to athletic/running clubs. Volunteer positions not filled by this recruitment will be advertised to the general public. This is a unique and once in a lifetime opportunity to be part of history.

You will be required to make a total commitment to this venture and will involve you taking time off work during the Olympic and Para Olympic Games. You would be required to officiate at several road events as SOCOG will have to outfit you with uniforms and train you. Only adults aged 18 years and over will be considered. Very soon, Kembla Joggers will need to indicate to SOCOG our commitment and we, therefore, need an indication from our members as to the degree of interest. We will then receive application forms. Later in the process, volunteers will be interviewed and security - checked as to their suitability for these positions.

If you would like to be a part of the 2000 Olympics, please see Hazel or Eric Brown at a race or phone on 42613985, or any of the committee members, as soon as possible but prior to **Mid September** (note change of date for last issue), so that we can communicate with SOCOG.

Pointscores

CLUB POINTSCORE CHAMPIONSHIP

1:	Mark Owen	1618
2:	Neil Barnett	1490
3:	Phil Leishman	1469
4:	Tony Moloney	1445
5:	Peter Evans	1437
6:	Ray McCauley	1403
7:	Graeme Smith	1388
8:	Witold Krajewski	1371
9:	Jenny Comer	1364
10:	Jemma Comer	1338

AMT DRILLING

ELITE POINTSCORE CHAMPIONSHIP

Female

1:	Suzanne O'Brien	102
2:	Elivia Comer	83
3:	Vanessa Kearney	70
4:	Paula Crinnion	47
5:	Laila Comer	45

Male

1:	Paul Micale	83
2:	Ben Dubois	57
3:	Rob Battocchio	51
4:	Phil Parle	48
5:	Garry Wheeler	45

JUNIOR POINTSCORE

1:	Bethany Comer	454
2:	Darren Upward	373
3:	Jack Parle	372
4:	Melinda Mlacic	323
5:	Tim Robertson	320
6:	Brendan Cato	309
7:	Alison Couldwell	268
8:	Elivia Comer	264
9:	Mark Scott	220
10:	David Gregory	213

JUNIOR CHAMPIONSHIP

Male

1:	Darren Upward	51
2:	Tim Robertson	39
3:	Brendan Cato	35

Female

1:	Bethany Comer	55
2:	Melinda Mlacic	37
3:	Elivia Comer	35

UPCOMING EVENTS

15 August	KJ's Winter Series - 8 km West Dapto (Schaeffe's Road)
15 August	NSW Road Relay Champs - Cordeaux Hts
23 August	Westfield to Hopetown Relays
29 August	KJ's Winter Series - 10 & 5 km XC Cordeaux Dam - 1pm
30 August	Kembla Gift - Mt Kembla Hotel 10am
5 September	The Windy Gully 9 Mile - 3pm - Kembla Hts Bowling Club
6 September	Sydney Marathon & 10km Fun Run
12 September	KJ's Winter Series - 7 & 3 miles - Mt Kembla
13 September	The Terry Fox Run - 10km - The Rocks
19 September	Royal National Park Ultra
26 September	KJ's Winter Series - 3X3 Mile Relay - Cordeaux Dam - 1pm start
10 October	KJ's Summer Series - 8km - West Dapto - 3pm.
18 October	Club Challenge - 10km - Cordeaux Dam - 10am
25 October	Rapidcool Air Conditioning Teams Duathlon - 5km/25km cycle/5km - Dapto High 10am
31 October	KJ's Blue Mountains Weekend - 5km XC - 4pm
31 Oct - 8 Nov	Asia Pacific Masters Games - Gold Coast

Entry Forms for some non-KJ's events may be available. If you need an entry form contact John Gullick on 724274.

REMEMBER - KJ's Vets conduct track races every Thursday Night at 6.30pm at Beaton Park. Distances include 5000m and 3000m plus middle distance events. Come along and sharpen up for the Winter series.

THE LEGEND OF EMIL ZÁTOPEK

By Stumbles
By Stumbles

Emil Zátopek was born in Koprivnice, Northern Moravia, on September 19, 1922, the exact same day as his wife Dana. He made his first appearance in the Olympics in London 1948, finishing second in the 5,000m event and blitzed his rivals in the 10,000m race. Whenever he ran, spectators and officials alike were alarmed at his appearance. He ran with his face contorted, his body and shoulders hunched as with pain. He looked to be on the verge of collapse. As his amazing career unfolded, people realised that this was just his running style. When asked about this idiosyncrasy Emil replied, "Well I guess I am not talented enough to smile and run at the same time."

Zátopek had been a member of the Czech Army since 1944. His athletic successes gained him promotions to the rank of



Emil Zátopek enters the home straight during the 1952, 10,000m, followed by Alain Mimoun (who else?) and Herbert Schade. An exhausted Chris Chataway (Roger Bannister's mate) has fallen after stepping on the curb. Zátopek has left an indelible mark on the history of sport. Not only for his 4 gold medals and his 18 world records. Unlike his predecessor Paavo Nurmi, Emil was greatly loved by his peers, as well as those who had the good fortune to meet him personally.

Lieutenant Colonel, as well as a prominent position in the Communist Party. However, Emil was not really a party man. In 1968 he signed the 2,000 Words Manifesto, which supported freedom for Czechoslovakia. When the Soviet tanks moved into Czechoslovakia to crush the Freedom Movement, Zátopek was expelled from the party and the army. The only work he could find was on construction jobs, digging ditches and hauling bags of cement for a geological survey team.

Seven years later the Ministry of Sport, taking advantage of his fluency in various languages, hired him as a "sports spy", translating sports periodicals in the hope of finding tips from foreign coaches. He served in this capacity until 1982. Between 1948 and 1954 Zátopek won 38 consecutive races at 10,000m. During his career Zátopek won 261 of 334 races at varied distances. In 1951, he became the first man ever to run more than 20km in one hour. Fourteen years later, Zátopek presented his 1952, 10,000m gold medal to the great Australian runner, Ron Clarke because he had never won one.

Unfairly, he was nicknamed "The beast of Prague", a terrible legacy for a man who was so loved by his fellow runners and was such a warm hearted and caring individual. He never ever let his successes go to his head, or to change his personality. Something which is very rare in the world's sporting arenas. Long may the legend of Zátopek live!