

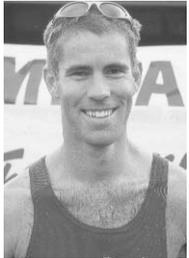


The FOX



The Official Newsletter of Kembla Joggers Inc.

Issue 02 [April] 1999



President's Report

By the time you read this the new winter season should be in full swing. The summer series just completed was easily the best on record and hopefully by now the enthusiasm will be flowing into our winter program. It's great to see so many new faces at our races and to all those new recruits welcome. We hope you all enjoy what the KJ's have to offer during 1999.

To Gary Howard a mighty thankyou for all his hardwork during the Summer Series. The Summer Series Pointscore and 'YDOIDOIT' trophy was Gary's brainchild and has certainly sparked that extra interest. Many thanks to all race day helpers who also came along to assist and ensured the races were conducted without any hitches.

I would like to welcome another new sponsor to the club this year. The Mack family from Mt Kembla Hotel are kind enough to be sponsoring the inaugural Mt Kembla Pointscore (a more original name will hopefully be announced next issue - ideas anyone?). The pointscore will be compiled using points obtained on handicap position during the 5 pointscore events held at our Mt Kembla venue. A 'very unique' trophy is to be designed and created by well known Mt Kembla sculptor Graham Bartholomew and will be revealed soon so I'm informed.

The Hotel will also be providing some great prizes and these will be drawn after each Mt Kembla event back at the Hotel beer garden area. So make sure you get along to the Mt Kembla Pub after each race at the mountain to enjoy the presentations and usual good KJ company (and a little bit of the amber stuff too!).

Best of luck to all the boys and girls (are there any girls competing?) from the KJ's who will be tackling the upcoming Canberra Marathon. I know many miles have been put in by so many dedicated KJ's so I hope everyone achieves what they set out to do. Somehow I have been dragged along to a few of the 'longer' weekend training runs (emphasis on few) and I have seen firsthand what it takes to get there. Hats off to you all. By the way, I can totally refute here any rumours that I am definitely running the Canberra Marathon (is it true that our 'illustrious' Editor may be behind some of the more scurrilous rumours floating around the club at the moment to add zest to his editorial content? No, surely not!).

Cya at the races, Neil

Sizzling Summer Series Followed by Record Runners at Winter Race 1!

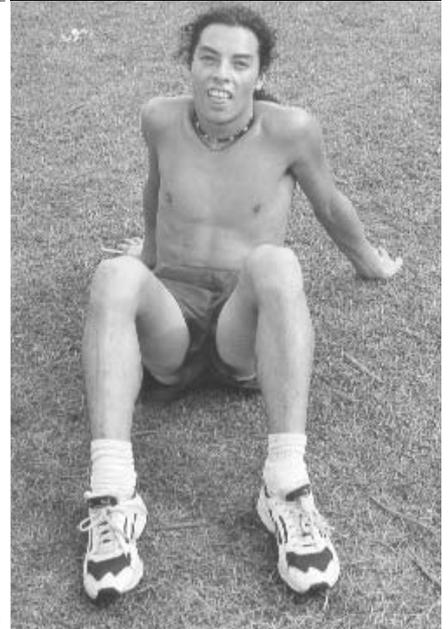


Russell Chin looking very refreshed after his record-breaking run in the first race of the Winter Series at Stuart Park.

Summer Series 1998/99 Report

With record race attendances, 820 race registrations and very fast times, the 1998/99 summer series was easily the best to date by far. With an average of 55 runners per race organising was made easy by the helping hands of Mark Everton, Steve Mlacic, Kevin O'Connell, and Peter Issa who gave up their race time to help with the race duties, and also Pasco Coppolaro and Dave Higgins who helped with collating results.

Record attendances were recorded in the Stuart Park venue of 73 then broken again with 75 later on, the IYC with 64, Mt.Kembla ring track 57, Albion Park 57, and all other venues held their own. The best attended race in the summer was the Hangover HCP with 92 runners just 3 short of the record. Good attendances were also recorded in the Blue Mountains, Royal National Park, and Bulli venues. With Robert Battocchio in red hot form, race times were always going to be fast, Robert broke 9 AGR's which included establishing an AGR and ↗



Inside Your April 1999 Issue of *The FOX*

President's Report.....	1	This Month's Featured Personality.....	7
Whydoidoit?.....	2	Upcoming Events.....	7
KJs Track Championships.....	2	Peter's Page.....	8
ANSW News.....	4	Kembla Joggers Club Contacts.....	9
The Comrades Marathon.....	6	Race Results.....	10

rebreaking it twice in the series, and established 3 new Open records at the Stuart Park, IYC, and Hill 60 venues, won 6 races and first KJ home in the Club Challenge, Robert's best runs were the 21.09 in the 4 mile at Mt.Kembla, 15.25 at the IYC and 15.32 at Stuart Park, well done Robert.

Russell Chin and Paul Micale (5 AGR's M30-34) made sure that Robert was kept honest with some great runs including Russell's 16.17 at the Mt.Kembla ring track taking 1.10 minutes off the old open record, and Paul's 15.54 at Stuart Park in which he won on HCP.

Equally as good was young Mariana Hernandez who won 6 races in the female section and recorded 5 AGR's with her best being 19.47 at Stuart Park, Frances Pearson made a late start to the series by breaking 3 AGR's in the last 3 races, Jeni Greenland, Dianne Birch, and Christine Hall all had a good series.

The juniors were too fast to keep up with, with Brendan Cato leading from the front, Tim Robertson, Mark Scott, Jarred Poppett (6 AGR's in the M10-14), Mariana Hernandez, Melinda Mlacic, all showed that they are classy runners of the future. The Comer family now has some competition from the Ogenovski's and Harrison's.

New comers who had a good series were John Hennah, Darryn Southgate, Ngaretta Faull, Ian Heeley, Damien Mlacic, Brad Martin, and Kerri Hynd.

Regular runners, Neil Barnett, Andrew and Witold Krajewski, Phil Leishman, Bob Scott, Glenn Hayward, Peter Evans, Warren Evans, Rafael Moriana, Jenny Comer, Tony Maloney and Hans Lambert all ran honest races and all were rewarded with some smart times. All in all a great effort by all runners.

By Gary Howard

KJs Track Championships

Our club recently held its fifth track championships and judging by the number of competitors and the times recorded, it has been one of the most successful.

The South Coast Region combined with our Track Championships for the 3000m and 5000m and those KJ athletes also registered with ANSW will be eligible for regional awards.

Day One

A good contingent competed over 3 distances: 1500m, 400m and 100m. What these races showed was the enormous improvement and competitiveness of some of our juniors. In the 1500m, Brendan Cato, Tim Robertson and Mark Scott had a great race to finish within 2 seconds of each other, as did Bethany and Elivia Comer. Paul Micale had an outstanding run as did Kevin Raines who recorded 6.13 at age 65 to set a new age group record. Other age records were achieved by Karen Blay and Russell Chin.

The 400m sprint saw a rapidly improving David Pomery run the second fastest 400m of the day with a creditable 54.10, just being beaten by a much younger Darren Upward who ran exceptionally to record an age record of 53.97. Other records fell to Sue Mulready (25-29) and Wayne Montefiore (45-49), with John Gullick surprising himself (but not others) to run a smart 64.50.

Although most KJ's avoid the short sprints like the plague, many appear to enjoy the challenge once a year. Warren Evans may re-evaluate his preferred distances after running well for a 15.48 in the 100m and the experienced Noreen

? Whydoidoit ?

The 8 races in the 1998/99 Whydoidoit series saw 502 race registrations with an average of 63 per race. After the first 2 races at Stuart Park and IYC, Jarred Poppett and Zac Browse held a strong lead from Glenn Hayward and Andrew Krajewski. The next 2 races were the 2 cross country's, Mt.Kembla Ring Track and Puckey's and Robert Battocchio, Ian Kemp, Paul Micale, took full advantage of this and Jumped many places to all be in the top 10. The next 2 races at the IYC and Hill 60 saw a big change in the pointscore with 2 mighty runs by Robert Battocchio, and Neil Barnett. Ian Kemp, Andrew Krajewski and Ian Tague had taken the lead from Jarred and Zac, and now others runners like Richard Lane, John Wilton and Phil Leishman were starting to come into the picture. By this time with only 2 races to go Ian Kemp and Andrew K. were a tie for the lead and another 16 runners had a possible chance of winning.

To have a good chance of winning the series each runner must run at their best or near best for each of the 8 races then discard their worst 2 races, runners who missed races or put in a bad result in a race could find themselves going from 10th to 20th place in one race.

One runner who can handle the flat course of the IYC then the rough course of the Ring Track at Mt.Kembla and back that up with a good performance on the demanding Hill 60 course was Steven Matthews who by consistency was now close to the lead. After the 6km Albion Park run Mariana Hernandez was sneaking into the top 10, Jeni Greenland had performed well in all the races but had drifted out of the top 20, Frances Pearson and Christine Hall had missed a couple of vital races, so the chances on a female victory sat squarely with Mariana.

Huge runs by Phil Leishman, John Wilton, Ian Tague, Neil Barnett, Ian Kemp, and Steven Matthews set up an exciting finish at the Stuart

Park HCP race. On race day there was 6 runners who had a realistic chance of winning and 4 other outside chances. John Wilton ran his best race ever 19.41 to finish 4th on HCP, Robert Battocchio 6th on HCP, Paul Micale 1st on HCP, Richard Lane 2nd on HCP, Neil Barnett, Andrew K., and Ian Tague finished down the field and away from the big points, and Ian Kemp having left for New Zealand to live, missed the race, this left the way for Steven Matthews to finish in 9th place on HCP collect big points and win the series.

Congratulations Steven you deserve this victory and now you must send a reply to The FOX telling us Whydoidoit!

John Wilton's efforts to regain the trophy missed by only 2 points and in 2nd position, however he is now 1 minute faster than this time last year. Ian Kemp finished in 3rd position, we nearly lost our trophy to New Zealand, Thanks to all the runners who participated in the series. The final top 20 placing's are below.

By Gary Howard

1	Steven Matthews247
2	John Wilton245
3	Ian Kemp243
4	Andrew Krajewski242
5	Robert Battocchio238
6	Glenn Hayward237
7	Zac Browse235
8	Ian Tague234
9	Neil Barnett234
10	Richard Lane233
11	Phil Leishman228
12	Tony Maloney224
13	Jarred Poppett224
14	Paul Micale223
15	Mariana Hernandez222
16	Joe Pereira212
17	Warren Evans212
18	Dave Higgins202
19	Rafael Moriana200
20	Bob Scott188



Parrish proved Ms Consistency running 14.00, respectable by an athlete of any age but great for a lady in her age group.

Day Two

The highlight of Day 2 was not the 5km as expected but the ferocious battle between Russell Chin and David Pomery in the 800m, where they both toed the line in 2.01, Russell a nose in front of David. It was a great run by both athletes. It did, however, leave quite a few KJ's openmouthed, wondering what David is capable of should he ever be able to train well and get fit, something he has been unable to do for the past 18 months, where knee problems have seen him sidelined. Sue Mulready ran another excellent race to wipe 1 second off Karen Blay's age group record. Sue has had a good summer season with consistent improvement over 800/1500m track events.

In the 5000m Bill Williamson set a new 60-64 age record with a controlled 19.57 run, which

indicates that Bill is on the comeback trail. There would not be many athletes in NSW or Australia to match Bill once he starts to develop form...it was good to see.

Day Three

This day was devoted to the 3000m event only. One of the better performances was Paul Micale's where he posted a smart 9.08 PB in blustery conditions, running third behind a solid performance by Rob Battocchio (8.57) and Russell Chin (9.06). Teresha Moxham was the first of the ladies in 10.33.

Other noteworthy performances were Neil Barnett (10.00) and Kevin Brennan (13.23). Bob Squires ran his usual excellent race in 10.23, not an age record, (this is held by Bob at 10.17) but a mighty run, all the same.

Day Four

What a final day this was. We had delayed the 10,000m until 7.30pm in an endeavour to provide cooler conditions for the runners. It was a beautiful balmy night (and in the opinion of some of the spectators so were all those running the 25 laps of a track!), with no wind and under lights, from a spectator's view, it was great to watch anyway!

From the start Rob Battocchio set a blistering pace, that saw him run through the 5km in about 15.40 and lap everyone in the field at least once. Running very relaxed he set a new KJ's and track record of 31.58 which annihilated Johnathon Hall's previous mark of 33.10. A good second was Paul Micale in a PB of 33.17 which took one of

➤ Mark Everton's long standing records. Following him was Phil Parle in 35.18 which took another of Mark Everton's records...Mark you'll really have to start racing again now! Other outstanding performances were those of Bill Williamson who set a 60-64 record of 42.18 (watch this man, he's on the comeback trail) and Neil Barnett with a track PB of 37.04. The only lady braving such a gruelling event was a Campbelltown friend of Peter Knott, Julia White who ran a creditable 41.11 setting a new ladies track record.

P.S Jack Parle asked me on the night "How many laps for 10km?" When told it was 25, he proceeded to run 26 laps, in lane 4 (all up 10.946m) telling me that he was training for the Fitness Five. Onya Jack!

For those who have never raced on a track, don't confuse these times with times run on the road. It is very much harder to race on the track, but at least you always know that the distance is accurate!

Many thanks to everyone who pitched in to help timekeep and ensure that these championships went off without a hitch and especially to Zac and Jared Blay, Lara and Alaine Moriana who marshalled the drink station in the 10km event for 54 minutes, only getting a little wet on the way!

(See a complete listing of results on page 11 - Ed.)
by Hazel Brown

Remember to say Hi! or Thanks!

There are many helpers around at each race. Have a smile or a kind word to them. Remember - NO Helpers=NO Race!



Marshalling Roster

So we can start the '99 winter program as organized as possible a marshalling roster has been drawn up using the membership list from 1998. The list has been printed where names are listed under the various runs as well as everybody's name listed in alphabetical order and their marshalling duty listed next to their name.

If you can not marshal as requested then please let either Ray Wales or Mark Everton know as soon as possible. If you have been selected to marshal at your favorite run then we will try to swap you to another run on the calendar.

Enough KJ members have been selected to cover every run. Over the last two years the marshals have been kept to a minimum, allowing more people to enjoy the run. However, if one or two people couldn't make it on the day it meant the race organizers had give up their run to fill the position. Also, the race organizers may not have to spend so much time placing signs around the courses as we have done in the past.

Please note that you have to do the mar-

shalling duty. On several occasions members have arrived with a family member to do they're marshalling so they could run. Again, this leads to extra work for the race organizers as some family members did not know what to do or did not drive so they could not marshal at the spot the KJ member was listed for. As some marshalling is on roads that have become quite busy

We feel the marshals at these positions should be full club members to comply with our insurance policy and to comply with the directive from the police when granting us permission to hold our runs.

When on marshalling duty please arrive half an hour before the starting time and report to Mark Everton or Ray Wales.

Club Pointscores

What does it take to win one of the pointscore titles the club has on offer? Most of the previous winners and those who just miss out will tell you alot of hard work.

The main secret of course is to attend as many events included in the pointscores as you possibly can (and of course to run your honest best!). This increases your chances because obviously not everyone is able to make every race and it allows you to drop your worst scoring races at the end of the year. For the Winter Pointscore the best 10 out of 13 will count, 5 out of 7 for the Uncle Pete's Toyworld Junior Pointscore and 9 out of 13 for the AMT Drilling Elite Pointscore.

And what's on offer? The Winter Pointscore winner will receive the President's Trophy and \$150 in cash or vouchers. Second and third will receive \$100 and \$60 in cash or vouchers. Uncle Pete's Toyworld have offered hundreds of dollars worth of store vouchers for the Junior Pointscore and these will be offered as prizes for Pointscore and Junior Championship placegetters as well as random draws at all junior events. Special embroidered shirts will also be awarded to the winners. In the AMT Drilling Elite Pointscore both male and female winners will receive \$120, 2nd \$80 and 3rd \$50.

The first pointscore race for the Winter and Elite Pointscores is the 8km at West Dapto on March 27th and for juniors the 3 mile at West Dapto on April 24th.

The other rule relating to juniors specifies that U12 runners can only compete in club events

of distance 7km or less. Every junior pointscore race and almost all races at Beaton Park athletics track on Thursday nights are 5km or less so there are plenty events for juniors to compete in. ANSW championship events for U12 juniors are usually no more than 3km.

Mt Kembla Hotel Mountain Championship Pointscore

This is a new and separate pointscore for 1999. Be in the running for a unique Handicap trophy that will be presented at the end of the series. As mentioned in the Presidential Report a new and special trophy is being commissioned and one lucky KJ will be the winner.

Remember the 5 races at Mt Kembla will all go towards the Pointscore...April 10-7 miler, May 29-7km, July 10-7km, July 24-9miler and the 10km on September 4.

There is also a prize for the handicap winner at each race.

Great prizes drawn at the Mt Kembla Hotel after each of the Mountain races. If you are like me and never win a race - get down to the hotel afterwards and be in the draw! You have to be there to claim your prize.

Discounted Shoes Are Back

Steve Howard from Athletic Edge Running Specialists in Randwick has confirmed he will be coming to most KJ races during 1999. Steve will be selling a wide selection of running shoes, clothing and other running nic-nacs at discounted prices to all KJ members. Just compare his prices and see how much you will save. And what's better, Steve will donate a percentage of all sales back to the club as well as donating heaps of prizes. This a great way to both help the club and to buy quality shoes not usually available in Wollongong at very cheap prices. Steve knows his shoes and what's best for your foot so be sure to get his advice when trying them on. We have no doubt that Steve will do as well as Lloyd did with his Reebok gear a few years back.

➤ KJ's Running Weekend

Due to the success of our inaugural KJ's running weekend at Jemby - Rinjah Lodge at Blackheath in the Blue Mountains, we have booked again for this year. The confirmed dates are Friday 12, Saturday 13 and Sunday 14 November 1999.

We will be staying in lodges, set amongst some of the most beautiful bush there is to see. The cost of the weekend (approx \$150.00), includes two nights accommodation, two superb dinners, and two full buffet breakfasts. (Talk to anyone who went last year about the quality of the meals).



A \$20.00 deposit is required ASAP to secure a place, and we will be collecting further payments during the year to alleviate the burden of a lump sum in November.

Some of the highlights of the weekend will include a short fun run / or race of some kind, 3 training runs (of varying lengths), running videos, opportunities to check out the hot tourist spots in the mountains, and other night time entertainment.

For a re-cap on all the happenings and gossip from last year's weekend, go back and read Peter Evans' articles in the November '98 issue of 'The FOX' and in the annual magazine.

For further information, or to book a place, contact Karen Blay on 4262 2100, or e-mail me on blay@ozemail.com.au (*Count me in for 2! - Ed*)

Join KJ's Teams

Any KJ's who are running in the Fitness 5, Sydney Half-Marathon or City to Surf are encouraged to join fellow club members in KJ's teams. Entering team categories does not change your starting group in any of these events and does not preclude you from competing in your individual age categories as normal. Anyone wishing to be included in KJ's teams should give their entry form and money to Mark Everton before the following dates:

- Fitness 5 - April 14
- Sydney Half - May 1
- City to Surf - July 25

Under 12 Rule

Just to clarify the club rule on juniors competing who are under the age of 12 years old. All juniors are welcome but if under 12 they must be accompanied at all times during a race by an adult. This does not have to be the parent of the child however the supervising runner must be specified prior to the event commencing. There may be a few KJ's who would be willing to run with an U12 junior at each event so check when registering if in doubt.

Going, Going, Going ...

There are still a small number of 25th Anniversary Magazines left. A bargain at \$10! Get your copy at the next race or ring the President (not you Monica!) on 4271 3299.

Canberra Marathon

This year's Canberra Marathon is to be held on the 18th of April. Last year there was 8 KJ's who ran the marathon, and this year that contingent seems like it could double. (It has even been rumoured that Chris Stocker is going to come out of semi-retirement to run). To encourage the burgeoning KJ marathon assault squad, Ian Kemp has arranged for a trophy to be presented to the first KJ male and female finishers, during the presentation ceremony. So come on girls, it would be nice to have a female recipient for the trophy.

Entry forms can be printed from the marathon home page, (go through the Coolrunning site www.coolrunning.com.au), but, need to be post-marked no later than 18th of March to avoid the late entry fee. But, for those not up to a marathon, there is also a 5k and 10k fun run on Saturday afternoon 17th of April. Anyone requiring accommodation should contact Andrew Godsman (4229 6043), and I'll try to arrange you into groups of 4-5, to stay at Oxley Court, which is a short walk from the start/finish line. Rates are \$149 per room per night. But hurry.

PS: The KJ long run squad, which meets at 6:00am every Saturday morning, and does anywhere between 20 and 34km is going well. On some dark mornings up to 11 runners have set off for 32km of interesting talking. Intentions are to continue this after the marathon, so if there is anyone looking for some company for those long k's, speak to Andrew Krajewski, Hans Lambert, Phil Leishman or myself and we'll let you know where we are starting from on the next Saturday.

SMH Half Marathon

Anyone running the Sydney Morning Herald Half Marathon on May 23rd? Or maybe you'd like to join us to support our runners and enjoy the spectacle of Australia's premier half marathon race (after the KJ's Half of course!).

As always the KJ's will be organising a mini bus to the event which eliminates the hassle of parking, driving and snoozing off at the wheel on the way home. Seats will fill very fast due to the limited number available so get in NOW.

After everyone finishes we will hobble over to The Rocks and plonk ourselves down at one of the many fine eateries on offer for an hour or two. So come along and make a day of it. The cost is \$10 a head. First in, best dressed. Money and names to Kevin Brennan (Ph 4261 8811).

Also don't forget that Mark Everton is collecting entry forms to form KJ teams. We usually perform very well in teams in this event so don't consider that you might not be quick enough.

Mark will then send the entry forms to SMH Half organisers in bulk well before the cutoff date.

This is also the State Half Marathon Championship so we hope to have as many of our ANSW affiliated KJ's as possible competing. Please let Eric Brown (4261 3985) know if you are competing as a registered KJ.

Sydney Marathon

In the last issue of The FOX we reported here that the Sydney Marathon date was rumoured to have been moved to June 6th, although nothing had been publicly confirmed.

Well the saga continues. The whole event will be scrapped in 1999 due to insufficient sponsorship.

The only other marathon options are the Canberra Marathon (April), Kempsey Marathon (June), Gold Coast Marathon (July) or Blacktown Marathon (?). The Sydney Marathon is however definitely on next year in April and will be used as an Olympic test event and selection trials.

New Zealand Relay

October 15-17, 1999

Although a long way off we already have six starters for a team to compete in New Zealand in October. The starters to date are Neil Barnett, John Gullick, Dave Higgins, Peter Issa, Bruce Medley and Ray Wales.

I have been getting prices on the airfare and this is what I have come up with for an advanced purchase group booking ticket.

- Qantas: Sydney - Auckland \$522 plus \$33 tax.
- Air New Zealand: Sydney - Auckland \$549 plus \$33 tax
- Ansett: Same price as air New Zealand and it would be an Air New Zealand flight
- Freedom Air: Sydney to Hamilton - \$419 plus \$33 tax. Freedom Air fly Sydney - Hamilton only on a Monday and a Friday and return only on a Wednesday and a Friday.

Shortly I will contact the motels we used in '96 to get their current prices.

In '96 Paula Crinnion and Sharonne Hennessy ran with the B team. As well as being great team members they added a touch of class to our team. If any women are thinking of running talk to either Paula or Sharonne.

Contact Ray Wales
4283 1148 h
4229 0636 w

ANSW News

Upcoming ANSW events include true a 10km road race (which are few and far between) at Holsworthy on May 8 and the Sydney Half-Marathon on May 23. KJ's competing in the Sydney Half-Marathon who are members of ANSW are reminded that you must tick the box marked ANSW on your entry form so you can be automatically included in KJ's teams and be in the running for medals in your respective categories.

Congratulations are due to Vanessa Kearney, Sue Mulready, Lauren Elms and Russell Chin who all performed well in the recent ANSW State Titles. Lauren's 1500m time of 4.23 was sufficient to secure a silver medal while Vanessa and Sue comfortably recorded PBs in both the 1500m and 800m. Russell ran an impressive 15.27 to record a PB in the senior division 5000m.

Highlights from the "Optus Grand Prix"

Homebush, February 2, 1999

On a balmy February evening, ten Kembla Joggers travelled to Homebush for the "Optus Grand Prix", hoping for a glorious evening of classy track and field. We weren't to be disappointed!

Two of our own female members gallantly ran their hearts out – Lauren Elms in the 800 metres (2.10.46), and Vanessa Kearney in the 1500 metres (4.29.54 with the flu – awesome). Congrats to both Lauren and Vanessa on great runs.

The women's 3,000 metres left all of us gasping at an incredible gutsy run from Kerryn McCann, who wiped the field with her feet to record an 18 second PB by winning in 8.54.41. The way in which Kerryn systematically eliminated each competitor along her way to victory, suggests that no one has seen the best of this lady yet. Kerryn's splits were 4.33 for the first 1500, followed up with an awesome 4.21 to finish. Her last lap in 66 seconds stamped the victory, as she finished pulling away from the rest of the field. Well done Kerryn, we will all be looking forward to seeing more great results from you.

Apart from the great runs just mentioned, we were also privy to see Frankie Fredericks record 9.94 seconds in the 100m, the fastest time run in Australia ever; a world record by Emma George in the Pole Vault (4.60m); an almost Australian Record by Lee troop in the men's 3,000m (he missed out by a whisker); and a host of other world class results.

Jack Parle, Jared and Zac Blay were relentless in their quest to obtain the most autographs, Jack coming out on top with the scalps of both Cathy Freeman, and Steve Monaghetti to his belt.

It all looks great for Sydney 2000, and I would definitely recommend this track meet to you all next year, as I am told it will form part of the International Grand Prix Circuit, and will make for a truly inspiring night out.

By Karen Blay

NSW Track Champs

The concluding events for Athletics NSW track athletes was conducted over the weekends of 27/28th February and 5-7th March at Homebush. The conditions varied from a still 30 degrees and 100% humidity to rainy and blustery.

Rounding off what has been a great year for Vanessa Kearney and Sue Mulready, these two very determined ladies finished with PB's in the Open Women's 800m and 1500m events: Vanessa with a State ranked times of 2.11 in the 800m and 4.25 in the 1500m and Sue with huge PB's of 2.17 and 4.40. Both girls ran with great determination and grit and are truly deserving of their rewards. Vanessa now moves on to the Australian Track Championships in Melbourne, where we are sure she will do herself proud.

Lauren Whitehead had to race her U/20 3km in very unpleasant conditions but acquitted herself really well, finishing in 11.28.

In the U16 State Championships we were represented by Carla Whitehead who finished with a big PB of 5.02 for the 1500m and 2.27 for the 800m.

In the senior men's 5km, Russell Chin ran a very controlled race to finish in a very respectable and personal best time of 15.27.

KJ club members running for other clubs at the Championships and who performed well were:

- Lauren Elms (WSF) : 800m (4th) in 2.09

1500m (2nd) in 4.23 (will this ultimately be Lauren's best distance?)

- Bethany Comer (WSF) : U/18 800m in 2.20 (PB) 1500m in 4.58
- Elivia Comer (WSF) Performed well considering she was sick.
- Stuart Perry (WSF) : 3km Steeple 9.24 (2nd)
- Stephen Locke (WSF) : 1500m 4.01
- Marianna Hernandez (IBS) : 3000m 10.33 (PB)
- Jared Poppet (IBS) : U/161500 in 4.36 and 3000m in 9.57

by Hazel Brown

KJ NSW Track Records

It was decided at a recent meeting of the ANSW division of our club that, in addition to our KJ Track Records, which covers KJ's performances in KJ organized track races, we needed a record of performances achieved by Kembla Joggers ANSW athletes, who compete in an accredited AA or IAAF events. Therefore two sets of records will now exist, the new set of records covering the time period starting 1997 when we first became affiliated with ANSW and had athletes competing in Sydney interclub events. The current records are:

Women:

- 800m Vanessa Kearney (6.3.99)2.11.77 Homebush
- 1500m Vanessa Kearney (7.3.99)4.25.70 Homebush

Men:

- 800m Dylan Forbes (7.2.98)1.57.10 Homebush
- 1500m Dylan Forbes (6.11.97)4.05.00 Homebush
- 5000m Russell Chin (7.3.99)15.27.05 Homebush

An updated record of our KJ track records will be published mid year. Many have been broken since they were previously updated at the beginning of this year.

Athletics NSW ... What It Can Mean For You

The club everyone in Sydney is talking about and has come to respect is that of Kembla Joggers. During the past year where we had over 40 affiliated ANSW members, we won numerous medals and achieved many PB's. During the winter road and cross country season, probably 75% of members won a medal of some sort. This was from our junior members, our open and our veteran athletes. Peter Evans established a reputation at many events and became the gun runner in his 45 plus age group., similarly with Bob Squires in his. But it was the tremendous team spirit that emerged that brought out the best in our club members. KJ's cheered the loudest and longest whether our teams were coming first or last and it certainly worked...just note the number of relay medals we gained in all age groups which caused a Sydney official to remark "Not another Kembla Joggers team!"

During the summer track events, the KJ flag was carried admirably by Vanessa K, Sue M, Dylan F, Bronte B, Paul M, Russell C, Wayne M, Chris S, Peter E, Dave H, Ian K and Phil P and without exception they all ran PB's. Vanessa ran so well that she was invited to compete at the Sydney Optus Grand Prix, the same meet the great Frankie Fredericks ran in. She is now off to Melbourne for the National Championships.

This year we intend to do even better and we

need you to help us do it. The winter and summer season offer a wide range of events which are sure to suit your preferences. You can join for winter only/summer only or the full year.

If you are still not convinced, talk to any of the athletes mentioned above or to Peter Asher, Dave Barnett, Jim Hennessy, Jeff Stalker, Andrew Krajewski, Rob Battocchio, Eric Brown, Karen Blay, Jenny Biela, Suzanne O'Brien, Neil Barnett, Mark Scott, Matthew Moody, Jeff Chaseling, Ben Dubois, Carla and Lauren Whitehead, Melinda Mlaci, Andrew Godsmann, Martin Church, Joe Pereira, Pasco Coppaloro, Raf Moriana, Gary Wheeler and Ron Perry.

Already we have more members showing an interest...Hans Lambert and Jill Hayman to name but a couple. Come and be part of the action of establishing the Kembla Joggers club on the NSW running scene.

The first event of the season is on May 8th at the NSW 10km Road Championships at Holsworthy Army Base in Sydney...a very flat and fast course. This is followed on May 15th by the NSW Novice Cross Country Championships at Ramsgate. This latter event is restricted to athletes who have NOT been placed in the first 3 in an open age NSW running or hurdling Championship of 3km or greater, for NSW or other associations. The elite are therefore excluded, which gives those other runners a chance of winning this prestigious event. Teams of 4 athletes are included in the Novice Championships. The fastest 10 runners in the male and female events will count for points in the Distance Runner of the Year pointscore. In addition to the main races, supporting events are put on for the juniors.

Interested? See Dave Higgins, Eric Brown or Vanessa Kearney at any club event

by Hazel Brown

How Worthy Are Your Track Performances?

We ask this question because when our athletes compete on the track, they compete without age discrimination...juniors with seniors, veterans with elite seniors, all striving to better their previous best times. But now we have a "pointscore system" which will allow performances to be assessed by the age and gender of the athlete. For instance, to gain 83 points, Rob Battocchio would have to run 15.28, Phil Parle at age 38 would get that same number of points by running 16.12, Andrew Krajewski at age 52 would need to run 17.51, Bill Williamson at age 62 would have to run 19.26 and Karen Blay at 35 would get 83 points if she ran 18.00. This system rewards good performances weighted by the unavoidable age factor. Unfortunately, it only covers open aged athletes and then year by year from 30 plus...so juniors would be classed as open age!

At present we have tables for the 10km, 5km, and 1 mile only.

The interesting bit now is that we are going to trial this system over 5 races of 5km with a small prize to the winner. The dates for these age weighted races are: April 1st, April 15th, April 29th, May 13th and May 27th.

For more information see Hazel or Eric Brown or come along and be a part of it.

Vets Track Champs

Best of luck to our athletes competing at the Australian Vets Championships on the Easter weekend ... a report to follow in the next FOX.

THE COMRADES MARATHON

THE RACE OF HEROES

South Africa's Comrades Marathon is arguably the best organised Ultra in the world. Runners from all parts of the planet travel religiously to compete in this event, known in South Africa as a "National Treasure".

In 1917, during the Great War, Pte Victor Clapham, having marched and fought for 1700 miles across the Eastern African Savannas, was invalided home with Blackwater fever. Private Clapham was in awe of the bravery and comradeship of his fellow soldiers in the face of the privation, agony and sudden death during those fearful times. Following the cease fire in 1918, Victor Clapham appealed to the "League of Comrades of the Great War" to organise a foot race from Pietermaritzburg to Durban, to honor the fallen soldiers. In the face of opposition, Clapham was unsuccessful until 1921 when the "Comrades" relented. He was given the staggering sum of 1 pound (\$2, refundable) to help with costs.

Before dawn on 24 May 1921, 34 ex-infantry men lined up outside the Pietermaritzburg city Hall to run the 89km over mountainous country to Durban on the Indian ocean coast. Fifteen finished the race behind farmer, W Rowan who busted the tape in West street, Durban, in 8 hours 59 minutes to win a gold watch worth 25 pounds (\$50). No one present on that day had any inkling of the era they had started!

Pietermaritzburg – South Africa, Wednesday, June 16, 1999: At 0600 hrs on this, South Africa's 'Youth Day', around 14,000 runners of varying shapes and sizes will congregate in front of the Pietermaritzburg City Hall. The aim of each, will be to join the list of 65,000 South Africans who have succeeded in the quest over the past 78 years. The quest? To race to Durban 89 km away on the east coast of KwaZulu-Natal, in the least time possible. The challenge may seem obvious; 89 km. It hurts just to think about it! But Mother Nature has also joined this race. There are barriers between. Barriers in the form of the Drakensberg "foothills". If you are among the 14,000, you will probably be thinking of "Umlaas Road", 824m above your destination, and highest point on the course (see fig 1). Or perhaps any of the other "Big 5" so called "hills". But don't concern yourself, by the time you defeat the deadly Polly Shorts (described as a leg numbing hill that keeps coming at you) at around 8 km, the others will seem insignificant. Maybe you would rather do the "up" run from Durban in 2,000? There's sure to be a lot happening. Race organisers will call the course "undulating", but don't believe them! There are some very serious mountains here right O.K, so you have decided this is your race! You need a holiday! How about South Africa. There's lots to see and do. That is if you can still walk upright after finishing this event (Perhaps you should do your sight seeing first?).

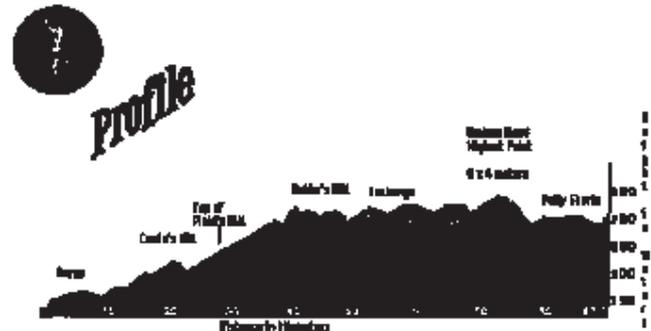


Figure 1 – A profile of the "uphill" course from Durban

Race requirements.

1. A plane ticket to South Africa
2. 18 years or over on day of qualifying
3. A 4:30 or less standard marathon time between 17 June 1998 and 2 May 1999 (or other similar events)
4. \$70 U.S entry fee You must be a registered athlete with a very big heart

What you get.

1. A chance to participate in South Africa's "National Treasure".
2. The opportunity to break Bruce Fordyce's 5:24:07 race record (down) or Frith van der Merwe's Womens record of 5:54:43 (also down)
3. 55 aid stations and expert medical aid and advice
4. Use of rescue aid cars and Tog Bag Service
5. Free "T" shirt and cap
6. An opportunity to get amongst the big prizes and medals (R100,000 1st, you do the math)
7. A great opportunity to show your club colours on south African T.V (no personal sponsor logos please)
8. A free "runner's bag with lots of goodies
9. A solid 1ounce gold medal if you finish in the top ten (men and women, sub 2:55 and 3:10, 42km will be seeded)
10. A silver medal if you finish under 7:30
11. A bronze medal if you finish under 11 hours
12. A badge and year flash on completion
13. Lots of satisfaction and pride in your achievement.



March

- 27 **KJ's Winter Series Race 2** – 8km
West Dapto

April

- 10 **KJ's Winter Series Race 3** – 7miles
Mt Kembla
11 Shellharbour SLSC Fun Run – 6km
11 Canberra Marathon
17 Shellharbour SLSC Fun Run
18 Kembla Joggers Fitness 5 Fun Run
24 **KJ's Winter Series Race 4** – 3miles –
West Dapto

May

- 1 **KJ's Winter Series Race 5** – 16km –
West Dapto
15 **KJ's Winter Series Race 6** – 8km XC –
Cataract Scout Camp – 1pm
16 Canberra Half Marathon
23 Sydney Morning Herald Half Marathon
(ANSW Half Marathon Championships)
29 **KJ's Winter Series Race 7** – 7km
Mt Kembla – AC Mitchell Memorial
Trophy

June

- 12 **KJ's Winter Series Race 8** – 10km –
West Dapto
20 Jamberoo Fun Run – 8km
27 **KJ's Winter Series Race 9** – Half
Marathon 21.1km – West Dapto – Tom
Miskelly Memorial Trophy – Sunday 8am
start.

Shellharbour Fun Runs

Sunday 11 April 99, 10.00 am start, regos from 8.00am. There is also a second race on Saturday 17 April 99, 3.30 pm start, regos from 1.30pm, but don't forget that the KJ's Fitness Five Funrun is on Sunday 18th April, the next day. Race headquarters will be Shellharbour Surf Club, cnr Wollongong St and Beach Rd. Entry fees will be \$10.00 per race or \$15.00 for both payable 11/4/99. This includes a sausage sandwich, excellent prizes and giveaways- with a special barrel draw for contestants completing both events. 1st \$100 , 2nd \$60, 3rd \$40 male and female, categories U12, U16, U20, 20-29, 30-39, 40-49, 50-59 and over 60 male and female.

Set A Date!

KJs Trivia Night!

When: Friday 21st May 1999

7pm for a 7.30pm start

Where: West Dapto Community Centre,
Bong Bong Road. West Dapto

Cost: \$10 per person
Beer, wine and soft drinks, tea and coffee on sale. Bring your own nibbles.

Entry: Detach and return the entry form on page 11 and return to Kevin Brennan.

Form a team, bring the family or let us form a team for you. Plenty of prizes to be won. All entry forms and enquiries to Kevin Brennan 4261 8811.

ANSW Winter Events

May

- 9 NSW 10km Road Championships,
Holsworthy
15 NSW Novice Cross-Country Championships,
Ramsgate
23 NSW Half Marathon Championships,
Sydney

June

- 5 NSW 12km and 8km Cross-Country
Championships, Bass Hill
12 Australian Mountain Running
Championships, Brisbane
19 Australian Cross-Country Championships,
Brisbane

July

- 3 NSW 8km and 6km Cross-Country
Championships, Nowra
11 Australian Marathon Championships,
Gold Coast
17 NSW Cross-Country Relay Championships,
Miranda
31 NSW Road Relay Championships,
Cordeaux Dam

August

- 15 City To Surf, Sydney
22 NSW Long Distance Relay Championships,
Hopetown Relay
29 Australian Half-Marathon Championships,
Noosa

Eddie Muston Brings Us An Exclusive 50th Birthday Interview with the New KJ's Treasurer, Dave 'Hungry' Higgins

How did you find yourself here today running with this mad bunch?

I joined the KJ's in 1988 after a colourful rugby career (*if recent history is any indication it would probably have been technical* – Ed). Amongst the highlights of my rugby days was the superb try I scored for Sydney Uni against Wests while fringing in the backline. The most memorable aspect of that particular game being that I had arrived moments before kick-off in my dinner suit after a few refreshing hours sleep on St Andrews Oval. After 5 years playing in Sydney I returned to Wollongong to play 12 seasons and 250 games for Vikings. Over the 17 years I only missed one game through injury and 8 games for my honeymoon, which was obviously poorly organised. In recent years refereeing has caused me to miss a lot of winter series races but I have really enjoyed my track racing and the summer series. This coming winter I am focussing more on my running and will hopefully manage to compete in more winter races.

What are you enjoying watching?

I am not enjoying medical dramas of any sort (but my wife Lesley is, so they are being watched but not enjoyed). Personally I enjoy settling in for a long Sunday of sport on the TV or re-runs of Rumpole.

What are you reading at the moment?

I've just finished The Rise and Rise of Kerry Packer and I like reading all the newspapers cover to cover (especially on the weekends). I particularly enjoy the Sun Herald's Giant Crossword which usually takes the best part of the week to finish.

Who inspires you?

Pat Carroll the half-marathon specialist –he's a real guts runner.



What is your favourite run?

3km on the track. The 5km race through Pucky's comes in at a close second because it is not too hard on the legs and it is one of my regular training runs.

What are the real highlights of your running career?

My KJ's medal rates very high on the list, I had a real purple patch in late '95 – early '96. I was also really happy breaking the hour barrier in the 1995 City to Surf. Unfortunately, I have never beaten the handicapper and won a KJ's race (*probably because he is one of the most consistent runners in*

the club, two speeds go or stop – Ed) but I did manage a second in a Hangover Handicap which was probably more indicative of an average New Years Eve than a good race.

What are your pre-race rituals?

Familiar to all will be my few light stretches which provide (*or are they followed by?* – Ed) quick relief. My brown knee guard must always be in position and adequately moist. I think I am probably better known for my post-race rituals.

Who do you train with?

I like running early in the morning and run about 50km each week. Since he made the mistake of challenging me in last years Fitness 5 (and just for the record I think you should mention that I beat you quite convincingly) I have trained once or twice every day with my next door neighbour. We usually organise our training to suit whichever race is coming up.

What are your best times over 3, 5 and 10 kms?

10.57, 19.09 and 39.12

What is your greatest ambition?

Run until I'm 70 without breaking down.

Remedial Massage



- Home Massage
- Discounted Rates

Phone John
4236 0021

Sizzling Summer Series

Congratulations to Gary Howard and his organising of the Summer Series. As usual all races went smoothly and with great success. This series saw record numbers of athletes competing, in fact they were up 50% on last years numbers. There were more female runners and a greater influx of juniors. Gary even managed to stage one of the closest finishes in handicap history for the final race at Stuart Park! Around 20 runners all finished within the first 30 seconds. A special mention to all the helpers that gave their time to Gary to make this series run so well; particularly Kevin O'Connell, Steve Mlacic, Mark Everton and Peter Issa.

Happy 60th Dave

This time I mean Dave Barnett. Yes he celebrated his 60th recently and by the look of the photo he had a ball! Hope I'm still going that well when I'm 60. ..No..no I'm not there yet!



Dave Barnett

Dan's The Man!

Aussie runners in The 1998 City to Surf can feel a little better about being beaten by a foreign runner. U.S. Army Lieutenant Daniel Browne has been named the American Male Runner for 1998. During the year Dan won the USATF Indoor 3000m Championships, the 10,000m outdoors and the 10km (road) and was first in the US short course World Cross Country Trials. No wonder he looked strong as he surged over Heartbreak Hill and stormed to a very comfortable victory.

Wow, What A PB!

I was ecstatic with an 11 second pb last year thanks to Jono Hall...but how must Kerry McCann feel? With her immense background and years of dedicated training and racing, she comes up with a staggering 18 second pb to win the Optus 3000m in Sydney in a swift time of 8.54! She is just getting stronger and faster as the months roll on. Well done Kerry!

Party Time at Peter Issa's!

If you ever wonder about joining a KJ Committee well try to pick one that meets at Peter Issa's place. As soon as you step in the door it's like being at a party! The large table is covered with plates of chips, nuts, CCs, etc, etc. Now if that makes you thirsty don't be dismayed, Peter is straight into the fridge and out come all the drinks, lite beer, full strength beer, etc, etc. I'm sure I put on a few kilo's whenever I go there but boy is it relaxing! Well done Peter!

Guess Who?

Who uttered these famous words? "The running was easy. Deciding to run was more difficult. But then I figured if women can do it, how hard can it be?" No! No! You guessed wrong. It

was not our Male Chauvinist of the Year Winner Paul "Dickey Knee" Micala!

Actually it was the Kenyan Ondoro Osoro after winning the 1998 Chicago Marathon in the 3rd fastest time in history (2.06.55) It was also the fastest debut marathon ever. For his efforts, Ondoro picked up almost \$A200,000. Now there's an opening for you Paul!

The Mystery Jogger!

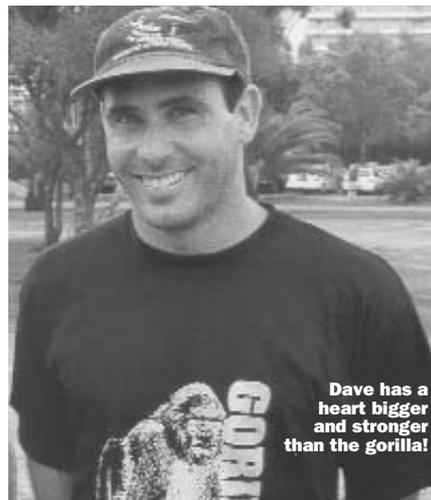
Jogging along in a pre-race warm up with Ben Dubois, we both passed another KJ going the other way. I nodded and smiled at this KJ. Ben did nothing! "What's the matter with you Ben?" I asked. "What?" he queried. "Why didn't you say hi to Pasco?" "That's not Pasco!" he said. "It sure is!" I said. It was the NEW change-of-hair-colour —Pasco. "He's got white hair!" said Ben. We then debated the various shades that Pasco had developed. This change is apparently to do with an upcoming overseas trip? Just keep up the good work with the statistics Pasco.

PS The women reckon the hair looks good.

Did You Know?

The talent in the KJ's! What a quiet unpretentious fellow Dave Pomery is. Did you know that he has had talent to burn from a very young age? How many runners have run a 2.32.59 marathon at the tender age of 19years? Did you read the Ray Wales report on the Palm Beach to Manly race in the last FOX? I was talking to Dave recently and we came upon this topic. He asked if I knew what the record was. I didn't. I asked if he had ever run the race. "A long time ago" was Dave's reply. I just had to ask him how he went. After a long pause and lots of prompting by me he finally answered. "Oh yeh, I managed to win that one" Win! I nearly fell over. The matter of fact expression that came with the answer. Talent to burn and immense modesty. Look out Dickey Knee. If Dave ever gets over his injuries you could be in trouble.

Stop Press: I believe Dave is starting to move on the track! Well done Dave.



Dave has a heart bigger and stronger than the gorilla!

Another Steam Train!

There I was, jogging along nicely in the final race of the Summer Series when I heard a steam train behind me. There was a whole lot of huffing and puffing going on. I thought, that's strange, isn't Raf in Canada, skiing? No one else could possibly sound like him. Maybe he's come back early? Suddenly I knew the answer. The young and ever-improving Brendan Cato, came ripping past. He may make a lot of noise but he sure gets along quickly these days. Keep it up Brendan!

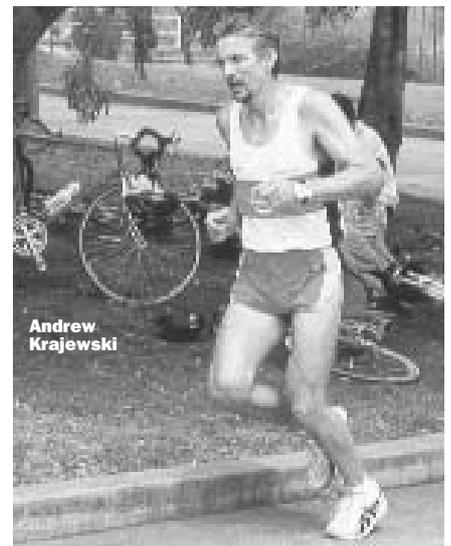
Thursday Night Madness – An Explanation

Some people have asked me to explain my mention of Thursday Night Madness (TNM) in the last FOX. In it I mentioned that Ben Dubois had had an accident during TNM. Well each Thursday evening during Summer, cyclists gather at an unofficial meeting at Huntley Hill. At 6pm all the riders roll out together; be they A Grade, B grade or even C Grade.

Within minutes the group is rolling at high speed and attacks are launched at various times. It is one of the most intensive training activities that I have ever endured. Trying to keep up with all the A Graders is more easily said than done! However there is a down side to this activity which is unsanctioned and indeed frowned upon by the Illawarra Cycle Club. In this frenetic activity you need to keep all your wits about you – as high speed, some traffic and a mixture of inexperienced cyclists can bring about falls and injuries. Ernie Hall (father of our famous Jono) and Ben (an A Grade rider as well as runner) have both found themselves hitting the ground and sustaining injuries, whilst Joe Pereira has had the wits scared out of him by other riders hitting his handlebars. It is exciting but not for the faint-hearted or the really inexperienced.

All The Best!

Good luck to Mr Marathon-Andrew Krajewski and all the other members of the KJ marathon Squad that are running in the Canberra Marathon. Hope all those long runs pay their dividends. Remember to save a bit for the last 10km.



Andrew Krajewski

Who's the Wily Fox?

Come on fellows..own up! Just who put up those signs around Mt Kembla? Beware of the Fox baits! Is someone out to get rid of their opponents in the next race or what? There are some desperadoes around I hear. Maybe Farmer Brown is still on the lookout for a certain Mr Moriarty when he wanders around the mountainside? I certainly won't be taking the bait, that's for sure!

Campbelltown Joggers Hit Beaton Park!

What a show of running talent on display when Phil Austin and black singleted army of Campbelltown Joggers arrived on masse at the normal Thursday night KJ track races on 11 March 1999! Luckily Eric and Hazel Brown had previously decided to split the 3km races into 2 divisions to allow more manageable fields and for

the spectator runners to cheer on those competing. In all, over 50 runners took part (including a 800m race for the mighty midgents) – a record for a non special event night. In perfect conditions the main race was taken out by Tim Berry in 8.42 with Lennon Wicks and Russell Chin in hot pursuit clocking 8.47 and 8.57 respectively. Top times these! But what is this green whistle business, Phil? The secret message for Campbelltown runners in the back straight to sprint past their KJ rivals? Anyway it worked because there were some great times. Presidents Neil Barnett (KJ) and Peter Knott (CJ) have some special event plans for the opening of the Campbelltown track in May 1999. Watch this space and mark down in your running calendars Sunday 10th October 1999 when Campbelltown Joggers host the Interclub Challenge at Mount Annan – lots of Mount Kembla type hills await us.

Percy Cerutti's Brother Ecce!

Yes he was at Dave's party...sort of looks familiar? We don't know the ladies that he had his eyes on either! Certainly looks like one of the original hippies.



Bon Voyage!

Best wishes to Tony Maloney on his upcoming overseas trip! Have a good one Tony. It's always nice to run in new places!

Apology Due

My apologies to El Presidente, apparently I slightly overstated his new training regime-he has only lost 6kg and only runs 120km per week. Sorry Neil-but at least it's paying off.

On-Off-On-Off!

Can you believe that Sydney, the 2000 Olympic Sydney will not be having a Capital City Marathon in 1999? I'm dumbfounded!

IAAF Athletes of the Year – 1998

Male Runner of the Year

Haile Gebrselassie-undefeated in all of 1998 (that'd be nice wouldn't it?)-world record at 5000m 12.39.36. 10 000m 26.22.75 and indoor records at 2000m and 3000m. Wow!

Female Runner of the Year

Tegla Loroupe 2.20.47 at the Rotterdam Marathon, breaking the 13 year old record. She also ran a world best of 11miles and 696yards (what are they?) for the 1 hour on the track. We'll have to invite her to our Thursday night runs!

Top Times of 1998

How were your times in 1998? Feel as if you are really starting to fly. How do you compare? Just in case you want to measure yourself up against the top runners here are the Top Times of 1998

5km	13.16 Paul Koeh—KEN
	15.07 Catherine Ndereba—KEN
5 miles	22.20 Simon Rono—KEN
	24.54 Paula Radcliffe —GBR
10km	27.27 Simon Rono—KEN
	31.28 Jane Omoro—KEN
12km	33.58 Simon Rono—KEN
	38.57 Jane Omoro—KEN
15km	42.02 Paul Tergat—KEN
	48.03 Elana Meyer—RSA
10 miles	45.12 Paul Tergat—KEN
	51.16 Colleen De Reuck—RSA
Half-Marathon	59.17 Paul Tergat—KEN
	1.07.29 Elana Meyer—RSA
Marathon	2.06.05 Ronaldo da Costa—BRA
	2.20.47 Tegla Loroupe KEN

There seems to be a lot of Kenyan runners in that list. Mmm? I wonder if it's anything to do with a certain KJ member that went over there last year to help coach them for the Olympics? Come on Dickey, let us in on your secrets.

April Editorial and Photo Deadline By April 16th to Peter Evans.

Just remember folks you can give me material before the deadline date! In fact it makes the job much easier if you do. It also saves me running around like a chook with it's head chopped off on race day! Thanks Karen for those very early items.

Submissions for The FOX

If you wish to contribute something to any edition of The FOX please put them on a 3.5 inch floppy disk (ASCII file format for Mac or PC) with a final print out of the file(s) and give it to Dave Higgins, Eddie Muston or myself. Alternatively they may be emailed directly to the following address: d4501pn1@ozemail.com.au

Unfortunately due to time constraints (read lack of typing skills) we are unable to accept any handwritten material.

Desperately Needed!

Good photos for inclusion in The FOX. Clarity essential! Close ups with good lighting are very helpful. Will be returned if needed. Give to any committee member or directly to the Editor.

Please allow plenty of time for inclusion. We will endeavour to publish as much as possible.

Where's My FOX?

No Copy of The FOX? ... Tell Us!

Remember if you are at a race you are automatically crossed off as receiving one. This to save the club all the postage costs. If you change address we also need to know.

PS. The local cycle club charges \$5 per year for their much much smaller version. Any suggestions for improvements are always eagerly awaited.

Digital Camera?

Does any KJ member have a digital camera, or access to one so that we can build up a good library of shots to use in The FOX. Photos are desperately needed!

KJ's on the Airwaves



KJ's have their own radio segment on 2VOXFM-106.9 just after 7am each Saturday. Closely followed by the Illawarra Cycle Club and the Triathlon Club. So tune in and catch up on the latest gossip and what's happening.

Remember the Cyber Jogger?



KJ's internet address:

www.ozemail.com.au/~kjoggers/

Plenty of interesting reading and links to other great sites around the world. Get into it!

Kembla Joggers Club Contacts 1999

Committee:

President	Neil Barnett . (h) 4271 3299 (w) 4275 7469 0419 256 047
Vice President	Eric Brown4261 3985
Secretary	John Gullick4272 4274
Asst Secretary	Peter Evans4297 0082
Treasurer	Dave Higgins4284 1317
Public Officer	Robyn Henry4256 5274
Race Organiser	Ray Wales4283 1148
Asst Race Organiser	Peter Issa4283 7760
Social Secretary	Kevin Brennan ...4261 8811
Handicapper	Gary Howard4274 3411

Additional Officials:

Mark Everton, Jenny Comer, Jim Hennessy, Hazel Brown, Hans Lambert, Christine Hall

Other Roles:

ANSW	Eric Brown4261 3985
Publicity	Rafael Moriana ...4296 6656
Clothing	Hans Lambert4271 1892
Fitness Five	Hans Lambert4283 1892
FOX Editor	Peter Evans4297 0082
Teams Co-ordinator	Mark Everton4284 5379
Juniors	Neil Barnett4271 3299

To Contact The FOX Editorial Staff:

Editor	Peter Evans (02) 4297 0082 d4501pn1@ozemail.com.au
Reporters	Dave Higgins (02) 4284 1317 lesley@1earth.net Eddie Muston (02) 4283 1370 badger85@hotmail.com
Distribution	Hazel and Eric Brown (02) 4261 3985 sunnyb5@one.net.au

"The FOX" is the official newsletter of Kembla Joggers Inc. All material contained therein is copyright, and cannot be reproduced without the express permission of the Kembla Joggers running club. All submissions welcome and should be handed to a committee member or posted to P.O. Box 527 Dapto NSW 2530 or emailed to d4501pn1@ozemail.com.au The FOX is compiled and edited by Peter Evans and distributed by Hazel and Eric Brown.

10km Royal National Park

November 15, 1998

On a fine sunny morning 20 keen runners ventured to Kangaroo Flat near Audley Weir within Royal National Park to attempt the 10 km course along Lady Graham Drive. Race organiser Ray Wales divided the group into Cats (enjoyers), Dogs (roadsters) and Horses (speedsters) with 5 minute gaps between each group. However it was soon a backmarker's race with the Cats obviously viewing the scenery while the Horses were concentrating on reaching the finish. Greyhounds Peter Evans 36.28 and Joe Pereira 37.44 were first home with a better handicapped group led by Ian Kemp 39.36, Paul Micale 35.27 and Raf Moriana 37.02 next home. Jeni Greenland was first female home in 46.02. Christine Wales and Linda Cortes found time to catch up on the gossip as they jogged over the finish line together in a leisurely 70.11. Kevin Brennan ran his own race with a late start (set the alarm clock next time, Kev!). As usual Ray Wales forewent his run in order to have all the race signs in place so that even Derek Moriarty and Dave Higgins couldn't take any wrong turns. Well done Ray – we all appreciate your race attention to detail including the water stop, fruit at the finish and the spot prizes for lucky winners.

By Dave Higgins

Results

Male 1. Paul Micale 35.37 2. Peter Evans 36.28 3. Raf Moriana 37.02 4. Andrew Krajewski 37.16 5. Neil Barnett 37.24 6. Joe Pereira 37.44
Female 1. Jeni Greenland 46.02 2.(equal) Christine Wales and Linda Cortes 70.11

6km Croome Road

February 2, 1999

Yet another record field of 57 runners attempted the undulating 6 km Croome Road course at Albion Park. Peter Henry and Vince O'Dwyer, who use this course for regular training, were on hand to confirm the turn around point in its correct (further away) place thus making age group records seemingly harder to beat. However with ideal cool conditions, 9 age group records were beaten with Russell Chin smashing Ben Dubois' old mark by 55 seconds. In running one of his best ever KJ races, Russell recorded a great time of 19.10 – an open record as well as a Male 20 – 24 age group record. The only pity was that Russell left no time to view the rural scenery mentioned by Peter Evans in the February 1999 FOX Magazine!

For this race the slower runners were given 4 minutes start by the speed merchants with Phil Munn 23.51 and John Wilton 24.42 making the back markers chase hard. Other good front runner times were recorded by Gemma Creighton 25.19, Frances Pearson 28.57 (Female 50 – 54 record), Dianne Birch 30.59 (Female 30 – 34 record) and Steve Plumb 29.30.

The fast sub 4 minute/km runners also ran exceptionally with new times to Jared Poppett 22.16 (Male 10 – 14 record), Rob Battocchio 20.22 (Male 25 – 29 record), Paul Micale 20.25 (Male 30 – 34 record), Phil Leishman 22.14 (Male 35 – 39 record) and Raf Moriana 21.06 (Male 40 – 44 record) with Andrew Krajewski 22.23 and Bob Squires 22.08 just missing their existing records from last year. Also Mariana Hernandez was first female home in 24.54 which

was another new time (Female 10 – 14 record).

Finally it was pleasing to see Gary Burton, Bob Squires and Phil Leishman return after absences from KJ races – welcome back and we hope you enjoyed this race which looks like being retained in future summer programmes.

By Dave Higgins

Results

Male 1. Russell Chin 19.10 (Open record) 2. Ben Dubois 19.38 3. Rob Battocchio 20.22 4. Paul Micale 20.25 5. Tim Berry 21.02 6. Raf Moriana 21.06 7. Neil Barnett 21.28 8. Richard Lane 21.37
Female 1. Mariana Hernandez 24.54 2. Gemma Creighton 25.19 3. Louise Hudson 26.47 4. Jeni Greenland 27.45 5. Frances Pearson 28.57 6. Christine Hall 30.51 7. Dianne Birch 30.59 8. Ngarretta Faull 32.52.

5km Stuart Park Handicap

February 16, 1999

Hot, steamy conditions greeted the 75 runners on the last race of the summer series.

Course records, age records, PBs, you name it and they all happened on this day. This summer's perennial runner up, Paul Micale finally broke through to first place, all be it on handicap. Paul ran his season PB of 15.54 – a Male 30 – 34 record. Richard Lane also saved his best for last and ran a very fast 17.24 and looked like being the winner until Paul overtook him with a few hundred metres to go. Phil Leishman ran home strongly to just grab 3rd place. Last year's winner of this corresponding race, Bob Scott, looked to have the race in his keeping until these backmarkers swamped him near the finish. Bob ran a very good 21.42 and looks to be heading into the Winter Series in good shape.

Finishing with Bob was the new course record holder and probably the man of the summer series, Rob Battocchio. With Ben Dubois and Russell Chin chasing hard, Rob set out to break the existing race record of 15.40 and did so in running 15.32 – also a Male 25 – 29 record. Ben held on well to record 15.39 for a Male 20 – 24 record and is gradually approaching peak form. Russell faded a little on the way home, but still ran 15.53 (maybe those dreadlocks should give way to a crewcut).

Junior runners again performed brilliantly. Brendan Cato 16.25, Tim Robertson 16.54, Mark Scott 17.20, Jared Poppett 18.07 (Male 10 – 14 record), Dane Harrison 22.21, Mariana Hernandez 19.47 (Female 10 – 14 record), Elivia Comer 20.39 and the little ones Renee Ognenovski 28.40 and Misha Harrison 28.58. With times like these, the future of the KJ's is in safe hands.

There were other good performances such as Peter Evans (Male 45 – 49 record), John Wilton 19.41, Peter Southgate 20.13, Hans Lambert 20.33, Ian Tague 20.43, Vince O'Dwyer 22.30, Warren Evans 24.08, Frances Pearson 23.39 (Female 50 – 54 record) and the Angry Anderson imitator Tim Berry 17.34.

This race will be remembered for the very accurate handicapping by Gary Howard – there were 27 finishers within 40 seconds at the front with the first 47 finishing within 90 seconds. Luckily the video replay was able to confirm the placings and thus the accurate times for each runner. Also the finish was wisely moved off the road (for safety reasons) onto the grassy area immediately north of the Surf Club car park – this allowed spectators at the finish to see runners charging for the finish line.

By Pasco Coppolaro/Dave Higgins

Results

Male 1. Rob Battocchio 15.32 (Open Record) 2. Ben Dubois 15.39 3. Russell Chin 15.53 4. Paul Micale 15.54 5. Brendan Cato 16.25 6. Tim Robertson 16.54
Female 1. Mariana Hernandez 19.47 2. Elivia Comer 20.39 3. Frances Pearson 23.30 4. Bethany Comer 25.10 5. Dianne Birch 25.30 6. Jenny Comer 25.31

11km Bulli Beach

February 21, 1999

25 starters set off from Bulli Beach for the 11km round trip to Headland Hotel, North Austinmer, and return on a warm Sunday morning. Again the Cats, Dogs and Horses format was used with 7.30 time difference between each group. Unlike the Royal National Park race, two of the front runners were not caught – in form Summer Series runner John Wilton 49.17 was unable to peg back his neighbour Steve Plumb 56.13 (watch out for this pair in the 1999 Winter Series) with guest runner Illawarra Triathlon Club champion Nathan A'Bell finishing soon after in 41.59. Other guest runners Ian Bowsher (Sydney) 42.43 and Alan Batchelor (Nowra) 50.34 were next home ahead of Andrew Krajewski who powered home to finish in 43.04.

Various Dogs and Cats then came over the finish line with Warren Evans 58.28, Dianne Birch 61.20 Gary Howard 52.30 all running true to their good Summer Series form. All runners agreed that the hills over each of the four headlands (including the tough Kennedy's Hill between Thirroul and Austinmer beaches) were a good test of stamina – Mt Kembla by the sea! Ray Wales had a car to bring various half course runners back to Bulli Beach to enjoy post race watermelon with the other finishers. Another enjoyable KJ morning for everyone!

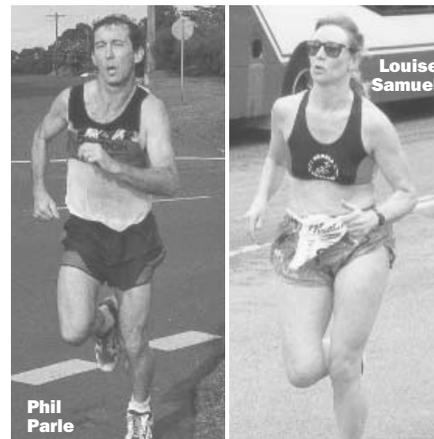
By Dave Higgins

Results

Male 1. Nathan A'Bell 41.59 2. Ian Bowsher 42.43 3. Andrew Krajewski 43.04 4. Geoff Stalker 43.32
Female 1. Diane Birch 61.20 2. Ngarretta Faull 64.12.

23km/32km Lake Illawarra Run

February 28, 1999



Perfect weather greeted the 34 runners who arrived at the Macquarie Rivulet for the 6 a.m. start of the second KJ Round the Lake run. The first task was to placate both a cigarette smoking sleepy eyed camper and his large noisy dog who had their peace disturbed by the gathering runners. After receiving a suitable explanation, both man and dog went back into hibernation. Race organiser Hans Lambert then gave a pre race

briefing and the field was sent on their way.

Various groups formed during the early part of the race through Oak Flats, Mount Warrigal and on the way to Windang Bridge. The long course runners detoured to complete the Warilla loop leaving the rest to head directly for Primbee where Peter Buckman was on hand manning a most welcome water station. Onto the biketrack at the southern end of King Street Warrarong and the runners started the long grind along Northcliffe Drive past the Yacht Club and the last 3 km to the finish in the park opposite the Berkeley Sports and Social Club.

Neil Barnett and Kym Batten were the first male and female home in the short(?) course race with Phil Parle and Louise Samuel (repeating her effort from last year) leading home the long course runners. Many of the other runners recorded excellent times – see the list below.

All the runners paid tribute to the marshalls on along the course, and the timekeepers and BBQ group at the finish – the great breakfast smell was an extra incentive for the runners to reach the finish line. Looking back, it was another most enjoyable Kembla Joggers event with not even a hint of a balls up award feat.

By Hans Lambert/Dave Higgins

Results

Short Course Neil Barnett 88.51 Graham Hammell 91.21 Steve Van Gils 96.14 Mark Wynen 102.23 Bob Sinclair 102.23 Keith Jones 103.19 Andrew Ruddy 103.32 Ian Tague 104.47 Ray Wales 122.28 Hugh Gilberg 126.32 Warren Evans 127.13 Kym Batten 127.28 Janelle McBarron 137.33 Michael Hickman 143.59 Stan Gannon 154.50
Long Course Phil Parle 115.25 Andrew Godsmann 122.50 Richard Lane 125.08 Chris Richards 127.02 Andrew Krajewski 128.43 Andrew Dunlop 129.54 Phil Leishman 130.01 Witold Krajewski 140.54 Gareth Buckley 140.54 Hans Lambert 140.54 David Raymond 158.50 Peter Asher 158.54 Col Steele 159.09 David Church 168.41 Louise Samuel 169.49 Dave Barnett 173.13 Drew Winning 181.53 Jill Hayman 183.30 Ian Wilson 184.22

Kembla Joggers 1999 Track Championships

100m
M15-19: Troy Upward 12.4. **M20-24:** Eddie Muston 12.80*.
M25-29: Andrew Godsmann 12.28. **M30-34:** Cos C. 13.7; Tino Garcia 15.18. **M35-39:** Gary Howard 12.72. **M40-44:** Dennis Upward 12.96*; Steve Matthews 13.34. **M45-49:** Ken Challinor 12.79. **M55-59:** Warren Evans 15.48*
W15-19: Bethany Comer 14.1; Elivia Comer 14.45; Carla Whitehead 14.6. **W20-24:** Vanessa Kearney 13.43*; Laila Comer 14.69. **W50-54:** Jenny Comer 18.31. **W55-59:** Noreen Parrish 14.00
200m
M15-19: Darren Upward 24.88*; Troy Upward 26.09. **M20-24:** Eddie Muston 25.8. **M40-44:** Dennis Upward 27; Kevin Brennan 37.6. **M55-59:** Warren Evans 33.3
W15-19: Lauren Elms 26.86*; Elivia Comer 29.28; Bethany Comer 29.6; Carla Whitehead 30. **W55-59:** Noreen Parrish 30.5
400m
M15-19: Darren Upward 53.97*; Tim Robertson 56.14. **M30-34:** David Pomery 54.1; Dylan Forbes 55. **M35-39:** Bronte Blay 56.77; Gary Howard 61.38; John Gullick 64.5. **M40-44:** Kevin Brennan 76.87. **M45-49:** Wayne Montefiore 57.97*; Ken Challinor 58.69; Frank Hungerford 60.26; Dave Higgins 72.65. **M55-59:** Warren Evans 80.14
W15-19: Lauren Elms 58.97; Bethany Comer 64.92; Elivia Comer 65.44; Carla Whitehead 68.34. **W20-24:** Laila Comer 70.27. **W25-29:** Sue Mulready 64.60*. **W35-39:** Karen Blay 72.57. **W50-54:** Jenny Comer 89.22. **W55-59:** Noreen Parrish 71.93
800m
M20-24: Russell Chin 2.01.17*; Stuart Perry 2.03.32; Eddie Muston 2.26.27. **M30-34:** David Pomery 2.01.43; Paul Micale 2.04.51*. **M35-39:** Bronte Blay 2.05.55*. **M40-44:** Steve Matthews 2.17.81; Frank Hungerford 2.21.40. **M45-49:** Wayne Montefiore 2.07.13*. **M55-59:** Warren Evans 3.17.94
W10-14: Victoria Robertson 3.15.11. **W15-19:** Bethany Comer 2.30.11; Elivia Comer 2.33.32; Carla Whitehead 2.33.85. **W30-34:** Sue Mulready 2.20.84*
1500m
M15-19: Brendan Cato 4.23.7; Tim Robertson 4.24.4; Mark Scott 4.25.8; Jarred Poppett 4.35.1. **M20-24:** Russell Chin 4.09.4*; Eddie Muston 4.55.3; Jason Stalker 4.57.4. **M30-34:** Paul Micale 4.10.7; David Pomery 4.22.3; Neil Barnett 4.32.9; Tino Garcia 5.03; John Gullick 5.27.7; Cos C. 5.51. **M40-44:**

Steve Matthews 4.37.6; Bob Scott 5.48.9; Kevin Brenna 6.14.2. **M45-49:** Wayne Montefiore 4.26; Frank Hungerford 4.48.7; Dave Higgins 5.18.2. **M50-54:** Andrew Krajewski 4.50.9; Ian Tague 5.35. **M55-59:** Warren Evans 6.22.7. **M65-69:** Kevin Raines 6.13.4*
W10-14: Victoria Robertson 6.42. **W15-19:** Elivia Comer 4.57.6; Bethany Comer 4.59.1; Teresha Moxham 5.07.1; Lauren Whitehead 5.19.7. **W20-24:** Laila Comer 5.31.2. **W30-34:** Dominique Parrish 5.51.6. **W35-39:** Karen Blay 5.10.5*; Lesley Simes 5.31.6. **W50-54:** Jenny Comer 6.47.5
3000m
M15-19: Brendan Cato 9.32.3; Tim Robertson 9.51.9. **M20-24:** Russell Chin 9.06.3. **M25-29:** Rob Battocchio 8.57.5; Andrew Godsmann 10.13.8. **M30-34:** Paul Micale 9.08.9; David Pomery 10.00.3; Neil Barnett 10.00.3; Martin Church 10.27.4; Tino Garcia 10.47.5; Cos Scazzariello 13.00.2. **M35-39:** Phil Parle 9.33.8. **M40-44:** Steve Matthews 10.23.5; Pasco Coppalano 11.31.1; Bob Scott 12.32.3; Kevin Brennan 13.23.7; Peter Issa 15.16.7. **M45-49:** Chris Stocker 11.11.5; Dave Higgins 11.29.1. **M50-54:** Andrew Krajewski 10.32.1; Ian Tague 11.41.9. **M55-59:** Bob Squires 10.23.8; Eric Brown 11.51.8; Bryan Ashton 12.21.5; Warren Evans 13.58.3. **M60-64:** Bill Williamson 11.46.0; Dave Barnett 13.15.6; Michael Hickman 14.48.6
W15-19: Teresha Moxham 10.33.3; Mariana Hernandez 11.11.7; Lauren Whitehead 11.32.1
5000m
M15-19: Tim Robertson 16.57; Mark Scott 17.00.5*. **M30-34:** Neil Barnett 17.28.8; Danny Poropat 17.30.8; Tino Garcia 18.13.0; Cos Scazzariello 22.07.6. **M35-39:** Phil Parle 16.26.7; John Gullick 20.21.2. **M40-44:** Frank Hungerford 18.36.4; Peter Knott 19.04.7; Pasco Coppalano 19.37.5; Kevin Brennan 23.28.7. **M45-49:** Chris Stocker 19.53.1. **M50-54:** Andrew Krajewski 18.08.9; Ian Tague 21.33.5. **M60-64:** Bill Williamson 19.57.1*
W15-19: Lauren Whitehead 20.02. **W20-24:** Jemma Comer 23.11. **W50-54:** Jenny Comer 24.58.9
10,000m
M20-24: Jason Stalker 40.36. **M25-29:** Rob Battocchio 31.58*. **M30-34:** Paul Micale 33.17*; Neil Barnett 37.04*. **M35-39:** Phil Parle 35.18*. **M40-44:** Jeff Stalker 38.15; Peter Knott 40.22; Pasco Coppalano 42.21. **M45-49:** Peter Evans 36.27*; Greg Arentz 49.48. **M50-54:** Andrew Krajewski 38.1; Ian Tague 42.36. **M55-59:** Bryan Ashton 46; Derek Moriarty 54.35. **M60-64:** Bill Williamson 42.18*; Dave Barnett 48.36

FITNESS 5 FUN RUN & WALK VOLUNTEERS NEEDED!

Sunday, April 18th, 1999

We need 65 people to work on the morning as volunteers to help with: Registration Tables, Set-up, Start/Finish, Drinks, Rubbish, Marshalling, and other as occurs at short notice on a day such as this. If you have a preference, please indicate below. We need you there by 6.45am, so for those also running (also indicate below) you will have time to warm up beforehand. All workers will receive a T-Shirt, so please advise your size also.

Name: _____

Telephone: _____

Duty Preference: _____

Running? Yes No

T-Shirt Size: S M L XL XXL

Please give this slip to Hans Lambert, or phone on (02) 4271 1892.

Kembla Joggers Trivia Night!

WHEN: Friday 21st May 1999, 7pm for a 7.30pm start
WHERE: West Dapto Community Centre, Bong Bong Road. West Dapto
COST: \$10 per person

TEAM NAME: _____

TEAM MEMBERS:

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |

Further information with Kevin Brennan – 4261 8811.

We'll organise a team if you are not in one!
 Come on, have a go!