



The FOX



The Official Newsletter of Kembla Joggers Inc.

Issue 06 [August] 1999



President's Report

Another month in the KJ year flies by! Doesn't seem yesterday that we were celebrating the Christmas season, yet the next edition is rapidly approaching. And that means shorter distance events Summer Series style. Watch out for the 1999/2000 program in the

next issue and make sure you use the tail end of the Winter Season to maintain or improve your form in preparation for the summer events.

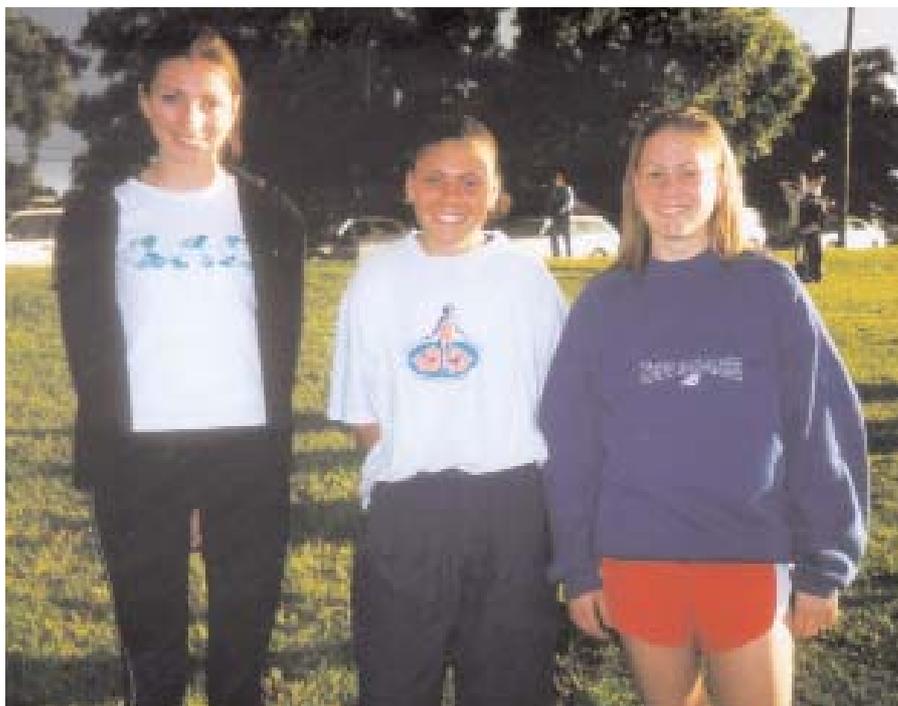
Some Summer Series events worth putting in your diary now include the Club Challenge which this year will be hosted by our neighbours Campbelltown Joggers at Mt Annan Botanical Gardens near Narellan. This will be held on Sunday, October 10th on a very scenic and challenging 10km course. Once again the club needs as many KJ's as possible to compete to help us make an impression. The annual Duathlon Relays, a combined event with the Cycle and Tri Clubs, will be held on 24th October and is always a must. Watch out for the entry form in the next issue.

Please take the time to fill out and return the club survey included in this issue. It is very important that we get feedback from our KJ membership on the progress of the club over the past 3 years since the last survey. Many ideas and suggestions from previous KJ surveys have been implemented with great success. Some prominent ones being the alternate shorter events held in conjunction with our longer races and of course this newsletter. Where would we be without it?! Once again, your input is valued and we ask for the surveys to be speedily returned at either of the next 2 club races or just send to KJ Survey, PO Box 527, Dapto 2530. All results will be published in an upcoming issue.

With just one event to go in the ANSW State Championship calendar the KJ's can hold their heads high after a fantastic season. In only our second year of involvement as a registered club, the KJ's are currently in 3rd position in the Club Championship of which 97 NSW clubs are eligible. It has been an absolute highlight for me to see so many club members enjoying themselves. It certainly has justified our decision to give members the opportunity to represent the club rather than combining with the Regional entity. The camaraderie has simply been infectious. And the performances have been fantastic too with almost everyone from our veterans to our juniors sweeping the medals pool. No-one it seems is missing out and it just shows what a strong club we are in terms of form and participation. Let's hope we can build on our great season into 2000 and beyond.

Yours in running, Neil B

KJ's Juniors – Reaping Their Rewards!



A smiling trio of KJ juniors look pleased with themselves after the ANSW race at Holsworthy. Lauren Whitehead, Marianne Hernandez and Melinda Mlacic.

Uncle Pete's TOYWORLD

Junior News

Since the last issue of The FOX we have only had one race in the Uncle Pete's Toyworld Junior Series which was a 3 mile event held at Mt Kembla on 24th July. While the seniors were galloping around the mountain in the longer race, 23 KJ juniors were battling it out for points in Race 4 of the Series. Quickest on

the day was young gun Brendan Cato who easily held off pre-vet Paul Micala with a time of 15.49. Mark Scott's effort was outstanding with 16.21 and 2nd place. Jared Poppett (16.43) and Stephen Brown (16.46) battled it out for 3rd in yet another tight finish between the two. Jared's brilliant time earned him the 10-14 age-record.

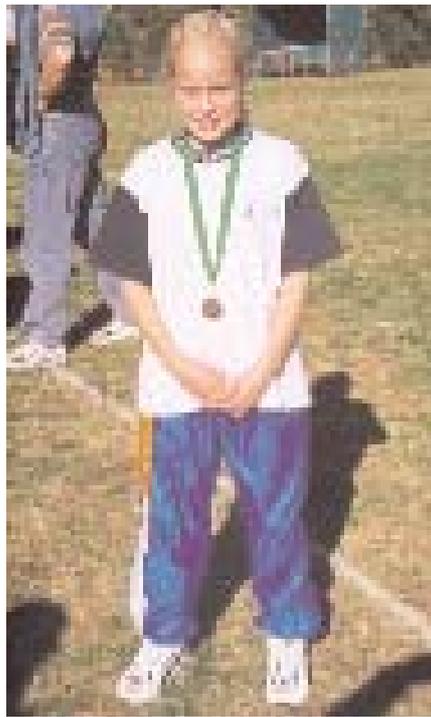
In the girl's Marianna Hernandez broke the open female record on this course in a blistering 18.02 with Bethany Comer (18.36) and Melinda Mlacic (18.57) filling the minor placings. Bethany broke the 15-19 age-record in the process by almost 20 seconds. Other great performances included Kyle Wolsky (20.20, 0-9 age-record), Glen Moberley (19.01), Carla Whitehead (19.05) and Nadine Dryburgh (21.14).

Inside Your August 1999 Issue of The FOX

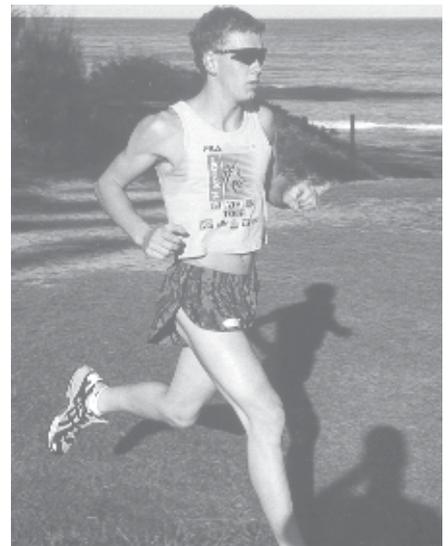
Junior News.....	1	Race Results.....	10
W-Squared Series Wrap-up.....	3	60 Seconds With Eddie.....	12
KJs Membership Report.....	4	Upcoming Events.....	13
The Raf Report.....	6	Pointscores.....	13
Peter's Pages.....	8	KJ Contacts.....	13



Matthew Moody stretches out carefully before his run at Cordeaux Dam. Good to see him overcoming his recent injuries. Keep it up Matthew!



Nice to see the Juniors doing well. Nadine Dryburgh smiles after receiving her medal at the XC at Cambewarra.



Young son, Mark Scott, heads out while ... father Bob comes home looking triumphant. Great to see the family connection at KJ races.



With 3 races to go the pointscore is hotting up with a number of juniors still in contention (don't forget only 5 out of 7 count towards the final tally!). Jared Poppett (302 pts) leads the pointscore with Nadine Dryburgh (293 pts) and Stephen Brown (292 pts) not far behind. It's still anyone to win so be at the last few events to be in with a chance. Jared (31 pts) holds a narrow lead over Brendan Cato (30 pts) in the male championship with Marianna Hernandez (40 pts) on maximum points after the first 4 events.

More great results by our juniors in ANSW Championship events since the last issue. At Nowra Marianna Hernandez won the silver medal in the girls U16 3km while Jared Poppett did the same in the boys U16 4km. Jared combined with Stephen Brown, Glenn Mobberley and James Greathhead to win gold in the U16 team. Brendan Cato was crowned state champion for the second meet in succession by winning the boys U18 6km title. The U18 boys team (Brendan Cato, Mark Scott, Tim Robertson, Peter Bisley) also picked up gold. Nadine Dryburgh picked up bronze in the 9 and under category.

Then at the State Cross-Country Relays at Miranda the KJ's ruled supreme again! The girls U18 team (Carla Whitehead, Melinda Mlacic, Marianna Hernandez) won silver not far behind Sutherland and the boys U16 team, still intact from Nowra, picked up bronze. Our mighty-midgets U12 team of Jack Parle, Jared Blay, Matthew Harding and Kyle Wolsky slogged through the mud to finish 5th overall behind

teams with much older runners – great effort boys! At the State Road Relays at Cordeaux Dam the girls U18 team faced stronger competition but did very well to finish in 3rd place. The boys U16 team had a scare when Jared Poppett felt a bit carsick on arrival at the Dam but he recovered to help his team to another silver medal haul. The mighty-midgets didn't let us down again and had a ball. Well done all junior KJ's on these fantastic results for 1999.

Finally, well done to Lauren Whitehead and Brendan Cato on their selection in the NSW team for the Australian Combined High Schools Champs at Darwin. Good luck to you both.

Congratulations!

Congratulations to Brendan Cato and Lauren Whitehead for their top 10 finishes in the Australian Combined High schools Cross Country Championships in Darwin.

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.

Upcoming Uncle Pete's Junior Pointscore events

- 21st August, 3pm, 3 mile, West Dapto.
- 4th September, 3pm, 5km, Mt Kembla.
- 18th September, 1pm, 5km, Cordeaux Dam. Bring the family for the BYO BBQ at the Dam.

Still plenty more prizes from Uncle Pete's to be won!

Looking for other KJ juniors to train with?

Then get along to Rob Battocchio's junior training squad which meets weekly under his guidance. All standards are catered for and no-one is too quick or too slow to get involved. Rob can be contacted on 4226 4754 or 0413-862676 or e-mail him at rob@fishinternet.com.au



Good to see the younger members of the KJ's picking up medals at the recent ANSW Road Relays held at Cordeaux Dam. It's always lovely to run there. Our thanks to Jeff Stalker for organising the course and facilities.

The Final of the KJ's W-Squared Series

Perhaps it is the fox and hound style chase established by Bill Williamson's canny handicapping, or maybe just the excitement of the final, but once again the W-Squared has produced some of the most inspired 3km efforts of the year.

As has been the case in previous years, all three heats were hotly contested and only competitors who had raced in all three and had achieved times within their predicted handicap, were able to progress to the final. So, on the 5th of August 13 of the 15 possible finalists found themselves standing in the cold track-side air, nervously watching the 3km repechage.

As is always the case with the W-Squared, early race predictions and talk of 'gift handicaps' abound. At this point it should be noted that Bill Williamson has obviously spent enough years running up at Mt Kembla to know a fox when he sees one scampering around the track. Before the final had even begun the field was further narrowed by the withdrawal of Warren Evans through illness (*flu not nerves - Eddie*) and young Jarrod Poppett, who was busy with school representative honours in Canberra. These late withdrawals put almost two minutes between front-marker Kim Batten and the next starter Karen Ryan, a gap that many thought could not be closed. However, after almost 4 minutes, and several laps running by the early starters, back-marker Dylan Forbes and the remaining finalists were circling the track and gradually closing the gaps which had opened up early.

When Dave Higgins knocked out his first kilometre in 3.39 the assembled crowd began to wonder whether perhaps he could catch Kim and Karen to take the lead. Perhaps he could even hold off Chris Stocker, the fast approaching winner of the 1996 and 1997 W-Squared, and the rest of the late starters. With several more laps down, and Dave finally taking the lead, the crowd was divided, "... Surely he can't maintain it ..." "... at that pace he'll blow up before reaching the

finish ..."; "... I don't know, I think perhaps he just might do it ..."; "... the back-markers are going to catch him for sure ..."

The final lap can only be described as Champagne athletics. Dave Higgins was wound up for a big finish while Karen Ryan, only 20 metres behind Dave, was rapidly closing the gap through a late surge. There were literally seconds left in the race with Dave bowling down the home straight like a runaway locomotive and Karen in hot pursuit, when Peter Evans, last seen about 400 metres behind the front runners, miraculously appeared at the 100 metre mark. It is hard to say exactly what happened next. Amongst the spectators the excitement and tension were high; people were wildly running in all directions waving their arms; there was a lot of screaming; women and children were directed to the lifeboats; and several people blacked out (*that last bit might not be entirely true - Eddie*). When finally the dust had settled and the smoke cleared the result was clear to everybody, after 10 years running with the KJs Dave Higgins had finally won his first club event. Finally, thanks must go to Hazel, Eric, Bill and Jim for all of the time and effort they put into organising yet another brilliant event.

Times in the order they crossed the line:

D.Higgins 11.21; P.Evans 9.49; K.Ryan 11.39; N.Barnett 9.51; R.Batten 11.58; M.Moody 10.24; K.Batten 13.49; C.Stocker 10.13; A.Rutty 11.00; L.Elms 10.18; D.Forbes 10.25; J Gullick DNF (*you can't run with the flu - Ed*)

Eddie Muston

KJ's Annual Awards

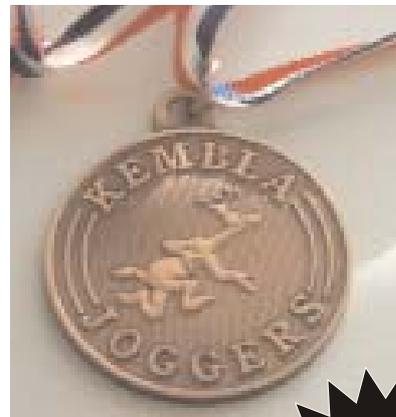
Golden Boots Award

It's that time of the year folks. Who do you think will take out the KJ Awards this year?



KJ Medal

Which performances might be nominated for the KJ Medal? Keep your eyes out for details of the Annual Presentation Night - some people missed out last year and with our record membership for 1999 you'll have to be quick!



Don't forget to fill in your ATHLETE'S ATHLETE form and hand it back in!

SURVEY PRIZE!

Get that Club Survey filled in and returned ASAP. All returned forms will go in a barrel for some great prizes. Four members will be lucky enough to win lunchtime vouchers to the value of \$20 at Jodie's Mountain Top Restaurant, Mt Keira Summit.



Bill Williamson thinking seriously before he makes another valuable contribution at one of the Monthly KJ Committee Meetings. Or was he thinking about the handicaps for the W-Squared Series?

Wilson's Discount Bikes

- **ALBION PARK RAIL - 185 Princes Highway** **4256 1948**
Open 9am-6pm Monday-Friday - Thursday till 8pm - Saturday 9am-4pm
- **WARRAWONG - 113 King Street (behind Pizza Hut)** **4274 4534**
Open 9am-6pm Monday-Friday - Thursday till 9pm - Saturday & Sunday 9am-4pm
- **WOLLONGONG - 337 Keira Street** **4228 7366**
Open 9am-5.30pm Monday-Friday - Thursday till 8pm - Saturday 9am-1pm

Proud Sponsors of The Athlete's Athlete Award.

DISCOUNTS AVAILABLE TO ALL KJ MEMBERS

★ One Mile Downhill Run

3pm September 11, 1999

Bong Bong Road – near the Gun Club. 3 separate grades. Get yourself a fast mile time!

★ One Hour Track Race

How far can YOU run in 1 hour?

- Bill Williamson ran 18km 108m.
- Chris Stocker ran 17km 168m.
- Anna Schroeder ran 15km 191m.

Come along to see what you can do!

September 16th, 1999

Time: 6.45pm

Venue: Beaton Park Athletic Track

Important ... You will need to bring along a friend to count your laps. This is your responsibility.

An additional 1 mile race will be held on the night starting at 6.30pm.

Further enquiries to:

Jim Hennessy 4229 2490,

Mark Everton 4284 5379 or

Dave Higgins 4284 1317.

★ Don't forget the KJ Winter Relays!

September 26, 8am, West Dapto

The last Winter Run! Always a good event!

Form a team of four and get your names to Ray Wales (phone 4283 1148 (h), 4229 0636 (w)) so that appropriate handicaps can be assigned.

★ New Zealand Fit for Life Relay

15, 16 and 17 October, 1999

If you want to participate in a great running event, meet some great people and travel through a nice country, then join the Kembla Joggers who are going to compete in the Fit For Life relay in October.

Am I too slow to join a team?

There is no such thing as being too slow. All the teams are handicapped.

Do any women run in these teams?

Of course. Women are needed to make the teams more civilized.

Can I afford it?

Can't answer that one – speak to your accountant.

For more details contact Ray Wales on phone 4283 1148 (h), 4229 0636 (w).

★ Rapidcool Dapto Duathlon Relays

October 24, 1999

Get a team organised! Have a 5km run!

Have a 30km ride! Have a GO!

Entry Fee \$5 – due 17th October. Money raised goes to Charity! Entry form next issue of The FOX! Enquiries: Peter Issa 4283 7760.

1999-2000 Membership Report

As at 31st July 1999, the Kembla Joggers membership now stands at 311 including 119 new members. Please welcome the following 6 new members who have joined during July 1999: Alain Brule, Rosanne Bell, Michelle Coyne, Danielle Gallagher, Mark Johnston and Debbie Maxwell. There are several 'guest runners' who are still deciding whether to join the club or not after an initial run in a club event. If you know any of these guest runners, please encourage them to continue and eventually join. Remember that this year's club membership includes all the forthcoming 15 summer series races (as well as track races) and lasts until the next year, which commences in mid March 2000.

Dave Higgins

News From The Kiwi KJ

Hi All!

Hope things are going well back in Aussie. I am still getting the KJs news letters, it is interesting to hear what is going on. There must be a lot of new members, there are more and more names in the newsletter which I don't recognise!

Just thought I'd let you know about the club race on today at Hutt Valley Harriers. It was a 6-mile handicap, on a loop course. The way it was done was to match the runners up in pairs, then set them off one pair at a time, with the runners in the pair going round the course in opposite directions. You should have heard the barracking which went on when the two packs passed each other. (but I would have found it more interesting if I had not had the usual worry of not knowing the way. Hopefully I will still be living here next year, then I will be an 'old lag'!)

Anyway if you are ever looking for new ideas to spice up a race then the 'two directions' format is a good one. I can just imagine that on the 9-mile course, and the endless arguments about which direction is the quicker :-)

All the best, Ian Kemp
ian@coolrunning.co.nz

An Inspiring Story from the Pan American Games

Winnipeg, Manitoba, July 28, 1999

Marla Runyan has trouble reading and seeing faces, but she found the finish line with no problems Wednesday night at the Pan American Games. The legally blind U.S. runner lunged ahead of Canadian Leah Pells at the last moment to win the women's 1,500 meters at the University of Manitoba Stadium.

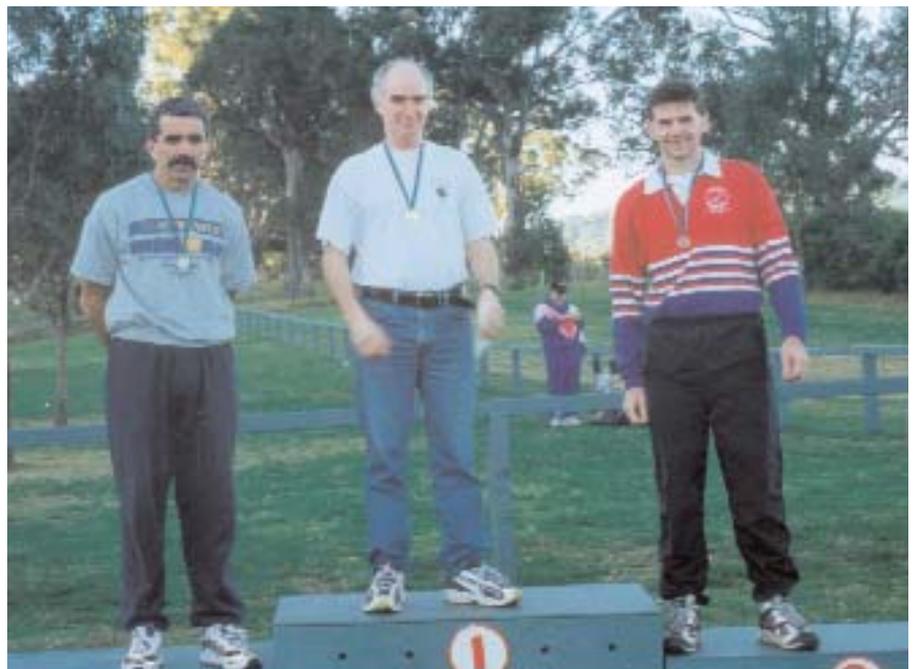
"This was really big," said Runyan, a 30-year-old Paralympics veteran who was making her national team debut. "I can't see the clock, so I just try to compete. I just tried to stick my chest out and get over the line first." Runyan and Pells were given the same time, 4:16.86, but the resident of Eugene, Oregon, was declared the winner after a careful review of the finish photo.

"My vision is not a problem in a race like this when it's close," Runyan said. "I have macular degeneration. I've had it since I was 9. It's genetic and begins its onset at 9 years old and slowly degenerates your vision. "I'm best correctable today to 20/300, and 20/200 and worse is legally blind. It affects my central vision so I lose details like reading, signs and faces. My peripheral vision stays good so I am able to get around pretty well."

The Paralympics is "an awesome event," she said. "I'm grateful to be a part of it, but for me to reach my full potential, I had to do this beyond the sight-impaired competition."

She competed in gymnastics and soccer before her vision began to deteriorate.

"But when I was about 14 I just couldn't see the ball anymore." Runyan took up running as a replacement. "I thought I could do anything I wanted, and I thought I was fast," she said. Her accomplishments have sparked an even bigger goal. She wants to make the U.S. Olympic team for Sydney.



The lads from the undefeated 45+ ANSW team take out all the medals at the XC at Cambewarra. Gold – Chris Stocker, Silver – Rowan Allnutt and Bronze – Wayne Montefiore.

For All The KJ Speedsters!

Rome – July 7, 1999

When in Rome, Hicham El Guerrouj breaks records. One year after setting the world record for 1,500 meters in Olympic Stadium, El Guerrouj shattered the world mile record in a race in which the second-place finisher also beat the old mark. "Rome is a magic track for me," El Guerrouj said Wednesday night after wowing the enthusiastic crowd with a time of 3 minutes, 43.13 seconds in the Golden Gala meet. "I can't compare this year with last year. It's another El Guerrouj. I was more concentrated, but the public was the same."

In becoming the first Moroccan to hold one of track and field's most hallowed records, El Guerrouj shaved 1.26 seconds off the mark of 3:44.39 set by Nouredine Morceli of Algeria on Sept. 5, 1993, at Rieti, Italy. Kenya's Noah Ngeny challenged El Guerrouj down the stretch and finished in 3:43.40, nearly a second faster than Morceli's previous record. This was only the third time in 18 years the record was broken. Both of El Guerrouj's records came at the expense of Morceli. His 1,500 record of 3:26.00 was set last July 14.

The fans supported El Guerrouj, shouting and applauding noisily as he rushed to the record. El Guerrouj ran a victory lap, waving a Moroccan flag to the cheering fans. He dedicated the race to his family and to King Hassan of Morocco. "I needed to bring some happiness to my family, as my uncle died recently," he said. "I hope God continues to

give me strength because I want to be the strongest in the world at all distances between 1,500 and 5,000."

Britain's Sebastian Coe reduced the record to 3:47.33 in 1981, a mark that stood until 1985, when another Briton, Steve Cram, lowered it to 3:46.32. Cram's time held for eight years until Morceli clipped nearly two seconds off it.

El Guerrouj, 24, has been almost unbeatable the past four years. In 1996, he won 12 of 13 races at a mile or 1,500 meters, losing only in the Olympic 1,500 final when he fell just before the bell lap and Morceli went on to win the gold medal. Later that season, he ended Morceli's four-year winning streak at 1,500 meters, winning the IAAF Grand Prix final. El Guerrouj won 14 of 15 races in 1997, losing only at one mile in the Grand Prix final. Last year, he won all 12 races, including one at 2,000 meters, and just missed world records in the mile with 3:44.60 and 2,000 meters with 4:48.36. He is undefeated this year.

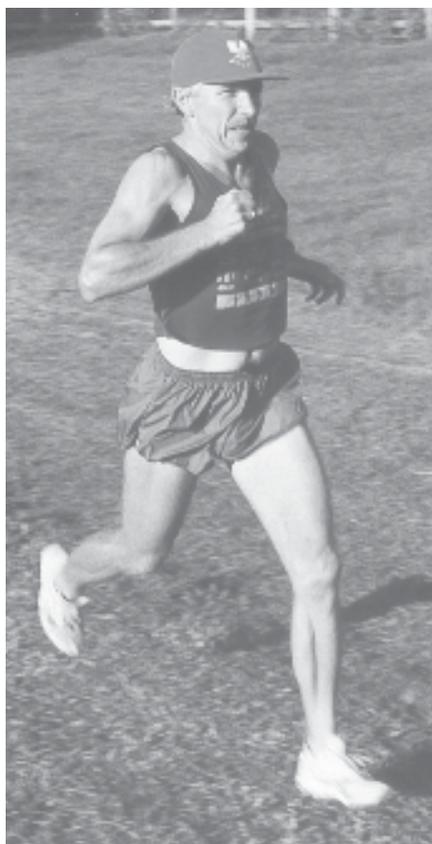
El Guerrouj won the 1997 world outdoor 1,500 championship and the 1995 and 1997 world indoor 1,500 titles.

He made his breakthrough in 1994, running 3:33.61 for 1,500 meters at Nice, France with little form in this event, even though he had taken the bronze medal for 5,000 meters in the 1992 World Junior Championships. After his sensational record run, he suggested he could lower the 1,500 record to 3:24 and run the mile in 3:41 or 3:42.

Feeling inspired? Then get yourself down to the track every Thursday night and get into it! – Ed.



Good to see Bill Williamson keeping the Master's category competitive.



Getting stronger with every race, Witold Krajewski shows great style.



1998 Clubperson of the Year – Mark Everton. Not just a great timekeeper but athlete supreme. Check out some of the Club records and his name is very regularly noted.



He's here! He's there! He's everywhere! Des Comer is always around to give a hand. Des was working all day at the Road Relays. Well done also to Kevin O'Connell who stood on a windy corner for many an hour!

The 1999 Gold Coast Marathon

July 11, 1999

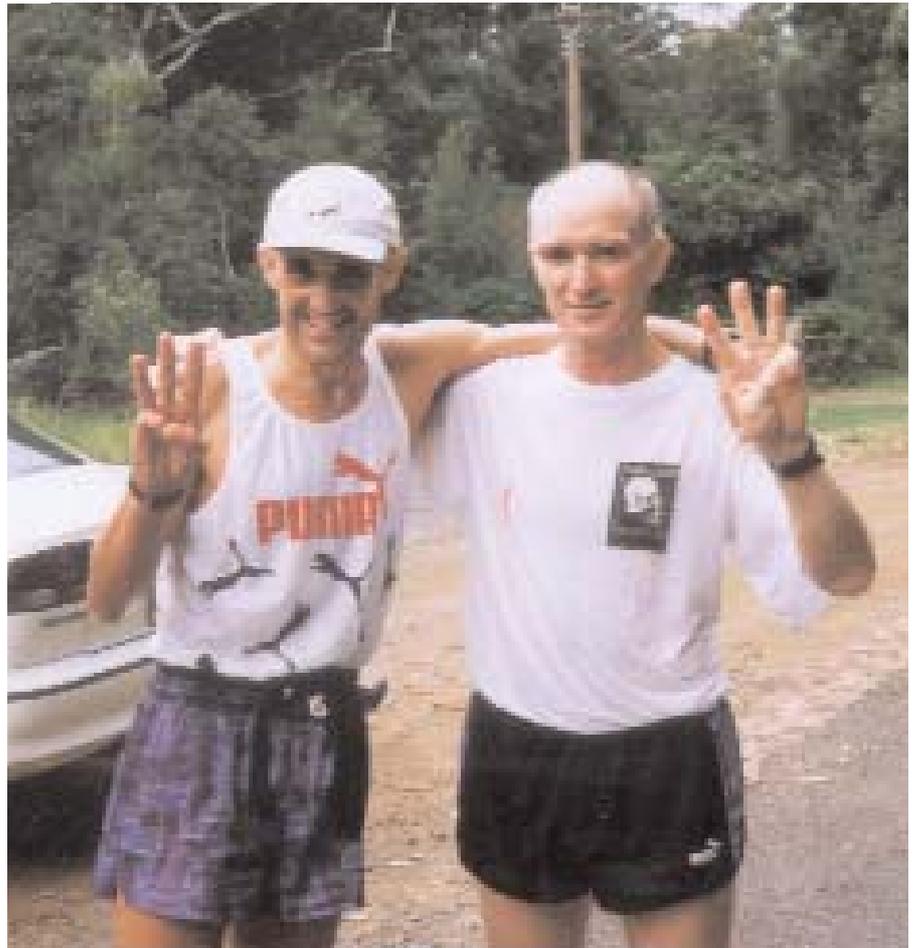
Let me start this story by telling all you who have run the 42.2km that makes up the marathon, that as from the 11th of July, I have a new found respect for you all.

Irrespective of what time you have run a marathon in, as long as you have given it your all, then you have my admiration. I once saw a video called the Marathoner in which the narrator talks about what it is to run a marathon "To run the honest race". I thought I knew to what he was referring, obviously I didn't because had I known then I definitely would not have attempted it whilst carrying an injury. Now don't get me wrong I've run with small injuries before but the marathon is one race you don't take on unless you're 100% fit.

In the end it was not so much a case of what time I am going to run, as a case of, "I've had a gut full! Where is the finish line?" In fact I actually crossed the finish line in a time of 2.58.58. Immediately after which I stopped looked up and noticed that the electronic device that records your time was a further 10 feet away. It took me a further 11 seconds to manage to stumble those 10 feet. I kid you not when I tell you that my legs just stopped working.

One only wonders what I would have looked like had the course been hilly, as it was, this would have to be one of the flattest pieces of real estate in Australia.

So what reason do I give for not breaking the Allcomer's Record and pocketing the \$250,000. Well it couldn't have been the pace that I set out at, because I managed to drop Steve Van Gils at



Rafael Moriana and Chris Stocker still have enough energy to signal "three" after completing the 9 Miler course three times, non-stop – just for a training run!



"Anyone that runs a marathon is mad!", said a battered Rafael Moriana at the completion of his debut marathon at the Gold Coast ... wouldn't this make a great Mystery Caption Photo!

6kms and as we know I've been trying to do that for years. So I thought to myself, Raf, injury or not, this is your day.

I even felt positive when at 28kms I dropped Andrew Lloyd. Yes, the one that won this very same event in 1980. But how all that changed at 32kms as everyone told me it would. Up to that point I can honestly say that no one passed me. After the 32km turn around that was definitely not to be the case, in fact I thought it wise to stop looking at my watch and pay more attention to my heart rate monitor, which was dropping at an alarming rate.

For the record I ran the last 10km in a little over 47minutes and as I said no one had passed me to that point. After that needless to say I stopped counting the number who passed and basically I didn't really care. To be honest I probably would have had a walk if I had thought I'd be able to start running again. At this point special mention needs to be made to the other Joggers who always seem to be able to give encouragement, no matter how tough they are doing it themselves. It is a tradition that I truly hope becomes part of our club and something that I will endeavor to do from now on. Special thanks to Derek Moriarty who pushed himself for a total of 4.39.45 and Steve who as much as he enjoys nothing more than to beat me still finds some pleasure in seeing me achieve my goals. Congratulations on one hell of a fine run to pick himself up and run a commendable 3.09.

Whilst on the subject of tenacity Hans Lambert gets my award. He entered the marathon only to tear a hamstring just prior to

the race. But, he still managed to walk the half Marathon in 3.34.34 Jeff Dunning also ran the half in a time of 1.36.45 I hope this signals a comeback for Jeff. I can remember not too long ago the great form he was in. Lastly I'd like to thank Eric and Hazel Brown for their enthusiasm and their friendship. Both were there on what was a pretty miserable day, not only to give advice but also to be a friend when I really needed them. (In Eric's case that evening when we shared several bottles of red). All in all an experience that I will not quickly forget. I'd like to finish by adding that this marathon caper is definitely unfinished business.

Self confession by Rafael Moriana

(You never forget that first one - Ed.)

Another View!

The 9 Miles at Mt Kembla on July 24, 1999 with the perspective from a mountain bike.

The 9 miler is considered by many to be the "Holy Grail" of the Kembla Jogger. To run up at the mountain is pleasure enough; to race the 9 miler is both pleasure and pain.

To me it would have to rate with the highlights of my racing year. And if I have one regret from my Marathon experiment it definitely is I won't be able to run the mountain for at least 6 weeks. Still "that's amore".

Back to the race and as they lined up for the start I prepared to do my Bill Williamson impersonation, only on wheels. Approximately 30min

after the front marker went off Rob Battocchio took off on what was to be a run of real class. I actually gave him 4minutes before starting off and first spotted him half way up the first hill before you reach the club. I kid you not it took some considerable effort on my behalf to catch him bike an all. "He was flying" I managed to drop him near the top at which point Garry Wheeler came into view.

The funny thing about Gary is that he looks like he isn't going all that quickly until he crosses the finish line and you realise he has run 51.47. Garry even asked me how my injury was going I think I was breathing heavier than he was. So on I go and its heartbreak hill before I catch up with a bunch that includes Peter Evans who was looking like he should have gone fishing. *(Thanks Raf - Ed)* Just in front of Pete was Neil looking like he always looks and with him was my mate Forrest alias Chris Stocker.

They remained in this position until just after the lookout at which point Chris remembered his true class to basically glide away from Neil and Dylan who had a look of someone in need of reaching the summit. I remained with Chris for the remainder of the race, reason being that at the rate he was picking up runners I was sure to get a look at most runners eventually.

Special mention to Rowan Allnutt who stayed with Chris for probably 3kms. He had to pick the pace up considerably to do so, especially when the inevitable happened and Rob Battocchio over took them and both tried to stay with him. All in all a great race with particularly fine efforts from Robert Battocchio 49.20 and into the top ten of all time quickest runs. Garry Wheeler 51.47 and still smiling at the finish and Neil Barnett who unbeknown to me had made up 30 sec to catch Chris before Chris set the record straight. For the ladies, Elivia Comer can take a bow with her time of 62.33 which was a fine effort just ahead of Karen Ryan 66.00.

And finally the burglar of the day award goes to Bruce Medley for winning the big one "the race on handicap. If it sounds like sour grapes, it is-A. because it's the only way I'm ever going to win one B. because it would have been nice to have just run around our beloved mountain To all 77 runners who raced the 9 miler, well done. And to Bronty Blay who wimped yet again and ran the 3 miler I ask "When are you going to run a - Real Man's Race?"

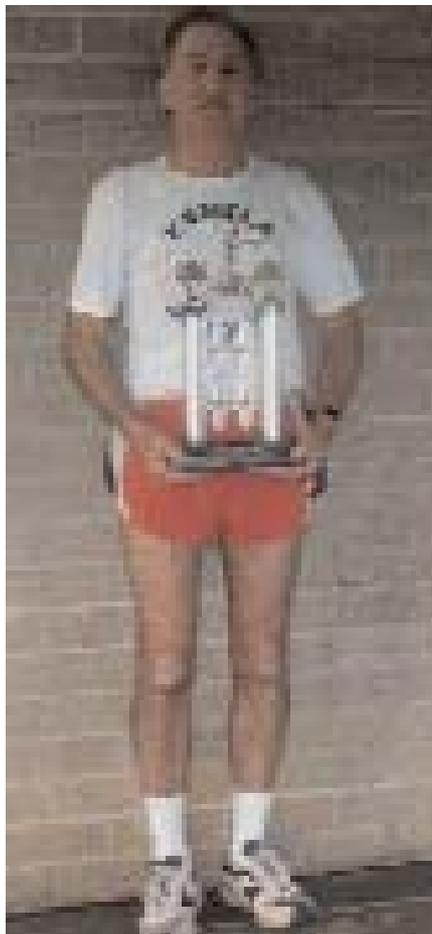
Rafael Moriana



Hans Lambert prepares himself for another marathon; that is the Monthly KJ Committee Meeting.

Johnny Tapp's "Odds" for the KJ's Pointscore

6/4	Colin Steele
5/2	Christine Hall
5/2	Chris Paesler
4/1	Warren Evans
5/1	Elivia Comer
6/1	Peter Patterson
6/1	Wayne Montefiore
8/1	Marty Weston
10/1	Garry Wheeler
33/1	Des Comer
500/1	Kenny McCormack
Scr.	Peter Evans <i>(thanks Gary! - Ed)</i>



Bruce Medley proudly displays the Tony McMichael Trophy after leading the field home in the 9 Miler at Mt Kembla.

The Athletic EDGE

The Running Specialists

48 Frenchmans Road Randwick 2031

open 7 days (02) 9399 3669

Mystery Head

Who belongs to this fine head?



The Jersey Snatcher!

I was starting to feel a bit chilly after a recent race. No problem I'll just slip on my precious KJ jersey. Gone! Where is it? I looked here, there and everywhere! Still no jersey. Then someone spotted our faithful KJ treasurer. What? Where would he have put it? ... On! ... No way! But sure enough as soon as I checked the tag, there it was, P.E. Now I have it on good authority that this is not the first time that this has happened to Dave! But he did keep it warm and he did do a great job organising the ANSW teams!

Split Personality?

There I was relaxing with admiration as a big field of runners toughed out over the torturous ANSW XC course at Cambewarra. As Russell put in his all out at the front of a terrific field I could clearly hear Hazel Brown calling out to all the KJ's as they whipped past her. "Go Wayne! Go Neil! Go Andrew! Go Russell! Go Tony! Go Kevin!". "Go Kevin?" I thought. Which Kevin is that? As they all passed us in a different location I could once again clearly hear Hazel Brown calling out to all the KJ's as they whipped past her. "Go Wayne! Go Neil! Go Andrew! Go Russell! Go Tony! Go Kevin!". The second lap came (weren't they lucky? 2 big laps!) and again I could clearly hear Hazel Brown calling out to all the KJ's as they whipped past her. "Go Wayne! Go Neil! Go Andrew! Go Russell! Go Tony! Go Kevin!" Right I'll check out who this Kevin is. Ah..hah! I've got it! The runner wasn't Kevin, but his best mate, Garry Wheeler. Hazel, along with many others had confused Garry with Kevin Goodwin (another great athlete). I called out to her that it was Garry not Kevin. No problem. Next time they passed ... I could clearly hear Hazel Brown calling out. "Go Wayne! Go Neil! Go Andrew! Go Russell! Go Tony! Go Garry!". Great stuff Hazel. Your encouragement is always appreciated. Well done to all the KJ's that competed that day! I know it was my toughest race last year.

Cleaning Up After the Storm

Speaking of Hazel. If you can remember the photo of Eric Brown (last issue) wiping up the benches at a recent KJ race then you'll be happy to know that he is still at it. Although this time it was cleaning up (or rather correcting) Hazel's

slight error. You see Hazel was being her very efficient self and kindly reminding people that there was to be a meeting at her place regarding ANSW. Only she had forgotten that on that particular evening she and Eric would be on the Gold Coast preparing to watch the big races on the Sunday. Not to worry Eric merely followed her around and fixed up the problem. Good one Eric!

There's No stopping our Hazel

She had only just left Oz for the Old Dart and she just couldn't help herself.

POSTCARD FROM HONKERS

Date: Tue, 3 Aug 1999 09:03:36 EST

From: 8214@Kowloon-Hotel.com

Organization: The Kowloon Hotel

To: d4501pn1@ozemail.com.au

Hi everyone,

Well, there will be no running in Hong Kong today ... the weather is extremely humid and the temperature well over 30 degrees ... a nice leisurely stroll around Stanley markets will be the only training Eric gets in today. We flew into Hong Kong last night with Bill and Florence Williamson ... the only English speaking people on a plane load of Chinese ... but it went well with Eric and the mad Irishmen doing intervals in the aisles!

OK folks, stay well and hope your running is injury free.

Hazel and Eric

(Nice one Hazel! - Ed)

The Holy Branch!

There we were warming up for the 7km at Mt Kembla with half an hour to spare, courtesy of the handicapper. We wandered along the tar road towards the dam and suddenly El Presidente said "There's the 1km marker-time to turn around and go back". I must have missed something. So I inquired "What marker?". Neil merely nodded downwards and said "Down there, the Branch". I looked down and around, and as you all know, Mt Kembla is not exactly the Sahara Desert! Branch? ... ↑ ... I saw about five hundred branches!

Mmm ... just one of those days I thought. Like the elusive Holy Grail! One of those pieces of wood must be the special one. Another of those mystical Mt Kembla moments. I just kept quiet and pottered along back to the starting line.

The Fear of Last

After the mystical branch came the race. At the halfway mark almost one and all had passed by. Finally I caught someone..Dave Pomery. As we ran together he remarked that after Robert Battachio had whipped by there was only Dickey Knee (or Sh ... as Dave calls him) to come. "If he passes me I'll be dead last" said Dave. "That's right" I replied. Well! It was time to hit the turbo! Dave immediately changed gear and soon left me. He later caught Chris Stocker and Neil Barnett. He left them all in his wake too! It amazes me how fast he can run on memory! The fear of last had certainly sparked him up. Nice one Dave.

Female Cycle Mechanic Required

The very next day saw some of the KJ's doubling up at the Dapto Sprint Series Duathlon. There was Dave again. After the first 4km run leg Dave was way up ahead as usual. As I rolled down the road on the bike trying to change the right hand gear lever with my left hand under the cross bar (another bike accident story) I couldn't see Dave ahead at all. All through the race Dave was nowhere to be seen. I thought..Wow! ... his riding has really improved! But on the last part of the second run there he was. But somehow he was behind me? After the race he told me that he had gone to jump on his bike but the chain had come off and not being mechanically minded he lost a huge amount of time getting things to work properly. Dave has asked if there are any keen female bike mechanics out there willing to give him a hand? He did have some other requirements, but I am unable to print them here.

Pedal Power

Speaking of cycle mechanics, it appears that another of our cross trainers (not cross dressers - Steve Matthews!) was out doing some riding ↗



Now Hazel, Garry is the one on the right and Kevin is on the left.

recently when all of a sudden he found himself on the deck. (*A horrible feeling – Ed*). This KJ quickly scuttled off the road and then looked around to see what had happened. There, attached to his foot was his shoe of course- but ALSO THE PEDAL! This pedal had come undone and whoops- down he went. Now come on Kevin I know we all hate bike maintenance, but for a pedal to unscrew itself would take some time and even a cursory glance would have shown what was happening. You might have to join me on the trip to the optometrist that I have been planning for the last 18 months. But it is good to see Kevin Goodwin running back into some good form.

Swimming Coach Required

I have recently received a request from the ladies that train at the Oak Flats Swimming pool. They have asked if there is someone available to give tips to one of our KJ members that trains there. Apparently this fellow needs some tips on his overtaking technique. The ladies are tired of being swamped by the less than efficient bow wave that he leaves. He also needs to modify his heel tapping techniques. I'm sure this member will oblige.

PS – be is one of the diehards that did the 9 miler 3 times and we all know Chris Stocker hates swimming!

Life's Little Mysteries?

As I wandered through the recent 9 miler trying to favour an injured leg (foolish mistake) my mind began to drift and think about some of Life's Little Mysteries (apologies to Column 8-SMH) ...

- How can the same hill at Mt Kembla change from being not too steep nor too long – to very steep and very long-all in the space of 12 months?
 - How does Garry Wheeler achieve such fast times when his legs take such tiny steps and he appears to be ambling along?
 - How come John Cooper is never short of a word?
 - How does Dicky Knee cop so much flak and still come out smiling?
 - Why does it take months to establish a reasonable fitness level, but only weeks to lose it?
 - How come your handicap can go very quickly one way but oh so slowly the other? (*only joking Gary-you've got a big job*).
 - Where does that last burst of energy come from when the finish line is in sight?
 - Why can't we harness it more often? ...
- Eventually I finished and life became clearer as I headed for the Mt Kembla Hotel.

Any other contributions for Life's Little Mysteries (LLM) will be favourably looked upon.

Pasco's Back!

Good to see Pasco back on deck. There he was at the Mt Kembla race, with his blackened face and swollen nose after a nasal operation, sitting happily at the table with laptop at hand. No sooner had the KJ's finished their race and Pasco was typing in times to match names. By the time I left Mt Kembla Pasco was ready to give me a disk with the results. Well done Pasco! Apart from the \$40 000 electronic system that is used in major triathlon/duathlon races I have only seen one other better system and it was only that they had a portable generator running to provide power for a printer and laptop to do the cycle results from a time trial.

PS I believe we have some people having a look at ways of getting things even more efficient! Stay tuned.

Eagle Eyes on the 45's

Some people really look closely at The FOX. Who was the keen eyed person that reckoned

Chris Stocker would have run even faster if he had his shoe lace done up in the photo on page 4 of the last issue? Yes that was the team from the Half Marathon but we had only just got the medals and the photo was taken after at the ANSW XC at Bass Hill. I've been told about my use of journalistic licence, well now I use a bit of photographic licence as well! and ... before I get asked again ... No! No! No! the numbers that the team wore (82, 89, 90, 84) were not our chronological ages even though I know that recently I have felt and run like an 82 year old!

Arnott's Delight!

An unusual KJ record was broken at the recent 9 miler at Mt Kembla. During the course of the afternoon 8 ... yes, EIGHT packets of biscuits were consumed! Is it true that John Cooper accounted for two of them?

The Big Chill

Good to see Peter and Robyn Henry out at Shellharbour Square at 3am supporting their son in law as he made his successful attempt to outlast anyone else foolish enough to spend a very long time in a ice-chilled cool pool. Their 48hour vigil helped the young fellow to win a pool and spa package to the value of \$10 000. I guess we can allow their absence from the recent 8km on the grounds of tiredness.

The Andrews Come Back

After all their marthonitis it's nice to see the Andrew boys (Godsman & Dunlop) coming back into some form with their 40+ second PB's at the recent 8km race. You have to be careful with those marathons, they can certainly knock you about. If you need convincing just talk to Rafael Moriana who has happily (by way of necessity-read-injury) just stopped running for 6 weeks!

Warm Up Marathon

Speaking of marathons, just what was Phil Parle up to recently? As I drove up for the recent 8km race, there he was heading out for marshalling duty – at 2.05 mind you. As I headed out later for a warm up he was back and then came out with us. Later on I spotted him going out again with some other runners. I reckoned he covered half a marathon with all these runs. But he did do a splendid job as corner marshal! Well done Phil.

The Big Run

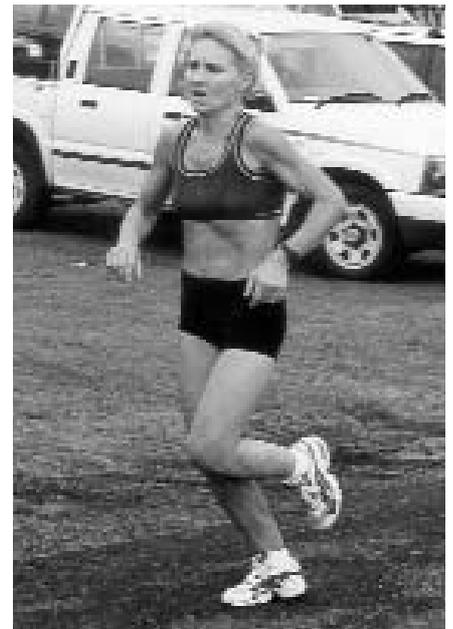
Congratulations to Dave Taylor, Vito Gadiosi and the other members of the team that recently ran from Canberra to Albion Park! They did this run for a very worthy medical cause!. Well done!

The Big Weekend

Only a few vacancies left for the KJ weekend at the Blue Mountains. For further details, contact Karen Blay on 42622100 or by email at blay@ozemail.com.au

Magic Number Plate

Spotted at the recent Road Relays at Cordeaux Dam. Who will be the first KJ to have a KJ number plate? Will Frank Hungerford go from having a KJ tattoo to having a KJ plate as well?



Frequent racer Louise Hudson finishes another satisfying race.

The Raffle

No – it wasn't fixed! After the recent Mt Kembla race some KJ's gathered at the hotel for a post race discussion and El Presidente asked me to do the honours with the small raffle. After all the tickets were given out, I carefully put the other ends into my cap and then asked Chris Hall to pick out a ticket. Well! What can I say? Out came my ticket! No! I had not told her which one to pick, nor had I sat my on the top with some sort of adhesive that attracts fingers! All the other winners were suitably impressed. Our thanks to the Mt Kembla Hotel for their lovely beer mugs and to Wendy Whitehead for the organising the free passes to the Steelers match. Remember you have to be there to win a prize. Only one race left!

KJ Library

Are there people out there that are willing to contribute to a KJ Library? If you have any unwanted Running books (racing, jogging, training, triathlon etc) or books that you are happy to loan to the KJ's for a period of time, then give them to me at the next race. I will see how we go and lend them out to interested KJ members for a 2 week period.

FOX Submissions!

Send E mail Text Folks! That's the way we like it! Just plain ... old ordinary e mail text! FORGET ABOUT ATTACHMENTS! The Mac likes plain email text thanks. If you have no internet access-just give the disk to one of the committee members such as Neil, Hazel, Dave etc and get them to send it to me. Remember: NO REPORTS NO ARTICLES = NO FOX

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.

Next Deadline!

October Deadline – 18th September!

Mystery Photo

The speedy hairstyle belongs to one of the

ANSW 8/6km Cross Country, Nowra 3 July 1999

Despite light rain prior to race day, a large contingent of ANSW registered Kembla Joggers journeyed to Nowra for a very successful day of cross country running on the picturesque "Willandra" course at Cambewarra. The end result was a unprecedented record 50 medals for Kembla Joggers runners with some great individual and team performances.

The day started well with a well deserved 3rd place and bronze medal for Nadine Dryburgh in the 9 and under female 2 km race. Soon after Mariana Hernandez (2nd – silver medal and gold medal as part of the winning South Coast Region team) and James Greathead (close up 6th) ran strongly in the Under 14 Male/Under 16 Female 3 km race. With only 15 minutes break to catch his breath, James backed up in the Under16 Male 4 km race to assist Jared Poppett, Stephen Brown and Glen Mobberley to the team gold medals. Great work guys! Jared was only 7 seconds and 2nd for a silver medal behind his nemesis Daniel Condon from Campbelltown with Stephen in 5th place only 21 seconds away from the bronze medal. In the same 4 km race, Elivia Comer (WSF) was an unlucky 4th only 5 seconds from a bronze medal but combined with Bethany Comer (WSF) and Carla Whitehead to win the Under 20 Female team gold medals for the South Coast Region. So far 11 medals had been won by KJ runners and it was only lunch time!

Next came the Open Female 6 km race where, after only a short time, it was clear that the KJ ladies were set to dominate. With lots of spectator encouragement, excellent efforts saw 5 KJ's in the top 10 finishers with Vanessa Kearney outright 3rd and Sue Mulready a close up 4th. Other great runs from Karen Blay (1st 35+ Female – gold medal), Lauren Whitehead, Lesley Simes (2nd 35+ Female – silver medal) and Edy Ognenovski enabled Kembla Joggers runners to win both the Open and 35+ Female teams gold medals. At this stage the KJ medal haul has risen to 21 with the Open Male 8km race lining up with nearly 150 starters.

Despite the hills and the mud not being their favourite surfaces, Ben du Bois finished 3rd outright (but received the silver medal due to the exclusion of a non registered ANSW runner) and Russell Chin was 9th outright – both recording excellent times. Other Open Male runners Paul Micale, Marty Weston, Dylan Forbes and Neil Barnett all showed that the Nowra hills could be easily conquered. This allowed the KJ team to record their first cross country medals (3rd place – bronze) in Open ANSW company. Andrew Godsman showed a welcome return to form to finish not far behind this KJ team.

As in previous races the 35+, 45+ and 55+ Male KJ teams recorded top times to all gain team placings. The 35+ team was led home by first time ANSW cross country racer Garry Wheeler in 6th age place, Bronte Blay in 9th age place and assisted by Phil Leishman and Hans Lambert were 2nd for the teams silver medals. The 45+ Male KJ team continued their ANSW domination with their 4th consecutive teams gold medals with Chris Stocker 1st (gold medal), Rowan Allnutt 2nd (silver medal), Wayne Montefiore 3rd (bronze medal) and Denis Webb 5th outright individually in their division. The 55+ Male KJ team welcomed back the previously injured Bob Squires who was 2nd outright (silver medal) and anchored Eric Brown, Peter Asher and Tony Maloney to 3rd place (bronze medals). By now the computer had ticked over to register 44 KJ medal winners with the Under 18/Under 20 Male 6 km race yet to be contested.

Winners of the previous Bankstown cross country races Brendan Cato and Barry Keem (IBS) continued their excellent form with wins in smart times in the Under 18 and Under 20 Male races and each collect another gold medal. Mark Scott and Tim Robertson confirmed their previous Beaton Park track form was no fluke with 6th and 7th outright in the Under 18 division and, when Peter Bisley toughed it out to the finish, another KJ team collected gold medals. Thus the final KJ tally of 50 medals set a club record on a single day's racing with Wayne Montefiore's medal engraver set to

get RSI the following week. Some unlucky veterans were the only KJ's to miss out on gaining medals with 37 of our 43 KJ runners gaining at least one medal. Tea, coffee and Hazel Brown's cake topped off a terrific day at the KJ tent headquarters – the only club to set up a covered meeting place.

by Dave Higgins

Results

Male Open 8km 3. Ben du Bois 26.16, 9. Russell Chin 27.14, 32. Paul Micale 29.43, 34. Garry Wheeler 30.15, 39. Marty Weston 30.32, 42. Dylan Forbes, 46. Chris Stocker 30.58, 49. Neil Barnett 31.16, 50. Bronte Blay 31.21, 52. Rowan Allnutt 31.24, 54. Wayne Montefiore 31.45, 60. Andrew Godsman 32.56, 61. Bob Squires 33.02, 62. Denis Webb 33.08, 73. Phil Leishman 34.04, 94. Hans Lambert 35.51, 105. Eric Brown 37.27, 109. Ian Tague. 38.02, 113. Peter Asher 38.17, 114. Dave Higgins 38.23, 119. Tony Maloney 39.21, 136. Ron Perry 43.28, 141. Des Comer (WSF) 45.11.
Male Under 20 6 km 1. Barry Keem (IBS) 20.13
Male Under 18 6 km 1. Brendan Cato 20.55, 6. Mark Scott 22.31, 7. Tim Robertson 22.52, 14. Peter Bisley 27.18.
Male Under 16 4 km 2. Jared Poppett 14.53, 5. Stephen Brown 15.26, 9. Glen Mobberley 18.43, 10. James Greathead 20.15.
Male Under 14 3 km 6. James Greathead 11.33.
Female Open 6 km 3. Vanessa Kearney 24.04, 4. Sue Mulready 24.37, 7. Karen Blay 25.48, 8. Lauren Whitehead 26.15, 10. Lesley Simes 26.58, 22. Edy Ognenovski 29.05, 45. Jennifer Comer (WSF) 32.54.
Female Under 20 4 km 4. Elivia Comer (WSF) 17.51.
Female Under 18 4 km 9. Carla Whitehead 17.52, 11. Bethany Comer (WSF) 18.56.
Female Under 16 3 km 2. Mariana Hernandez 11.23.
Female 9 and Under 3. Nadine Dryburgh

7km, Mount Kembla 10 July 1999

Injuries and school holidays kept the starting field to a still respectable field of 86 runners (x two 5 km runners) on a sunny cool day with only a light breeze blowing. Race Organiser Ray Wales had plenty of course marshall volunteers from the injured brigade thus enabling a well organised race with even a drink station at the turn around point and a finishing chute without John Cooper distributing the finishing tags.

Nevertheless there were still several runners who managed to outsmart the club handicapper Gary Howard. First across the finishing line was new runner Doriano Meta, 27.55, who had over a minute to spare from Scott Dent, 30.48, who improved nearly 2 minutes when compared with his time from the identical 7km race on 29 May 1999. Neil Birch, 29.44, was third on handicap with a good first up run after a lengthy spell from KJ events. Other runners to impress were Chris Stocker, 25.43, (almost back to his best with almost 2 minutes improvement), Jared Poppett, 26.44, (improved by 14 seconds), Col Steele, 27.58 (improved by 34 seconds), Jarrod Wall, 28.38, (improved by 1 minute 34 seconds), Russell Seddon and John Gullick, both 30.09, (both improved by over 3 minutes – wow! what's the secret guys?), Gary Howard, 30.50, (improved by 20 seconds), Dave Higgins, 30.52, (improved by 1 minute 9 seconds), Karen Ryan, 30.56, (improved by 49 seconds), Garry Womsley, 31.16 (improved by 18 seconds), Steve Plumb, 31.19, (improved by 1 minute 14 seconds), Tony Maloney, 32.15, (improved by 52 seconds), Warren Evans, 34.40, (improved by 8 seconds), Francis Pearson, 34.40, (improved by 26 seconds), Chris Rutty, 38.21, (improved by 1 minute 49 seconds) and Jackie Becker, 49.45, (improved by 39 seconds). Special mentions to Patrick Mahoney, 39.13, who lowered his own Male 0-9 Age group record by 1 minute 39 seconds and guest runner Kath Milne, 39.34, (who improved by 55seconds). Other good runs were recorded by first year runners Mark Johnson, 28.11, Danny Bisson, 28.38, Harold Cosier, 30.50, Louise Hudson, 31.04, and Alain Brule, 35.24, as well as a return to his best form by long term KJ Luis Cortes, 30.49.



Almost the first female KJ trifecta! Karen Blay and sister Lesley Simes pick up silver and bronze at the XC Championships at Nowra.

➤ The back markers also managed some excellent scratch times with the fastest being Rob Battocchio, 23.25, – the 10th fastest time ever – a great effort considering the number of times that this course has been run over the last 10 years. Second and third were the consistent Paul Micale and Tim Berry who both recorded sub 25 minute times with Neil Barnett just pipping Marty Weston for 4th fastest time of the day. In the female division Vanessa Kearney ran right up to her recent good ANSW race form to win from KJ half marathon winner Trudi Sanders and Bethany Comer, both of whom ran sub 30 minute times. Karen Ryan's improved run enabled her to just beat Louise Hudson for 4th place.

Despite the slippery sections at the pumphouse and the muddy potholed road near the turn around point causing all runners to return looking like cross country mudlarks, post race drinks were enjoyed by the day's runners, first at the "cattle grid" and then by a smaller group at the Mount Kembla Hotel. In a word Mount Kembla jogging at its best!

Results

Male 1. Rob Battocchio 23.25, 2. Paul Micale 24.13, 3. Tim Berry 24.54, 4. Neil Barnett 25.11, 5. Marty Weston 25.13, 6. Wayne Montefiore 25.25, 7. Chris Stocker 25.43, 8. Tim Robertson 25.45, 9. Dave Pomeroy 25.56, 10. Peter Evans 26.00.
Female 1. Vanessa Kearney 27.33, 2. Trudi Sanders 28.33, 3. Bethany Comer 29.49, 4. Karen Ryan 30.56, 5. Louise Hudson 31.04, 6. Laila Comer 31.55, 7. Melinda Mlacic 32.04, 8. Edy Ognenovski 32.28, 9. Louise Samuel 33.05, 10. Francis Pearson 34.56.

ANSW Cross Country Relays, Miranda 17 July 1999

A total of 49 ANSW registered Kembla Joggers runners in 13 teams took on the best of NSW winter runners in the Cross Country Relays at Miranda Park, Miranda on a fine sunny day. However considerable rain preceding race day left the course very muddy in several parts – this was later to sort out the true mud runners from the "fair weather only" variety.

The first race saw the Under 12 Male 4x2 km KJ relay team (managed by Bronte Blay) perform exceptionally well to finish 5th against older rivals with new runner Kyle Wolsky posting the fourth fastest time out of 32 runners. Dana Wilton (WSF) ran nicely to anchor a South Coast Region Girls 3x2 km team with a time of 10.10. Also Ryan Cropp (SUT) ran 8.37 as part of his Male team which collected 2nd place.

Next came the Female Open and 35+ 3x4 km relay teams race with the Comer sisters (WSF) coming home 5th ahead of the KJ team who finished 9th. However the KJ Female 35+ relay team finished an unlucky 2nd for silver medals only 5 seconds behind the winning Nowra team. Karen Blay produced a great mud run to post the second best time out of 30 runners in this age group. Great work ladies!

Further success was to come in the Male Open A, Open B, 35+, 45+, and 55+ 4x4 km relay teams race. In the Open A Division Ben du Bois showed scant regard for the muddy conditions with a 4th best time of 12.51 with Russell Chin also posting a top 20 time of 13.44 out of 84 runners. This enabled our Open A Male team to finish 5th. Our Open B team was not disgraced coming 6th out of 14 teams with Andrew Godsman running well.

Still better results were posted in the same race by the KJ 35+ team who came 2nd for silver medals. Equal third best times recorded by Garry Wheeler and Phil Parle 14.23 were not surprising for KJ onlookers. Well deserved guys! As usual the KJ 45+ A team posted another gold medal (*Editor: 5 team gold medals in 5 consecutive ANSW races*) – this time with 6

minutes total to spare.

Very consistent racing saw the 45+ A team record four of the six fastest times. But the run of the day was by Denis Webb, who having been relegated to the 45+ B team, then proceeded to skim over the mud to record 15.15 – a time faster than all those posted by each of the 45+ A team members! This allowed the KJ 45+ B team to achieve 5th place despite Ian Tague battling on to the finish with an over stretched hamstring.

As usual the KJ 55+ team ran consistently to finish with a well deserved 3rd place and bronze medals. Bob Squires, with only his second run this winter, edged closer to Sutherland's Ian Graves with Eric Brown showing good mud running form.

The last race of the day saw the KJ Male Under 18 and Male Under 16 4x4km relay teams and the KJ Female Under 18 3x4 relay team finish 4th, 3rd and 2nd respectively.

Stand out efforts by Brendan Cato, Jared Poppett and Carla Whitehead anchored our teams to excellent total times. Considering that most of our KJs in this race will be eligible for their same divisions in 2000, the future looks rosy for our "senior" juniors.

Yet again the KJ tent was the only club tent pitched on the day with even the ANSW CEO John Patchett sampling a KJ afternoon tea. Our final tally of 22 medals was a fitting result for a top effort put in by not only the placed KJ teams but also the several other KJ teams just out of the placings.

by Dave Higgins

Results

Race 1 (4*2 km)

Male Under 12 5th 37.54 Kyle Wolsky 8.32, Matthew Harding 9.23, Jack Parle 9.49, Jared Blay 10.10.

Race 2 (3*4 km)

Female Open 5th 53.10 Elivia Comer 16.49, Jemma Comer 19.24, Bethany Comer 16.57. (All WSF)

Female Open 9th 55.28 Lauren Whitehead 17.44, Nicky Cropp 21.44, Sue Mulready 16.10.

Female 35+ 2nd 53.44 Karen Blay 16.45, Edy Ognenovski 19.08, Lesley Simes 17.51.

Race 3 (4*4 km)

Male Open A 5th 55.55 Ben du Bois 12.51, Paul Micale 14.30, Marty Weston 14.50, Russell Chin 13.44

Male Open B 6th 63.11 Dylan Forbes 15.08, Andrew Godsman 15.13, Neil Barnett 15.36, Joe Pereira 17.14.

Male 35+ 2nd 59.56 Garry Wheeler 14.23, Phil Parle 14.23, Geoff Stalker 15.33, Bronte Blay 15.37.

Male 45+ A 1st 62.06 Chris Stocker 15.28, Rowan Allnut 15.43, Peter Evans 15.39, Wayne Montefiore 15.16.

Male 45+ B 5th 70.03 Denis Webb 15.15, Andrew Krajewski 17.13, Dave Higgins 18.36, Ian Tague 18.59.

Male 55+ 3rd 71.54 Bob Squires 15.50, Eric Brown 17.16, Tony Maloney 19.43, Peter Asher 19.05.

Race 4 (4*4 km)

Male Under 18 4th 62.56 Brendan Cato 14.14, Mark Scott 15.36, Peter Bisley 17.22, Tim Robertson.

Male Under 16 3rd 68.01 Stephen Brown 16.04, James Greathead 17.56, Glenn Moberley 18.26, Jared Poppett 15.35.

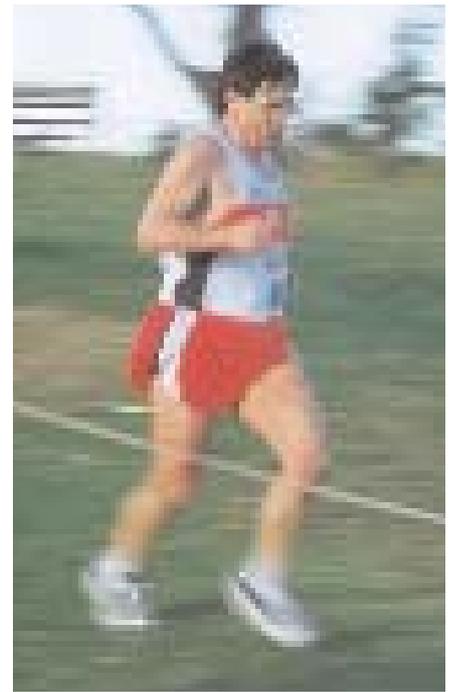
3*4 km Female Under 16 2nd 52.30 Carla Whitehead 17.02, Melinda Mlacic 17.54, Mariana Hernandez 17.34.

9 mile and 3 mile, Mt Kembla

August 24, 1999

This year's 9 mile event was held as usual in conjunction with a 3 mile race for the juniors. The event was an outstanding success with 77 runners competing in the longer race and 51 in the 3 mile – a combined race record attendance for this event! The 128 total is also the second biggest attendance in club history.

The 9 mile event was a triumph for one of our elder statesmen Bruce Medley who showed the benefit of year's of training around the mountain to claim the Tony McMichael Memorial Trophy by being first across the line on handicap. The race was led for a long way by front marker Dina Cicchitti however Bruce took the lead with 3



Ian Tague puts in the hard yards at the gruelling XC Championships at Nowra.

miles to go and never looked back. Harold Cosier, Christine Hall and Gary Howard each made a bold bid towards the finish to peg Bruce back but he had established too big a lead to lose the race.

The fastest runner on the day was AMT Drilling Pointscore leader Rob Battocchio in a blistering time of 49.20 This is the 7th fastest time ever on this course and only the 3rd sub-50 minute time this decade. The next quickest were an impressive Tim Berry (51.36) and supervet Garry Wheeler (51.47). In the women's section Elivia Comer ran the 6th fastest time ever by a female in recording a gutsy 62.33. Next females home were Michelle Coyne (64.53) and Karen Ryan (66.00).

Other good runs in the race were run by Neil Barnett (53.08), Gareth Buckley (57.01), Debbie Maxwell (66.36) and Jenny Comer (78.24).

In the alternate 3 mile race, outstanding junior runner Brendan Cato led the field home in a very fast time of 15.49. Brendan's two recent State Championship title wins have certainly put a spark in his step. Next in were veteran runners Paul Micale (16.09) and Bronte Blay (16.10) followed by juniors Mark Scott (16.21), Jared Poppett (16.43) and Stephen Brown (16.46). Quickest female was Mariana Hernandez in a new record time of 18.02. Next females home were Karen Blay (18.22) and Bethany Comer (18.36). Junior Madeline Henier put in a great run to record a great time of 19:02. Kyle Wolsky, Nadine Dryburgh, Dana Wilton and Matthew Harding also ran well to record good times.

by Pasco Coppolaro

Results 9 mile

Male: 1. Robert Battocchio 49.20, 2. Tim Berry 51.36, 3. Garry Wheeler 51.47, 4. Kyle Blofkowski (guest) 53.07, 5. Neil Barnett 53.08, 6. Chris Stocker 53.09, 7. Marty Weston 53.25, 8. Rowan Allnut 53.31

Female: 1. Elivia Comer 62.33, 2. Michelle Coyne (guest) 64.53, 3. Karen Ryan 66.00, 4. Lauren Whitehead 69.44, 4. Vanessa Kearney 69.44, 6. Louise Samuel 72.30, 7. Christine Hall 74.09, 8. Kym Batten 76.23

Results 3 mile

Male: 1. Brendan Cato 15.49, 2. Paul Micale 16.09, 3. Bronte Blay 16.10, 4. Mark Scott 16.21, 5. Jared Poppett 16.43

Female: 1. Mariana Hernandez 18.02, 2. Karen Blay 18.22, 3. Bethany Comer 18.36, 4. Melinda Mlacic 18.57, 5. Madeline Heiner 19.02

Eddie Muston spends 60 Seconds with "Dicky Knee's" Mates.

With the editors deadline fast approaching and Paul Micalle nowhere to be found, Ed Muston managed to catch up with a couple of Paul's mates who were more than willing to share with us an insight into the man – behind the runner – behind whom most of us cross the finish line.

Name?

Paul Micalle

Age?

Unknown.

Who inspires you?

That's easy. There are a few KJ runners who inspire me a lot. Dave Pomery and Steve Mlacic are both brilliant runners while others, like Mark O'Keefe and a number of the other Friday night group, I admire and respect for their sheer guts and determination.

How long have you been running with the KJs?

I can't remember exactly when it was but I can remember why. In this world there are very few people who are happy to talk about running all the time. In the greater Illawarra region they are all in the KJs. As I'm sure many of you understand, not being a member could leave you with very few people to talk to.

What are you enjoying watching?

A video of last year's excellent City to Surf news coverage.

What is your favourite food?

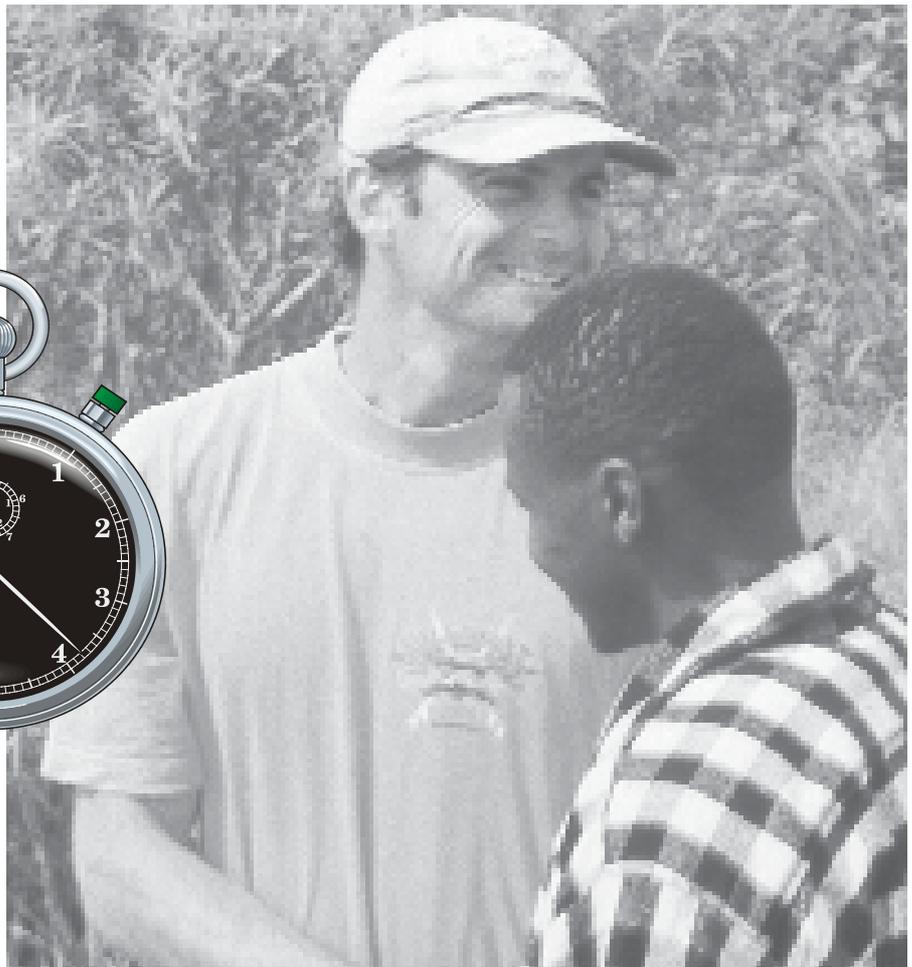
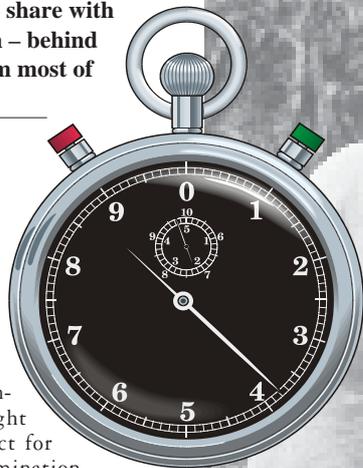
Other peoples food.

What is your favourite run?

My favourite distance is anything around the 5-10Km mark (*the last two years tend to suggest that half marathons seem to agree with you as well – Eddie*). My favourite race would have to be any of my training sessions which, if I get the tactical side of things right, I usually win.

What are the real highlights of your running career?

The KJs open record I got several months back. The moment I got home I telephoned Dave and several other people to tell them that I had finally joined them by braking an open record. I would definitely rate this as the high-point of my running. Oh yes, I suppose I should



Dickey Knee giving the Kenyan Olympic athletes advice during his recent African safari.

add that I had it a little bit confused and my time was actually a few seconds off the record, but this hasn't really taken much away from the excitement of the moment.

What are your pre-race rituals?

Since taking up triathlon the two hours which precede every race have been devoted exclusively to shaving my entire body. I suppose this has become a little ritualistic, in a tribal sort of way.

Where do you see yourself in 10 years?

Probably in Africa giving the locals pointers on how to win distance events.

What is your greatest ambition?

There are so many. I would love to finish a KJs 400-meter track race one-day without walking or leaving the track. As I have already suggested I consider an open KJs record to be amongst my greatest aspirations but one which has proved to be quite elusive. I think without a doubt my greatest ambition is to be a 55-year-old woman. I know this may seem a little strange but if I can have it organised in time for next years triathlon season I would have to be the favourite to win my age group in a few races.

Can you explain some of your nicknames for us?

Yes, there are a few. I suppose the name most often heard is 'Dicky Knee'. The origin of this one is pretty simple. As you will all have noticed I am never seen without a hat on. The top of my head gets cold easily and is fairly prone to sunburn unless adequately covered. At the finish of last years City to Surf I managed to pass Kerryn McCann as we crossed the line. As

Kerryn was the first female finisher, footage of her finish was seen on most news broadcasts the following day. As you will all probably remember the footage also featured the famous hat on a stick crossing the line.

The other name that many of you may know is 'Shagger'. The story behind this one is much more confusing. In fact I think I could possibly find myself in some sort of trouble for false advertising if this one spreads any further. All that I can say about the name is that it probably stems from the complete absence of a certain widely practiced fitness session in my training schedule (nothing to do with the latest Austin Powers movie!).

On the name 'Starvin' Marvin' I would like to confirm once and for all that, contrary to the persistent rumors, I am not an African national who stole the real Paul Micalle's passport on his recent trip.

Finally, do you have any tactical advice for the big races to share with every one?

I think the best advice I can give to young runners preparing themselves for a high profile event is this. At the start of the race try and pick the lady most likely to win the female category and do your best to sit just behind her for the entire race. As you approach the finish line, a short sprint with elbows swinging should see you just beating her across the line and in the process should give you almost as much TV airtime as the first male across the line.

PS Dicky apparently got pipped by one second in the recent Sutherland to Surf-and – you guessed it! Beaten by the first woman!

Remedial Massage

One Hour Home Visits \$20.00

Phone John 4236 0021

KJ's Winter Series

August

- 21 **KJ's Winter Series Race 13** – 3 miler
Mt Kembla
- 29 Cities Marathon – Sydney to Blacktown
- 29 Mt Kembla Gift-1km-Mt Kembla Hotel

September

- 4 **KJ's Winter Series Race 14** – 10km XC
Mt Kembla. Alternate race – 5km.
- 11 1 Mile Downhill – West Dapto – near Gun
Club, Bong Bong Road
- 12 Race 4 Dapto Sprint Duathlon Series-
4/16/2km
- 18 **KJ's Winter Series Race 15** – 10km XC
Cordeaux Dam 1pm. Alternate race – 5km.
- 26 KJs Road Relay – West Dapto – Sunday 8am

October

- 10 Club Challenge – Mt Annan Gardens,
Campbelltown – 8.30am

- 15-17 New Zealand Relay Run
- 24 Rapidcool-Duathlon Relays – Dapto High
School – 10am
- 24 KJ 8km Road Race (old course) West Dapto

**Now, get ready for a break ...
oh, no it's the ...
KJ's Summer Series!**

November

- 9 **Race 1** – Tuesday 5km Stuart Park
- 12-13 **KJ's Running Weekend** –
Blue Mountains

ANSW Winter Events

August

- 22 NSW Long Distance Relay Championships,
Hopetown Relay
- 29 Australian Half-Marathon Championships,
Noosa

POINTS SCORES



AMT DRILLING
Australasia Pty Ltd

Male A.M.T. Drilling Pointscore

- 1: Robert Battocchio 68
- 2: Paul Micalé 64
- 3: Garry Wheeler 62
- 4: Rafael Moriana 52
- 5: Neil Barnett 50

Female A.M.T. Drilling Pointscore

- 1: Elivia Comer 69
- 2: Bethany Comer 52
- 3: Vanessa Kearney 49
- 4: Lauren Elms 47
- 5: Karen Ryan 28



Junior Pointscore Championship

- 1: Jarred Poppett 302
- 2: Nadine Dryburgh 293
- 3: Stephen Brown 292
- 4: Carla Whitehead 287
- 5: Mariana Hernandez 276
- 6: Victoria Robertson 260
- 7: Kyle Wolsky 251
- 8: Madeline Heiner 246
- 9: Glenn Moberley 235
- 10: Tim Robertson 234

Junior Female Championship

- 1: Mariana Hernandez 40
- 2: Carla Whitehead 29
- 3: Bethany Comer 25
- 3: Melinda Mlacic 25
- 5: Madeline Heiner 20
- 5: Nadine Dryburgh 20

Junior Male Championship

- 1: Jarred Poppett 31
- 2: Brendan Cato 30
- 3: Tim Robertson 27
- 3: Stephen Brown 27
- 5: Mark Scott 26

Kembla Joggers Pointscore

- 1: Christine Hall 1466
- 2: Chris Paesler 1415
- 3: Warren Evans 1393
- 4: Colin Steele 1342
- 5: Neil Barnett 1303
- 6: Tony Maloney 1265
- 7: Gary Howard 1262
- 8: Stephen Plumb 1258
- 9: Elivia Comer 1245
- 10: Garry Wheeler 1216

Mt. Kembla Pointscore

The presentation of the Cedar Stump (Mt Kembla Pointscore) Trophy will be awarded at the Pub after the last race of the series, the 10km cross-country race, September 4.

These runners have completed all 4 of the

Mt. Kembla races.

- 1: Gary Bell 641
- 2: Gary Howard 636
- 3: Marty Weston 634
- 4: Scott Dent 631
- 5: Wayne Montefiore 627
- 6: Warren Evans 626
- 7: Christine Hall 618
- 8: Rob Battocchio 616
- 9: Greg Learmonth 602
- 10: Elivia Comer 582
- 11: Stephen Plumb 553
- 12: Kevin Goodwin 546
- 13: Ian Dodsworth 531
- 14: Jenny Comer 501
- 15: Des Comer 430
- 16: Michael Hickman 415
- 17: Peter Evans 402
- 18: Chris Rutty 313

The list below is the best of the runners who have completed 3 races and 1 or marshalled a race.

- 1: Col Steele 548
- 2: Tony Maloney 543
- 3: Neil Barnett 534
- 4: Chris Paesler 509
- 5: Janelle McBarron 465
- 6: John Gullick 458
- 7: David Church 417
- 8: Ian Tague 390

Pointscores by Gary Howard

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 Brennan4261 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 Moriana4296 6656 |
| Clothing | Hans Lambert4271 1892 |
| Fitness Five | Hans Lambert4271 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.