



The FOX



The Official Newsletter of Kembla Joggers Inc.

Issue 2 [May] 2001

INAUGURAL KJ 2K STEEPLECHASE

Martin Church warming up for the first ever KJ Steeplechase.



Beaton Park, 15/3/2001

By Wayne Montefiore

On a wind-swept Thursday night at Beaton Park recently, ten plucky starters lined up for the first steeplechase event ever held by KJ's. For many starters, this was their first time over the jumps. To bolster participation and reduce the risk of injury, the race stewards had wisely lowered the barriers. Even the formidable water jump was knee-capped, which guaranteed all runners would get even wetter (more on this later). However, it was very disappointing that no women chose to run. The wet T-shirt competition scheduled for after the steeplechase had to be cancelled.

The field included the following starters (in order of support in the betting ring):

1. Paul "Dickie Knee" Micale - the pre-post favourite who despite having no jumps form and dickie knees was well placed in this field.

2. Martin "The Kenyan" Church - an out-

standing jumper who had won state and national 3K steeplechase titles.

3. Andrew "Thorpedo" Rutty - seen training hard over summer at Unanderra Pool for this event.

4. Jason "Frontrunner" Stalker - his recent track form suggested he may be suited by this shorter event.

5. Brad "The Challenger" Hynard - his track form had been steadily improving all season.

6. Frank "No Fear" Hungerford - just back from a nasty groin injury, but the vet gave him the all clear to run.

7. Steve "The Reverend" Matthews - he would need divine intervention to win this race.

8. Eric "Pommie" Brown - no form on wet tracks.

9. Derek "Sharky" Moriarty - a fish out of water over the jumps.

10. Max "SuperVet" McKay - a great jumper in his day, but not showing the same dash lately.

A thunderclap from the starter's gun sent the field away. Ahead of each runner was five tortuous laps spiked with nineteen barriers and five water jumps. I headed straight to the water jump where most spectators had thronged. It reminded me of the Colosseum in the movie Gladiator, with the rabid spectators baying for blood. We cheered wildly as each runner made the "leap of faith" and struggled out of the watery hole. Not surprisingly, most runners showed little technique at the water jump, with two footed landings launching white water spirals high into the squelchy evening sky. By the end of the race there was more water on the track than in the water jump itself. Fortunately, all the starters and Frank's groin finished the race with no serious injuries (see results below).

Paul Micale confirmed he can't jump, but he sure can run. Martin Church showed us how to jump, but even he got very wet. Brad Hynard was impressive, finishing on strongly to take third spot. Jason Stalker showed his usual early speed, but found the demanding 2K too far. Frank Hungerford and his groin

Continued on Page2

The FOX Proudly Sponsored By...

RAPIDCOOL PTY LTD

AIR CONDITIONING & REFRIGERATION

Trading as:- RapidCool Air Conditioning & Refrigeration ACN 071 497 857

"The Illawarra's Cooling Influence"

...Continued from Page 1

collided with a barrier, yet both still managed to finish in the top five six. Steve Matthews ran his usual honest race, but all that water dunking before the race took its toll. Steve had joked before the race that the water jump would make a good baptismal font. After one badly botched water jump, Andrew Rutty was heard to call out "pass me my goggles, I can't see the black line". Eric Brown, who also spent more time in the water than on the track, uncharacteristically asked for soap and towel. Derek Moriarty almost caused a pile up when the flying Micale and Church were forced to land either side of him as he laboured out of the water. I don't know why they call him Sharky. Derek showed no liking for the water that night. Only Max McKay was dry at the end of the race, but he kept running around the water jump. Max may have lost some speed over the years, but his mind is still as sharp as ever.

Max later informed us that the water jump was not to the standard ANSW specification. When we lowered the height without moving the barrier forward, we made it impossible for the runners to clear the water. Post race interviews revealed that most runners enjoyed the event and would do it again, but I think it was a combination of testosterone, fatigue and bluster talking. However, Brad Hynard certainly wasn't all talk - he still had enough energy after the race to try a couple more practice jumps, this time at the correct height.

Results:

- 1. Paul Micale 6.47.8
- 2. Martin Church 7.09.5
- 3. Brad Hynard 7.14.5
- 4. Jason Stalker 7.21.3
- 5. Frank's Groin 7.23.5
- 6. Frank Hungerford 7.23.6
- 7. Steve Matthews 7.29.5
- 8. Andrew Rutty 7.42.1
- 9. Eric Brown 10.15.2
- 10. Derek Moriarty 11.22.0
- 11. Max McKay 11.40.7

KJ Committee Meetings

Just a quick reminder that the KJ Committee holds meetings once a month at the Mount Kembla Hotel. The meetings start at 7:30pm and all club members are very welcome to attend. Why not come along to the next one and see what goes on behind the scenes. The next meeting is scheduled for 23rd May and the following one is 27th June.

The KJ's Crossword Competition

The winner of Crossword Puzzle Competition #1 is Mark Everton. He wins a t-shirt and a drink bottle. Inside this issue you will find Crossword Puzzle #2. All you have to do to enter the competition is complete the crossword, put your name on it and place it in the Crossword Puzzle box on any KJ race day or hand it to a KJ committee member. Entries for competition #2 will close on the 1st of June and the winner will be announced in the next issue of The Fox.

If you are having trouble working out the answers have a look in the KJ 25 Year Magazine.



Juniors Report

Well the Uncle Pete's Toyworld Junior Series is now underway and what a start it was to the season. There were almost 50 juniors competing in the set junior races on the day with a record 28 taking part in the 1km and 2km events. Wow, what an effort!! Don't forget there are 8 more races to go and plenty of chances to improve. And of course there's a heap more prizes from good old Uncle Pete's to give away too. Well done to the winners of the gift vouchers drawn out at Race 1 at West Dapto. It was great to see so many smiling faces. You all seemed to be having fun.

In the 1km race, Aaron and Katie Dusmanovic, and Ross Sharpe, all finished in the same time of 4.15 with Tenille Dusmanovic (yes another one!) just behind. Sam O'Brien and Thomas Robinson put in good efforts too. In the 2km race, Trent Goodwin and Jared Blay had a good battle, with Trent (6.22) just edging Jared out at the finish by a mere second. Gemma Burke was first girl and third overall in 7.02. Other big efforts were put in by Joel Dent (7.28), Lauren Ognenovski (7.46) and Laura Robinson. In fact all our sub-juniors ran their hearts out. Well done guys!!

In the 4km event, Jared Poppet powered home to win in an impressive time of 13.10 with Stephen Brown continuing his good form to finish in 13.23 in second place. Not to be outdone, James Greathead ran very strongly for third place. Marianna Hernandez had her first hit out for a while and still managed to be first girl home in 15.34 with Melissa Burgess second in 16.00. Nadine Dryburgh (16.58) placed third for the girls. Other big performers on the day included new recruit Ryan Burns (14.49) and Dana Wilton (18.12). The warm conditions made things tough but everyone did well.

ATTENTION ALL JUNIOR KJ's. WE NEED YOU!

The KJ's wants as many of our junior runners as possible to join our junior teams for the upcoming ANSW Winter Championship events. We need juniors in all age categories, which include boys and girls U12, U14, U16, U18 and U20. There are 4 runners per team and with our depth of juniors we shouldn't have trouble filling one or more teams in each division. Juniors run varying distances depending on the age group, usually 2km for U12 to U14, up to 4km for U18. The first event is scheduled for next month so now is the time to enrol. The kids have heaps of fun running in teams. For more information, or to get your

child involved, contact Neil on 4272 6818.

Also, why not get your child training with other kids from the KJ's. Club member Rob Battocchio runs supervised training sessions for juniors.

2001 / 2002 Membership Report Update

Since the publication of the last issue of The Fox in February 2001, there have been another 58 new members join Kembla Joggers for the new KJ year. The total membership now stands at 304, comprising 246 renewals and 58 new members (well ahead of last year's number at the same time). Please welcome these new or rejoining members and help them enjoy our KJ activities:

- Stephanie Hummerston
- Jesse Maciejowski
- Ross Sharpe
- Laura Moriana
- Neil Birch
- Simon Haigh
- Melinda Hynard
- Narelle Smith
- David Hynes
- Neil Marshall
- Quentin Morley
- Grant Plecas
- Wendy Hird
- Karin Beckers
- Aaron Church
- David Stonebridge
- Timothy East
- Patrick Joyce
- Sam O'Brien
- Jessie O'Brien
- Rachel Pickering
- Lawen Pickering
- Connor Burke
- Megg Christensen
- Natasha Mackinnon
- Michelle Townsend
- Katy Dusmanovic
- Derek Rosen
- Alan Stacey
- Paul
- Denis Caudero
- Alain Moriana
- Lucinda Murphy
- Virginia Haigh
- Mackensie Hynard
- Natalie Pearce
- Ashlee Smith
- Raelene Milne-Hynes
- Tegan Richards
- Thomas Robinson
- Craig Murphy
- James McGrath
- David Babis
- Donna Church
- John Rosenzweig
- Scott Leedham
- Kristina O'Brien
- Trent O'Brien
- Max McKay
- Nathan Pickering
- Gemma Burke
- David Scott
- Rani Ritchie
- Nathan Mackinnon
- Aaron Dusmanovic
- Jodi O'Connor
- Erin Smillee
- Geoff Stutsel
- Coxhead

Current members who have not yet returned their fees are asked to send them to P.O. 527 Dapto or see Dave Higgins at the next race.

Congratulations

John and Lisa Gullick are again proud parents with the birth of baby girl Erin, 7lb 13oz. I've been told that she looks like Mum and not Dad (thank heavens!!). Everyone is doing fine and in good health.

Illawarra Tri Club News

ITC are having a registration day and club duathlon on the 17th June 2001 at the university rec centre venue, starting at 8am, and the ITC presentation night is on the 2nd of June 2001 at the North Wollongong Beach Surf Club.

For further information contact Steve Vangils phone 0409 363 061.



President's Report

In case you hadn't heard - and that's unlikely because most of you were there - the KJ all-time race record attendance was blown to smithereens at the 8km event a few weeks ago. I for one was taken by surprise. The whole day was a bit of a blur to me. You see this was no ordinary event. Just about everything that could go wrong did go wrong. The mishaps were completely unrelated to the large numbers and all were realised before everyone had turned up. Importantly, they did not compromise event safety in any way.

In general I thought our volunteers and race organising team did a fantastic job to improvise under the circumstances. It shows that we can simultaneously cope with big crowds and the odd spanner thrown in the works for good measure. It proves that when everyone gets stuck in and helps, nothing is impossible. So thank you to everyone who offered their help on the spot, either with the junior races, marshalling, or timekeeping, etc. Without your help we could have been in serious trouble.

These hiccups aside, the day was a fantastic success with 181 KJ's taking part in the racing program. 28 juniors competed in the U12 event giving a combined total of almost 50 juniors competing in all the races - awesome. And wasn't it great to see so many new faces taking part. Welcome to all new KJ members. We hope you travel many miles (or kms) with us. The season has only just begun so now is the time to ramp up the training and put that to good use by participating in our road and track programs. Of course, don't forget the Fitness Five Funrun on May 6th which this year is a "Certified Accurate" course, in other words exactly 5km.

By now you should have your copy of the new KJ Handbook, the first time we have published something like this. All the feedback about it so far has been overwhelmingly positive, which makes the hours of effort put in by the Handbook team worthwhile. But if you must thank anyone please go and thank Louise Samuel. Louise is a true-blue KJ and spent many hours putting together the Handbook document for printing, including the cover design, through her business Graphic Connection. We are indebted to Louise for her assistance on the Handbook and indeed many other projects over the years. Where would we be without great people like this in our club? Thanks Louise (and Corinne!).

There are a few projects for 2001 in the early stages of development at the moment. None of these have got to the committee approval stage yet but are likely to be fast tracked if given the nod. One of these is the design of a new custom-built storage trailer for our club gear. The opportunity exists for any interested businesses out there to sponsor something which will be highly visible and prominent at club and other events. If you are interested or have other ideas on how your business can assist the KJ's please talk to Eric Brown or myself. John Gullick is handling the trailer project and any assistance in either trailer design or manufacture should be directed to him.

Keep those feet moving, cya's..... Neil

The Canberra Marathon

Was it secret training, good luck, great pacing, the risotto he had the night before, grit and determination, or has he really at long last, found his best distance? Whatever the reasons, El Presidente, aka Neil Barnett, had the greatest triumph of his running career by finishing 31st overall and first Kembla Jogger, in the very popular Canberra Marathon held on April 8th. After spending the previous night in a caravan park "deluxe cabin" sleeping on a pull out bed, listening to the snoring of Raf Moriana, Mark Everton and Dave (the echidna) Higgins, Neil was well prepared. There was plenty of advice being thrown around the night before from past marathoners Eric Brown, Raf and Mark, but being the sensible guy that he is he decided to ignore them all and run his own race. And it certainly paid off. He ran the majority of the first half of the race alongside Chris Richards, cruising along at about 4 mins/km. The pace dropped slightly towards the business end of the race with Neil finishing in a great marathon debut time of 2hr 52min. A sensational effort and well deserved. Congratulations Neil. Chris was unable to stay with Neil over the second half but still managed to post a creditable 2hr 56min.

In the women's race, Sue Mulready, stepping up a distance ran an excellent race to finish in 8th position. Sue took off sticking to her race plan and ran with her coach (ex KJ Petri Laajoki, just back from a year in Finland) for about 30km. Sue finished in a great time of 3hr 3min. She achieved this time despite suffering towards the latter stages with tightening iliotibial bands, which stiffened her hips and shortened her stride. Without problems, Sue would have broken the magic 3 hour barrier, as we are sure she will if she ever ventures down the marathon path again. Although looking at her bloodied feet and watching her hobble painfully around waiting for a massage after the race, we don't expect that it will be soon. A half marathon is only a fraction of the aches and pains of a full marathon and if Sue decides to prepare and race for one then watch out. She is now the second fastest KJ marathon woman after Kerry McCann and she could well be in the same position if she takes a Half seriously. Whatever she decides, it was a mighty effort and we are very proud of you Sue.

A total of 16 KJ's contested the Canberra Marathon and some outstanding performances were achieved equal to those of Neil and Sue. Phil Leishman, Darren Baxter, Marie-Clair Kurt and Barbara Kennard all produced hard-earned big PBs. The training that is required to complete a marathon is long and exhausting and I am sure the effort put in by Marie-Clair Kurt and Barbara Kennard was equal to the effort for Neil and Sue. It is a fantastic achievement and I applaud all finishers. Every KJ starter finished, some in better condition than others, and I am sure that they will all know about it in the following days. Anyway I hope the exploits of those KJ's who competed will be passed on to other KJ's and hopefully a bigger KJ field will turn out next April for the 26th running of the Canberra Marathon and Kembla Joggers Marathon Championships.

The Canberra Marathon traditionally incorporates the ACT and National Vets Championships. This year the Kembla Joggers Marathon Championships were included and consequently Sue and Neil became Kembla Joggers Marathon Champions for the year 2001 and were duly presented with their beautiful and well-deserved trophies at the presentation ceremony.

Results (as far as we know) :

Neil Barnett	2.52.10 (PB)
Chris Richards	2.56.21
Phil Leishman	2.58.34 (PB)
Raf Moriana	3.00.32
Petri Laajoki	3.02.16
Sue Mulready	3.03.11 (PB)
Andrew Godsman	3.08.13
Marty Weston	3.08.13
Darren Baxter	3.19.05 (PB)
Craig Sakey	3.19.06
Mark Causer	3.38.12
Drew Winning	3.40.00
Hans Lambert	3.41.38
Ed Bedzinski	3.43.35
Andrew Parkinson	3.48.29
Barbara Kennard	4.13.51 (PB)
Marie-Clair Kurt	4.14.10 (PB)

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

Marathon Eve

On the evening prior to the Canberra marathon, the ACT stages two very exciting races over 5km and 10km. KJ's had four representatives and we left our mark once again. In the 5km race, Murray Anderson, stepping up from the 800/1500m, ran brilliantly to finish second in 15.41. The 10km was a hard race but Barry Keem, as we have come to expect of him, ran an excellent race to finish in the top 5 in 31.33.

Our resident comedian, Peter Evans, having just turned 50 has been busy breaking all the 50-54 KJ age group records. Pete ran in the 10km and was unaware until informed by the KJ cheer squad on the finishing line that he had also broken the 50-54 age group race record. He did this easily, finishing in 36:30 and taking half a minute off the old time.

KJ Treasurer, Dave (the echidna) Higgins, ran a respectable 43.44, showing just what he is capable of. He was in Canberra, not only to race the 10km and to cheer on his friends in the marathon, but Higgs had rung Dave Cundy the week prior to the event and volunteered to help out during the marathon. Dave called out times at 10km and then 40km for the duration of the event. Well done Dave, we are very proud of you.

Many thanks also to Robyn and Peter Henry, Hazel and Eric Brown, Helen Evans, Mark Everton, Mark and Molly Mulready, Kellie Baxter, Mr and Mrs Baxter senior and the Richards family who provided a very vocal cheer squad for all our runners.

Hopetown Relays

The Hopetown Relays, incorporating the ANSW long distance road relay championships for men and women as well as jogging clubs, will be held on Sunday 26th August starting at Chatswood at 6.00am. Yes, 6.00am! That means a start from West's Leagues Club at about 3.45am, picking up at selected points on the way, although some people arrange their own transport and stay overnight in Sydney. This is a reminder to prepare you for the early start to what will undoubtedly be a memorable day of running and team camaraderie in support of this great event and worthy charity.

KJ's have done extremely well in this event in previous years, particularly in 1997, when we had five teams, totalling 60 club members, participating. With bells and streamers flying from supporters in the coaches, the club took out the Joggers Championship and gave Athletics East and Randwick Botany a close run in the Open section. Since then KJ's have fielded formidable teams in both the Open Men's and Jogging Clubs sections, failing to win each time by the narrowest of margins.

This year we will be attempting to reverse past fortunes and win both the Male and Female Open categories, as well as the Male and Female Jogging Club categories. Regardless of the result the emphasis will be on having a great day out with KJ's of all abilities coming along to take part.

The relay covers a distance of 120kms from Chatswood to the Hopetown School for disadvantaged children at Wyong, a charity that is worth getting out of bed early for. It consists of twelve stages for the Open Male and Male Jogging Club teams and six stages for the Open Female and Female Jogging Club teams. KJ's intends fielding teams in each of these categories plus two other mixed teams -

Higgs's Harriers and Barnie's Bushrunner's.

Make certain that you have the date firmly inked in. Dave Barnett and Dave Higgins will be coming around when it gets closer to the event with Vito Gaudiosi and Tony Maloney (Sluggo) to check you out if you haven't volunteered. Commitment and names will be taken during June, July and early August.

Support your club in the best way possible by putting your hand up and having a go. You are assured of a top day mixing with your fellow KJ members. You will be surprised how many new friends you will make.

For further details contact Dave Higgins - phone: 4271 3299

Running Away

By Neil Barnett

Ever been in this situation? Sitting on the end of your hotel room bed doing up your running shoelaces, in some city or town you've never visited before, wondering where the heck you are going to run, which way you should head as you venture out the hotel lobby doors?

Cities are generally not runner friendly places. Traffic lights, cars, pedestrians, concrete footpaths and smog are just a few hazards we runners are faced with. The temptation to sit in the hotel room and watch PAY-TV rather than fit in some exercise is all too real. Many of us don't even bother and leave the running gear at home. Well DON'T!!

Most cities and towns around Australia, indeed the World, have some fantastic places to run. Getting out and having a run is a great way to see the sights, find a good restaurant, enjoy the views, see how other people live, etc. It can be a real educational and entertaining experience. The problem is always the same. Knowing where to run.

So this is the first column, hopefully of many, which will feature some great running venues in some of Australia's best-known towns and cities. We encourage all KJ's to contribute to this feature, so why not e-mail us with your verdict on some running courses you have tried in the big smoke or out in the sticks. This month (at the request of John Gullick) is the cane toad capital, Brisbane.

The River Runs - Brisbane

Brisbane, like many Australian capital cities, has been built alongside a fabulous river. Rivers are often bounded by parklands and cycleways which are ideal for runners. Brisbane is one of the best in this regard with the famous Riverside Bikeway, which stretches from the Botanical Gardens near the CBD, upstream to Toowong, almost 10km in length. Combined with the cycleway on the southern bank it is possible to complete that long Sunday morning run, up to 35km in fact.

The Riverside Bikeway (city side) starts at the gates to the Botanical Gardens, but can be entered nearer the CBD, at either the Victoria Bridge (Queen St), or opposite the intersection of Turbott St and North Quay Rd. The cycleway is wide in places but narrows as it heads upstream towards Toowong. Running through the Botanical Gardens is fantastic with great views of the South Bank Complex and passing through mangrove habitats and rainforest. Further along past Victoria Bridge the cycleway widens and is perched over the river. But beware, running at peak time, ie 5-6pm, can be a risky affair with cyclists hurtling along at break-neck speed to get home for

dinner.

The southside cycleway is an even better run. From here you get great views of the city and Story Bridge and there is virtually no cycle traffic, just walkers and runners. There are sections of boardwalk (Puckeys style), and if you get tired there are a few Rivercat stops, so you can catch a ferry back. The southern cycleway passes through the beautiful South Bank Parklands, the famous South Bank Complex, past the Queensland Art Gallery and the Performing Arts Precinct. You cross the river at Victoria Bridge, which has good pedestrian access from Queen St on the city side

The next step is to organise your accommodation so that it is handy to these running spots. It's pointless using them if it takes 20 traffic lights and 30 minutes to get there. The best places to stay, which are within a stone throw of the Brisbane River, include the Ibis, Mercure (directly opposite), Carlton Crest and North Quays Hotel. All are very close to the CBD too.

Next Issue: Adelaide

Contributions on Adelaide or other places to: barnett.neil.nd@bhp.com.au

Australian Veterans Titles

The 2001 National Vets titles were held over the Easter weekend at Bankstown. Four KJ's competed and their results are shown below.

Martin Church M30+

1st 1500m (4.34.66), 1st 3000m Steeplechase (11.54.01)

Wayne Montefiore M45+

3rd 800m (2.09.78), 2nd 1500m (4.25.05)

Tony Hernandez M55+

6th 5000m (18.24.29), 2nd 10000m (37.21.83)

Kevin Raines M65+

1st 5000m (22.06.03), 2nd 10km Cross-Country (49.47.00)

Summer Series Short Course Championship

Open

Trudi Sanders	54.47	Russell Chin	45.09
Suzanne O'Brien	56.49	Paul Micale	47.35
Fiona Campbell	57.43	Rob Battocchio	48.17

60+

Helen Ashton	82.19	Alan Batchelor	66.21
		Ron Pery	70.25
		Dave Barnett	70.49

50+

Lynne Tague	80.48	Bob Squires	56.18
Linda Cortes	97.26	Andrew Krajewski	57.32
		Peter Henry	62.24

40+

Louise Hudson	62.01	Phil Parle	50.05
Louise Samuel	66.37	Raf Moriana	51.36
Jennifer Burns	67.38	Peter Evans	51.49

30+

Suzanne O'Brien	56.49	Paul Micale	47.35
Sandra Toth	60.48	John Schol	50.02
Nicole Joyce	61.45	Neil Barnett	52.31

20+

Trudi Sanders	54.47	Russell Chin	45.09
Fiona Campbell	57.43	Rob Battocchio	48.17
Carrine Weston	59.08	Steve Van Gils	54.51

U/18

Mariana Hernandez	62.14	Jarred Poppett	49.53
Dana Wilton	69.19	Mitchell Burns	54.22
		Dean Wilton	64.41



Summer Series Race organiser extraordinaire, Gary Howard.

2000 / 2001 Summer Series Review

With over 1200 race registrations the 2000 / 2001 Summer Series easily surpassed the previous record of 828 from last year and for the first time, we had more than 100 runners in a race for a summer event. At Stuart Park on the 31/10/2000, 102 runners competed in the main race and 19 juniors competed in a separate race for a venue total of 121. This trend continued all through summer with 5 races reaching the 100 mark (IYC 2 times, Stuart Park, Puckey's, and the Mt Kembla Hangover Handicap). The summer record for attendance was the Puckey's race on the 19/12/2000 with 109 runners and 16 juniors for a venue total of 125. Attendance records at every race were smashed bar Albion Park who missed out by 1.

This year we trialed short junior races of 1km and 2km off the roads. This proved to be popular not only with the juniors (113 registrations) but also with the mums and dads who could watch them race and not miss out on racing themselves. We will continue the junior races next year and they will have their very own time slot 15 minutes before senior start time.

The success of the summer was the introduction of a compulsory marshalling roster and most runners turned up to do their duty. The hand-held radios have also been a big help, making life a lot easier for those marshalling, many thanks to Tony Pollard Electronics for this. The 2001 / 2002 marshal list will be drawn up and published mid year.

For the first time in KJ history a female-only race saw the men having to watch from the side lines while their female counterparts showed their class, with Kerryn McCann and Co leading the way. The day proved to be a great success with 66 ladies racing and walking the flat 3km course. Not to be outdone, 56 males finally got their chance, making a total of 122 for the venue. Now it is up to the ladies to let us know if this race is here to

stay, please pass on any thoughts to me.

The prize for the Summer Series pointscore is the YDOIDOIT trophy. This year only 7 points separated the first 3 place getters. Long time KJ member and previously one of our greatest runners, Mark Everton, overcame 2 long years of injury and frustration to win the trophy by a mere 4 points from soccer player Glenn Hayward and a further 3 points to the rapidly improving Nicole Joyce. Mark has had ankle problems for some time now and although injured he is still a regular at races and is responsible for ensuring accurate time keeping with the clock. I'm sure that it was satisfying for him to get through the summer without breaking down and taking the trophy was a bonus. Well done Mark. Don't forget Mark, now you must write a reply in the Fox and explain YIDOIDOIT.

For many years now there has been talk of short and long course championships in our Winter Series races. We decided to try out the short course championship in this year's Summer Series. Three 5km courses were nominated (Stuart Park, IYC and Puckey's), and to be eligible, each runner had to race at least once on each course. At the end of the series the fastest time for each runner from each venue was tallied up and the lowest total was the winner. Categories of Open, Junior 15-17, 20+, 30+, 40+, 50+, 60+ were included. Russell Chin and Trudi Sanders are the Open Champions. A list of the winners in each category is included below. A more comprehensive list can be found on the KJ web page. Certificates will be forwarded to all winners.

Every year new runners come along and show improvement, this year was no exception. Take a bow Ken Whitton, Glenda Maciejowski, Robert Maciejowski, Mark Robertson, Naomi Poole, Carolyn Dews, Rachell Agnew, Craig Sakey, and the Jamieson brothers, while in the juniors Paul Weidersehn, Mitchell Burns, and Jonathan Leggett all showed potential.

Runners who showed big improvement in the Summer Series were Glenda Maciejowski, Sue Scott, Terry Sylvester, Nicole Joyce, Lauren Whitehead, Lynn Tague, Wendy Rivera, Ward Hummerston, Rowena Mullany, and Garry Poppett. I'm sure that these runners will back up well in the up coming Winter Series.

While the big kids were running with the adults in the senior races, the juniors were also enjoying themselves. Andrew Poppett showed big brother Jarred what is to come in the next couple of years. David Ogenovski was consistent, as was Tinnelle Dusmanovic, Tom Joyce, Joel Dent, Laura Robinson, Tegan Richards, Chris McDonald, Mackenzie Hynard, Renee and Lauren Ogenovski, along with the Moriana, Maciejowski, Dusmanovic, and Pickering clans. Well done kids and keep up the good running in the Uncle Pete's junior races in the Winter Series.

This series had it all. Lots of AGR's were broken, plenty of top 10 finishes recorded, and record fields at nearly every venue. Russell Chin now holds all the Open course records on all current summer 5km courses. Russell broke 5 records this year, including a sizzling 15.00 in the final Stuart Park race.

Will Russell be the first runner to break 15 minutes for 5km in a summer race? Trudi Sanders picked up 3 AGR's and must feel pleased with her form. Easy to see why Trudi and Russell are the summer short course Champions.

Phil Parle moved up an age division and broke 4 records in the male 40-44 age group. Super mum and occasional runner, Louise Hudson, broke 5 records in the female 40-44 age group. Not bad for a runner that prefers longer races. Paul Micale broke 6 records including a 15.43 on the Puckey's course. Lucie Richards broke 2 Open records and 3 other age group records in a good series. Sue Scott broke 7 records in the female 45-49 age group, including 22.54 in the final 5km Stuart Park handicap race which she won and received chocolates and wine. (Sue's husband Bob also won this race 2 years ago.)

Suzanne O'Brien broke 3 records and Carrine Weston took out 2. A number of other runners took out 1 record each. Although he didn't take out any AGR's John Schol from Nowra had an impressive series, as did Rafael Moriana, Peter Evans, David Raymond, Bob Projevski, Jose Pereira, and Danny Poropat. Russell Chin, Paul Micale, Trudi Sanders, Lucie Richards and Kerryn McCann took out the bulk of the Top 10 finishes. Juniors Jarred Poppett, Stephen Brown, Mariana Hernandez, Dana Wilton, Nadine Dryburgh and Dean Wilton all continued their good form.

A big thankyou to the following for their contribution to the series: all the marshals that turned up for their duties, Ian and Lynn Tague for endless hours putting the results on the net, Mark Everton for setting up the clocks and other gear, Kevin O'Connell for handing out tags, Brian Ashton and Bob Scott for volunteering week after week to marshal when injured, Janet Poppett for helping at the recording tables, committee members for setting up tea and coffee and biscuits, Pasco Coppolaro for paper work, recording and videoing, and last but not least Dave Higgins for his contribution. Dave is one person who finishes his race, walks straight to the recording table, works out all the times, AGR's and Top 10 times, and then is willing to help with any other task. Thanks Dave. Sorry if I have missed anyone.

2000 / 2001 Summer Series Results:

Top 10 Finishes for YDOIDOIT

1	Mark Everton	1272
2	Glenn Hayward	1268
3	Nicole Joyce	1265
4	Glenda Maciejowski	1207
5	Michael Leggett	1168
6	Andrew Krajewski	1159
7	Dave Higgins	1155
8	Paul Micale	1152
9	Peter Henry	1124
10	Ian Tague	1123

5km Stuart Park Tuesday 13 February 2001

On a fine cool afternoon 90 runners competed in the last official race of the KJ Summer Series on the Stuart Park to Wollongong Showground course. This race was run on allotted handicaps which made for an exciting finish. There were also many KJ runners who were attempting to improve on their October 2000 time over the same course.

In a close finish, Sue Scott ran above herself to be the first home on handicap in a 5km personal best time of 22.54, setting a Female 45-49 Age Group Record. Sue also beat her husband Bob's time by 3 seconds. (Bob was a previous winner of this race 2 years ago). This great run by Sue took 1 minute 48 seconds off her October 2000 time. Sue has been training solidly over the summer with other Illawarra Triathlon Club members and her improvement was no surprise to her fellow training partners.

As usual the back handicap markers made for a stirring finish to this race, with Russell Chin breaking his existing Open and Male 20-24 Age Group Records by 17 seconds, with a slashing time of 15.00. Paul Micale also ran a top race recording 15.47 to break the Male 30-34 Age Group Record. Stephen Brown was third in 16.55, his first sub 17 minute 5km time, taking 23 seconds off his October 2000 time.

Other eye catching KJ Male runs were by promising junior Mitchell Burns 17.56 (1 minute 58 seconds improvement), Paul Wiedersehn 18.21 (15 seconds quicker), Jason Stalker 18.58 (31 seconds quicker), Andrew Krajewski 19.12 (18 seconds quicker), Glenn Hayward 19.13 (1 minute 7 seconds quicker), Terry Sylvester 19.59 (first time under 20 minutes), Mark Everton 20.07 (53 seconds quicker), John Hennah 20.15 (13 seconds quicker), Ken Whitton 20.28 (46 seconds quicker), Dave Higgins 20.51 (32 seconds quicker), Bob Sciberras 20.53 (29 seconds quicker), Luis Cortes 21.20 (25 seconds quicker), John Wilton 21.38 (2 minutes 1 second quicker), veterans Peter Asher 21.59 and Alan Batchelor 22.00, Ward Hummerston 22.15, Ray Wales 22.19 (14 seconds quicker), Mark Robinson 22.25 (41 seconds quicker), Dean Wilton 22.59 (33 seconds quicker) and Peter Issa 27.26 (13 seconds quicker). Well done by all these runners !!

Yet again the KJ ladies ran well with Lucie Richards improving by 9 seconds to record the best time of 18.04 not far ahead of Trudi Sanders in 18.29 with Carrine Weston third in 19.47. Other good runs came from Nicole Joyce 20.19 (16 seconds quicker), Lauren Whitehead 20.53 (12 seconds quicker), Mariana Hernandez 20.59 (58 seconds quicker), Rowena Mullany 21.47, Rachel Agnew 22.09, Wendy Rivera 26.13 (17 seconds quicker), Helen Ashton 27.23 (15 seconds quicker and setting a Female 60-64 Age Group Record), Angie Kretschmer 29.34 (25 seconds quicker) and Linda Cortes 31.18 (51 seconds quicker). Great running ladies !!

Special thanks to the KJ course marshals who kept the run-course traffic free particularly at the northern end of Marine Drive. The usual KJ afternoon tea was welcomed by the runners and finished off another enjoyable race afternoon.

Results:

Male: 1. Russell Chin 15.00, 2. Paul Micale 15.47, 3. Stephen Brown 16.55, 4. John Schol 17.20, 5. Rowan Allnutt 17.23, 6. Bronte Blay 17.29, 7. Matthew Jamieson 17.29, 8. Ben Dubois 17.36, 9. Wayne Montefiore 17.43,

10. Peter Evans 17.48.

Female: 1. Lucie Richards 18.04, 2. Trudi Sanders 18.29, 3. Carrine Weston 19.47, 4. Nicole Joyce 20.19, 5. Carolyn Dews 20.47, 6. Lauren Whitehead 20.53, 7. Mariana Hernandez 20.59, 8. Rowena Mullany 21.47, 9. Rachel Agnew 22.06, 10. Jennifer Ann Burns 22.19.

31KM / 24KM GONG RUN Sunday 18 February 2001

A slightly smaller field of 34 runners lined up for the 2001 "Gong Run" - the race round Lake Illawarra which starts at Minnamurra River Bridge and finishes near Berkeley Sports Club. Many Kembla Jogger members use this race as their warm up for upcoming marathons. The fine overcast day with light winds made conditions very favourable for the runners with some good times recorded.

The shorter 24km race was dominated right from the start by Rob Battocchio in 1.26.02 who took an early lead and then was never sighted again by the other runners. Neil Barnett ran very steadily to record 1.30.23 with the evergreen Andrew Krajewski third in 1.40.59. Suzanne O'Brien led the KJ ladies home in 1.45.53, not far ahead of Karen Ryan in 1.47.51 and Carrine Weston in 1.48.49 who both ran well and finished strongly. Other good performances came from Ned Msrisc, Kym Batten, Ken Whitton, Steve Cavanagh, Peter Buckman, Diane Birch and Wendy Tranby, while Darren Baxter and Craig Sakey ran comfortably at Marathon pace.

The longer 31km race was a much closer contest, with Chris Richards in 1.59.23 only breaking away from the music inspired Marty Weston 2.02.29 over the last 5km. Phil Leishman showed that he is on the way back to his previous good form to finish third with a solid time of 2.08.36. Other good runs came from Peter Henry, Andrew Parkinson, John Ognenovski, Ray Wales and Dave Raymond. Louise Samuel showed her usual stamina to lead the KJ ladies home in 2.56.38 ahead of Marie-Claire Kurt in 3.09.56 and Barbara Kennard in 3.11.13. Well done ladies. It will stand you in good stead later in 2001.

Thanks must go to Hans Lambert, the race organiser, as well as the course marshals and the breakfast cooks, Luis Cortes and Derek Moriarty. The long distance KJ runners appreciate the assistance from other KJ members on this annual race day.

Results:

LONG COURSE:

Male: 1. Chris Richards 1.59.23, 2. Marty Weston 2.02.29, 3. Phil Leishman 2.08.36, 4. Peter Henry 2.30.38, 5. Hans Lambert 2.36.55, 6. Andrew Parkinson 2.36.55, 7. John Ognenovski 2.36.55, 8. Peter Asher 2.38.15.

Female: 1. Louise Samuel 2.56.38, 2. Marie-Claire Kurt 3.09.56, 3. Barbara Kennard 3.11.13.

SHORT COURSE:

Male: 1. Rob Battocchio 1.26.02, 2. Neil Barnett 1.30.23, Andrew Krawjowski 1.40.59, 4. Steve Tyermet 1.44.06, 5. Ned Msrisc 1.54.53, 6. Robert Sciberras 1.54.56, 7. Alan Batchelor 1.57.48, Ken Whitton 2.01.25, 8. Steve Cavanagh 2.11.27.

Female: 1. Suzanne O'Brien 1.45.53, 2. Karen Ryan 1.47.51, 3. Carrine Weston 1.48.49, 4. Kym Batten 2.01.25, 5. Kellie Baxter 2.03.24, 6. Robyn Roberts 2.08.33, 7. Dianne Birch 2.17.26, 8. Wendy Tranby 2.26.17.

6KM / 3KM PORT KEMBLA BEACH Tuesday 27 February 2001

This last race of the KJ Summer Series was an Eric Brown experimental training run intended to introduce the Kembla Joggers to the joys of beach running. The course ran south along the beach from the Port Kembla Pool towards the Lake Illawarra entrance. The lifeguard on duty kindly drove his beach buggy towards Warilla beach to place the turn around marker 1.5km from the starting point. Gary Howard had cleverly arranged a low tide for Port Kembla Beach at start time, however to avoid wet shoes, all runners had to occasionally zigzag along the water's edge due to the incoming surf.

As could only be expected, the training run quickly transformed into a full-blown race with some smart times recorded. Several runners declined the second lap and settled for 3km, and for those that battled on into the strong north-easterly wind for the second time, the finish line was a welcome relief.

In the 6km race, Paul Micale (21.18) just shaded Dave Pomery (21.20) and John Schol (21.31), with newcomer Quentin Morley finishing next, ahead of Peter Evans and Wayne Montefiore. Tony Hernandez continued his duel with Neil Barnett and both runners finished in the Top 10. After beating off challenges from Mick Leggett and Dave Higgins, Nicole Joyce (25.48) finished well to be the first KJ lady home, ahead of Mariana Hernandez (26.37) and Karen Ryan (26.43).

Jason Stalker led the 3km finishers home in a good time of 10.50, well ahead of newcomer Chris Wilson (12.25) and the seasoned Bob Scott (12.57). Gary Howard was a close fourth just lasting to hold out Alan Batchelor. Rachel Agnew and Sue Scott (both 13.13) were the first KJ ladies home, just ahead of juniors Nadine Dryburgh (13.16) and Renee Ognenovski (13.49). Elizabeth Thomson finished fourth.

So what did we learn from this race? Runners' comments ranged from "different" to "hard on the legs" to "interesting" to "a nice change". As a means of providing end of season variety and fun, it was well worth the effort. Only time will tell whether the KJ Committee will include this run in next year's summer race calendar.

Results:

6KM Race:

Male: 1. Paul Micale 21.18, 2. Dave Pomery 21.20, 3. John Schol 21.31, 4. Quentin Morley 21.45, 5. Peter Evans 22.00, 6. Wayne Montefiore 22.04, 7. Neil Barnett 22.20, 8. Tony Hernandez 22.25, 9. Witold Krajewski 23.01, 10. Steve Matthews 23.21.

Female: 1. Nicole Joyce 25.48, 2. Mariana Hernandez 26.37, 3. Karen Ryan 26.43, 4. Naomi Poole 29.47.

3KM Race:

Male: 1. Jason Stalker 10.50, 2. Chris Wilson 12.25, 3. Bob Scott 12.57, 4. Gary Howard 12.59, 5. Alan Batchelor 13.03, 6. Warren Evans 14.16, 7. Ron Perry 14.34, 8. Peter Issa 17.58, 9. Paul Netherclift 17.58.

Female: eq1. Rachel Agnew 13.13, eq1. Sue Scott 13.13, 3. Nadine Dryburgh 13.16, 4. Renee Ognenovski 13.49, 5. Elizabeth Thompson 14.27, 6. Lyn McGregor 17.20, 7. Linda Cortes 17.52, 8. Rachel Pickering 19.33.

5Km Puckey's Reserve Saturday 17 March 2001

After record attendances at the recently completed KJ Summer Series, there was keen anticipation about the start of the 2001 Kembla Joggers Winter Series at North Wollongong. Despite overnight rain, the light winds and cool conditions were perfect for racing with many runners recording excellent times.

A record 149 runners for this venue (beating the previous race record of 129 from 12 months earlier) provided a spectacular mass start to the 2001 Winter Series. With Puckey's specialist Russell Chin absent, it was left to Ben Dubois (making a return from injury) to lead the field home in the smart time of 16.02. Ben has not run this course very often and as such is still getting used to its tricky spots. The consistent Paul Micale was second in 16.09, ahead of Jared Poppett in 16.20. With this excellent time, Jared set a new Male 15-19 Age Group Record by 1 second. A top effort since Jared has only just turned 16!! Rob Battocchio and Dave Pomery were next home with Quentin Morley and Stephen Brown (15 seconds quicker than December 2000) not far back. Peter Evans and Wayne Montefiore once again ran consistently to get Top 10 finishes.

Other good runs came from Brad Hynard 17.47 (1 minute 8 seconds quicker), Mark Everton 19.58 (42 seconds quicker), Mick Leggett 20.15 (42 seconds quicker), Dave Higgins 20.16 (1 minute 2 seconds quicker), John Wilton 21.04 (1 minute 15 seconds quicker), Robert Maciejowski 21.17 (40 seconds quicker), John Gullick 21.41 (1 minute 29 seconds quicker), Alan Batchelor 22.04 (13 seconds quicker), Gary Howard 23.02 (24 seconds quicker), Kevin Raines 23.15 (57 seconds quicker and setting a new Male 65-69 Age Group Record), Dave Barnett 24.16 (24 seconds quicker) and Matthew Pickering 25.37.

Of the KJ ladies, Sue Mulready (17.55) ran a top race to be first home and now only has Kerryn McCann who has run faster over this course. Lucie Richards (18.47) was second ahead of visitor Claire Fraser (19.07) with Suzanne O'Brien (19.27), Vanessa Kearney (19.41) and Paula Crinnion (19.41) not far behind. Others to impress were Nicole Joyce 20.44 (25 seconds quicker), Mariana Hernandez 21.07 (52 seconds quicker), Melinda Sharpe (57 seconds quicker), Rowena Mullany 22.23 (15 seconds quicker), Glenda Maciejowski 22.48 (40 seconds quicker) and Wendy Rivera 25.52 (14 seconds quicker). In addition Gwenda Brokenshire 24.21 set a Female 55-59 Age Group Record on her first attempt at this course. Well done to all these KJ ladies!!

An impromptu sub junior 1km and 2km race held prior to the main race drew 15 starters. These junior KJ's enjoyed their run down to the Lagoon Restaurant site and back. As usual the nominated KJ course marshals did a good job to ensure that the race ran smoothly. A most enjoyable post race session was held in Stuart Park with registrations, refreshments and gear sales keeping many KJ members busy until dusk. In summary this day was a fine start to the new KJ winter running season.

Results:

Male: 1. Ben Dubois 16.02, 2. Paul Micale 16.09, 3. Jared Poppett 16.20, 4. Rob Battocchio 16.22, 5. Dave Pomery 16.52, 6. Quentin Morley 17.18, 7. Stephen Brown 17.18, 8. Wayne Montefiore 17.19, 9. Jonathan Hall 17.28, 10.

Peter Evans 17.33.

Female: 1. Sue Mulready 17.55, 2. Lucie Richards 18.47, 3. Claire Fraser 19.07, 4. Suzanne O'Brien 19.27, 5. Vanessa Kearney 19.41, 6. Paula Crinnion 19.41, 7. Nicole Joyce 20.44, 8. Mariana Hernandez 21.07, 9. Carolyn Dews 21.08, 10. Sandra Toth 21.12.

8Km Sheaffes Road West Dapto Saturday 31 March 2001

The first West Dapto race of the 2001 Winter Series produced a new record attendance at any venue. There were 167 runners, beating the previous record of 163 runners at West Dapto on 8th July 2000. The testing Sheaffes Road course with its 2 hills is a popular KJ run. The runners were treated to some excellent weather which allowed many of them to record top times.

Paul Micale ran the fastest time in 26.14 with Mark Scott 27.16 second showing the benefits of his summer triathlon training. Jonathan Hall 28.06 was third, reminding everyone that he has kept his running form in good shape. Next came the consistent Quentin Morley who just shaded Rafael Moriana with Garry Wheeler not far back. Peter Evans, who celebrated his 50th birthday only a few days earlier, ran his normal solid race and smashed the Male 50-54 Age Group Record by 55 seconds to just shade Chris Richards and Bronte Blay in gaining Top 10 finish Elite points.

Other eye catching runs came from Phil Leishman 30.05, Alan Onions 32.47, Bill Williamson 33.11 (warming up for the World Veterans Championships), newcomer John Rosenzweig 33.27, Ed Bedzinski 33.32, Hiro Asano 33.43, Neil Birch 35.05 (back after a 12 month spell), Jim Hennessy 36.16, Kevin Raines 37.07 (setting a Male 65-69 Age Group Record), Tony Maloney 39.39 and Peter Buckman 42.08 (great front running effort to keep the field at bay).

The fastest lady was Suzanne O'Brien 31.54 just ahead of Vanessa Kearney 32.00 and Sandra Toth 33.39. Nicole Joyce, Karen Ryan, Lauren Whitehead and Melinda Sharpe all ran well to record good times. Other KJ ladies to impress were Michelle Leffley, Carolyn Dews 35.30, Lee Fanning 36.23, newcomer Rani Ritchie 37.39 (handicap winner), Julie Whittington 38.19, Diane Birch 42.01, Wendy Tranby 43.14 and Lynn Tague 45.12. A great start to the year by these KJ ladies!!

As usual the course marshals, timekeep-

ers and recorders did a fine job in making this race both safe and enjoyable for all runners. Many KJ's stayed on to partake in the afternoon tea and biscuits after the race and conclude another excellent KJ event.

Results:

Male: 1. Paul Micale 26.14, 2. Mark Scott 27.16, 3. Jonathan Hall 28.06, 4. Quentin Morley 28.09, 5. Rafael Moriana 28.13, 6. Garry Wheeler 28.38, 7. Dave Pomery 28.40, 8. Peter Evans 28.53, 9. Chris Richards 28.54, 10. Bronte Blay 28.56.

Female: 1. Suzanne O'Brien 31.54, 2. Vanessa Kearney 32.00, 3. Sandra Toth 33.39, 4. Nicole Joyce 34.10, 5. Karen Ryan 34.24, 6. Lauren Whitehead 34.24, 7. Melinda Sharpe 34.44, 8. Michelle Leffley 34.54, 9. Cheryl Pascoe 35.06, 10. Megg Christensen 35.21.

4Km Sheaffes Road West Dapto Saturday 31 March 2001

This shorter junior race was held in conjunction with the longer race and allowed a number of our top juniors to show off their form. Jared Poppett smashed his own course record by 5 seconds with Stephen Brown edging closer to Jared each week. James Greathead and newcomer Ryan Burns ran well to be next home with Guy Cuttill, Jonathan Leggett and Scott Leedham also running good races.

Mariana Hernandez smashed the female record by 14 seconds with Melissa Burgess, Nadine Dryburgh, Nicola Hummerston and Dana Wilton all running impressively. Well done to all these girls!!

A total of 23 runners contested the shorter race, which is proving popular for those members who want an alternative to the longer KJ races. It is hoped that runners keep supporting these races in keeping with the belief that KJ's cater for everyone.

Results:

Male: 1. Jared Poppett 13.10, 2. Stephen Brown 13.23, 3. James Greathead 14.05, 4. Ryan Burns 14.49, 5. Mark Everton 15.33, 6. Guy Cuttill 15.49, 7. Jonathan Leggett 17.25, 8. Paul Netherclift 17.38, 9. Scott Leedham 17.55, 10. Ward Hummerston 18.02.

Female: 1. Mariana Hernandez 15.34, 2. Melissa Burgess 16.00, 3. Nadine Dryburgh 16.58, 4. Edy Ognenovski 16.59, 5. Nicola Hummerston 17.32, 6. Dana Wilton 18.12, 7. Belinda Edmondson 20.47, 8. Donna-Lee Jones 20.54, 9. Michelle Townsend 21.26, 10. Lyn McGregor 23.06.

RAPIDCOOL PTY LTD
AIR CONDITIONING & REFRIGERATION

The Illawarra's Cooling Influence

MARK O'KEEFE
Managing Director

4224 6882 - 4285 1852

Mobile: 0418 671 135 Facsimile: (02) 4226 2229
Email: ran@1earth.net Web Site: www.rapidcool.citysearch.com.au

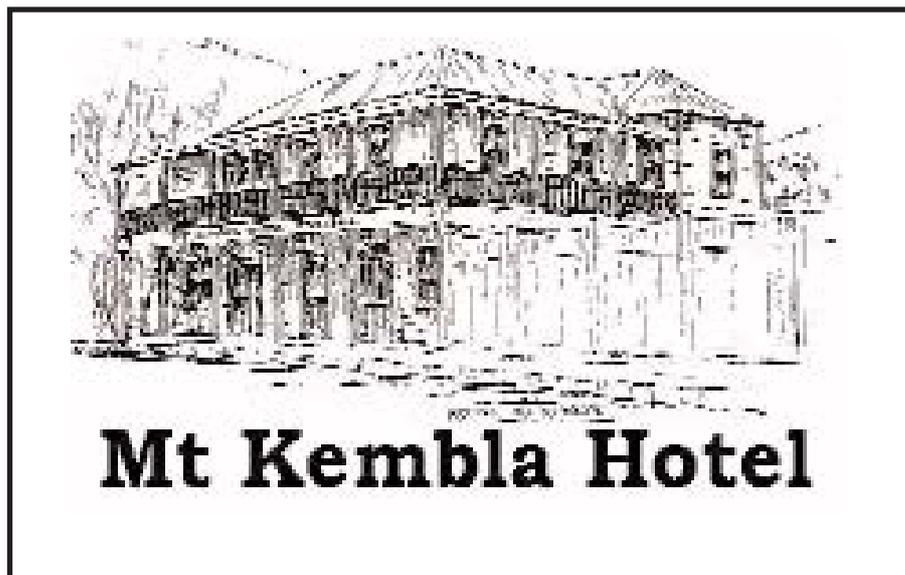
What's on at the Track?

1. Predict Your Race Time

How good are you at running and maintaining a set pace during a race? Soon you can test yourself on this as we are holding a special track race over 3km. For this race, all runners will be asked to predict their finishing time, which will be recorded. Then, all competitors will be asked to remove their watches for the duration of the race. No lap times will be called during the event either. At the conclusion of the race, the person who has run the closest to their predicted time will be declared the winner and duly acknowledged as the best pacer in KJ's. Odds on favourite for this event is Frank (Mr Metronome) Hungerford. The nickname relates to his ability to run evenly! If you think that you understand pace running, come and give Frank a challenge. It is a great way to see just what a judge of pace you really are. As with all Thursday races, the 3km will start at 6.30pm, on May 24th at Beaton Park.

2. Kembla Jogger's 10km Track Championships

This race comprises 25 laps of the track and it is, therefore, important that each competitor provides their own lap scorer, as it will be impossible for the timekeepers to do this for them. Lap scoring sheets will be provided on the night. A lap scorer can handle two runners, but please, in the interests of accuracy, don't ask them to do more than two. Current age group track champions can be found in the KJ's handbook. This championship event takes place on June 14th at 6.30pm sharp. Entry fee for the event is \$1.00.



3. The 6th Annual W-Squared Trophy Race Series

This 3km race series consists of 3 qualifying races followed by a final, all held at Beaton Park Track. Each qualifying race is a mass start with a concealed handicap system operating. Points are awarded for each race based on handicap and the top 15 point-scorers qualify for the final. Starters in the final will be sent off on their handicap time, the fastest off last. As this is a trophy event, only registered KJ's can participate in the final. Runners MUST complete at least 2 of the 3 lead up races to be eligible for the final. The handicaps will be conducted by Bill Williamson and his decisions are final. This is a very popular series so come along and enjoy the friendly competition. No one is too slow to participate. All races start at 6.30pm

and the race dates are 21/6/01, 5/7/01, 19/7/01, and 2/8/01 (the final).

Further information for track events can be obtained from Hazel and Eric Brown 4261 3985, Mark Everton 4284 5379 or Jim Hennessy 4285 0657.

Kembla Joggers Track Championships 2001

By Eric Brown

Day 1

Conditions on day 1 were near perfect for track racing. Numbers were down on previous years but the enthusiasm of the competitors and spectators made up for this. Once again the championships brought out the best. No less than 14 age group records were set or broken on day 1. The Ognenovski kids and the Blay kids taking out 4 each.

In the 100m Ken (wheels) Challinor set a fine record in the Male 50-54 age group with 13.0. The metric mile (1500m) is always an exciting race to watch and Hazel had handicapped the races to perfection. In race 1 (under 5.00) Murray Anderson set a cracking pace and got down to the business of chasing Stephen Locke's track record of 3.51 with Russell Chin in hot pursuit. Behind them Bronte Blay, Wayne Montefiore, Julian Fitzpatrick, Phil Parle and Martin Church were having a battle of their own. In the end, Murray ran away from the field, but not fast enough to break Steve's great record, which stands for another day. Murray clocked 4.01 and was somewhat disappointed. The only lady in this race was Erin Hargrave, a guest runner from Helensburgh, who ran a fine 4.42 coming back from an injury. Race 2 (5.00 minutes plus) was won by Col Steele from Terry Silvester and young Jared Blay, who set a PB of 5.28.8. In the same race Sue Scott continued on her record-breaking streak with a great 6.06.5 and Lauren Ognenovski broke the Female 11-12 age group record with a 6.53.6.

In the 400m races, Ken Challinor broke another age record scooting round the 1 lap in a sizzling 60.8. Evergreen trier, Ron Perry, was rewarded with a record in the Male 60-65 age

From Hazel's Kitchen Sweet Potato Soup with Ginger and Lime

- 30g polyunsaturated margarine
- 1 onion finely chopped
- 1 clove of garlic crushed
- 1 1/2 teaspoons finely grated root ginger
- 750g sweet potato
- 1 litre vegetable stock
- 2 tablespoons lime juice
- ground pepper

Melt margarine in saucepan and cook onion, garlic and ginger for 2-3 minutes or until soft. Chop sweet potato into chunks and add this to the onion mixture along with the stock. Bring to boil, reduce heat and simmer for 15-20 minutes or until sweet potato is tender. Transfer in batches to blender and process until smooth. Return to pan, and reheat, seasoning with pepper.

Note: Anyone with a favourite recipe to share should contact Hazel Brown on 4261 3985 or at one of the races.

Happy Birthday To.... May:

Kellie Baxter, Darren Baxter, Karen Blay, Hazel Brown, Dennis Cauduro, Joel Dent, Mark Everton, Vito Gaudiosi, Trent Goodwin, April Maciejowski, Ian McBarron, Kerryn McCann, Therese McMahon, Raelene Milne Hynes, Suzanne O'Brien, Jessie O'Brien, David Ognenovski, Edy Ognenovski (a BIG birthday!), Alistair Perry, David Pomery, Gary Poppett, Tegan Richards, Mark Robinson, Ross Sharpe.

June:

Diane Birch, Peter Buckman, Luis Cortes, Hugh Gilberg, Simon Haigh, Peter Henry, Brad Hynard, Drew Ibbotson, Julie Kirton, Andrew Krajewski (into a new age group now!), Scott Leedham, Phil Leishman, Ray McCauley, Derek Moriarty, Quentin Morley (finding good form again), Rowena Mullaney, Kevin O'Connell, Bob Ognenovski, Joe Pereira, Andrew Poppett, Bill Williamson (Mr KJ and also into a new age group).



Beaton Park stalwarts Eric and Hazel Brown looked pleased with a nice gift from the keen runners under their guidance. Good to see a dedicated squad go so well.

group clocking a nice 82secs. Jared Blay (11-12yrs) and Zac Blay (under 10yrs), broke their age records with 77.9 and 92.9 respectively, both fine efforts. Of the ladies, Lesley Simes running in the Female 35-40 age group set a record of 68.9, and Sue Scott didn't let us down setting another record of 87.4 in the Female 45-49age group. Lauren Oggenovski set a record for the Female 11-12 age group in 101.2.

Day 2

The records just kept coming on day 2 of the Championships. Another 9 records were set. The 800m saw 3 age group records broken. Zac Blay running in the under 10s, posted a time of 3.12.1, Jack Parle broke the Male 10-11 age record in 2.50.6 and Renee Oggenovski broke the Female 12-14 age record with a controlled 2.55.5.

The 200m was run in perfect conditions and some great times were recorded. Ken Challinor, on a roll from week 1, clocked a speedy 26.7 in the Male 50-54 age group. Jared Blay continued on from week 1 with a nice 33.9 in the Male 11-12 age group with brother Zac setting a new standard in the under 10s of 40.5. The ladies did not let the record breaking down with Renee Oggenovski running a record setting 32.9 in the Female 12-14 age group. It was very refreshing to see 6 years young Kelsey Cropp zooming around the track in a scintillating 43.5 secs. At around 1 meter tall and handling the tight inside lane like a seasoned champion, it was quite moving (from an unbiased Grandad's point of view) watching those little legs blur around the track.

In the 5000m, Phil Parle showed that there is still lots of improvement to come in the Physio by breaking the Male 40-44 age record with a hard fought 16.22.6 and only 1 second behind overall winner Paul Micala. Sue Mulready was the fastest female mixing it well with the men and finishing with a fine 17.26.1.

On the final night of the championships the 3km was broken up into 2 divisions. Division 1 being for athletes expecting to run under 11 minutes and division 2 for those expecting to run 11 minutes and over. In division 1 Phil Pale showed

everyone that his great run in the 5km was not a fluke by equalling the Male 40-44 age record in 9.26.6 and Sarah Burns set a record of 13.25.4 in the Female 10-11 age group. A mighty effort.

Another First for KJ's

On Thursday 15th March 2001 Kembla Joggers conducted the very first steeplechase race to be run on the Beaton Park Track. 10 athletes started in this historic race, the eldest competitor being 77 years young Max McKay. Times for this first race were not important. To be part of Beaton Park history was the main aim. For the record, Paul Micala won the race in 6.47 - see a full race report elsewhere in this issue. The steeplechase will now become a regular event in our Thursday night race program.

Beaton Park Track Scholarship

The management of Beaton Park Leisure Centre, led by Mark Bond, has donated a twelve-month scholarship to each of the Wollongong Athletic Clubs. This scholarship, worth in excess of \$700, entitles the winner to free access to all the facilities at the Leisure Centre, including physical assessment programs organised by Noreen Parrish. The offer is designed to assist in the development of a promising athlete, who has proven that they can compete at a national level in track and field events and who has

shown that they will benefit from such assistance. Kembla Jogger's recipient of this scholarship for the 2001-2002 season is Stephen Brown. Stephen has represented both his club and his school at a national level and has got the attitude and perseverance to take his achievements to a new level. We congratulate Stephen on his scholarship and look forward to watching his progress throughout the year.

KJ/ANSW Committee



**Stop Hanging Around...
Get Yourself on the Web.**

Spiderweb Design

F (02) 4295 3424 F (02) 4295 6264 M 0480 314 836

Who's Running this Show?

At one of the recent KJ Track Championship meetings a group of KJ's were assembled by Karen Blay to time the runners in the 200 and 400m races. As we all got our timepieces organised, the runners were readying for their race. I had lane 4, Neil Barnett lane 3, etc...etc. 'Bang!' went the gun and suddenly a voice yelled out "Who is doing lane 1?" After a long 'pregnant' pause (Bronte assures me there is none to report) it suddenly dawned on the Chief Timekeeper that she had given Lane 1 to herself! Good one Karen. Luckily lane 1 won by a mile and all the races ran smoothly.

The Comeback Kid!

Who ran in and won the Summer Series? Yes sir-eee... none other than the 'Comeback Kid'- Mark Everton! The one time winner of many local fun runs, a multi KJ race winner, and multi record setter of some note, has decided that timekeeping has only a certain level of satisfaction and he needs to get back to keeping the younger whipper snappers honest. Great work. Maybe it's time I took over the timekeeping? By the way his enthusiasm does not stop there. I have heard from reliable sources that he was the first to pay his 2001 membership fees and that his was also the first entry in the latest Fox crossword competition. Good to see all that motivation ripping along. Might get him to pass some over my way!

Help from Above!

What a great organiser our KJ Gary Howard is. Not only did he do a great job of arranging a super successful Summer Series, but to top it off, we now have a great new race on the beautiful sands of Port Kembla Beach. Not content with that, he had a word with the "Almighty" and an extra low tide was scheduled for 6pm of that Tuesday! Great work Gary.

Optical Illusion

Speaking of the Beach Run, what a trick was played by my eyes. I thought it was going to be 3km up and 3km back, equalling 6km. Plans changed and it became 1.5km up and back and then the same again. ie. $4 \times 1.5 = 6\text{km}$ - no problem! As we lined up to start it was mentioned that Dave Barnett was at the turn around, some 1500m down the beach. At that stage I could not see him at all (yes I know my eyes are going) but I thought 1500m on the track, that's only $3 \frac{1}{4}$ laps, no problem! Let me tell you that 1500m seemed like 3000m and as you looked up to the other end of each lap, it was not a close view. It seemed like we were running $4 \times 3000\text{m} = 12\text{km}$! Beach distances certainly are an optical illusion. But nevertheless, everyone I spoke to really enjoyed the novelty of a new race venue! I also enjoyed my first salt-water swim of the summer.

- PS. Is it true that:
- * Tony Hernandez went skinny-dipping afterwards?
 - * Wayne Montefiore set a fishing line beforehand and caught a Bream during the race?
 - * Dave Barnett really moved some 500m further down the beach?
 - * Neil Barnett swam one lap?

Was that really there?

While on optical illusions, there was quite a bit of discussion at Beaton Park lately. There seemed to be quite a range of opinions as to whether the Throwing Cage at the eastern end of the track was new.. or recently reconditioned, or had been there for years! Amazing how everyday items can be noticed or not. Just how long has it been there?

Citizen's Arrest

Don't get in front of this KJ guy! A thief with a just stolen video camera made the mistake of running away in the direction of a very fast KJ. Our lad nipped after him and bailed him up. "Are you going to give that back?" enquired our man. Trembling with fear the low down thief took one look at the strong body in front of him and squeaked out a "Yeah". He was then held onto until the police arrived and took the scumbag away. A deed well done by the KJ member. Yes I certainly would not argue the point with Dave "Strongman" Pomery. Not only is he one the fastest runners in the club he also has a vice-like grip of steel and strength to go with it! Great work Dave.

Blue Bridegroom

Is it true that a certain, soon to be wed, KJ had stitches put into his face recently and asked if the doctor could use blue surgery cotton? When the doctor enquired why, he replied that he was soon to be wed and that the bridesmaids all had blue outfits! Good one Dylan Forbes. A very noble gesture!

PS. The stitches were a result of another bike accident. That bike racing is certainly a dangerous and expensive sport. Yes KJ's fees went up by a massive \$5 but bike racing fees went up by \$30 to \$160 pa AND \$5 per race!

Strapped for cash

The previous item could explain why, after I pulled up at the track recently I was ambushed by a fast runner who had left his wallet at home. No problem. I lent him the cash and assured him this incident would not make the Fox. Good on you Dylan!

PS. I don't believe the rumour that the purse strings have been drawn as part of a pre-nuptial agreement. Nor do I believe the one that Dylan had to guarantee to run 3 track races in 2001 before the blissful day? I know he has been concentrating on the bike in recent months but Vanessa is such a lovely person I know she would not make Dylan do such a thing. Good luck with the Tassy wedding!

The KJ Wave

Isn't it nice when you are running along and you get a friendly toot on the horn and a pleasant wave (much better than the treatment dished out to cyclists!). I have struck a spate of them recently, which is unusual in my neck of the woods. I always wave back but usually I am unsure of who it is. I mean, there is Wayne Montefiore tooting away from the passenger seat of his daughter's car, Wendy Rivera from the passenger seat of hubby's car, and Andrew Krajewski nipping along in his car. And of course they are invariably on the other side of the road. I can never miss Tony Maloney though. He almost comes to a complete stop as he approaches me and then gives the friendliest toot and wave. It always makes me smile and make the run feel a bit better. Finally,



The Comeback Kid, Mark Everton in official dress mode.

Allan Onions pulled up alongside me for a chat the other day and I was surprised his car would go that slow, but talk we did. Thanks everyone. It is nice to get a cheerio! Thanks one and all!

Hyundai Man

It seems we have another long-time keeper of running logs. This fellow has had one for almost 30 years and has just run some 80 000 km over that time (almost up to the 100 000 km warranty on the Hyundai). However he has had a fight with a heavy-duty wooden ladder recently which in turn has reeked havoc on his sciatica. He assures me he has placed a "never to be used again" sign up but I was not sure whether he has hung it on his legs or the ladder? Nevertheless, not too many KJ's could claim to have racked up that many km, or to have kept it up for so long. I am sure he'll be back. Well done Brian Mannix!

Maurice Green spotted at the Puckey's Race

As I warmed up before the 1st race of the Winter Series I noticed many new faces, a staggering amount of very fit looking bodies, and numerous legs that looked ready for speed. But as I glanced westwards I thought I saw smoke. Sure enough the dry grass was burning. The reason, a KJ was doing 100m sprints that were setting the place ablaze. I just could not believe the speed of leg rotation. I thought that this fellow is ready for a blitzing run. Sure enough he did run well. Welcome back Bill Agnew! Must get some secrets off you!

Was it Mir?

At Beaton Park recently there was a noticeable lack of runners from the previous week's races. The race went ahead but people wondered what had happened. Then it dawned. Stalwarts, Hazel and Eric Brown were not present. Is it true that they had gone to pay homage to the Mir Space Station? No apparently not. It was their annual vacation to Yamba. How they fought the floodwaters I do not know. But I do know that the following week there were many more bodies present. Maybe the Browns have an almighty presence that

brings in their followers? But I do know I ran my race and quickly got home to view Mir making it's final visible presence across the night sky at 8.10pm. In fact at its vertical height it sparkled a final twinkle to all the KJ members! A sight to behold!

The Jenny Craig Award

After El Presidente winning the award in the last Fox I have taken a closer look at current members and I thought that the hard-working club treasurer, Dave Higgins alias 'The Echidna', had it in the bag. But, then I spotted the ever-improving Darren Baxter. If Dave has lost 10 kilograms then Darren has lost at least 15. Well-done lads! They have both improved their running times recently with Darren putting in some outstanding times on the track.

PS. I could not find the 5kg that Garry Wheeler has supposedly put on over summer. His female companion reckons she has fattened him up on her favourite food. Chocolate! I think her maths could be out somewhat. 50g maybe, but nowhere near 5kg! What is larger though is Garry's ever-present smile. It has gone from large to gigantic. Something is obviously tickling his fancy these days! But it has not slowed him down! Could he be the first KJ ever to win the Athlete's Athlete award three times? In succession too!

Who is the Target for 2001?

At the start of the season someone asked me who I was going to "target" this year. Actually I never target anyone. Items just seem to fall into my possession and then I am obliged to make comment upon them. But in reality it is always beneficial to them in the long run. In 1999, Paul "Dickey Knee" Micale seemed to be mentioned frequently. Now he is running like a true champion. Dave "Echidna" Higgins popped up last year and now has lost heaps of weight and is regaining form rapidly, not to mention doing a champion job as KJ treasurer. In the last issue of the Fox no one seemed to be overly mentioned.. BUT.. since then, one person's name has been mentioned to me right, left, and centre. So here we go with....

The El Presidente's Column. Saved by the new KJ Cap

Who was that KJ that was nabbed travelling back from a recent KJ race? Apparently he was doing 109 in an 80 zone! 1km short of an automatic 3 months suspension! Yes, the "Interceptor" in his ZR8 spotted the speedy KJ, chucked a quick U'ey, chased and then pulled this KJ up. The lad in blue spoke to him, pointed out the error of his ways, looked at the new KJ cap, his running outfit and took pity on him. Mercifully, he let him off with a fine for less than 15km over the speed limit. A saving of many \$\$\$ and many points. I reckon we had all better get caps. But who was it???... Sorry I promised..... 'Mums the word!'

Just Who Was That?

Who was that fast young runner who thought he could slip his name into the 11.30+ group of the two races for the 3000m championships? Hazel only had her eyes off the clipboard for a moment and 'voila', someone tried to slip under the bar. Good try El Presidente... but you have to be smarter than that to fool our Hazel. She

knows how you've been running even if you haven't been to the track or any other KJ race in the last 12 months. She has a network of spies that can catch you doing hill reps up Hill 60 at midnight! Remember those pre-dawn runs that Kevin Goodwin used to take, those nude bush runs that Monkey Man and Jules do for fun, even those secret 3-hour Canberra training runs that the president does, well they all get spotted and relayed down to our Hazel. She is on the ball 24 hours a day, 7 days a week. Maybe next year Neil... but you still ran well. Albeit straight after that SA holiday.

Group Runs

There is a lot to be said for joining in an organised group run, but BEWARE. As I found out the other week, there are pitfalls. You have the pace setters like Wayne Montefiore that like to run at an even pace that is slightly above your comfort zone, then there are the elbowers, try running alongside Steve Matthews for a while and you'll soon discover how quickly your ribs can get sore, and how about Neil Barnett who knows every 100m distance from Stuart Park to Otford.

"Hey, that was the 8.7km mark!"

"What was?"

"Didn't you see that squashed snail back there?"

But seriously, a group run will force you to make a commitment and the time and distance will pass easily. But if only they would wait for an old fellow like me at the water taps! Good one lads!

Track Mathematics!

Who was the guest starter at the track recently? We were all ready to start and heard the usual blurb about upcoming events and for finishers to finish in lane 2 to make life easier for Chief Timekeeper Hazel Brown. Then came the addition "Those runners doing the 2000m don't you also forget to finish in lane 2". Mmm... Now 3km on the track is 7.5 laps, so you start at the 200m mark... BUT 2km is exactly 5 laps, so you would need to start AND finish at the start line! As you have probably guessed, everyone did 3km! Ten out of ten for starting pistol competency, but zero out of ten for arithmetic. Good one El Presidente!

Car-Eating Horse!

Who was the KJ that generously left his car near the fence of those gigantic Clydesdales at West Dapto recently while he was out on yet another 3 hour run? The horses took a closer look at this "fast" car. The KJ arrived back in time to see the largest beast slobbering and trying to eat his rear side panel. Just what does the President wash his car with? Luckily most of the teeth marks will polish out!

Oops!

I had just been told that I had finished 74th in a recent race when I was handed the 76 tag. No worries said a prominent KJ committee man, "there are a couple of lost tags". As we approached the recording tables I heard an "Oops" coming from this same person. There in his hand were the 71, 72, and 73 tags! Good one Neil Barnett. But then I guess that fitted in with his pre-race appearance. I enquired about his handicap time only to note that he had not 1, not 2, but 3, yes 3, handicap labels stuck on his shorts! I have heard of split personalities



Russell "Monkey Man" Chin and Dave "Citizen Arrest" Pomery enjoy themselves away from the fast pace of the track. Merely replacing the lost fluids from their gruelling training regimes.

before but 3 races in one is an interesting proposition. I guess one would always be a winner! Good one Neil.

Blind Freddy

I recently left some Novotel brochures (A4 size mind you) on the windscreen of a KJ member late one Thursday night at Beaton Park. I was surprised when they were returned a week later and was thanked and told that he had not noticed them on his windscreen until the next morning on his way to work! How did he get home I thought. I had deliberately left them on the driver's side section of the windscreen and they must have obstructed 50% of the driver's vision! Maybe "Blind Freddy" is one of the multi-personalities mentioned in the previous item. Amazing driving El Presidente!

But.....

What a Handbook!

"Such professionalism!"

"Great work!"

"Looks fantastic!"

These are just a few of the comments I have heard about the inaugural KJ Handbook. I know that it was a team effort but whose idea was it in the first place? Who is not satisfied with the KJ's winning the Athletics Australia Award? Who spent countless hours on the keyboard, on the phone and on the e-mail? Of course, El Presidente! Yes, our Neil just keeps on getting better and keeps up a mighty effort for the club! He is involved in many areas of the club besides being a very long serving president. Give some thanks when you see him out around the traps. Congratulations! Well-done Neil! Take a bow!

Cheers Peter E

The Marty Church Files Want to Run Faster?

The idea for this article originated from a work colleague of mine who told me "I'm running lots of miles but I don't seem to get any faster. I just run the same pace whatever the distance." My friend is a KJ member who has recently become a mum and loves her running. She doesn't want to beat the world but just wants to run a bit faster than she is at the moment. After offering some suggestions I began thinking that perhaps there are other KJ's out there who, just like my friend, want to run that little bit quicker.

In order to run faster, one has to train faster. No, that certainly doesn't mean that we have to go down to the track twice a week and train with the guns like Bronte Blay and Dave Pomery. Many of us don't want to, don't feel confident enough, or don't have the time to fit in track sessions. Juggling time between one's job, home and family can be time consuming enough without having to fit in "the track session" on a weekly basis. For the social or beginner runner, the idea of churning out laps on the track can be frightening.

However, all of us leave our homes to have a run and this is the time we can use to train faster. Once a week is all it takes. Below, I have outlined a number of sessions which can easily be incorporated into your normal training week. You don't have to go anywhere special to complete them nor do you have to purchase any spikes or fancy clothing. Just fit the sessions into your normal training routine. For example, you may go out and run around your block or your local park three times each week at an easy pace. You don't have to do an extra run, merely change one of your easy runs to one of the sessions outlined below. You still run around the block or around the park but you now do it at a different pace.

1. Hard / Easy

Once you have run at an easy pace for about 5 minutes, increase your tempo to a pace that you feel is slightly quicker than what you would run a 10km race in. For those who don't run 10kms, your pace should be slightly quicker than what you feel you would run a 5km race in. Hold the increased pace for 3 minutes. Once the 3 minutes has elapsed, slow down and run at an easy pace for 4 minutes. The 'easy pace' may be the pace you normally run at or perhaps even slower. After 4 minutes of running easy, increase your pace again to what it was when you previously ran harder. Again, run at this increased pace for another 3 minutes before slowing down and running easily for another 4 minutes.

If you are not used to this type of running, you should probably only attempt to increase the pace for the 3 minutes on only 2 or 3 occasions during the session. As your fitness increases, you can either increase the number of faster pace parts in your run, or decrease the amount of time you spend running at the easier pace. Instead of 4 minutes of easy running, try for 3 and a half, or even 3 minutes.

2. Hill Surging

This is an ideal way to ultimately run quicker times during your races. Find a run where you can include some hills. They don't have to be the Mount Everest type of hill, gradual inclines will suffice. Include 4 or 5 of these hills during the course of a normal 30-minute run. Start by running at an easy pace for

about 5 minutes and then find one of those hills/slopes/inclines. Run up the hill a bit faster than what your normal easy training pace is. Get to the top (or a point about 300 metres or 1 and a half minutes up the hill) and run easy again. After about 5 minutes or so of easy running, find another hill and do it again. Finish off your run with 5 or 10 minutes of easy running.

3. The Out-and-Back Run

How many times have we reached the halfway point of a race and been stuffed? Absolutely leg weary shattered. This session will fix that problem. All that you are required to do is locate a course where you can run to a point and then turn around and run home. Ideally, that turn around point will be about 3 to 4 kilometres away from home. Start by running at an easy pace to your turn around point. Once you reach the turn around, run back home in a quicker time than it took you to run out.

There is no special formula on how much faster you should run home. Just make the trip back home at a quicker pace than the one you took going out. That's it. Simple! After you return home don't just stop. Your body doesn't like sudden stops without some sort of cooling down. Make sure you carry on running slowly or walk for at least 5 minutes.

4. The Steady Run

Go out and run for 20 minutes at a pace slightly slower than you feel you would run a 5 kilometre race in. For example, if it takes you 25 minutes to run a 5km race, which equates to 5 minutes per kilometre, then your 'steady run' should be based on running for 20 minutes at a pace, which is slightly slower than 5 minutes per kilometre. By slightly slower I mean a pace of about 5 minutes and 10 seconds for each kilometre, but only for 20 minutes. Make sure that prior to your 'steady run' you warm up for 5 minutes and conclude the session with a 5-minute easy run as well.

It is imperative that for the social runner or beginner, that you only do one of the above sessions per week. The sessions are definitely harder than just going out and running easy and they will fatigue the body. For those who may run 5 days each week or more, 2 of the above sessions can be attempted. However, don't do these sessions on consecutive days. Remember the easy day/hard day/easy day principle.

All of the above sessions I have outlined are sessions that I have undertaken in the past and continue to include in my training today. They are sessions that you don't have to travel anywhere special to do and they can be done on your own or in a group. If you go for a month or so doing one of the above sessions on a weekly basis you will notice yourself getting fitter, running stronger and ultimately running quicker times. All of the above sessions will make you RUN FASTER come KJ's race day.

Martin Church.

Six Foot Track Marathon By Ray Wales

On the first Saturday in March, Glenn Hayward, Dave Raymond and myself left Wollongong at 4:30am, to drive to Katoomba for the annual 46.6km run from the Explorer's Tree to Jenolan Caves. Geoff Stalker had also made the journey with Mark Everton, who was there in support. Amongst the crowd gathering

at the start were our old friends, Garry Womsley and Roger Mar, who sometimes catch a train down from Sydney to run with KJ's. Tea, coffee, and damper with honey or golden syrup were available for anyone needing a boost before they set off into the Megalong Valley.

With 500 runners there was a two wave start. I drew the first wave with Glen and Geoff, but I would have been happier starting at the back of the second wave. During the week there had been a lot of bad weather with a lot of rain falling the night before the run. This made for a cooler day than we had expected but there were plenty of large areas to get your feet totally wet once you were in the Megalong Valley. I just tried to cruise to the Cox's River and was overtaken by Dave, who was able to run with a camera and take photos as he went along - very talented.

Cox's River was running strong enough to have us all hanging on to a rope as we crossed, with water up to our chests, to make the first checkpoint. From here on the next 10km is so steep the majority of runners don't even think about running. My plan was to just keep in front of the cut-off time and then get running after checkpoint number two.

However, even the best of plans can go astray. A girl, who had come down from Brisbane and had been left for dead by her mates, was struggling to even walk up the hills leading from Cox's River to the saddle. Another runner suggested that we take an arm each and walk her up the hill, just like a patient in a hospital. This got her over one section and to an aid station, where we all grabbed some fruit and drink. The other guy wanted to get going so I said I could hang with her until the next checkpoint, as the worst section was still to come.

While all this was happening, Geoff Stalker had already gone through the Cox's River in sixth place, Glenn was motoring, and Dave was cruising with his camera. The hill from Little River to the pluviometer where the 27km checkpoint is located, has to be experienced to be believed. The girl was having so much trouble walking up it that we ended up holding hands and I pulled her up the hill. A group of other girls on the hill with us were giving heaps of encouragement but none of them offered to take over or give her a push. We made it to the top within the cut-off time. I said I wanted to get going so she thanked me and we shook hands.

The plan now was to get into a nice slow jog and finish off the rest of the run. However, around the 32km mark I started to run out of gas and had to start walking, then jogging, and then walking again, all along Black Range. Up in front, Geoff Stalker had developed back problems and decided to pull out at the Cave's Rd aid station. As I struggled towards the next checkpoint, who should appear next to me, running so much better than I was? It was my female friend from Brisbane who I had helped up all the hills. She said she had had a good rest at the last checkpoint and was feeling heaps better. Off she went onto the last 10km stretch as I struggled to avoid throwing in the towel.

I crossed the finish line at Jenolan Caves 6 hours 46 minutes after the start, to the cheers of the crowd and with high fives from Glenn and Dave. Glenn had included a copy of the Trading Post with his gear, which had been sent to the finish. He knew he would have plenty of time to read it before I turned up. Dave had

KJ Events May

- 12 KJ's Winter Series 16 km - 2pm West Dapto.
Alternate Race 3 mile.
- 20 KJ's Winter Series 8 km - 11am Cataract Scout Park (BYO BBQ).
Alternate Race (Junior Pointscore) 4 km.

June

- 2 KJ's Winter Series 10 km - 3pm Mt Kembla
Alternate Race (Junior Pointscore) 5 km.
- 9 KJ's Winter Series 7 km - 3pm Mt Kembla (A C Mitchell Memorial Trophy)
- 24 KJ's Winter Series 21.1 km - 8am West Dapto (Tom Miskelly Memorial Trophy)

Other Fun Runs May

- 6 Sri Chinmoy 10km & 15km - 8am Leichhardt Park
- ## June
- 10 Woodstock Runners Community 8km Fun Run - 8:30am Church St, Burwood
 - 24 Gold Coast Marathon 42.2km

July

- 1 Shoalhaven King of the Mountain (32km) and Ultramarathon (46km) - 8am Cambewarra School
- 4 - 14 14th World Veterans Athletics Championships - Brisbane, Australia.

showered and was looking to buy a beer. I found my gear and headed for the showers, which were in Cave's House.

In the bathroom I went into, a girl was running a bath and pink toenails could be seen under all the shower doors. One of the guys with me asked whether we were in the right room. Several female voices replied saying we were but that they had taken over. When they had finished and were handing back the showers, it turned out that they were the girls who had offered moral support to the Brisbane girl climbing the hill to the pluviometer but had left me to drag her up the hill.

Another good run completed along with some great people.

Results

(KJ's and other local runners)

Andrew Lloyd	4:26:23 (ex KJ)
Glenn Hayward	5:18:52 (received a buckle for completing six runs)
Elouise Peach	5:31:31 (local)
Dave Raymond	5:32:28
Mark Causer	5:50:47 (ex KJ)
Gary Womsley	5:54:00
Ed Bedzinski	6:01:18
Ray Wales	6:45:46
Roger Mar	7:02:55
Geoff Stalker	dnf

Mountain Training Run - Sandon Point to Broker's Nose and return

Sunday 17th June

If you want to try something different, a couple of guys in the club are having a mountain training run. The run will start at Sandon Point, run along Point St to the Highway, cross the Highway using the new foot bridge and head towards the escarpment on Hobart St. Once in the bush the run will follow the fire trail that links Bulli Pass with the old Corrimal Colliery. At Rixons Pass the run will ascend to the top of the escarpment. Once up the top, the run will follow the tracks to Brokers

Nose. It is an out and back course so the return journey will retrace the same route back to Sandon Point.

This is not an official KJ run. The course will be marked with signs and you need to carry your own water. It is simply a run for those who want the challenge of running up the escarpment. Lots of KJ's use the escarpment for running already. This run might get a group together who are interested in a challenge.

For more details contact Geoff Stalker (4627 1246), or Ray Wales (4283 1148 or e-mail: rwales@telstra.easymail.com.au).

2001 Fit for Life Relay Hamilton New Zealand 12th, 13th and 14th October

A team event for runners of any ability.

Teams of ten running 100k each day.

Teams start on handicap.

Contact Ray Wales

Phone 4283 1148

e-mail: rwales@telstra.easymail.com.au

(or ask any KJ's who competed in 1996 or 1999)

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/

Kembla Joggers Club Contacts 2000

Committee:

President	Neil Barnett (h) 4272 6818 (w) 4275 7469 0419 256 047
Vice President	Eric Brown4261 3985
Secretary	Wayne Montefiore
Asst Secretary	Peter Evans4297 0082
Treasurer	Dave Higgins4284 1317
Public Officer	Robyn Henry4256 5274
Race Organiser	Peter Issa
Asst Race Organiser	TBA
Social Secretary	Hazel Brown.....4261 3985
Handicapper	Gary Howard4274 3411

General Committee Members:

Mark Everton, John Gullick, Chris Stocker, Dave Barnett, Suzanne O'Brien, Steve Plumb.

Other Roles:

ANSW	Eric Brown4261 3985
Publicity	Rafael Moriana .4296 6656
Clothing	Bronte Blay4262 2100 Karen Blay4262 2100
Fitness Five	Hans Lambert ...4271 1892
Juniors	Neil Barnett4271 3299
FOX Editor	Chris Stocker(h)4228 4635 (w)4275 4166 (Fax)4275 7801
Photographer	Peter Evans.....42970082

To Contact The FOX Editorial Staff:

Editor	Chris Stocker (02) 4228 4635 cstocker@csc.com.au
Design	Tim Morris (02) 4227 6939 tmorris28@csc.com.au
Reporters	Dave Higgins (02) 4284 1317 lesley@leath.net Gary Howard (02) 4274 3411
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 cstocker@csc.com.au

Remedial Massage

One Hour Home Visits \$20.00

Phone John 4236 0021