



# The FOX



The Official Newsletter of Kembla Joggers Inc.

Issue 3 [June] 2001



Even when there is no official junior race there are often so many juniors around that the KJ's usually run an unofficial fun run. Look at these cheerful juniors getting ready.

## President's Report



Just prior to the last issue of The Fox going to print the 2001 Athletics Australia Club Awards were announced. The good news is that the KJ's won the Leadership category from a record field of worthy contenders.

The 'Leadership' title is a bit misleading as the award simply recognises a club's performance in communicating with its members and also its level of community involvement.

I'd imagine our new club handbook impressed the judging panel in addition to our strong involvement in the staging of the Olympic Games marathons and road walks events last year. Amongst other things, the high quality of The Fox would have added punch too, so well done everyone for all your hard work. As an aside, the Box Hill Athletics Club were named Australian Club of the Year. I'm sure they'd be as thrilled as we were 12 months ago when we achieved the same.

The season is into a nice groove now and it is great to see everyone cooperating so well in volunteering to help at races and with many other things. The truth is we can always do with more help so never hesitate to offer your assistance if you can spare some time. It really DOES make a difference to how smoothly things run. The Junior Race Team is starting to gel and I would like to thank Bob Ogenovski for stepping forward to take on the Junior Race Directors role. The junior races are starting to snowball in popularity, which has everyone buzzing. Some exciting things are planned for juniors during the next few months including the Junior Development Clinics which are now underway and the launch of our KJ Flying Foxes (see the new look Junior News Page).

The Athletics NSW Winter Season is underway with some impressive performances from our KJ reps in all age-categories. Ben Dubois' 2nd placing in the Open Men's race in the NSW 10km Championships at Kurnell recently was a standout. If Ben remains injury free I'm sure there are even better things to come as the season continues. Not to be outdone, at the same event Erin Hargrave (U20) and Gwenda Brokenshire (55+) picked up gold medals, as did several of our teams including F35+, F45+, M45+ and U20 girls. Well done everyone. The KJ's were again one of the best-represented clubs which is really what

pleases me the most. We look like fielding even more teams in upcoming ANSW events from juniors through to vets so why not have a go and join in the fun as part of a KJ team.

The number of new faces at KJ events lately is staggering. So many families too, which is making for a much more social atmosphere at KJ events. Welcome to all new KJ's and we hope that this is the start of a long association with the club. And please don't be afraid to ask for any further info on KJ activities, remember a friendly committee rep is only a phone call away - just check the Handbook.

Keep those feet moving,

Neil.

PS. Oh, by the way...is there any truth in the rumour that Peter Evans' recent illness at the 10-mile was brought on by a quick study of the 55+ age group record? In particular, Bill Raimond's incredible 10-mile time!

PPS. Is there any stopping this same guy (now he's turned 50!) from hunting down every single 50-54 age group record on the KJ books? One week the 1-mile, the next 1500m, the next 440 yards, and so on. Whoever holds the 50-54 yrs egg-and-spoon record, watch out, he has you in his sights!! Seriously though, he is running very well, keep up the good work

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## Uncle Pete's TOYWORLD

### By Suzanne O'Brien

Well, here it is, the first issue of the new-look KJ Junior News. We want you to come up with a name for this column. Also we are introducing our new KJ Junior logo... what do you think? Isn't he cool? We now need you to come up with a name for him. But what is he? He's a Fox of course and the KJ Juniors will now be called the "KJ Flying Foxes". So start thinking now. Be creative, be imaginative! We will reward the best entries with some great prizes. So send your entries to our PO Box or hand to Suzanne or Paul Micale at the next KJ race. Results will be announced in the next Fox.

We have so many dedicated junior members that it is time to tell everybody about all your achievements and also add a little bit of fun. To help with keeping you informed, we ask all juniors (and mums & dads) to e-mail us with any news of junior achievements - share your cross country, athletics or any other sporting results with us.

Now, well done to all those who have participated in the KJ junior races held so far. Great efforts from those as young as 4.5 years and up to 16 years. Isn't it fantastic to see so many children enjoying themselves?

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## Mt Kembla, 14 April 2001

### 3mile

In this race Jared Poppett and Stephen Brown continued their great battle, finishing 1st and 2nd respectively and James Greathead ran a sensational time of 16.50 to

get 3rd. In the girls division, Marianna (19.13) continues to just edge out Melissa Burgess (19.23) with Nadine Dryburgh not too far behind them. Nicola Hummerston (21.08) continues to run well.

### 1km

In this race Brad Stacey (4.38) edged out Stephanie Hummerston (4.46) with Tom Joyce (4.53) a close 3rd. Megan Richards and Ronnie Maciejowski had a good duel with only 2 secs separating them, as did Sam O'Brien and Lauren Pickering. Further back, Ashley Browse ran a terrific race to finish in 8.00.

### 2km

Here another Poppett, Andrew, led throughout to win in 9.29, closely followed by Holly Tyerman (9.34) and Erin Smylie (9.44). April Maciejowski held up the family tradition of having a runner in nearly every event and ran well to record 10.07.

### 3km

This race was won by Trent Goodwin in 13.06. That made it back to back wins for Trent after winning the previous week. Gemma Bourke (13.17) and Joel Dent (13.24) made sure he didn't have it easy by being close behind. Sara Burns and Alana Yardley rounded off a small but compact field.

## West Dapto, 28 April 2001

### 3 Mile

Jared (15.55) was the first junior home and 3rd outright, with Stephen (16.26) 2nd and James Greathead (16.34) 3rd. Jared led the race until 1km to go, when Russell and Ben (the big boys!) decided to go. In the girls division Marianna (18.54), Melissa (19.02) and Nicola Hummerston (20.59) filled the placings. A good run was posted by Dana Wilton who recorded a great time of 21.27.

### 1km

Jared Blay won this race easily in 3.53 with Campbell Burke 2nd in 4.11 and Jake McCauley 3rd in 4.18. Matthew Edmondson ran strongly to record 5.07 and little Molly Mulready completed her first race in 8.13.

### 2km

Once again, Trent Goodwin cleared out to win easily in 7.04. Behind him was a great battle for 2nd, with Gemma Bourke 7.12, narrowly edging out Sara Burns in 7.14. Connor Burke (8.18) ran well and held off a pack of runners which included Nathan McKinnon (8.25), Laura Robinson (8.26) and Stephanie Hummerston (8.29).

## West Dapto, 12 May 2001

### 3mile

Jared (15.58) was the first junior home



again, followed by Ryan Burns (17.30) and Tim East (21.17). Marianna was 1st female home in 19.00 with Melissa next in 19.08. The run of the day was put in by Renee Ogenovski who recorded a great time of 22.51.

### 1km

A small field contested this race, with David Ogenovski winning in 3.56 from sister Lauren 4.10, Stephanie Hummerston 4.15 and Tegan Richards 4th in 5.38.

### 2km

Nicola Hummerston proved the surprise packet of the race, winning in 7.36. Alana Yardley was 2nd in 7.45 and Joel Dent 3rd in 7.48. As these results show, the battle to win these races is very close and very tight. The other good runs in the field were by Aaron Church (7.53), Sheree Fanning (8.14), Nathan McKinnon (8.26) and Samantha Fanning (8.44). The kids all seemed to enjoy themselves, despite the grass being a bit long and having to negotiate many potholes and cow poop.

## Cataract Scout Park, 20 May 2001

### 4km

Jared and Stephen had another of their tussles to lead the rest of the field home.



Jared ran 13.38 and Steve 13.56 with Tim East 3rd in 17.36. Marianna looks determined to win all the junior female races. She once again won in 17.00. Next was Nicola Hummerston in 17.52 and 3rd was the consistent Dana Wilton in 18.07. Christina O'Brien did her first long distance race of the season and ran well to record 24.18. The run of the day, by far was from little Grace Tyerman, who at 9 years of age ran a blistering time of 18.08. There are many adults who wish they could run that fast!

## 2km

Gemma Burke (8.05) narrowly won this race by edging out Alana Yardley (8.08), with Joel Dent 3rd in 8.23 and Hudson Bouma 4th in 8.30. The brothers Robert and Richard Brown seemed to enjoy themselves, despite a tumble shortly after the start of the race. Stephanie Hummerston finished just behind them in 9.19 and Alain Moriana was close up in 10.33.

## 1km

Jake McCauley continued his good recent form, winning in 4.35, from Mackenzie Hynard (4.40) and Kathryn Tranby (4.44). Sophie Brassell (5.01) had a good run, as did Ronni Maciejowski (5.08). Brother and sister, Sam and Jessie O'Brien, ran together till halfway then Sam took off to finish in 5.17 with Jessie next in 5.32. Ryan Paesler was close behind in 5.41 with Lara Moriana rounding off the top 10 in 6.19.

## Mt Kembla, 2 June 2001

### 3mile

Once again it was the Poppett and Brown show. After being beaten the day before in a district race, Jared bounced back, narrowly edging Steve out. Ryan Burns and Guy Cuttill ran terrific races to be not that far behind them. Marianna and Melissa continued their recent pattern of 1st and 2nd with only 10 secs separating them again. Nicola Hummerston (21.03), Dana Wilton (21.43) and Grace Tyerman (25.04) all ran well.

### 1km

Renee Ognenovski showed her rivals a clean pair of heels in recording 3.56. Her nearest rival was Mackenzie Hynard, who was 2nd in 4.31 with Jake McCauley 3rd in 4.39. Gemoine Corban ran strongly to record 5.00, Jessie O'Brien (5.47) and Lara Moriana (5.51) also had a good tussle. Georgia Campbell (6.20) and Jack Miller (6.27) also seemed to enjoy their run up the mountain.

### 2km

Alana Yardley (7.57) continued her recent good form in winning from new KJ Dean Leedham (8.03) and Gemma Bourke (8.11). Joel Dent (8.17) as usual ran a gutsy race to finish just behind the placegetters. Hudson Bouma (8.20) ran well in his first race as did Harry Brazil (10.00). Alain Moriana (10.22) outlasted Tyrone Corban (10.44) to round off a great day for these junior foxes.

## Junior Development Clinics

Are you interested in learning more about running, nutrition and fitness? Yes? Great! Well KJ's are hosting a series of Junior Development Clinics open to all interested KJ juniors, friends and of course parents. The clinics will provide junior athletes with a fun and practical approach to learning about fitness. Five clinics have been organised, each presented by qualified experts. The clinics are free to KJ members and \$2 for guests.

The remaining clinics are as follows:

**Clinic 2** - Sun 15th July, 10.20am-12pm, Beaton Park - Improve your Running Style.

**Clinic 3** - Sun 5th August, 11am-12pm, Wollongong Uni Rec Centre - How to Stay Injury Free.

**Clinic 4** - Sun 9th Sept, 10.20-11.30am, Wollongong Uni Rec Centre - Food For Junior Runners.

**Clinic 5** - TBA -Mystery Star Athlete Guest Speaker.

To enrol, contact clinic organiser Rob Battocchio on 0413-862676 or Neil on 4272 6818. For more info look on the KJ Website.

Now let's meet some of our juniors. We look forward to meeting more KJ juniors in the next issue.



**Melissa Burgess**

Age	12
Favourite hobby	P l a y i n g drums
Dislike	School
Favourite TV show	Home & Away
Favourite Music	Destiny's Child
Favourite Sport	Running
Favourite Sportsperson	Kerryn McCann
Favourite Food	Pasta
School	St Mary's
When I grow up I want to be	A marathon runner



**Jared Poppett**

Age	16
Favourite hobby	Woodwork
Dislike	Paul Micale (ha! ha!)
Favourite TV show	Just Shoot Me
Me	and Everybody Loves Raymond
Favourite Music	Too hard - pass
Favourite Sport	Running
Favourite Sportsperson	El Guerrouj
Favourite Food	Pizza
School	Kiama High
When I grow up I want to be	A hero



**Tyrone Corban**

Age	11
Favourite hobby	Kickboxing
Dislike	None
Favourite TV show	Blue Heelers
Favourite Music	Blink 182
Favourite Sport	Tennis (my mums a tennis champ)
Favourite Sportsperson	Ian Thorpe
Favourite Food	Ice cream
School	TIGS
When I grow up I want to be	A Sports Physio



is very important that we put out our best male and female teams on the day.

The relays are not just for elite athletes. Kembla Joggers will also put in a number of teams in the men's and women's jogging categories catering for runners of all abilities. This is the heart of the club and we are looking for a good response from KJ members whether you are young, old, fast or slow.

If you want to be part of the club and have a great day out this is it. Already names are coming in and ex Australian champion, Vito Gaudiosi, is looking at fielding a team of boxers from his entourage, to keep any disputes with other clubs at bay on the day of the race. Another possibility is a team of over-60 members building on the 10x1-mile world track relay team record set in 2000.

A coach will be leaving Western Suburbs Leagues Club at 4.00am - yes 4.00am - because the race starts at 6.00am from Chatswood. It will pick up by arrangement through the northern suburbs on the way. It will be driven by Andrew Rutty, ably assisted by Ray Wales as relief driver while Andrew powers along on one of the relay legs. Others may like to arrange their own accommodation or transport to Sydney as per previous years.

Please give names and deposit of \$10 to either Dave Barnett, Peter Evans, or Dave Higgins as soon as possible so that a top day for this very worthy charity can be organised in the best way possible. You don't have to run either - you can come along and support your club by cheering on the various teams to victory.

## Hopetown Relays

The countdown for the Hopetown Long Distance Relays is now on. "Ask not what your club can do for you, but what you can do for your club". Yes! This is the time of the year when we are looking for committed club members to pull their weight and represent the KJ's in a number of teams that we will be entering in this year's Hopetown relays to be held on Sunday, 26 August 2001.

Each male team will consist of 10 members and each female team will consist of six members. We will be entering teams in the Open Male ANSW and Open Female ANSW championships. Currently we are travelling close to the lead in the ANSW Club championship so it



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## 2001 - 2002 Membership Report Update

They still keep joining!!! As at 9th June 2001, Kembla Joggers has 370 members, comprising 272 renewals and 98 new or rejoining members. Please welcome the following 40 new members who have joined in the last two months:

Patrick Navin	Jake McCauley
Cathy Hewitt	Peter McKensie
Kathy McKensie	Tim McKensie
Alicia Dunning	Campbell Burke
Sarah Mycroft	Sandra Laws
George Mackinlay	Rachel Coppola
James Thornton	Julie Gooding
Sophie Brassel	Alexandra Brassel
Erin Hargrave	Hudson Bouma
Richard Brown	Robert Brown
Dean Leedham	Krystalla Campbell
Berry Campbell	Nicholas Brazil
Anne-Louise Brazil	Matilda Brazil
Harry Brazil	Elsie Brazil
Michael Corban	Lisa Corban
Jermaine Corban	Tyrone Corban
Chanel Corban	Darren Gordon
Larissa Takacs	Simon Kunkler
Paul Kunkler	Lesley Goff
Richard Jones	Brad Gullick

## World Veteran's Championships July 4th to 14th 2001

Several of our members will be traveling to the warmer climes of Brisbane soon to compete against the world's best athletes in their relative age groups. The World Vets championship is always very well attended and the last time it was held in Australia in 1987 in Melbourne, many KJ's were there, along with close to 7000 other athletes...yes, it's bigger than the Olympic Games.

The following KJ's have indicated that they will be competing for Australia: Phil Parle, Derek Moriarty, Noreen Parrish, Tony Hernandez, Chris Stocker, Raf Moriana, Jim Hennessy, Bill Williamson, Kevin Raines, Max McKay, Phil Monahan, Joe Novy and Brian Mannix.

Good luck to all of you and to any others that we have overlooked. Hope that you bring back some PB's and a story or two for the FOX.

## What a Difference a Day Makes By Wayne Montefiore

Towards the end of the 2000/2001 KJ Summer Series, Peter Evans admitted that he was in a serious form slump. In his mind, the strenuous daily cycling and running workouts were getting him nowhere. The body (all 60kg of it) just wasn't responding like it used to. Old nemesis Raf Moriana, just back from an overseas trip to Canada and badly out of form himself, was giving Peter a hard time on the track and road. Again there was talk of retirement (not from work silly...he's a pri-

mary school teacher) to devote himself to less demanding pursuits like gardening, flower arrangement and taking his charming wife Helen shopping.

However, all the talk of retirement stopped on 26th March 2001, the day he turned fifty. Peter's mind and body amazingly healed itself, and he once again set out to re-write the KJ record books.

Since turning fifty, Peter has set five track and three road Age Group Records (AGR) - see below. He has also finished in the top 10 in four of the five KJ Winter races he has contested since his birthday. The only blemish on Peter's recent form was his late withdrawal from the West Dapto 10 mile race. One scurrilous wag suggested that this was because Peter had no chance of beating Bill Raimond's outstanding 54.29 AGR (25/5/91), but I don't believe that for a minute!



## Athlete of the Month

### Ben Dubois

A runner with a great deal of talent, Ben Dubois, has demonstrated on many occasions the ability to scorch along and achieve some amazing times. In 1998 he broke the longstanding record time of Dave Pomery for the 3 miles at West Dapto with a phenomenal time of 14:01 - it works out at 4:40.3 per mile!

Since then, injury on occasions has prevented Ben from showing his true potential. This year he has taken a relative back seat and has quietly built up his fitness and form finishing a creditable fourth in the "Fitness Five" in a time of 15:14. When he lined up for the ANSW 10K Road Championships on the 19 May at Kurnell in wet and windy conditions few if any expected that Ben was about to produce one of the runs of the year. Tucked in at the back of a small leading bunch with two kilometres to go Ben was the only one to respond to Australia's top steeplechaser, Martin Dent, when he made a decisive break.

Ben hung on to his heels all the way to the finish coming in only a few metres behind in second place. When you consider Ben's time of 30:48 and the fact that he left the best runners in the State in his wake, it was truly a remarkable run, fully deserving Athlete of the Month.

### New Track Records:

29/3/2001	3K	9.54.6
03/5/2001	1K	2.58.5
10/5/2001	2K	6.29.1
17/5/2001	1500M	4.41.8
31/5/2001	1 Mile	5.07.3

### New Road Records:

31/3/01	West Dapto 8K	28.53
14/4/01	Mt Kembla 7 Mile	40.56
20/5/01	Cataract 8K	30.05

Congratulations to a great competitor and supporter of the KJ Club. What a difference a (birth)day has made.

## Updated Pointscores

### Winter Championship:

1.	Tony Maloney	1094
2.	Steve Mlacic	1084
3.	Kevin Raines	1083
4.	Graeme Smith	1040
5.	Raf Moriana	1037
6.	John Wilton	1016
7.	Ray McCauley	960
8.	Diana Birch	952
9.	Suzanne O'Brien	938
10.	Pasco Coppolaro	917

### Elite Male:

1.	Raf Moriana	42
2.	Paul Micale	38
3.	Russell Chin	34
4.	Ben Dubois	28
5.	Garry Wheeler	20

### Elite Female:

1.	Suzanne O'Brien	50
2.	Sandra Toth	36
3.	Nicole Joyce	32
4.	Sarah Mycroft	25
5.	Paula Crinnion	19

### Junior Championship:

1.	Dana Wilton	384
2.	Stephen Brown	353
3.	N. Hummerston	301
4.	Jarred Poppett	274
5.	M.Hernandez	256
6.	Tim East	219
7.	Vaness Reid	213
8.	Melissa Burgess	191
9.	Scott Leedham	181
10.	J.Greathead	172

### Junior Male:

1.	Jarred Poppett	50
2.	Stephen Brown	45
3.	J.Grethaed	24
4.	Ryan Burns	22
5.	Guy Cuttill	20

### Junior Female:

1.	M.Hernandez	50
2.	N.Hummerston	39
3.	Melissa Burgess	36
4.	Dane Wilton	33
5.	Vaness Reid	18

## 7 Miles Mount Kembla Saturday 14 April 2001

On a fine cool day a large field of 74 runners tackled the traditional Mount Kembla 7 mile course - a tough run with several arduous hills on the way out to the bottom of the western end of Windy Gully hill and return.

This did not deter the back markers with Russell Chin (37.07, Male 20-24 Age Group Record) and Ben Dubois (37.47) displaying good form to record all-time Top 10 times, and Rafael Moriana (40.49) and Peter Evans (40.56, Male 50-54 Age Group Record) disputing 3rd fastest time also with great runs. Newcomers Greg Hatfield, Mark Jamieson and Matt Jamieson kept experienced KJ's Rowan Allnut, Greg Learmonth and Geoff Stalker honest, with each breaking 44 minutes. Other top times were recorded by Steve Tyerman 45.26, Patrick McPhillips 49.08, Rob Scibberas 49.43, Ian Tague 50.09, Jim Hennessy 52.55, Dave Church 55.43 and Peter Buckman 62.04.

Suzanne O'Brien (46.10) and Fiona Campbell (46.58) were the fastest KJ ladies with both recording all-time Top 10 times. Sandra Toth (48.40) and Nicole Joyce (49.26) ran strongly to fill the next two places with sub 50 minute times. Other KJ ladies to impress were Megg Christensen, Julie Whittington, Wendy Tranby and Anne-Marie Hosie. Well done to all these KJs in conquering this very demanding run!!

As usual there was lots of action at the post run afternoon tea with biscuits in strong demand from both senior and junior runners. A grand total of 135 runners over the 5 race distances on the day indicates that Mount Kembla continues to be a most popular venue.

### RESULTS:

*Male: 1. Russell Chin 37.07, 2. Ben Dubois 37.47, 3. Rafael Moriana 40.49, 4. Peter Evans 40.56, 5. Greg Hatfield 41.20, 6. Mark Jamieson 41.55, 7. Rowan Allnut 42.38, 8. Matt Jamieson 42.49, 9. Greg Learmonth 43.34, 10. Geoff Stalker 43.36.*

*Female: 1. Suzanne O'Brien 46.10, 2. Fiona Campbell 46.58, 3. Sandra Toth 48.40, 4. Nicole Joyce 49.26, 5. Megg Christensen 52.15, 6. Trudi Sanders 52.53, 7. Kym Batten 53.24, 8. Heather Ruty 55.52, 9. Julie Whittington 56.50, 10. Vicki McPhillips 60.41.*

## 3 Miles - Mount Kembla Saturday 14 April 2001

33 runners opted for this shorter race with Neil Barnett (still sore after his great Canberra Marathon run) and Mark Everton attempting to keep the top KJ juniors honest. However they were no match for the speed men Jared Poppet, Stephen Brown and James Greathead, who all recorded sub 17-minute times. Other eye-catching runs came from John Mintoff 20.19, Robert Maciejowski 20.46, Dana Wilton 21.24 and newcomer Karen Beckers 23.35. Helen Ashton 27.14 added another Female 60-64 Age Group Record to her already extensive

list. Great times from the KJ junior females who are all improving with every run. This distance is perennially popular with KJ's and is a great alternative to the longer Mount Kembla race.

### RESULTS:

*Male: 1. Jared Poppett 15.58, 2. Stephen Brown 16.23, 3. James Greathead 16.50, 4. Guy Cuttill 18.26, 5. Neil Barnett 18.32.*

*Female: 1. Mariana Hernandez 19.13, 2. Melissa Burgess 19.23, 3. Jeni Greenland 19.30, 4. Nadine Dryburgh 20.37, 5. Nicola Hummerston 21.08.*

## The Sydney Half Marathon By Neil Barnett

The 10th annual running of the Sydney Half Marathon attracted the usual fray of KJ runners last month. The weather conditions were absolutely perfect, you couldn't ask for better. Blue skies, cool temps, the slightest of breezes and no humidity. Everything was set up for PB performances, excuses would be hard to come by. But it was the usual "stiff hammies", "feeling tired", "no sleep" type of chatter that filled the air as race start time rapidly approached.

Unfortunately the 4000 limit caught many by surprise when entries were closed over 6 weeks before the gun was fired!! Some runners, myself included, had a nervous wait to see if our entries had been accepted. This is my favourite non-KJ event and one I train for all through summer, so I would have been pretty miffed if I missed out. But I guess the entry form makes it clear that it's first in, best dressed. I would have no one else to blame except myself. Also, I'd been holding on to new KJ Derek Rosen's entry form for weeks to send in with mine and I had a few sleepless nights wondering how I would explain to him that my slackness had cost him his debut Half run. Never mind, we made it. But only just. Still that's no solace to the many that didn't make it. Next year guys.

The course is by no means an easy one. The middle sections of each of the two laps feature some tough hills. First there is the steep one up Hunter St and then the long drag out of Mrs Macquarie's Chair. Fortunately the final 4km is much kinder. But most KJ's handled the course and the hills with style. The first KJ home was Paul Micale who ran 71.12 and a big PB. Paul placed 20th overall and was the 2nd local behind 10th placed Lennon Wicks. A great effort Paul.

The winners were Ben Cartwright (64.46) and Liz Miller (74.40) who only a few weeks ago won the KJ's Fitness Five. Many of us were pleased to see former KJ Jenny Hindmarsh (now living in Sydney) place 3rd amongst the women in a sensational 80.16.

Leading the charge for the KJ ladies was Sue Mulready who finished in 10th place, with a creditable time of 83.42. The 2nd KJ female was Suzanne O'Brien who ran a 3 min PB of 86.26 and finished 17th overall. Paula Crinnion ran a controlled race to be 3rd KJ lady crossing the line in 20th posi-

tion in 87.20. Filling the minor placings for the KJ males were Raf Moriana (77.20) who looked very strong early but faded a bit on the 2nd lap (still a good effort for a 40+) and Neil Barnett (78.08) who was happy to finally run a course PB.

The standout efforts included Chris Richards' PB of 78.14 (he caught up 25 seconds on me in the last 2km, and I thought I was hooting along!!), Tim Crinnion's 81.02 (how the heck did he do that, I never see him training!!), Wendy Tranby's 120.10 (this year's big improver!!), Lauren Whitehead's 95.34 (on debut!!) and Matthew Pickering's 121.08 (a divine effort!!).

The Sydney Half also incorporates the NSW Half Marathon Championships and once again our senior teams featured in many of the medals. The Open Women's team of Sue Mulready, Suzanne O'Brien and Paula Crinnion placed 2nd behind the formidable Athletics East team, which is anchored by Liz Miller. Our second women's team (Rowena Mullaney, Lauren Whitehead & Marianna Hernandez) placed 5th. Our Open Men's team moved up to take 5th place and some valuable premiership points.

The Men's 45+ team (Dave Higgins, Peter Evans, Joe Pereira, Hans Lambert) won gold while the Open 55+ team (Peter Asher, Tony Hernandez, Jim & Gwenda Brokenshire) claimed silver. In the individual age-categories, medals went to Tony Hernandez (1st 55+), Suzanne O'Brien (1st 35+), Peter Evans (3rd 45+) with Raf and Joe just missing out in their age groups.

Following the race everyone strolled (many hobbled) the short distance to the Rocks for a lovely social few hours. Some spent the time looking for bargains in the markets while most of us relaxed at the Irish Pub while enjoying the sights and tales of Derek's childhood over a few thirsty ales. Congratulations to Derek who was last back to the bus for the second year running (but he did beat Ray in the race!!).

Well done to everyone on your fantastic efforts. Remember to enter early next year to guarantee a start in this great event. Listed below are the times for KJ members. Our apologies if anyone has been inadvertently missed.

### KJ Results:

*Paul Micale 71.12, Raf Moriana 77.20, Neil Barnett 78.08, Chris Richards 78.14, Rowan Allnut 78.34, Rob Battocchio 79.26, Greg Hatfield 79.58, Tim Crinnion 81.02, Peter Evans 81.28, Marty Weston 82.22, Mathias Rasch-Halvorsen 82.30, Tony Hernandez 82.44, Joe Pereira 83.26, Sue Mulready 83.42, Suzanne O'Brien 86.26, Paula Crinnion 87.20, Bill Agnew 90.20, Jim Brokenshire 92.32, Sarah Mycroft 95.00, Lauren Whitehead 95.34, Ned Mrcic 95.40, Chris Paesler 96.28, David Higgins 97.08, Garry Womsley 97.56, Peter Asher 98.54, Greg Peoples 99.50, Gwenda Brokenshire 102.04, Derek Rosen 102.12, Rob Scibberas 102.24, Rachel Agnew 102.46, Pasco Coppolaro 104.30, Hans Lambert 104.36, Rowena Mullaney 104.56, David Church 106.36, John Mintoff 107.02, Marianna Hernandez 111.12, Ward Hummerston 111.40, Wendy Tranby 120.10, Marie Claire-Kurt 121.04, Matthew Pickering 121.08, Anne-Marie Hosie 121.24, Derek Moriarty 125.38, Ray Wales 130.58, Michael Hickman 133.40.*

## Sutherland Shire Half Marathon Royal National Park Ray Wales

On Saturday, 21st April, the Sutherland Shire Athletics Club held a half marathon and several other races in the National Park. The weather was overcast with some rain, ideal for running if not ideal for being a spectator. Louis Cortez, Diane Birch, Wendy Tranby, Marie-Claire Kurt and myself all turned up to have a run. Louis, who was on night shift, elected to do the 10k and take it easy. He was planning on running the next day in the fun run at Mittagong so he took the opportunity to enjoy the National Park and stretch the legs. Diane, Wendy, Marie-Claire and myself made the trip up to run in the half marathon.

The National Park is one of the best areas to visit with Lady Carrington Drive providing a top spot to have a long distance run. A small but happy crowd lined up for the start and were sent on their way. The course had been accurately measured and there were drink stops at regular intervals. It is surprising how hilly Lady Carrington Drive is. I was struggling to hold 5 minutes per kilometre pace over 10km and knew I had to back off a bit if I was to keep going for 21km.

We all had a good run with the Sutherland Shire Athletics Club glad to see some KJ's taking part. Marie-Claire won the over 40 women's, Diane won the over 30 women's and Wendy picked up a lucky draw prize. We all received fruit salad, sports drink, tea or coffee and a selection of cake and chocolate crackles at the finish. We were well looked after by people who were glad we were there.

What were our times? All good times! Keep this run in mind for next year.

## The Forster Ironman By Julian Fitzpatrick

As a spectator to the 5 km Asics race the day before the Ironman I was very excited and proud to be part of the Shirts Off Running Club. Many onlookers were unfamiliar with the bloodthirsty running style of Russell Chin as they watched him win the 5 km street dash. Russ smoked in after 14min 45sec to win by 23 seconds. On his back were written the words, "The S.O.R.C.E Rules, Go Jules!" This was a touching tribute from my fellow runner. I held on to my excitement though, as my big debut was to come tomorrow. That night my running colleagues gave me a green birthday cake with Barbie icing, to celebrate my 24yrs, and to remind me that next triathlon year I will race in 25-29yrs. Man I feel old now.

We walked down to the swim start in the dark, and then the rain started. With 1200 other Ironman contenders, I got in the water for the race start at 6:15am. I kept my head above the water in a chaotic swim that resembled wildebeest crossing a stream, and I emerged in 1:01:00. I got on the bike and



started eating. During the cycle leg I ate muesli bars, power bars and bananas. I think I drank about seven litres of water and electrolyte drink. This forced me to stop three times to relieve the bladder, just something we all have to do eh! The sun came out nice and warm with one hour left on the bike. The last 35km were the most difficult, as it was into a strong headwind and I stepped off the bike in 5:20:00.

I had to get myself ready for the run, by stretching and trying to wrap my head around the idea of running my first marathon. So far I'd been going for 6 hours and 21 minutes. Mother would be proud that I wore a full brim hat for the duration of the marathon. I completed the first 21.1km in 1:35:00 and I was feeling strong, but knew it couldn't last. This showed with a second lap of 1:55:00. There were a few points when I didn't think I was capable of finishing the run, so I just concentrated on getting myself to the aid stations every two kilometres. Breaking the race down into smaller bits made it much easier to comprehend and complete.

I got to the finish line in a time of 9:52:45. I had finished my first Ironman, more than happy with 8th in my age group and 122nd overall.

## The Sydney Marathon is on Again!

The following has been extracted from the *ATHLETICS AUSTRALIA PRESS RELEASE* dated Friday 1 June 2001.

Athletics Australia and the New South Wales Government today spread 'blue line fever' with the announcement of the 2001 Sydney Marathon to be held on Sunday 28

October.

In the year 2000, many of the world's best distance runners followed a blue line from North Sydney to Homebush as part of the Olympic marathon. And now it's back. Athletics Australia and the New South Wales Government invite all runners, social and serious, to follow the blue line during the 2001 Sydney Marathon - the legacy marathon from the Sydney Games.

At 6am on Sunday 28 October, history will be made when runners take to the course from North Sydney to the Sydney Athletics Centre, Homebush for this annual event on the Athletics Australia calendar.

Entry forms are available from the Athletics Australia website at <http://www.athletics.org.au/> or by contacting Race Director Chris Robb at Sporting Spectrum on 02 9439 6060.

## Remedial Massage

One Hour  
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## The Coaches Corner Getting Faster

By Eric Brown

Those KJ's who were lucky enough to get into the Sydney Half Marathon should now be setting new goals. One of them should be to capitalise on the great strength you have gained from your half marathon training. Besides tackling the City to Surf or the Kembla Jogger's challenging Mount Kembla 9 mile, your new goals could be to run a faster 5km or 10km. To achieve this I suggest that you maintain the Monday hill session, Wednesday's steady runs and KJ's Saturday races.

To improve your speed, I suggest that on Tuesdays you put in a session of long intervals of say 3 x 1km, or 4 x 800m, or 6 x 600m, with the rest interval equal to the time taken for the repetition. A second session should consist of faster short intervals of relaxed striding such as 8 x 200m with 200m easy jogging between each repetition. Fast relaxed striding means turning the legs over quickly without straining - no tightness in the shoulders and wrists. Speed for the 200s should be about what you can do for 1500m or 1 mile. eg if you can run a mile in 6:30 then run the 200s in about 48secs. Add 1-2 reps each week to a maximum of 16, then go back to 8 again but run the 200s faster, maintaining the same rest time.

These two speed sessions can be done on the road, bike path or better still on a running track such as that at Beaton Park Leisure Centre. One of the great things about running on a synthetic track is that you don't have to worry about where you put your feet (no potholes). It is also a very accurate way of monitoring your progress. If you have never run on a synthetic track before why not give it a try. Everyone is welcome to come along to KJ's training night at 5.15pm on Tuesdays at Beaton Park.

Another really great way of improving your speed is track racing. Why not give it a go. Every Thursday night at 6.30pm KJ's conduct track races (see your KJ handbook). Athletes of all abilities take part, from under 10s to over 70s, so don't think that it is an elitist sport. Come along and try it out. You may surprise yourself at how fast you can run a 3000m or 5000m.

Any questions on the above can be directed to Eric Brown on 4261 3985 or by e-mail at sunnyb5@one.net.au.

See you at the track

**Eric.**

## Running Away - Adelaide By Cathy Hewitt

As a new member of Kembla Joggers I was enjoying my first read of The Fox when I came across the "Running Away" section. Suddenly, many fond memories came flooding back to me as I recalled my teenage years covering many happy kilometres around the Adelaide parklands with my club "The Adelaide Harriers".

Adelaide is a beautiful city to run in as it is surrounded by a "green belt" of parklands so close to the city. For hill runners it's all bad news, Adelaide is dead flat. For runners with a poor sense of direction it's all good news, Adelaide was Australia's first planned city with everything set out on a grid pattern. Just keep turning left and you'll eventually get back to where you started!!

Here are a few runs:

### Torrens River Run

If you are staying in the city you won't be far from the Torrens River. You can get down to the river at any point and then just start running. There are a few bridges you can use to cross the river, such as King William Rd Bridge and Montefiore Rd Bridge in the centre, the University Footbridge, Frome Rd and Hackney St Bridges to the east, or at the quieter western end of the river Weir No.1 Bridge.

If you start in the centre of the city and run to the eastern most bridge (Hackney Bridge) then back to the western most bridge (Weir No.1) and back to the centre where you started, you would cover about 10km. Mind you, Neil Barnett tells me that when he was in Adelaide he continued running beyond the Hackney Bridge heading east along the river, past the "O-Bahn" Railway into the never-never where no Adelaide runner would have ventured before, until he came to a swinging suspension bridge! He can tell you more!

### The Green Belt Run

It is possible to run the whole belt of the parklands around the city and the total distance is about 15km. It is about 12 years since I did this run and things may have changed so better to do it with company or to check with the locals first. You start at any point along the river and run to Weir No.2 Bridge. You go from this bridge up to some parklands and run across to the Port Rd. Turn onto West Tce from Port Rd and run through the West Parklands. Turn left into South Tce and run along the South Parklands. Turn left into East Tce and run through the East Parklands, through the Botanic Gardens, around the back of the Royal Adelaide Hospital, back onto Frome Rd and back down to the River.

## Running Tracks

Adelaide Harriers cinders track - situated at the corner of South Terrace and King William Rd (called Peacock Rd at this point). You can catch the Tram there - it's the third stop from Victoria Square from memory. Most afternoons/evenings there would training sessions.

College of Advanced Education Grass Track - situated at Mackinnon Parade just east of the Frome St Bridge and you virtually pass it on the river run.

Olympic Sports Field - Located on Oxbridge St/Oval Tce off Kensington Rd. You would need a car to get to this track. It is the main Adelaide synthetic track where many squads train.

## Hill work

Yes there is a hill in Adelaide City and it is named Montefiore Hill leading to Colonel Light's statue at the top. I did many a hill rep up this hill (300m) and you can run to this spot from the city. It's easy to find on a map. You may catch a glimpse of some famous cricketers practising at the nets of Adelaide Oval No.2 field in cricket season.

## Internet

Search for Adelaide Harriers or Adelaide running on the net for some contact numbers.

Happy Running from Croweater Cathy Hewitt.

*Next Issue - Melbourne or ??? (anyone like to help out? Contact Neil at barnett.neil.nd@bhp.com.au). Thanks Cathy for this month's column.*

## Happy Birthday To... July:

Kym Batten, Karin Beckers, Zac Blay, Nadine Dryburgh, Paul Dwyer, Virginia Haigh, Jim Hennessy, Frank Hungerford, David Kirton, Glenda Maciejowski, Neil Marshall, Patrick McPhillips, Alain Moriana, Grant Plecas, Naomi Poole, Janet Poppett, Dave Power, Lesley Simes (a VERY big birthday!), Ray Wales, Garry Womsley.

## August:

Bill Agnew, David Babis, Neil Birch, Eric Brown, Connor Burke, Gemma Burke, Joe Cachia, Sharyn Channells, Tim Crinnion, Frana Facci, Peter Issa (Mr Cool), Mark Jamieson, Witold Krajewski, Hans Lambert, Jessie Maciejowski, Steve Matthews, John Mintoff, Ned Mrcic, Mark Owen, Chris Paesler, Jane Paesler, Greg Peoples, Ron Perry, Daniel Poropat, Chris Richards, Wendy Rivera, Thomas Robinson, John Rosenzweig, David Scott, Michelle Townsend.

## 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

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## Predict Your Finishing Time

In the formative years of Kembla Joggers, founder Bill Williamson would conduct races once or twice a year where the runners had to predict their finishing time and then had to race without wearing a watch. This was a very popular event so we decided to reintroduce the concept and incorporate it into one of our Thursday night track races.

So, on Thursday 24th May 2001, participants were asked to predict their finishing time for 3000m and there was a ban on the wearing of watches during the race. In addition, no lap times were called during the race.

El Presidente was espied practicing lap pacing during his warm up before discarding the trusty timepiece.

"Shall I run flat out or just jog it?" cried Dickie Knee.

"I'm going for a PB" quietly thought Stephen Brown.

"I'm not sure if I can break 16 minutes" pondered Wendy Rivera.

This pacing thing was creating plenty of discussion!

Hazel called the runners to assemble at the start line where starter Peter Trad insisted on a thorough wrist inspection. Low and behold, there on the back line attached to a beautiful slim wrist was a sparkling jewelled ticker. "I will turn it round", the lovely young thing proffered. No way Peter insisted. "But I never take it off was the reply". Obviously this watch had very special sentiment. But Peter was not making any special allowances and after guaranteeing that he would not abscond with the precious timepiece the race got under way. One runner eventually did escape detection and ran with his watch. This was 77 years young Max McKay who was wearing an analogue timepiece, which he claims he couldn't see anyway!

Stephen Brown dashed to the lead intent on giving his all and came away with a win, 5 seconds under his predicted time. The more experienced athletes ran to a race plan. Bronte and Neil were able to call their own lap splits with frightening accuracy for much of the race. Everyone enjoyed the experience and there were quite a few surprises.

In the 3000m race, Jared Blay and Sara Burns both ran PB's and set new age records, and Sara's brother Ryan, set yet another PB. In the concurrently run 1000m race, Jack Parle and Renee

Oggenovski both ran within a second of their predicted times, Jack beating Renee's prediction by three tenths of a second to take the prize!

The "Echidna", who has run 3000m EVERY Thursday evening since we can't remember when, forgot how to count laps (he's knackered without someone calling lap times) and got quite flustered. On the other hand Wendy Rivera totally underes-

timated her abilities (and so did coach Brown) and ran above herself, well done Wendy. When Hazel and Mark had finally calculated the results the doubting Kellie Baxter had predicted exactly her finishing time to the pleasant surprise of everyone, and took home a well earned box of chocolates. The results are tabled below.

### 3000m:

Name	Predicted	Actual	Difference
Kellie Baxter	13.30	13.30.8	0 sec
Phil Parle	9.38	9.40.3	+2
Chris Stocker	11.20	11.22.6	+2
Eric Brown	13.35	13.38.8	+3
Ryan Burns	10.20	10.17.6	-3
Bronte Blay	9.43	9.46	+3
Max McKay	16.00	15.56.7	-4
Bob Oggenovski	13.20	13.24.7	+4
Pasco Coppolaro	11.30	11.26.1	-4
Stephen Brown	9.40	9.35	-5
Joe Castro	11.15	11.20.8	+5
Peter Evans	11.00	11.06.1	+6
Jared Blay	12.00	11.54.3	-6
Clayton Fettell	10.31	10.37.0	+6
Paul Micale	10.00	9.53	-7
Brad Hynard	10.30	10.37	+7
Paul Coxhead	10.11	10.18.1	+7
Neil Barnett	11.05	10.58.8	-7
Wayne Montefiore	10.30	10.22.2	-8
John Oggenovski	12.43	12.51.1	+8
Mark Johnston	10.40	10.48.4	+8
John Burns	13.13	13.04.6	-9
Dave Higgins	11.40	11.49.3	+9
Jason Stalker	10.10	10.30.1	+10
Col Steele	10.55	11.06.4	+11
Jim Hennessy	13.14	13.03.3	-11
Edy Oggenovski	11.47	12.01.2	+14
Sara Burns	13.15	13.00.1	-15
Darren Baxter	10.15	10.34.9	+19
Derek Moriarty	15.30	15.01.5	-29
Wendy Rivera	16.30	15.38.2	-52

### 1000m:

Name	Predicted	Actual	Difference
Jack Parle	3.44	3.45.3	+1
Renee Oggenovski	3.45	3.46.6	+1
Casey McAlister	4.20	4.24.6	+4
Mackenzie Hynard	4.44	4.40.2	-4
Lauren Oggenovski	4.23	4.28.2	+5
David Oggenovski	4.00	4.05.3	+5
Morgan McAlister	4.00	4.15.7	+15

## "Aim High"

I remember reading that somewhere and now I hear that a certain KJ has really taken that on board. Not content with going for a race at the Worlds in Brisbane this fellow has decided to get his money's worth. He has entered the 100m, 8km Cross country, long jump, high jump, triple jump and just for good measure the Pole Vault. This multi-skilled athlete is sure to be very busy. He has been getting in lots of practice and has even been spotted getting some personal hints from a certain Tatiana Grigorieva (half his luck). I am sure we all wish him well in his quest. Good on you Derek Moriarty. By the way it is true that he had a schooner of beer with his bacon and eggs breakfast at the Irish Pub after the recent Half Marathon. But it is not true that he was still in there at 6pm. He wanted to be but alas the bus had to leave.

## Poor Bladders

While on the Irish Pub some of our lads are going to have to go to Bladder Control School. It is a pretty poor effort when we cannot even get the bus past Botany Bay before making an emergency loo stop. Just as well Andrew Ruddy was the driver. Young Marty and Co are going to have to purchase some elastic bands before next year.

## Ironman

That long distance exercise must work. The Thursday after the Forster Ironman race (all 11 hours of it) a fit looking Pole was spotted at the track. Yes, Witold Krajewski followed up his great debut at Forster with a brisk track race and then the 7 miler at Mt Kembla on the Saturday. I think I'd need 6 months rest after finishing one of those torturous events. Congratulations to all the KJ's that completed that event.

p.s. Is it true that Witold had some shoes handmade especially for the event? Is it true that they were in Polish national colours? But if you pay \$500 to enter an event like that, why not indulge in some special shoes.

p.s. It was nice to see a Krajewski Domination at the Mittagong Dash. It seemed like there were several generations running and winning their age divisions. Nice one fellows.

## Long Distance

While we are on the subject, well done to all the Canberra marathoners! A special congratulation to El Presidente with his 2.52 debut run. Great effort! All that long distance running must help. I notice Raf Moriana followed up his marathon with a very strong 7 Miler at Mt Kembla, some 6 days later and then again after a fine Sydney Morning Herald Half Marathon race he runs a very good 10km at Mt Kembla. Again some 6 days later. It takes me a week to recover from a 3km run these days. Might have to do some of this L O N G stuff soon! Might have to check out the training regime of that Canberra lad that finished the 42+km and then continued on to win the 50km race! He ran 2.26 for the marathon and keeps going for a sub 3 hour 50km race!! Some people just have it I guess.

## R & R

Nice to see Marty Weston coming back into form. He needed quite a bit of R & R after the Canberra Marathon. As I watched him stagger across the line I knew he would need quite a few weeks to recover both physically and mentally. But he is certainly back into it now. Nice one Marty. It would help though if he and Garry Wheeler could manage a little more than 20km a week these days. I can even manage more than that.

## Streakers!

After that item about Brian Mannix in the last Fox I recently came upon an article, about the same subject, in the June 2001 Runner's World. In the US a prolonged running period is known as a Streak and hence runners become streakers (should make Russell Chin, Bruce Medley, etc, happy). Well in this article a Bob Ray and Mark Covert were mentioned. Ray has run 34 years, yes YEARS, without a break, whilst Covert is a mere 33 years! Amazing endurance! I think I might go for 10 days soon!

## Comeback Kid.

Good to see the Comeback Kid still whipping around. He was the only person that did not notice the hills in the recent Mittagong Dash. I know they certainly finished me off. He wins his age group and then looks around to see if anyone wanted to run the course again with him. Then I hear he has won the first KJ crossword puzzle competition. Go Mark Everton. He was first in with his deposit for the KJ Blue Mountains Weekend too! He is on a big roll. Except where cars are concerned. I hear that he has damaged his new car, whilst it was stationary! Now I hear he has taken up a new hobby, gardening. He is very much into Community Gardens. I have it on good authority that he was seen giving the gardens near Grace Bros some liquid human digestive fertiliser. I do not believe it had anything to do with his consumption of 24 whiskies at the nearby Cooney's Tavern.

## Not the "P" Word

Good to see plenty of new faces at KJ's this year. Plenty of females are now coming on board and some speedsters at that. The likes of Erin Hargraves are certainly making a few males look slow. But what ever you do, don't mention that "poached" word anywhere near Eric Brown. There has been no poaching going on whatsoever. You see these girls have just heard what a good club the KJ's are and of course "Quality attracts Quality". Keep it up girls.

## Wishful Thinking

It was nice to hear a rare error coming from Hazel Brown's mouth. She is human after all. She had entered me in the 35+ age group. Now that would be nice! My body would really like to go back a few years at the moment. Thanks Hazel.

## International Guest Runner

Who was the KJ that was introduced as

a visiting International at the Easter Nationals? As it turned out, "Juan Esterparde" is more commonly known as Tony Hernandez. Quite a celebrity our Tony! But he did run very well, as did a few other KJ's.

## Working Bee at West Dapto

The 'Bull\*\*\*\*t' was really flying! That is literally and figuratively speaking. A small group of KJ's gathered at the West Dapto race venue recently to do a bit of cleaning up. As you might recall at the start of the year the covered area was strewn with cow and horse dung. Fences had fallen and animals had wandered. Needless to say 26 bags of manure were shovelled up. Then there was the race to take it. Having no interest in gardening at all (I do mine with a chainsaw) I stood in amazement as grown men quickly out manoeuvred each others' car so that the 26 bags disappeared in a cloud of fertiliser! Who was it that said there was more bull...t flying around than at a KJ committee meeting? None other than Dave Barnett. I believe his 9 bags have yielded great results in the garden already.

Ps. We could have done with some help if someone has a sit-on mower or a slasher. I am sure the juniors would appreciate the grass being a little shorter.

## A Nice Trot

It was after the manure job that Wayne Montefiore suggested we go for a trot over the 8km route. I thought a nice gentle jog would be good before consuming the beers in the boot of my car, so off we set. Nice 5-minute kms I thought. 8 times 5 equals 40 minutes. Soon I noticed my legs were feeling flat so when we got back I checked our time. There was no 40 minutes but a 33.33! Just about my race pace. It was just like that steady 14km he wanted from Stuart Park. We went out 7km and then came back in 28 flat. I guess that is why the body feels flat these days. I'll have to go back to jogging with someone of my slow pace, ie me. You are just too fast for me Wayne, but I do enjoy the movie reviews.

## Great HQ

Now what a great place for a KJ HQ. The West Dapto venue would be great to have as a KJ headquarters. There is so much already there. Space for the juniors, covered areas in wet weather, toilets, showers, a kitchen area, car spaces, etc, etc. Does anyone out there have some ideas or connections for our BIG club with its two National awards? This place just seems to be sitting there dormant and becoming more run down.

## Housekeeper Frank

Our Frank is more than just a horizontal drill. It seems that in his very limited spare time he has taken to cutting the grass at Mt Kembla. Great job Frank. I also see that someone put up a sign naming the area as the Frank Hungerford Reserve. Very touching, but I don't believe the following rumour. Apparently he managed to get a grader over some of the XC terrain, and then a D9 bulldozer was just brought in!



*Frank Hungerford mows the grass at Mt Kembla that many times it was decided to give the place a special name: "The Frank Hungerford Reserve"...well done Frank.*

Being not quite the delicate thing, it tore up some clay material which when combined with the downfall of rain caused the cancellation of the 10km XC race. Sounds like an engineering task for our Frank, but....Mmmmm?? No I don't think so.

### The Mighty Cup.

I only come to the KJ races for tea and biscuits you know...(not the competitive races, or chats, friendships, scenery, hospitality, honesty, etc). So I was not impressed when I discovered that I had left my large temperature-controlled mug on the top of Joe Pereira's truck after a recent Mt Kembla race. After overcoming the tragedy of the loss I went out and bought an inferior substitute. At the next race I zoned in on the tea and then much to my surprise someone asked me where my beloved mug was. I was then informed that someone had picked it up after the race. Sure enough there it was! The sacred cup! Thanks very much Jim Hennessy. He knows quality when he sees it.

### True or False

Did Neil Barnett really call Brad Hynard for 3rd place in the women's category? True, he said it on Vox FM one Saturday morning.

El Presidente collects finishing tags? True. He was still hanging onto 11th (that would be nice) after I had recorded 1 to 30 and then 60 to 90 at the end of the 10 miler!

Did a certain Barnett Jnr really start the Fitness 5 without a number? True...but we can forgive him for these little indiscretions as he does do so much for the KJ's!

Is it true that the largest Clydesdale out at West Dapto died recently? Unfortunately that is true. But what is not true is that it died from eating the toxic polish off Neil's WRX (see the last Fox). It is also not true that the C.I.D. have taken his car in for forensic examination.

### Rare Bird

"Very unassuming. Very quiet. Very modest. Very friendly. Very easy to talk to." These attributes belong to many KJ's but this new member has credentials that we all dream about. He has been in a very rare and prestigious position. This talented KJ once ran the City to Surf in 42 minutes (yes, read forty-two) and finished in 3rd position over-



*The Rutty family enjoys a sunny afternoon at a recent race at Mt Kembla. With the genes of Heather and Gil those children should make great future KJ runners.*

all! He is an athlete of incredible experience and there he is now roaming around just like your average KJ. Welcome to the growing KJ club, Quentin Morley.

### Lost and Found

Yes they set up a special "Lost and Found Stall" at the recent NSW State Road Championships at Kurnell. It appears a mobile phone, a KJ cap and some car keys were all lost and found. Needless to say Sandra Toth, Marty Weston (who had been in tears) and Frank Hungerford were all very relieved. Especially our Frank. He had engaged the services of a one Bronte Blay who was just about to remove a side window from Frank's car in dramatic fashion.

### Medical Declarations

Who was the KJ that filled out his 2001 registration in an unusual way? Where it asked for any medical conditions, this person wrote "Sex Maniac"! You guessed it, non other than the resident club joker ...John Cooper. Nice one John.

### Sex and Races

Whilst on the forbidden subject, why do people insist on telling me all the latest in this area- Who? What? Where? How Often?

I have been told that certain KJ coaches have told their athletes that abstinence for a month prior is necessary for a good marathon. This is even for long time married people!?

A certain well-known champion athlete has even told me that a great race is better than a good physical coupling. I was very surprised to hear it coming from this womaniser.

Then I have it on good authority that Garry Wheeler is on a performance-based incentive. If he does not race well then his "supply" is cut off. Now I am sure she was not talking about lunch and dinner when she uttered that statement.

Then of course we have the Freudian slip at the KJ Committee meeting. When

talking about some small prizes for races John Guillick was heard to mention "Sex" instead of socks. And we do know that there is no Kiwi in our John.

### Cataract Scout Camp Mayhem

At one of my favourite races a certain amount of mayhem occurred. The new toilets previously used by males still has the urinals and were still in the same location so sure enough in walked Ray McCauley, followed by Chris Paesler. Then, during mid-stream in walked the ladies. Needless to say both fellows had speedy exits which enhanced their warm ups.

As the clock rolled on it was time for young Greg Hatfield to do some stride outs. But after the first couple he was seen sprinting to the loos with a fair case of the ...#@!... Poor Dad was getting anxious as the clock ticked on! Where was he?? Still in the loo! He missed his start by 2 minutes but still managed a good race. Nice to see the young champ on the way back

Meanwhile in the 8km XC race, who was it that thought the 8km was not far enough and did 10km?? Yes Paula Crinnion was concentrating so hard that she whipped through the witches hats and ended up way down yonder and a long way from base. I guess she'll be joining forces with our resident Female Marathon Champ, Sue Mulready. Good on you Paula!

### STOP PRESS:

The camera has landed...

KJ's now have a 3.3Mpixel Kodak 4800

An excellent camera for the new millennium...All I have to do is catch up on 4 months worth of photos...Starting with Mark and the Summer trophy

## The Marty Church Files

### Making Injury Fun

How many of us have been afflicted with an injury which has caused us to spend some time on the sidelines, time measured not merely as one or two days but in terms of weeks or even months? What do we do when we are forced to cease running for a while and how do we cope with not being able to do something which has been an important part of our weekly routine?

A couple of seasons ago the group that I currently train with thought that I was a combination of the Easter Bunny and Santa Claus because I only turned up for a couple of months out of the year. In the space of twelve months I suffered two major injuries. First I broke my ankle, which sidelined me for about 4 months, and then less than a year later I strained knee ligaments, which cost me another 6 weeks off. I wish that I could boast that my injuries occurred as a result of pushing my body through torturous training sessions in a bid to achieve some grand new personal best times, but I would be lying if I did. Both of my injuries came as a result of drinking one too many cold ales with my mates and doing things that I would chastise my 11-year-old son for doing. My injuries were a result of my own silly fault and alcohol induced bravado. But... what did I do whilst I was off?

A long-lasting injury can sometimes be good for you. It can show you that there are other enjoyable ways of keeping fit. During my injury enforced lay-off I learnt the meaning of the word "cross-training" although it was hard at first to anything much while hobbling about on crutches. During this period I spent a lot of time in front of the TV and became an elite performer in the new age sport of "play-Nintendo". These activities may be fun but they won't assist with raising your lactate threshold levels.

So... after progressing to the walk-by-myself phase of recovery I got on my bike, I swam some laps and I went down to the gym. Riding around on my bike like a big kid was good fun. I was working the legs and getting out and about. I'd forgotten just how enjoyable riding a bike could be. I didn't go out and punish myself or anything like that. I just hopped on my 10-speed and rode around town a bit. On other days I did something that is scary for many runners... I rode to my local pool and swam laps. I don't like swimming and the water always seems much too cold and far too deep but when you want to maintain fitness and you can't run because you are injured, you grit your teeth and bear it. So, I swam.

I also went to the gym. I had heard that they had some really neat toys you could play with, such as the "stepper" and the "rowing machine". I thought that they were something similar to amusement park rides. Not too scary, heaps of fun and they put a smile on your face. Well, didn't I get a shock. The rowing machine hurt and the stepper is something out of a medieval torture chamber. Why anyone would want to jump onto a machine which simulates climbing stairs is beyond me. I only lasted one session on the stepper. So when I say I cross-trained at the gym, I did... once! But, I reckon that if you like that sort of thing and want to end up looking like The Incredible Hulk, then the gym is the place for you.

None of us enjoy getting injured but sometimes it happens. In order to maintain your fitness and release the tension and stress that accumulates as a result of being injured, you have to do something. I rode my bike, swam a bit and I went to the gym... once. They are by no means the be all and end all of keeping fit, but they worked for me. You may prefer to do something different. If it raises your heart rate, you work up a bit of a sweat and the injury doesn't hurt then what you are doing can't be all that bad. And when you do finally return to full time running make sure not to do something silly that I would chastise my 11-year-old son for doing.

*Martin Church.*

## KJ's 2001 Blue Mountains Weekend

**Where:** Jemby-Rinjah Lodge, Blackheath

**When:** 5th, 6th & 7th October (weekend after the long weekend and middle of school holidays)

**Price:** \$185 per person (weekend package only)

Children 5-15 years \$90 per child

Children 4 years and under FREE

### Package includes:

2 nights accommodation in the "Eco-Lodges"

2 Country Style Hot Buffet Breakfasts

Italian Buffet on Friday night

A La Carte Dinner on Saturday evening

BYO alcoholic beverages

The 3 Eco-Lodges each have 4 bedrooms, (total beds in a lodge is 16, including 4 doubles), two bathrooms, lounge area, north facing deck, bar fridge, tea and coffee facilities. The adjoining National Park provides abundant opportunities to encounter nature and spectacular views across Grose Valley.

Unsure? Speak to any KJ that has been before and you'll be convinced. A standard 1-2 bedroom cabin is \$180 per night... so this weekend is truly a bargain and an enjoyable weekend.

No, you DO NOT have to be a runner, nor do you have to run. In fact a number of the partners didn't run last time and still had a most enjoyable weekend. I once spent a great weekend hobbling around nursing an injury.

BUT be quick. Places are limited and it is strictly "first in best dressed". A NON-REFUNDABLE deposit of \$50 will guarantee your place. The balance to be paid by 31st August. Give your deposit to Peter Evans asap.

Congratulations to Renee Church for being the first person to have paid in full for her weekend away. She knows a good weekend when she sees one.

### Want more info? ..

contact [pe51@ihug.com.au](mailto:pe51@ihug.com.au)

*Cheers Peter*

## Wedding Bells

Four of our members recently tied the knot. Many congratulations and best wishes for a happy future together, to Trudi Sanders and Cade Barnes (Trudi will now become Trudi Barnes). Congratulations also to Trudi for making the South African Triathlon team for the World Championships later this year. Also our very best wishes to Vanessa Kearney and Dylan Forbes... Vanessa will still be known as Vanessa Kearney, so Gary won't need to alter the membership list. Eleven KJ's travelled to the magnificent city of Hobart for the Kearney/Forbes nuptials. The happy pair were married aboard a ferry on the Derwent River on a glorious day, with only Dicky Knee complaining of seasickness. Dylan's speech at the reception was a beauty, but Vanessa's was better (and longer). They both scrubbed up really well and looked a most handsome pair. Dylan was almost unrecognisable... no bruises or grazes

## From Hazel's Kitchen

### Impossible Pie

(for all the bachelors and people who have missed this great recipe before)

4 eggs

2 cups milk

3/4 cup caster sugar

1 cup coconut

1/2 cup plain flour

1 teaspoon vanilla

nutmeg (optional)

Mix all ingredients thoroughly together. Pour into a greased deep pie plate. Sprinkle top with nutmeg and bake in moderate oven, 180 degrees for 1 hour or until set.

in sight!

## Is Vanessa becoming more like Dylan since Their Marriage?

Heaven forbid, but it's true! On her Sunday morning long run with Erin Hargrave, Vanessa managed to find the only exposed tree roots on the bike path at Woonona and down she went. Not just once but twice. But, being the tough athlete that she is, she persevered and finished the run, another 10km, before feeling the true effects of the fall. A visit to the doctor and the X-ray showed a fractured elbow and cracked ribs, which have kept her immobile for 2 weeks.

Good one Vanessa!

## Attention all Past and Present KJ City to Surfers!

Have you run a time in the City to Surf that you think may be a KJ Age Group Record? If so, please pass on the details to Gary Howard (4274 3411) by the end of June. We will then have our own KJ City to Surf Age Group Records in place before this year's City to Surf takes place.

Also now that The Fitness 5 Fun Run is a certified 5km course, KJ Age Group Records will take effect from this year's race. The records will be placed on the KJ web site soon.

## KJ Events July

- 7 KJ's Winter Series 6 km cross-country - 3pm Reed Park, West Dapto
- 21 KJ's Winter Series 9 mile - 2pm Mt Kembla (Tony McMichael Memorial Trophy)  
Alternate Race (Junior Pointscore) 3 mile
- 28 KJ's Winter Series 4 mile - 3pm Mt Kembla

## August

- 18 KJ's Winter Series 8 km - 3pm West Dapto  
Alternate Race (Junior Pointscore) 4 km

## Other Fun Runs July

- 1 Shoalhaven King of Mountain (32km) and Ultra (46km) - 8am Cambewarra School  
Sri Chinmoy Winter Series (4k/8k/16k) - 8am Leichhardt Park (Ph 02 9555 8192)  
Mini Mosmarathon (2k/10k) - 9am Mosman (Ph 02 9969 4595)
- 4 - 14 World Veterans Athletics Championships - Brisbane, Australia.
- 8 Great Nosh Footrace (15k) - 10am East Lindfield (Ph 02 9957 6577)
- 29 Blacktown 'Cities' Marathon - 6.30am Sydney (Ph 02 9839 6089)

## August

- 5 Mudgee Marathon and 5km marathon eve fun run - [www.funrun.au.nu](http://www.funrun.au.nu)

## The KJ Crossword Competition

Dave Barnett is the winner of Crossword Puzzle Competition #2. He wins a t-shirt and a drink bottle. Inside this issue you will find Crossword Puzzle #3. To enter the competition, 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 #3 will close on the 1st of August.

## KJ Committee Meeting

The next committee meeting is scheduled for 27th June, at the Mount Kembla Hotel. The meeting starts at 7:30pm and all club members are very welcome to attend.

## Mt. Kembla Pointscore

Don't forget about the Mt. Kembla Pointscore. To win the trophy you must run all 6 Mt. Kembla races: 7mile, 10km, 7km, 9mile, 4mile, and 7km. Running 5 races and doing compulsory marshalling duties in the other race is okay. This year's pointscore will be calculated by the new computer pointscore system and not the "closest to predicted time" as stated in the KJ handbook.

## Attention all Past and Present KJ City to Surfers!

Have you run a time in the City to Surf that you think may be a KJ Age Group Record? If so, please pass on the details to Gary Howard (4274 3411) by the end of June. We will then have our own KJ City to Surf Age Group Records in place before this year's City to Surf takes place.

Also now that The Fitness 5 Fun Run is a

certified 5km course, KJ Age Group Records will take effect from this year's race. The records will be placed on the KJ web site soon.

## City to Surf Bus

Names are now being taken for seats on the bus that KJ's will organise for this year's City to Surf on the 12th of August. The bus will leave at 6.30am from Western Suburbs Leagues club picking up club members on the way through the northern suburbs. As usual a big turn out of KJ's is expected and a large 56 seater will be hired from Ruttys for the occasion.

The Bondi Iceberg's club is under reconstruction and will not be ready for our normal after race celebrations. However there are plenty of other alternatives on the Bondi Beach strip where we can enjoy ourselves over a few beers or whatever else one wants to do. The bus will be leaving at 2.30pm for the return to Wollongong.

Get in early with your booking because if the Sydney Half Marathon can be used as a guide, all seats went within the first week. A deposit of \$10 will secure your place. Contact Peter Evans, Dave Barnett or Dave Higgins with your money as soon as possible.

## Max The Super Vet

A man of extraordinary talents has begun to race every Thursday evening at KJ's track meets. His name is Max McKay and he is 77 years young. At these events Max usually chooses to compete in the shorter races of 1km-3km and he currently holds all KJ records at these distances in his age group. However, Max is no newcomer to veteran athletics and at the upcoming World Veteran's Championships in Brisbane in early July, he will compete in (wait for it!) the 100m, 200m, 400m, 800m, 1500m, 2km steeplechase, long jump, high jump, triple jump and pole vault! Oh, and did I forget to say the hurdles as well? Talk about good genes, this one's got them and more.

Good on ya Max, glad that Joe Novy has now got someone to chase and be competitive with.



## 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/](http://www.ozemail.com.au/~kjoggers/)

## Kembla Joggers Club Contacts 2001

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Asst Secretary	Peter Evans .....4297 0082
Treasurer	Dave Higgins .....4284 1317
Public Officer	Robyn Henry .....4256 5274
Race Organiser	Peter Issa
Asst Race Organiser	TBA
Social Secretary	Hazel Brown.....4261 3985
Handicapper	Gary Howard .....4274 3411

### General Committee Members:

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

### Other Roles:

ANSW	Eric Brown .....4261 3985
Publicity	Rafael Moriana .4296 6656
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