



The FOX



The Official Newsletter of Kembla Joggers Inc.

Issue 1 [February] 2002



hope you do) you can pick this event as one of your compulsory 2 marshalling duties during the season and this way avoid missing a KJ event. Talk to Eric Brown for more details.

Besides these projects the KJ's have a new Winter Season to organise and of course the Fitness 5 Funrun on April 7th. The new Winter Program is included with this Fox issue and upon registration all KJ members will receive the new 2002 KJ Handbook which will contain even more info on club events and activities. To avoid missing out, make sure you register early by completing the enclosed rego form and returning it to our PO Box.

The program features a similar format to last season with the exception of a new 8km event at Stuart Park in July. This course will incorporate the Puckey's 5km and should be popular. Unfortunately it looks like the Pump House track at Mt Kembla is being ripped up so our traditional races over 7km, 7 mile and 10km XC will have to run via the Manor. This means 7km will revert to our 4 mile, 7 mile to 10km (like last year) and the cross-country will stay similar but take a slight deviation. The 9 mile will not be affected.

Season 2002 looks like it could be another big one. Last month we stormed past our record membership levels from last year and the number of enquiries we are getting is at fever pitch. So stay focussed and get more involved with the club this year than you have in the past. Why not come along to a few social events, club training sessions or join one of our many KJ ANSW age-group teams (the most fun you will have outside KJ events). Or maybe even help out the club somewhere when you can - we sure need it!!

Finally, many thanks to everyone for the presentation made to me at the Hangover Handicap in January. It came totally unexpected and certainly isn't something I have strived for. I must admit to being a bit (in fact a lot) embarrassed and uncomfortable about it but at the same time I guess it's a great honour. The club has given me more than I have given it believe me, otherwise I wouldn't be still here writing this column. The KJ's is a great club made up of great people and the biggest honour is just to be part of it. Thanks again.

C'ya soon,
Neil.

President's Report

After 10 years of dedicated service as President of the Kembla Joggers Neil Barnett looks bewildered to receive Life membership. He has certainly witnessed a huge growth in the club. Fantastic effort Neil!



you will find out very soon what they are and

KJ summers are supposed to be relaxed and time for the committee team to put their feet up (well sort of) after a year of hard work. Well not this one I'm afraid. Once the Winter Season had concluded a number of big projects have been put into full swing. A few of these are still under close wraps but

how they will benefit all members of the club.

One project we can talk about is that the KJ's will be hosting the ANSW Road Relay Championships in Wollongong in 2002. To be held on 3 August the 4km circuit for seniors will involve 2 scenic laps of Flagstaff Hill and down to the Wollongong Entertainment Centre. Some of Australia's finest athletes will be here and the KJ's will want to impress. So obviously we will need your help on the day with course setup, marshalling, canteen, BBQ, registrations, etc. If you are not competing in a KJ team (and we

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The Last Issue

This is the last issue of The Fox for the 2001/02 membership year. To keep getting your copy make sure you renew your membership for 2002/03. Registration Day is on 9 March at Stuart Park with rego's taken from 1.30pm. Register early at one of the first two KJ Winter events or by posting your membership form with fees to our PO Box before 30th March. Don't miss out - send your form today!!

For further information contact the KJ Club Treasurer, Dave Higgins (4284 1317).

KJ's AGM

The Kembla Joggers Annual General Meeting was held at Mt Kembla Hotel on 5th December 2001. At this meeting an election of Office Bearers for the next 12 months took place. All positions were declared vacant and then filled as follows:

President	Neil Barnett
Vice President	Eric Brown
Secretary	Wayne Montefiore
Asst. Secretary	Peter Evans
Treasurer	Dave Higgins
Public	Robyn Henry
Race Ograniser	Peter Issa
Asst. Race Org	Jim Hennessy
Social Secretary	not filled
Club Handicapper	Gary Howard

General Committee members:

Mark Everton, John Gullick, Suzanne O'Brien, Dave Barnett, Rob Battocchio and Hazel Brown.

Club Captains:

Female - Vanessa Kearney

Male - Bronte Blay

Other roles:

Asst. Handicapper	Mark Everton (provisional)
Publicity	Neil Barnett /Raf Moriana
Trophies/Prizes	Wayne Montefiore
First Aid	John Gullick
Fox	Chris Stocker /Tim Morris
Clothing	Karen & Bronte Blay
Photography	Peter Evans
Special Projects	John Gullick
Website	Ian Tague

Sub-Committees:

Race Organisation: Peter Issa, Eric Brown, Jim Hennessy, Neil Barnett, Gary Howard,



Some of the new KJ Committee for 2002. Wayne Montefiore - Secretary, Neil Barnett - President (his 11th year!) and Club Person of 2001 'Mr Money' Dave Higgins - Treasurer.

Mark Everton, Hans Lambert, Raf Moriana, Dave Barnett.

ANSW/Track: Eric Brown, Hazel Brown, Neil Barnett, Bronte Blay, Karen Blay, Dave Higgins, Mark Everton, Dave Barnett, Vanessa Kearney, Bob Ognenovski.

KJ Medals: Gary Howard, Hazel Brown, Dave Barnett, Robin Henry, Eric Brown, Raf Moriana.

Juniors: Neil Barnett, Suzanne O'Brien, Bob Ognenovski, Paul Micale, Rob Battocchio, Peter Issa, Karen Blay.

Social: Robyn Henry, Jim Hennessy, Hazel Brown, Peter Evans, Eric Brown.

Fitness Five: Peter Issa, Jim Hennessy, Neil Barnett, Mark Everton, Hans Lambert, Dave Barnett, Rob Battocchio, Des Comer, John Gullick, Michael Hickman, Warren Evans.

The Fox: Peter Evans, Chris Stocker, Tim Morris, Ian Tague, Helen Ashton, Bryan Ashton, Suzanne O'Brien.

Special Events: Dave Barnett, Dave Higgins, Peter Evans, Jim Hennessy.

Exclusive

Save 10% at Rebel and Help KJ's Too

Now here's a very special deal exclusive to KJ members who register with the club in 2002.

Upon registration this year, all KJ's will receive a card, which entitles you to 10% off ALL products in Rebel Sports Wollongong Store (Crown Gateway in the Mall). That's right, everything in the store, not just running shoes/gear.

And here's where it gets even better. 5% of the total spent by KJ's at Rebel Sport during the year will be rebated back to the club. So not only do you benefit, but so does your club. This means that KJ's can invest in new equipment and continue to keep our fees low.

So make it a habit - shop at Rebel Sport for all your sporting needs to save \$\$\$'s and benefit KJ's at the same time.

Athlete of the Month

(August 2001)

Karen Ryan

August is the time of the year in which many athletes try to peak after training hard through the winter months in order to be at their best for the City to Surf. Keeping track of their performances during this period it is clear, on closer scrutiny, that many of the KJ's had improved significantly and, when the day dawned bright and sunny, it was evident that a number of outstanding performances for the City to Surf were on the cards.

Significantly, some of the elite athletes such as Ben Dubois and Kerryn McCann had outstanding runs, however, a number of other club members also performed at a high level. One that comes to mind is that of a "born again" runner who, after being an excellent athlete in her teens, has taken up running more seriously after an absence of many years. Stirred on by winning the local resident prize in last year's Kembla Gift, Karen Ryan then applied herself to improving her fitness and featured in many top performances throughout the KJ's Winter Season. Signs of things to come were shown in the Gong Run early in February, followed up later by an excellent half-marathon in 1.30.30.

Several other strong performances also followed including the 9 miler at Mount Kembla. The result of all this application and effort provided the basis for the 58.41 that Karen achieved in the City to Surf resulting in the well-deserved award of Athlete of the Month.



Uncle Pete's TOYWORLD

Junior Camp

There is a strong possibility that we will be holding a junior camp on the weekend of 18-19 May. Write it down in your diaries and we will keep you posted. At the time of printing we are still waiting for confirmation from Cataract Scout Park. If it all goes ahead as planned the 4/8 km race day for seniors will be held on Sunday 19 May so we can combine with the families for the picnic and races before heading home.

On Your Marks Flying Foxes!!

Get ready, get set!! The brand new Uncle Pete's Winter Season is about to start. With this Fox you should get the KJ Winter Program with the junior races all listed on the reverse side - check it out!! The program is pretty much the same as last year but with a few surprises thrown in as we go. There's a new junior race day held at Stuart Park in July, which should be fun. The best 7 out of 10 races will count towards the pointscores so make sure you turn up for as many as you can to increase your chances of doing well. Registration Day is on 9 March at Stuart Park with rego's taken from 1.30pm.

Summer at the Track

Did you know that the KJ's have been running special track races for juniors on our Thursday track nights? Well every Thursday at 6.30pm at Beaton Park the KJ's are now running junior races over the following distances: 800m, 1500m, 1000m and 2000m. The cycle repeats itself every 4 weeks. Only junior KJ's compete so now they can star in their very own events. So far they have been very popular and the good news is they will be continued during the winter season. So why not come down and have a go? They will be great sessions for

all those school and regional carnivals which are coming up. Another feature will be that at least 1 field event for kids will be held at 6.00pm on the same nights starting from late March. This will include high jump, long jump, shot put and discus. Sounds like fun to me. For the full program check out the KJ athletics program in the new 2002 KJ Handbook which you will get when you register for 2002.

KJ Junior Teams

This year should be a big year for our junior teams that compete at the ANSW events. Last year our U14 boys won the State Premiership and our U14 girls missed out in a countback after tying for first place with Illawong. Our other teams,

including U12 boys and girls, and U16 boys, went very well too. So when you sign up for KJ's this winter make sure you register for ANSW too and be part of a KJ junior team. It's great fun. Most of the events are held within 1 hour of Wollongong on Saturday afternoons about once a month when the KJ's are not racing. The KJ's will be hosting the NSW Road Relays at Flagstaff Hill on 3 August so wouldn't it be good to see our junior teams up on the dais on home soil. Talk to Neil 4272 6818 or club Capt Vanessa Kearney for more info.

Bob's the Man

Bob Ognenovski has agreed to be the Junior's Winter Organiser, so on junior race days Bob is the person to see if you have any questions. Bob is after a team of regular parent helpers to assist at KJ junior races during winter so please call him to offer your help on 4226 3682.

Family Fun Day

Small kids and big kids alike turned out for the inaugural KJ Family Fun Day at Jamberoo Recreation Park on 20th January. The weather was perfect, in fact too perfect, because the day happened to be an all-time record attendance for the Park!! Well

nothing too different in size we reckon to the average KJ event. Despite the big crowd there was plenty of grass and shade to be found.

Before most of our towels hit the ground a few grudge matches were on. Hudson v Neil down Surf Hill (worth noting that Neil won this one though Hudson is sure he false started), Peter Issa v Edy Ognenovski for the biggest splash off The Rock (Pete won this, mind you Edy's petite little entry was only from the mini-Rock) and Joel Dent v John Burns - the Frequent Flyers award for most lineups on the water rides (John was the winner here but park management had to call Security at 7pm to get rid of him).

Just about all of the 60 KJ's who turned up stayed right till the end. Everyone seemed to have great fun and without a doubt we will do something similar in the next summer holidays.

Junior T-Shirts

Don't forget a new batch of Flying Fox t-shirts for KJ juniors has just arrived and before too long will be all sold out. At just \$5 each is it any wonder!! So make sure you get in real fast before they all disappear. Most kids sizes are available. See Bronte or Karen at the next KJ race or call them on 4262 2100 to reserve your tee before the new KJ junior season.

Kembla Joggers Marathon Championships

The KJ Male and Female Marathon Championships for 2002 will be held in conjunction with the Canberra Marathon which is scheduled for 7am Sunday 14th April 2002. KJ members wishing to participate will have to fill out an entry form and send it off with the required entry fee. Entry forms and race information can be obtained from the following web page:

<http://www.canberramarathon.com.au/>

Keep up those long training runs.

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Bouquets

To all our helpers at the HRA triathlon events in Sydney and Thredbo, and the Australia Day Aquathon at Belmore Basin. There are so many of you - thanks all.

Pasco for the many hours he has spent working out all the splits and final times for the above events.

Dave Barnett for being chief organiser for the KJ teams competing in the Cancer Council Relays. Dave also spent many hours working as part of the event organising committee.

Stephen Greathead for jumping in and helping at just about everything he turns up to.

Robyn Bignell and BHP Steel for their generous sponsorship of club uniforms for the upcoming season.

Mark O'Brien who has done so much behind the scenes to make sure the KJ's gear transportation and storage problems are solved.

Andrew Rutty from Premier Buses Illawarra for his offer of further assistance to the club during 2002.

Everyone who came along to the AGM and volunteered to help the club in some way during the next 12 months.

KJ's Timekeeping

A hardy group of 14 KJ's turned up bright and early to lend a hand at the Mrs Macquaries Chair Triathlon in Sydney last month. You may have read in the last issue of The Fox that the KJ's accepted an offer to manage timekeeping and registration duties for 4 events in 2002, organised and managed by a business called HRA Events.

Well at Sydney the KJ's didn't miss a beat and all our helpers managed to handle the ferocity of proceedings with minimal fuss. 200 plus bikes, swimmers and runners were whizzing past in all directions but only 1 or 2 were missed as they passed through the transition timing gates. Dave "The Enforcer" Higgins was even seen chasing the odd competitor and grabbing them by their singlets from behind to obtain their race numbers if they managed to sneak through (obviously Dave is getting early practice for nabbing this year's KJ fee avoiders!!). The final results were all calculated and tabulated by results guru Pasco and within 36 hours they were posted on the Net by Ian Tague and e-mailed to all competitors with e-mails. Well done everyone for your efforts.

A hard 3 hours work but well worth it as the club will benefit handsomely from a sizeable donation in return. This will be repeated 3 more times as we have been contracted to do the same job at Thredbo on 3 Feb, Australian Corporate Games in Penrith on 16-17 March and the Star City Triathlon in Sydney on 28 April. If you can help out at just one of these (yes, we still need more help) please let Neil know asap on 4272 6818.

Congratulations

Great news from some of our members who have been carrying the flag and racing superbly throughout summer:

Russell Chin traveled down to the World Cross Country Trials in Melbourne on January 24th and came a very solid 19th position. Considering that the men's race was really hot with Brett Cartwright, Craig Thompson and Sisay Bezabeth setting a frantic pace from the gun, Russell held on fast and finished about ninety seconds back after 8km. A great effort.

Our super marathoner, **Kerryn McCann** also put in a commendable performance at the women's marathon in Osaka on January 27th. Despite carrying flu-like symptoms, which had plagued her for weeks, Kerryn ran to record her 3rd fastest time ever, a brilliant 2.28.30 to finish in 4th place. A wonderful effort and one which can only give her renewed hope of a victory in the Commonwealth Games later this year.

Jared Poppett and Stephen Brown, two of our most promising juniors represented us well at the recent Country Championships held in Newcastle in the 1500m, 3000m and 2km Steeplechase. In the 3km Jared ran 1st and Stephen 3rd. In the 2km steeple Jared ran 2nd and Stephen 3rd and in the 1500m they ran 3rd and 4th. Well done boys.

Erin Hargrave, who ran so well for KJ's throughout winter, winning the national under 20's cross country, has been named in her second Australian team. Erin will compete in the Ekiden relay to be held mid February in Beijing. She will run a 5km leg of the relay.

Congratulations to all of you.

The Sydney Half Marathon 26 May 2002

All KJ's who intend to run in this event are reminded that entries for last year's event closed six weeks before the race and many KJ's were unable to compete. To avoid disappointment this year please submit entries as soon as you see the forms in the Sun-Herald. ANSW members please note that the event also doubles as the NSW State championships. KJ's will be forming teams for all age categories in the Winter Series premier-ship so it is essential that you confirm your intention to run in this event with team captains.

KJ's will be organising a bus to the "Half", leaving Western Suburbs Leagues Club early in the morning and picking up through the Northern Suburbs on the way. Following the race you will be able to explore the Rocks Markets and enjoy a counter lunch in one of the many pubs in this historic area. Approximate cost for the bus is \$10-\$15 and based on past experience it usually fills up rapidly well before the day. For further information and to make an early booking contact Dave Higgins, Peter Evans or Dave Barnett.

Summer Pointscore Update

With 7 Pointscore races completed and only 2 to go, the 2001/2002 Summer Series is still very close, with several runners still in with a shot. Don't forget, your best 7 race pointscores count out of the 9 races.

1:	John Rosenzweig	1317
2:	Mark Everton	1224
3:	David Babis	1179
4:	Jennifer Burns	1171
5:	Ryan Burns	1148
6:	Neil Barnett	1029
7:	Greg Learmonth	1016
8:	Peter Evans	1016
9:	Andrew Krajewski	1005
10:	Andrew Rutty	996

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For further information contact the KJ Club Treasurer, Dave Higgins (4284 1317)

Athlete of the Month

(September 2001)

Gil Rutty

"Physician heal thyself" is an apt term. Early in the year the running "foot doctor", Gil Rutty, was in the doldrums with, you guessed it, a foot injury that was proving difficult to overcome. With a mixture of science and perseverance Gil managed get himself back on track so to speak and start to show signs of his previous form by mid-year. By August he was confident enough to run a 5,000m at Beaton Park, with the objective of providing opposition for Erin Hargrave, who was determined to set a PB for the distance. Instead, the exact opposite occurred and it was Gil who was hanging on like grim death over the last few laps. Nevertheless Gil showed marked improvement to finish a close second in 17.20.

Armed with this success Gil registered with ANSW and after giving El Presidente a fright in the Hope Town long distance relay at Homebush, he ran the third leg of the Male 35+ road relay at Cordeau Dam. Taking on a deficit of over 30 seconds the "foot doctor" turned this around into a handy lead in 17.34, an outstanding time for this notoriously demanding and hilly 5km course. For this effort Gil deservedly won Athlete of the Month for September.

Having in excess of 400 members, it is a hard task keeping track of everyone and getting to know each other better. We have decided, therefore, to run one or two profiles a month to introduce ourselves to our fellow KJ's. This issue of the FOX presents:

Vanessa Kearney

... our new female club captain

Age group: Senior

Family: Husband Dylan Forbes, brother in Melbourne and sister and rest of family in Hobart.

Occupation: Rehabilitation Consultant

Favourite TV show: "The Secret Lives of Us"

Favourite food/drink: Sticky Date Pudding and port by the tumbler

Favourite music: currently "Amazing: by Alex Lloyd

How long have you been a member of Kembla Joggers: 5 years

How did you get involved with KJ's:

Having moved to Wollongong from Tasmania, I knew nothing of the running scene here. I went to the Fitness 5 and saw many KJ's and it looked like a very social club. I took a program, went in the next race and the rest is history!

Are you a competitive runner or do you just run for fun and fitness:

I have always run for fitness, fun and competition. Due to injuries I have retired (for a while at least!) from competitive track running and hence have scaled back training. But while I may be a bit slower, I will always try to beat the person in front of me!

Do you have a coach:

In Tasmania I was coached by Michael Pace. Prior to my recent retirement, for the past 3 seasons I have been coached by Rod Arnold.

What is your favourite training session:

4 sets of 2 x 400 with a 30 sec recovery and 3 minutes between sets.

What is your least favourite training session:

1. anything involving running in water
2. or sitting on a stationary bike
3. long slow runs of 20km on Sundays

Where is your favourite training venue:

Pipeline track, Mt Wellington, Tasmania

Who are your training partners:

Belinda Martin and Ann Marie Lyons when training in Sutherland. In Wollongong I have had numerous training partners and am always glad to have someone to run with. It's hard convincing people sometimes that what I do is fun! People who I have trained with a lot are Sue Mulready, Erin Hargrave and Lauren Elms.

Do you have a role model:

I don't really have a role model but in my next life I would love to be a sprint star.



Vanessa Kearney runs to victory in the Open Women's 1-Mile Mount Kembla Gift.

What do you consider your best time or performances in:

a KJ race: West Dapto 10km in 37.35

a non-KJ race: State 1500m in 4.25.3

What is your favourite KJ run and why:

3 mile at West Dapto... the shortest, non handicap race there is.

What is your least favourite KJ run and why:

Must be the West Dapto 10 miler, as it's the only race I haven't attempted in the winter series.

What do you like best about KJ's:

The friendly people and enthusiasm they have for running.

What do you think KJs can do better:

I would personally love to see some shot putters, hammer throwers and triple jumpers join KJ's.

Interesting things we don't know about you:

I have competed in every track season since I was 7 (20 seasons!)

I have achieved success at piano to level 8.

I make a mean chocolate mousse and I do NOT share Dylan's ambition to compete in a nude fun run/training session!

What are your aspirations:

To get out of bed each day and not feel pain!

What has been your worst injury:

My current and chronic lower limb injuries.

From Hazel's Kitchen Tangy Apple & Apricot Loaf

155g chopped dried apricots
125g chopped dried apples
2 tsps grated lemon rind
2 tbsps lemon juice
170ml water
185g brown sugar
60g butter
185g wholemeal SR flour, sifted
60g SR flour, sifted

Heat oven to 180 degrees.

Place apricots, apples, lemon rind, lemon juice, water, sugar and butter in saucepan.

Bring to boil and simmer 5 minutes.

Remove from heat and cool for 5 minutes.

Stir flours into fruit mixture. Spread mixture into greased loaf tin and bake for approximately one hour or until center is cooked when tested with skewer.

Cool loaf in tin for 15 minutes before turning out onto wire rack to cool completely.

Very easy, moist cake.

Club Challenge, Engadine 21 October 2001

Forty or so of KJ's keenest runners turned up at Ferntree Reserve, Engadine for the Club Challenge between ourselves and a number of Sydney clubs whose interest is mainly in the social side of running. Competing for the club challenge shield were teams such as Western District Joggers, Illawong, Campbelltown Joggers, Kembla Joggers and, the originators of the event, Billy's Bushies.

The day promised to be slightly different to the normal Sunday morning run with the chance to run along bush trails with the pleasant smell of nature in the air. This was dispelled shortly after the start when competitors found themselves descending steeply into the Woronora River valley for well over a kilometre. The route was certainly scenic but we all knew that the return journey would be something that would test the stoutest heart (or legs). Several more downward sections followed, broken up by a few rises and little in the way of level areas for the leg weary runner, before descending again to the turnaround which was down the steepest of all inclines and went on almost forever.

For the back-markers, the strain on the leaders faces as they returned up this incline stirred grim thoughts of what was to come. Matt Kerr however looked comfortable as he established a strong lead. KJ's hold on the "Top 25" shield looked tenuous as we looked light-on in the first ten runners with only Jared Poppett holding up well in sixth place. Then things looked up a little with a group of runners including Neil Barnett, Brad Hynard, Chris Richards, Frank Hungerford and Witold Krajewski starting to make inroads and work their way through the field.

On the return, the hill at the bottom proved to be the toughest challenge of all. The ordinary club runner was reduced to a shuffle at this point, but encouraged by other runners who were still making there way down, they kept going. Gary Poppett actually walked at one stage and remarked that he passed one or two competitors who had continued running. After this, even the final, long hill appeared to be easy. The first run-

ner to enter the oval and embrace the welcome sight of the finish was KJ's Matt Kerr who had extended his lead. His time of 38.31 testified to the toughness of the course and, the probability, that it was longer than the unofficial 10 km.

Jared Poppett had a fine run for a junior proving that he can mix it with the best. He finished sixth in a time of 41.57. El Presidente had one of his best runs to finish in tenth place followed closely by Chris Richards and Brad Hynard. Our tenure as holders of the "Top 25" shield, which looked a little shaky earlier, received a boost as we continued to get runners to fill the critical top places. Paul Micale, after starting slowly because of a strained thigh worked his way into seventeenth place and junior, Ryan Burns, was exceptionally pleased with his 24th place in a great time of 46.14

Others to feature in the "Top 25" were Wayne Montefiore, Witold Krajewski and Daniel Watson, who cycled up from Wollongong and back after the event. The "G" man, Andrew Godsman, after doing the Melbourne Marathon a week earlier and then winning the tough, Fitzroy Falls marathon the day before, ran just outside the "Top 25" in 47.32 - now that's a dedicated club man for you! The only excuse he had was "my legs were a little tired up the hills".

Vanessa Kearney showed she is on her way back after injury with a comfortable therapeutic run not far behind our first female finisher, Mariana Hernandez, who did 51.58. Mention must be made of Dana Wilton (U14) who made light of the course by leading her father home in a great time for a junior of 54.18. Equally important were the finishes of Janet Poppett and Linda Cortes who gained 150pts and 136pts respectively for the club in the critical club challenge shield. The "Hollywood" finish of the day went to Derek "Sharkey" Moriarty who, in a desperate sprint, just pipped a Western Districts Jogger on the line to gain an extra point.

All in all it was a great day with a BBQ and coffee to finish off and several spot prizes to boot. Billy's Bushies, with runners with names such as Max the Hun, Pigtail, Pussy and No Shorts, had the numbers to win the prestigious Club Challenge Shield. KJ's finished second. We probably needed another dozen or so runners to make a difference. In the "Top 25" competition the

club took out the trophy for the seventh time in succession although the result was a little closer than in previous years. To many, this an event where results are meaningless - it is having a good time and doing something different and meeting characters from other joggers clubs, which is more important.

Sydney International Marathon & 10km 28 October 2001

Perfect conditions heralded the start of the Sydney Marathon, disguising the fact that warm conditions were to prevail over the latter stages of the race. A strong contingent of KJ's fronted the starting line with many more lining the course at certain vantage points to cheer them on. Kembla Joggers also had several of its top runners competing in the 10km event, along with 4,500 other runners, who were relishing the rare opportunity of running across the Harbour Bridge.

The leaders of the 10km event, which started at the same time as the marathon, soon opened up a break on the top marathoners. KJ's were amply represented in this bunch with Russell Chin, Matt Kerr and Ben Dubois well to the fore. Blue Stars athletes, Barry Keem, Murray Anderson, and Nowra's Lennon Wicks were also playing a prominent role at this stage. On the rise up Oxford Street, Ben put his foot down on the accelerator and opened up a break with Matt Kerr and Barry Keem trying hard to keep contact. KJ supporters at Centennial Park were treated to a totally unexpected surprise when Ben led the field into sight not far from the finish, with Matt Kerr and Barry Keem close behind, setting the scene for an outstanding result by Illawarra runners. Ben was first in a time of 29.53, Matt was second in 30.09 and Barry finished third in 30.11. Russell, always competitive, did a great time in coming sixth in 31.03. Lennon Wicks came tenth in 31.35 with Murray Anderson only a short distance behind, just outside the top ten.

Centennial Park also proved to be a great spot to watch the marathon since the competitors passed this point three times as they followed the blue line to the finish at Homebush. Chris Richards was on the pace early, looking comfortable in the first ten through the half way mark. Brad Hynard was also running freely on a pace well under the three-hour mark, followed by Witold Krajewski, holding good form. Running strongly together were Phil Giles and Brett Parry on three-hour pace, headed by Mathias Rasch Halverson who had done several 50K runs in readiness for the event.

Sarah Mycroft was setting a blistering pace in the Women's race, passing through half-way in second place in a time of less than 83 minutes. She was followed by Suzanne O'Brien who was also moving along quite quickly at sub-three-hour pace. Paula Crinnion and Karen Ryan, three minutes further adrift, looked to be running comfortably, holding something in reserve for the more difficult second half of the race.

A quick drive across Sydney to

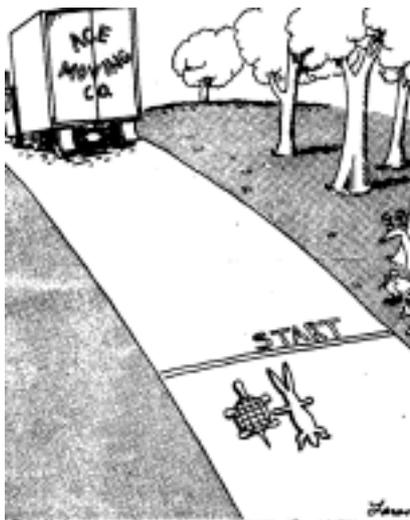
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Homebush for the cheer squad to welcome home the tired runners into the Athletics Stadium. First was Damon Harris of NZ and St George AC in 2.25.49. Chris Richards just conceded defeat to Steve Moneghetti over the last two kilometres to finish 11th overall in 2.47.32. Brad Hynard had a fine run of 2.54.26 and, with Chris Richards and Witold Krajewski, who did a PB of 3.6.41, gained a bronze team medal for KJ's in the ANSW Championships. Hans Lambert also did a PB of 3.18.40, which brought a smile of achievement to his face as he crossed the finish line.

Sarah Mycroft had a great run to finish first in her age group, ANSW champion and runner-up in the Australian Championships to Krishna Stanton. Her time of 2.56.27 would have been a little quicker had she not treated the crowd in her typical style by doing three cartwheels on the way to the finishing line. Paula Crinnion came through strongly in the latter stages to achieve 3.06.05 in her first marathon followed a short time later by Suzanne O'Brien in 3.08.40 also in her marathon debut. Together, the three women led KJ's to gold in the ANSW Marathon championships which gave them enough points to steal the ANSW Open Women's Winter Championship for 2001 from Athletics East.

Phil Giles and Brett Parry came home in times of 3.03.36secs and 3.04.40 respectively. Karen Ryan showed the benefit of training hard through winter to record 3.15.27 in her maiden marathon and Mathias Rasch Halversen proved that the long runs had done him no harm by just cracking the three hour barrier in 2.59.17. Hiro Asano and Greg Peoples both finished with times of 3.35.51 and 3.42.11, while Bruce Medley and Michael Hickman in the 61-70 age group did not let conditions defeat them in recording 4.42.01 and 5.03.06 respectively.

Most said "never again" shortly after finishing but two days later were steeling their minds for their next attempt in the KJ championships at Canberra next year.

Cancer Council 24 Hour "Relay for Life"

17-18 November 2001

Kembla Joggers played a prominent role in the 24 Hour "Relay for Life" held at the Beaton Park Athletics track held over the weekend of 17-18 November 2001. The primary objective was to raise funds for the Cancer Council and to support friends and colleagues in the greater community who are suffering from cancer.

Members from within the KJ's gave unstinting support in both raising funds and in helping to field two teams of thirteen runners. After a moving opening ceremony, a hundred or so cancer survivors and carers covered the initial lap, with Brian and Eunice Mannix, and Ernie and Chris Hall proudly leading the way. Following this, the relay commenced in earnest with Dave Barnett setting a 'hot' pace over the first five laps to get the KJ's effort underway in warm, humid conditions. The other KJ team - "Hennessy's Harriers" was led out by veteran Eric Brown, who set a more consistent pace for his team.

Generally the teams ran sets of 15 laps per member before handing over to the next team member. It was obvious from Dave Higgins' face after the first hour that the KJ's were setting a pace that would seriously threaten the record for the 24-hour relay set by Campbelltown. After the first six hours the KJ's were running at a rate of 4-5 laps/hr ahead of the record with "Hennessy's Harriers" running well but more inclined to take a less serious approach to the occasion. A number of KJ's were running in other teams such as Chris Hall's team and Vito Gaudiosi's "Crocker's Gym" team and the smooth gliding Paul Micale swept by on his several stints for another team.

The cool of the night was welcome although fronting up for your turn became difficult when sleep beckoned. The "super tag team" of Wayne Montiefiore and Peter Evans put in 75 superb laps between 2.00am and 4.00am in the morning, cementing the foundation for smashing the record by a substantial amount. Mention should also be made of Warren Evans and Michael Hickman who put in the lion's share in the early hours of the morning with Garth Weston (Corrine's husband), filling in at the last moment.

Dawn brought a change of weather with a severe thunderstorm and torrential rain but it didn't dampen the spirits of the runners and walkers. The sight of a young teenager, severely handicapped, smiling as she walked through the rain, was inspirational. Derek "Sharkey" Moriarty was still going, talking non-stop as he started to get close to completing his own personal milestone of going 24 hours nonstop. Dave Taylor, the KJ ultra marathoner, and his mate "Forrest", were also on target along with "Sharkey" to do something like 375 laps (or 150km) - well done guys, that was fantastic!

At the completion of the 24 hours, the KJ's team had completed 813 laps to beat the previous record by 96 laps. The distance covered, 325 kilometres, was even more staggering since the team consisted mainly of members who covered a broad cross section of the club. More importantly, the two KJ teams raised over \$5,000 for Cancer Care and overall, the event rose close to \$75,000 for a worthy charity.



Peter Evans gets the final 'Mr Whippy look' in front of 400 school children. Not the best of days but it did help him raise a quick \$300+ for the 24hr Cancer Relays.

The World Cross Country Selection Trials

On Thursday 22nd January two Kembla Joggers, Matt Kerr and Russell Chin, ventured down to Bundoora, a hilly suburb north-east of Melbourne. And why were they there? To try their hand at gaining selection for their respective national teams to compete at the World Cross Country Championships in Dublin a bit later in the year.

The course was a two-kilometre loop around a park. It was all grass, reasonably dry underfoot, and undulating. It was a very fast course, and the conditions were going to be tough, as Melbourne celebrated only its fourth sunny day of the summer, and the temperature rose to the mid twenties with no wind to be felt anywhere.

The first event of the program was the Women's 6km race, with many of Australia's top juniors putting it on the line against their more experienced counterparts. And this night was to be for the juniors, as Georgie Clarke broke away from the field in the last lap and strode away for a solid win. Georgie is one of our brightest prospects for the future and has already competed at one Olympic Games as a teenager.

Next up was the men's 8km race, four laps of torturous speed and uneven surfaces. The field assembled was probably one of the best seen at a national level race for a long time. Some of the big names standing on the line next to a nervous Matt and Russ included Lee Troop, Michael Power and Sisay Bezabeh, all of whom represented Australia at the last Olympics. Also in the field were three runners (including Bezebeh) each of whom had run a sub-28-minute 10,000m in New Zealand the previous week. So it was going a tough dig for the Canadian steeple-chaser and the "Puckeys Specialist".

The start was a big scramble as everyone jostled for a good position and Russell and Matt snaffled themselves a good spot up near the front. The pace proved too much for Matt and he was forced to drop out near the halfway mark. He has been struggling a bit lately due to a seemingly never ending track season, and after a short layoff he should be back in fine form for KJ's assault on the winter premiership.

After the blow of seeing his club mate pull out of the race, Russ gritted his teeth and tried to hang on to the back of the lead pack. Unfortunately for the knotty one, the pace was starting to affect him too and the elastic band stretched and stretched but finally snapped. Russ was out the back and in the dreaded no-mans land. Eventually, some other runners caught up to Russ and he latched on to the back of them and held on for the remaining 4 kilometres. With about 1 km to go Russ kicked again and started to pick up some places. Lee Troop was about 100 metres ahead and coming back, and in between them was Scott Westcott. Russ tried to surge past Westcott on the last little steep hill, but Westcott put

in the big ones and got a ten-metre break. On the last downhill Russ opened up his stride and managed to gain some ground but the finish line came up too soon and Westcott just pipped our sometime hero at the post.

Russ finished in 19th place overall in 24:40, in a quality field, and was reasonably happy. Matt was understandably disappointed with having to pull out, as was former KJ, Stephen Locke, who was also forced to pull out early due to bad stomach cramps.

So unfortunately, no one from KJs will be travelling overseas to fly the red, white and blue flag just yet. But, rest assured dear reader, that it will happen!

Newsflash!

Ben Dubois runs 3rd in State 5,000m

One of Kembla Joggers' more prominent members did his club proud with a strong third place in the NSW 5,000m championship on Friday 1st February. Ben Dubois ran a smart race sitting pretty in with the lead pack until four laps to go when he made a decisive break, chasing after Kim Gillard who had earlier broken away from the frontrunners for a 20 second lead over the field. Ben had tried to encourage his rivals to speed up the pace to try and catch Kim, but their unwillingness to do so forced Ben into his brave move to the front of the pack. He managed to hold a 40m break until the last lap.

Ben tied up somewhat in the penultimate 200m and was passed by a fast finishing Nick Cope and Chad Roberts. But in the last 100m Ben put his head down and strode past Roberts into third, and almost caught Cope on the line. Ben had achieved his second open state medal, a Bronze in the fine time of 14:30, just 1 second off his pb.

Ben was happy with his race, his first at elite level in almost three months. It should see him invited to compete at some of the Australian Grand Prix meets that are coming up in the next couple of months, and it should also be a major confidence boost for the Kembla Joggers' very own train driver.

Palm Beach to Manly

By Ray Wales

On Saturday 5th January nine of us left Wollongong at 3:45am to drive to Palm Beach. Diane Birch, Franca Facci, Marie-Claire Kurt, Bruce Medley, Dave Church, Michael Hickman and Ray Wales were going to do the run while Warren Evans and Ron Perry drove the cars back to Manly and did some marshalling along the way. The original run used to start at 5am but we had put our start back to 6am. When we arrived at Palm Beach there were two carloads of runners from the Western Districts

Joggers Club preparing to do exactly the same thing. They took off before us as we were taking photos.

It didn't take long before our group got spread out. Ron and Warren pulled over at the necessary intervals to give us a drink and make sure we would stay on the right course. By Mona Vale and Narrabeen we were getting a bit too far apart if anyone wasn't sure of the course and the traffic was too heavy on Pittwater Rd for Ron and Warren to drive around keeping check on everyone. However, they made sure we all took the correct turn to Dee Why Beach.

Things got a little bit vague after Curl Curl and on through Harbord and Queenscliff. Not everyone followed the original course through here but everyone eventually made it onto the long promenade that goes from Queenscliff Beach to Manly. We all made it to the imaginary finish line near Manly Surf Club which is something we should all be proud of. This was not a race but it is worth saying that Dave and Diane made us all sit up and take notice!

What did we do after finishing and getting a pat on the back?

We went for a swim in the surf then had a cold shower. Then we put on our normal clothes and went and had a late breakfast at a cafe across from the promenade. At breakfast we met the Western Districts Joggers who said we should make this an annual event. They said we should make it a long distance club challenge.

What were the bad points?

- The traffic along Barrenjoey Rd and Pittwater Rd.
- Dave not being able to eat his fresh muesli breakfast.

What were the good points?

- Warren Evans and Ron Perry getting up at 3am to make the run possible.
- Michael Hickman issuing his certificates to all the finishers over breakfast.



The start of a New Year! Again! It has been a quiet beginning for the club as far as whispers, rumours, innuendoes, myths, legends and so forth. I have hardly had a thing to report so far. Hopefully this will improve and the next issue will be full of factual reports, insightful items and of course juicy gossip. AND still no target for 2002, but as usual they will soon come to me. But for now, just a few short snippets.

Duck Massacre

There they were, all set for an enjoyable day at the local animal park. They had seen the kangaroos, wallabies and emus. It was now time to see the ducks get fed. It was also time for a KJ to feed some of the other animals. Oops! Someone forgot to close the Dingo gate and as all the kinders were happily seated watching the ducks parade around, in comes a very hungry dingo. It seems that dingoes and ducks do go together! The ducks do go into the dingo's mouth! Well they tell me that there is a large group of traumatised kinders that are quite happy to forgo excursions to animal parks now. The KJ lad involved ... well he has secured alternative employment. It does not seem to have affected his running as he did manage to win the recent buster up Hill 60 recently. Nice one Dickey!

Not True

That brings me to the untrue rumour that came to my attention. At a recent Stuart Park race there was a certain 'Dickey' missing. It seems that Jared Poppett and Stephen Brown had beaten someone at the track on the previous Thursday and the story was that this KJ had 'spat the dummy' and gone into retirement. Not so! The ever-enduring Dickey is back to form and threatening to kick a lot of butt this year. Look out fellas!

50-50 Vision

It seems my eyesight is not as good as it used to be. There I was warming up at Stuart Park for one of the summer races when I spotted Dave Pomery over the other side of the oval. He was jogging around and performing some callisthenics, etc. About 15 minutes later I spotted Dave on the opposite side of the oval and not in his running gear. I asked him why he had changed whereupon he gave me the oddest look. He had only just arrived. So I looked again and walked a bit closer to the fellow on the opposite side. Dave's 'double' was none other than Kevin Raines. Now Dave and Kevin have been champion runners in their time but that did not stop Dave giving me a fearful look. Sorry Dave I know there are a few years between you. Must have been the jacket! That's it! They both wear the same sort of jacket. Apart from that they are not really that identical.

Victa Wars- Time Out

There are certainly some horrible, grubby humans in our society. Just when Frank Hungerford was getting the Mt Kembla starting area sorted out, up comes some grot in a truck and dumps a whole load of sawn up palm trees all around the area. Frank was not amused. If only we had access to some large machinery for a few hours, we could

certainly tidy that area up once and for all. Well done on all the previous work Frank. What have you and Eric got on store for us in 2002?

Tea Pot War

Forget about the Victa wars for a while and have a good look around at the next race. Some people thought I was a bit odd using my nice 'space age' material type cup after the races. It's great...is light, holds heaps, does not burn your lips and is completely recyclable. Saves using those horrible polystyrene cups. Anyway it seems these 'new' travelling coffee mugs have caught on. I have spotted a few around but when Mark Everton turned up with his I thought we might need an extra hot water urn! Not to be outdone, Eric Brown [Eric of the Victa wars] turned up to a KJ committee meeting with what I thought was a complete teapot! He assures me it is just a cup. But I reckon otherwise. It must hold a gallon or two! His bladder must be made from Kevlar or stainless steel. We sat at that meeting for quite a few hours and Eric did not make any beelines for the loo, most impressive Eric. Not only does he drink gallons of tea but he does a great job with his coaching and track work



Not the Real Mrs. Church!

The Real Mrs Church!

Will the real Mrs. Church please step forward? After one of our recent relays, husband, Martin asked if I could e-mail him some of the photos I had taken during the morning. His wife too! Ok no problem. Wayne Montefiore, who had been in my team, kindly told me who the lovely lady was, what she had been wearing and in which team she had run. Great! Later that day I downloaded all the photos and sorted them, sent some to the Webmaster, Ian Tague and then remembered Marty's request. I set to work and sent off a nice little collection of snaps. The next day I received thanks for the pictures off Marty but there was a little memo. He thanked me for his lovely photos and the ones of the lovely lady. But... that was not his wife! He thought she was a very nice looking lady, as did Mrs. Church, but he was told to send them back on the double! But we all did have such a nice morning, didn't we!

Happy running

Peter Evans.

Ps. There is some hot news from Thredbo coming my way! How do 6 into 1 go? Yes I believe Peter Issa had the double bed that five others wanted to share!! More later....

Happy Birthday and lots of PB's to....

January:

Bryan Ashton, Gary Bell, Lawson Butcher, Linda Cortes, Paul Coxhead, Robyn Henry, Tony Hernandez (get that foot better Antonio), Ann Marie Hosie, Ward Hummerston, Richard Jones, Debbie Knapp, Greg Learmonth, George Mackinlay, Tony McDonald (Macca), Max McKay (a wonderful 78 years young!!!), Steve Mlacic, John Ognenovski, Leigh Ognenovski, Taylor Ognenovski, Noreen...Ms 60 age bracket...and getting younger... Parrish, Jared Poppett, Rasch Halvorsen, Louise Samuel, Trudi Barnes, Sue Scott, Melinda Sharpe, Graeme Smith, Lynn Tague, Denis Webb, Ken Whitton, Alana Yardley

February:

Peter Asher, Dave Barnett, Jackie Becker, Elsie Brazil, Gwenda Brockenshire, Donna Church, Renee Church, Tyrone Corban (nearly a teenager), Alicia Dunning, Jeff Dunning, Aaron Dusmanovic, Kelly Eady, Ngareta Faull, David Feeney, Bernadette Good, Jeni Greenland, Steve Hilton (a BIG one!!!), Melinda Hynard (who has a resolution to run regularly this year!), David Hynes, Matthew Jamieson, Tom Joyce, Vanessa Kearney (new female club captain), Lara Moriana, Sue Mulready, Lauren Ognenovski, Renee Ognenovski (a TEENAGER at last), Stephanie Power, Bob Projevski, Derek Rosen, Michaela Tranby, Amanda Vandeweghe, Dana Wilton (another new teenager)

The Marty Church Files

In November 2001, both Marty Church and Marty Weston travelled to the Gold Coast for the Australian and New Zealand Police Games. Here is an account of how they performed.

Saturday 10:

After flying from Sydney to Coolangatta and checking in at their Surfers Paradise accommodation, both Marty's were required to register at the Game's precinct, Runaway Bay. Here, the boys perused competition lists, purchased merchandise and met with other interstate police before attending the game's opening ceremony. Then, as the precinct was licensed to sell alcohol, the boys decided they'd have a cool ale or two. Well, woo hoo!!... One drink turned to twenty and I am the following morning saw the two athletes still partying in various nightclubs throughout the Surfers Paradise district.

Sunday 11:

Woke up very sick and sorry and basically struggled to maintain composure throughout the day. Highlight of the day was Marty Weston failing to keep control of the contents of his stomach.

Monday 12:

First day of competition saw the commencement of the track and field program in hot and windy conditions. The two Marty's were entered in the same age group (Male 30-34 years) and in the first event of the day Marty Weston got off to a great start by taking the gold medal in the 10,000m. A couple of hours later Marty Church also got amongst the medals by taking second place in the 1500m. Finally, at the day's conclusion, both Marty's took to the track as part of the NSW Police 4 x 200m relay team. Displaying no ounce of skills as sprinters and showing that they are both absolutely no threat at all to Shirvington and Co, the two boys assisted the team in finishing a credible fourth.

Tuesday 13:

The second day of track competition saw Marty Weston in action again in the opening event. Repeating his fine effort from the previous day, he once again claimed gold, this time in the 5,000m. Soon after this, Marty Church scored a similar placing taking out the 800m and later showed his versatility by being a member of the gold medal winning 4 x 400m relay team. Once

again, hot and windy conditions prevailed throughout the day.

Wednesday 14:

With track proceedings completed, the boys moved on to cross-country. Marty Church got proceedings off to a flying start by winning gold in the 5km event on a course that was suited to his track background, flat and fast. His partner in crime then tackled the 10km course, which comprised 2 laps and earned himself a silver medal. That evening the boys decided they'd kick back due to the following day being a rest day. On a repeat performance of Saturday night the two KJ's again found themselves amongst the Surfers Paradise revellers. Marty Weston earned himself a gold medal for his efforts at techno dancing and any aspiring KJ who wishes to shake and groove like the pros should most definitely see MW for some hot tips.

Thursday 15:

Yep... sick and sorry again after getting home at 4am full of bourbon and beer. A rest day from running but a winning performance for the two Marty's on the waterslides at Wet and Wild.

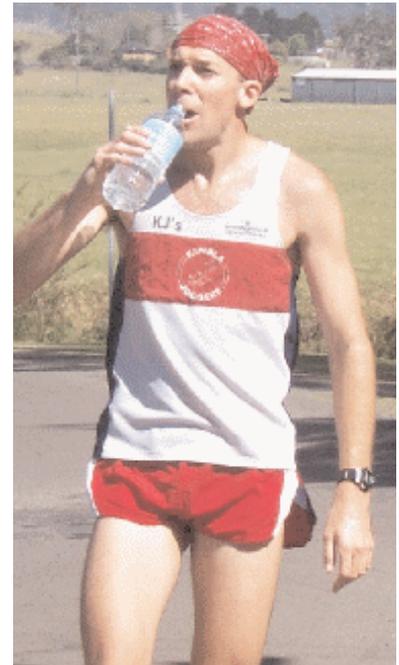
Friday 16:

Last day of competition and the 10km road run beckoned. This was the first race where the boys were going head to head and expectations were high. Would Marty Weston's long distance jogger's training enable him to fend off the middle distance kicking ability of Marty Church? Would stamina beat speed? Well, in hot and oppressive conditions Marty Weston finished one place ahead of his better half, taking a silver medal, with Marty Church receiving the bronze. Remembering that MW said that he would rather die than allow MC to beat him, Marty Church decided that he didn't want such a tragedy attributed to him and rightfully allowed his partner the better performance on the day! Much much later in the day (well, maybe early Saturday morning) the boys were found at Jupiters Casino, having entered themselves in the roulette wheel event.

A good time was had by all and between them the boys brought home 5 gold, 3 silver and 1 bronze medal from their athletic performances. However, they also recorded winning performances in the disciplines of copious alcohol consumption, sleep deprivation and staying out really late.

Marty Church

Athlete of the Month (October 2001)



Andrew Godsman makes sure he hydrates adequately in the recent running of Ray's Relays at West Dapto.

Andrew Godsman

There was no doubt that October was the G-Man's month. It was just reward after many a hard week of dedicated distance training that led him south to test his spirit in the Melbourne Marathon, a race that on previous occasions has ruined the hopes of many a KJ runner, although Andrew Dunlop had put in a corker the previous year. Inspired by this and with a spring in his stride he thought he would never have, the G-man came home strong over the last few kilometres to finish 29th overall in 2.48.58.

Not content with this huge PB, a week later the G-Man entered the Fitzroy Falls Trail Marathon. By halfway his loping style had him comfortably in the lead. Relishing this he increased his pace, winning his first major distance race in a highly respectable time of 3.03.44 over a tough, hilly course that many would be content just to finish. The next day, instead of resting his tired legs, he fronted up for the Club Challenge at Engadine, showing great club spirit and inspiring the Kembla Joggers to retain the coveted Top-25 shield.

For the G-Man, alias Andrew Godsman, the trifecta of a great run in the Melbourne Marathon, a win at Fitzroy Falls and fronting up for the club in the Club Challenge the day after, makes him a worthy recipient of Athlete of the month.

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Athlete of the Month

(November 2001)

Hugh Motbey

In the mid to late seventies, Hugh Motbey was an athlete who commanded a great deal of respect in the country areas of NSW and has woven himself into the folklore of many country towns where footraces were a common feature of the district show. Once, at Bega where Hugh was seen training during a visit, he was asked to compete against the local running champion over one mile during the Country Horseracing Carnival. Fancying that he could win some money Hugh accepted and, although the bookies had the local runner at odds of 10 to 1 on, Hugh came home first in a time of 4.50 on a track rougher than a country paddock, to take the money off the locals.

Hugh's speed and strength were revered at the Robertson District Show where he won the 400metre race several times, carrying a sack of potatoes weighing over one hundred-weight over his shoulder. (Try that one when you're doing some interval training). Little was seen of Hugh for many a year until he joined KJ's a few months ago. His performance has steadily improved particularly on the track and Hugh was a stalwart performer in the KJ's Cancer Care 24 hour relay team at Beaton Park. He regularly fronted up for his spells of 15 laps doing them consistently in a time of 1.48. Hugh also was the highest fundraiser with a total of \$1,568. There were twenty-five other KJ champions at Beaton Park that day and not one of them would have begrudged Hugh's award of Athlete of the Month for his efforts both on and off the track.



Hugh Motbey collected some \$1500 worth of sponsorship money in the recent 24hr Cancer Relays held at Beaton Park. Great work Hugh. He is pictured here with his beaming grandkids.

Athlete of the Month

(December 2002)

Matt Kerr

In a month where many KJ's thoughts turn to days at the beach and a more casual approach to competition there are still those sharpening themselves for the summer track season, whether it be at Beaton Park or the NSW interclub competition at Homebush. Matt Kerr, the Canadian connection, is one such track specialist with great credentials that have netted him several inter-collegiate championships in the US before arriving in Australia. Matt has now settled into life at Wollongong Uni and is fast establishing himself as a likeable fellow showing great respect for KJ members whether they be the slowest runner or the best.

Matt's presence at track races at Beaton Park has inspired several runners to improve and achieve personal best's. In the NSW State relays Matt anchored the 4 x 1500m men's team to a bronze medal, a first on the track for the club in open men's competition. In club events during the month Matt set age and open all comers' records on the track for the 1K in 2.31.1 and, despite being back-marker, reined in the whole field in the 1 mile handicap to win in a time of 4.09.05. The latter event was the one that revealed the true talent of Matt and for this he clearly earned the award of Athlete of the Month for December.

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Your Questions Answered on Healthy Living

(Not necessarily endorsed by the KJ's)

Q: I've heard that cardiovascular exercise can prolong life. Is this true?

A: Your heart is only good for so many beats, and that's it... don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live any longer. That's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass - a green leafy vegetable. A pork chop can give you 100% of your recommended daily allowance of vegetable slop.

Q: Is beer or wine bad for me?

A: Look, it goes back to the earlier point about fruits and vegetables. As we all know, scientists divide everything in the world into three categories: animal, mineral, and vegetable. We all know that beer and wine are not animal, and they are not on the periodic table of elements, so that only leaves one thing, right? My advice: Have a burger and a beer and enjoy your liquid vegetables.

Q: How can I calculate my body fat ratio?

A: Well, if you have a body, and you have body fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of a single one, sorry. My philosophy is: No Pain = Good.

Q: If I stop smoking, will I live longer?

A: Nope. Smoking is a sign of individual statement and peace of mind. If you stop, you'll probably stress yourself to death in record time.

Q: Aren't fried foods bad for you?

A: You're not listening. Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?

Q: What's the secret to healthy eating?

A: Thicker gravy.

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

Q: Is chocolate bad for me?

A: Are you crazy? Cocoa beans... Another vegetable! It's the best, feel-good food around!

I hope this has cleared up any misconceptions you may have had about food and diets. Have a cookie... flour is a veggie! "When life hands you lemons, ask for a bottle of tequila and salt."

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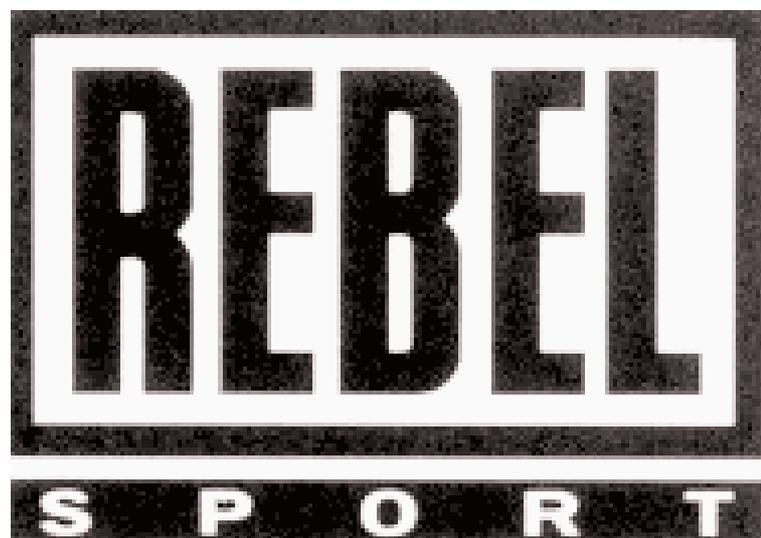
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KJ Events March

- 5 KJ Summer Series, Senior 3km & 6km, Junior 1.5km - 6:00pm Port Kembla Beach (5.45pm for Junior race)
- 9 KJ Registration Day - 5km non-pointscore race - 3pm Stuart Park, North Wollongong (rego's taken from 1.30pm)

April

- 14 KJ Male and Female Marathon Championships - 7am Telopea Park School, Canberra (in conjunction with the 2002 Canberra Marathon)

Other Fun Runs March

- 2 Six Foot Track Marathon - 8am Katoomba
- 17 Sydney Marathon Clinic (30km, 10km & 5km) - 7am Rosford St Reserve, Smithfield
- 24 Lindfield Fun Run (10km & 5km) - 8:15am Roseville Park, Roseville.

April

- 21 Sydney Marathon Clinic (21km, 10km & 5km) - 7am Rosford St Reserve, Smithfield

May

- 26 Sydney Morning Herald Half Marathon (21.1km) - 7.30am The Rocks, Sydney.

Athlete of the Month (January 2002) Carolyn Dews

A return from the sojourn of Christmas to the hotter, humid days of January is often a test of those who have quietly worked at their training schedules over a long period of time. When looking at the performances of several KJ's over the last six months it is clear that several have shown distinct improvement and their times are infinitely better than they were in the cooler months. One has only to look around to see whom they are and their performances have made it much harder to select the athlete of the month for the first month of the year.

One of the outstanding performances has been by a female athlete who has joined the club in the last year. After working for the Olympic Authority in organising the 2000 Olympiad, Carolyn Dews has slowly made her presence felt down here both in the Tri Club and in KJ events. Last August, almost unnoticed, Carolyn turned in a fine effort in the City to Surf with a time of just over 58mins. Further improvement was shown also in club events in the early part of the summer season. This month Carolyn put in a scorching 5K at the Illawarra Yacht Club to finish with a third placing behind Trudi Barnes and Sarah Mycroft in a great PB of 19.28. No doubt Carolyn will improve even further but this individual performance put her ahead of many other worthy challengers for athlete of the month in January.

Camera Found

Left behind at the Hangover Handicap race at Mt Kembla on New Years Day - one camera.

Enquiries to Neil Barnett on 4272 6818.

Food For Thought By Brian Mannix

I was cleaning up recently and came across the results of the World Veterans Championships held at Gothenburg, Sweden in 1977. Here is part of them:

Male 5,000m:

40-44	1st	14.03	33rd(last)	15.58
45-49	1st	15.15	28th(last)	16.56
50-54	1st	16.02	23rd(last)	17.58
55-59	1st	16.29	20th(last)	18.13
60-64	1st	17.46	15th(last)	19.48
65-69	1st	18.29	16th(last)	24.16
70-74	1st	19.59	12th(last)	24.57
75-80	1st	21.20	3rd(last)	22.33

Male 10,000m:

40-44	1st	30.45	23rd(last)	34.55
45-49	1st	32.08	23rd(last)	35.46
50-54	1st	33.43	23rd(last)	38.57
55-59	1st	34.13	15th (last)	38.44
60-64	1st	37.14	10th(last)	42.14
65-69	1st	38.10	8th(last)	45.15
70-74	1st	40.48	6th(last)	45.24
75-80	1st	48.44	3rd(last)	61.04

It just goes to show how good some of these 'oldies' are. I guess many off us have been guilty of writing off the vets at times, but you cannot ignore the above, can you. There are many younger people who would be elated to run times like those mentioned. Anyway it is something to work on. All the best for the New Year to all members of the Kembla Joggers.



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/

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