

The FOX



The Official Newsletter of Kembla Joggers Inc.

Issue 4 [April] 2002

President's Report



The Winter Season is well and truly in full swing and so far we have seen some inspirational performances from many of our athletes. These have been in club races and non-club races alike. I'm sure the KJ Medals Committee will have many performances to consider when the time comes to choose medallists for 2002. Watching our tribe battle it out in the State Championship events and doing so well makes this KJ a real proud one. Sarah Mycroft picked up her 4th NSW title winning the 10km Road Championship at Holsworthy and Matt Kerr became the first ever KJ NSW Open Mens Champion when he finished 1st at State Novice. Further back in the field, runners like Lynn Tague, Claire Margetson and co are slogging it out for the club too. Keep up the fantastic effort everyone.

The much talked about KJ van has finally arrived. You may have seen it at the last KJ event or two and not even realised that the white Mitsubishi Express is actually ours!! Yes that's right, a practically new (demo) van. It will be used to store our gear and transport it to and from events. And the best bit is that it hardly cost the club a cent thanks to a very successful sponsorship drive, which raised about \$20,000 to fund 80% of the purchase cost. This included major sponsorships from Wests Illawarra and BHP Steel. Annual running costs have been covered too by selling logo space to a number of local businesses. So the van will actually prove to be an investment as it will generate revenue from next season onwards. The new double size KJ tent looks spiffy too and we will also be upgrading other equipment, as funds become available.

Negotiations are now taking place between Council and Integral Energy over the possible purchase of the West Dapto site. This is good news, as WCC appear to be keen to adopt the overall vision for the 50-acre property as a Community Park. The KJ's have been identified as a major future stake-



KJ's enjoying a lovely autumn afternoon race at West Dapto. Showing good form are Martin Church, Karen Ryan and Sue Mulready.

holder along with the Illawarra Motoring Museum who want to relocate. If the outcome is positive we will have some major decisions to make about our involvement with the park. At this point in time we have already indicated our willingness to use the site for the creation of cross-country circuits and maybe even clubhouse facilities. Exciting times ahead!!

The club was deeply shocked and saddened by the sudden death of our friend and loyal club member Andrew Godsmann last month. Andrew had been a KJ for over 5 years and during that time he had forged many friendships within the club. He was a top bloke and for me personally it had been a pleasure to know him for that short time. I

will always remember our 3-day relay from Bathurst to Wollongong a few years back with Gary, Phil and Sharkie, and the 3 months we all spent training in the sand hills in preparation for Dave Taylor's race across the Simpson Desert. What a great guy he was. And what a great athlete too. His range of athletic abilities, from sprints to ultra distances, was staggering. The turnout of KJ's at his funeral service was impressive and I know his family was moved by this. G-Man, you will be sorely missed by us all and will forever be in our thoughts.

Neil.

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Uncle Pete's TOYWORLD

By Rob Battocchio
West Dapto 20 April 2002

Sub-Junior 1km & 1.5km

The afternoon kicked off with the sub-junior 1km and 1.5km events, with a great turnout of 40 runners, and the pace was on from the start, as kids from 6 years to 11 years, charged around the course.

In the 1km event, fast finishers included Jake McCauley (4.10), David Ognenovski (4.13), Ronni Macowski (4.40), leading the way in the boys, with Jessica Cauley, and Jessica Gaudry leading the girls home in 4.46 and 5.07 respectively. Well done to Grad Gullick, Jesse O'Brien, Molly Mulready, Tom Joyce and to all the little kids for finishing the 1km course.

With many kids in training for the cross-country season, the 1.5km was a sprint. A fast finishing Hudson Bouma (5.35) held off Byron Arnold (5.46), with Scott Leedham (5.47) and young Shane Cowie (5.54) rounding off the quickest four. Other quick finishers included Kevin McCarthy (5.58), Dean Leadham (5.59) and Ashleigh Scott (5.59).

Junior 3-Mile

The over 12-year-olds competed in the 3-mile event, over a flat and fast course. Once again Steven Brown (PB 15.49) recorded the quickest time, followed by James Greathead (16.09) also a PB, with Ryan Burns rounding off the top three in 16.35. Great to see Jared Poppett making a strong return from injury, with a solid 16.51. Also well done to Guy Cuttill, after going off with the fast boys at the start, he managed to record a great time of 17.56.

In the junior girls event, Melissa Burgess lead the way in a solid 19.15, with an excellent run by Sara Burns to finish second in 20.39, and another fine performance by Renee Ognenovski third in 22.10.

West Dapto 4 May 2002

Sub-Junior 1km & 2km

Another great turn out of about 35 sub-juniors competed in the 1km and 2km events, with a few new faces among them. Everyone charged off from the start, and even the younger juniors seem to show amazing starting speed, with many of the parents struggling to keep up.

The hot pace persisted as fast times were recorded by the juniors in both the 1km and 2km events. Quickest times in the 1km were Jake McCauley (4.14), Alain Moriana (4.47) and Tegan Richards (4.51). In the 2km event, Trent Goodwin lead the field in (7.41), with Hudson Bouma again recording a solid finish (7.50) in second.

Junior 3-Mile

The 3-mile event attracted a large group of junior runners, with many keen for a solid hit out before the up-coming school cross-country and Athletics NSW events.

The pace exploded from the start, with many of the younger juniors keen to hang on to the faster runners in the field. In the end Steve Brown, recorded yet another brilliant run, in a very slick 15.36 and yes, another PB! Ryan Burns (16.43) and Mitchell Burns (17.13) rounding out second and third.

In the girls, Melissa Burgess ran another very strong race, in a fine 18.32 to be the first female overall home, with Nadine Dryburgh breaking the 20-minute barrier in a great 19.49 for second and another fine run by Sophie McCleod, finishing third in 20.05. Other great junior runs by Tim East (18.13), Nicola Hummerston 20.33, and Natalie Arecco 20.39!!

Cataract Dam Scout Park 19 May 2002

Sub-Junior 1km & 2km

The run was scheduled on a Sunday morning, so members could enjoy a post run picnic. The sky was clear, the sun was out and although a bit cool and windy, the conditions were perfect for running.

In the 1km and 2km events, about 35 kids took part, with all enjoying the course which included a combination road and dirt track. In the 1km event, a group of 14 competed with Tegan Richards leading the field home, followed by Alain Moriana, and Lara Moriana. Well done to Jack Millar, who completed his first 1km in less than 6 minutes, improving over 2 minutes since the season start.

The 2km event, saw a quick start, with Alana Yardley (8.21) first, showing the boys how it's done, with Byron Arnold (8.30) in second and Hudson Bouma third (8.38). Great runs were recorded by all juniors, with Scott leedham, Joel Dent, Jake McCauley, Kyran Macarthy, Zac Blay, Macenzie Hynard, and Stephanie Hummerstand all recording fine results.

Junior 4km

The older juniors took the pace out early with Steve Brown, James Greathead Jared Poppett, Ryan Burns and Chris Sainsbury running as a group and then all taking the

wrong turn on the way back. Rather than DQ the boys, times were recorded (although noted as only 3.5km completed). Hope nobody is studying geography in their HSC.

Melissa Burgess, Tim East and Trent Goodwin lead the way home in the 4km event, with very solid 15.47, 16.00 and 16.26 times recorded.

Mount Kembla 1 June 2002

Sub-Junior 1km & 2km

A great crowd gathered for the first event at Mt Kembla this winter and a troupe of 30 juniors took part in the 1km and 2km sub-junior events with many of the kids backing up from the regional cross-country titles the day before.

With many kids having mastered the 1km distance, most are now taking on the extra 1km and challenging themselves over the 2km course. The 1km event is still very popular with the younger kids, with some great runs recorded. Ashlee Smith (5.33) crossed the line first, with Brad Gullick (5.54) and Isabel DiPietro (6.05) rounding off the top 3.

Twenty-two of the juniors completed the second lap and as the season progresses it is clear most juniors are improving rapidly, with the times getting quicker and quicker. Shane Cowie (8.15) and Hudson Bouma (8.16) had a sprint finish to lead the field in, with Alana Yardley (8.31), Sara Burns (8.50) leading the girls in. All juniors put in a great run, with smart times by Joel Dent (8.57), Zac Blay (9.31) and Stephanie Hummerston (9.41). Well-done juniors!!

Junior 3-Mile

With a few of the juniors complaining of tired legs from their hard race at Nowra the day before, times were not expected to be too slick in the 3-mile event. The start was fairly relaxed as the usual quicker runners took the pace out sensibly.

The pace must have quickened considerably, as Steven Brown (15.48) once again recorded a PB, with Jared Poppett (16.08) second. In an incredible run, stand out junior female Melissa Burgess was third outright in a slick 18.14, with Ryan Burns running alongside Melissa to finish fourth in 18.15. Second and third female went to Nadine Dryburgh (20.29), and Natalie Arrecco (21.00).

Keen To Know Your Time and how you went Overall?

Just go to the KJ's website, www.kembla-joggers.org.au, for a complete list of results, placings and other useful information.

ANSW Road Championships, Holsworthy 11 May 2002

The State Road Championships at Holsworthy was the first real test for many juniors, as they pitted themselves against some of the state's quickest runners. Kembla Joggers fielded male and female teams in the under 12, 14, 16, and 18 age categories.

The Under-12's were off first with a swarm of juniors sprinting from the starters gun. Against some fine competition the U12M team of Hudson Bouma, Shane Cowie, David Ognenovski and Zac Blay, put in a strong performance to claim a bronze medal in a hotly contested field. Not to be outdone, the U12F team of Alana Yardley, Lauren Ognenovski, and Tallissa Scott also

put in fine efforts to claim a well-deserved bronze medal.

In the U14M the Illawong runners were extremely strong but Jack Parle led the KJ's home with a strong individual run to take a silver team medal. Byron Arnold had a top debut and was also particularly pleased to get silver in his first appearance for the club. The U14's had six runners in the event, equal to two teams in the club championship, greatly contributing to the club's tally in the pointscore.

The U14F team faced probably the strongest opposition of the day. Despite exceptional runs from Nadine Dryburgh and Dana Wilton we failed to make an impression and finished just outside the medals in fourth place.

The U16M team of Guy Cuttill, Scott Leedham, both up from last year's U14's, Rory McLeod (ex Nowra) and Tim East worked hard together to secure a team bronze medal against older runners in this age category. Guy had a sensational run of 14:09 for the 4km.

In the U16F, Renee Ognenovski unselfishly gave up the chance of running in her own age category (U14) to help make up the numbers to complete an U16F team with Melissa Burgess and Natalie Arreco. Much as they tried, the older opposition was too strong for them but with a fighting Melissa refusing to be beaten the U16's only just missed out on a medal with an excellent fourth place.

The U18M team, would probably rival most open teams, with the ever improving Stephen Brown, Jared Poppett, James Greathead, Ryan Burns and Mitchel Burns. Led by a Stephen Brown, who recorded an individual bronze, the boys' team broke through for the KJ's first gold medal of the day!

Alison Couldwell had a solo run in the U20F race having just joined ANSW to complete a team with Kate Buckpit and Mariana Hernandez, who unfortunately, did not compete on the day.

Overall, the juniors won 1 gold medal, 1 silver medal and 3 bronze medals.

CONGRATULATIONS... to all juniors who raced at Holsworthy. Although there were some brilliant individual and team results, it is the effort and sportsmanship in the way our juniors conduct themselves that really stood out. Well-done guys!!

More KJ Representatives Needed

There is still a long way to go in the season and registrations are still being taken for ANSW events. All juniors are encouraged to join, with teams in the under 12, 14, 16, 18 and 20. More than one team can be fielded in each age group, with all results gaining championship points for the club.

Talk to Neil on 4272 6818, Rob on 4226 4754 or club Captain Vanessa Kearney for more info.

Come on guys, let's make Kembla Joggers the number one junior team in the state!

School Cross-Country Events

Pretty well all junior members by now have progressed through their school cross-

country carnivals, with many making it through to district, zone, regional and state levels. We would need a book to list the many great performances by KJ members, with many gaining a place, and/or showing improvement from the last year.

I was fortunate to witness many KJ juniors at the regional cross-country titles at Nowra. With schools from the Illawarra, South Coast, and as far as Bega and Goulburn the competition was very strong. Standout runs were recorded by Shane Cowie, Nadine Dryburgh, Chris McDonald, Steve Brown, James Greathead, and Alana Yardley who took out the gold medals on the day!!

Over 20 KJ juniors also qualified for the State titles at Eastern Creek. Well done to all runners.

A PB Record?

I don't know what the record is for continuous personal best times recorded in club races, but special mention must go to Steven Brown who has not only set excellent PB's in each KJ event, but has backed up and recorded wonderful results in winning school, district and regional cross-country titles, and recorded a fine third place in the recent NSW Road Championships!!

An excellent result Steve. Well done!

Tell Us about Your Achievements

With so many KJ juniors it's very difficult to keep up with the many outstanding performances. Just let Rob, or Neil know of your result or send an e-mail to Rob, at rob@fishinternet.com.au and tell us what you did, how you went and any other fun things you may like to add.

We're not just looking for race results. Maybe you have had a fun experience you would like to share, or a joke, funny story or motivational tale to tell?

Junior Development Clinics

Mark Your Calendar Juniors!!!

As mentioned in the last issue of the Fox, this year's KJ Junior Running Development Clinics are on the way. Look out for the information sheet, due out mid June. The junior clinics are for all ages and abilities (from 7 to Under-20) and will be run on three different Sunday mornings in July, August and September.

The theme is on running and fun, with a training session included, technique advice, and games at the end. Kids will be divided into equal ability groups, and assigned to a coach who will take the group for a session, before all meeting up for some games at the end of the session.

The clinics are as follows::

1. **Sunday July 7th**, 10.30am, North Wollongong.

Meet at the grass area on the north side of North Wollongong Surf Club.

2. **Sunday August 4th**, 10.30am, Bulli Beach/Bulli Soccer Field.

Meet at Bulli Beach Surf Club.

3. **Sunday September 8th**, 10.30am, Beaton Park Athletics Track.

KJ Juniors Fun Day Out!!!

Get out of your joggers and into your casuals, and get set for an end of season 'Kidz Day Out'. Ideas are on the drawing board for a junior fun day out, with Australia's Wonderland, Taronga Park Zoo, The Imax Theatre or Sydney Olympic Homebush Bay tour and Fun day on the cards.

All junior members are invited. The date will be in mid October to mid November - check the next Fox for more details.

T-Shirts

Get your "Flying Fox" Kembla Joggers exclusive T-shirt. A hit from last year, at only \$5. Most sizes available. Plus if you're looking for running gear, such as race singlets and shorts, see Bronte or Karen Blay on event days.

Junior Running Coaching

Keen to improve your running, and want to run with other Kembla Jogger juniors? Kembla Jogger runner Rob Battocchio conducts running squad training sessions each Monday, Wednesday and Friday afternoon. Starts at 4.30pm meet at North Wollongong Beach car park (opposite North Beach Surf Club). Rob will get your technique right and help you improve your running times with quality but fun based coaching. All juniors are welcome.

Call Rob on 4226 4754 or 0413 862 676 for more information.

Track Events

Get a little speed, and have a run around Wollongong's premier running track. Each Thursday night at 6.30pm Kembla Joggers conducts running races at Beaton Park Athletics Track. Junior events range from 800m to 2000m. All members and friends are welcome.

Field event practice.

Before the KJ track events KJ Junior's can participate in a field event starting at 6pm. Events include long jump, high jump, discus and shot putt. Coaching tips will be provided too.

Healthy Fruit Snacks

Are you eating enough fruit and vegetables? Tell your mum to prepare some of these yummy fruit snack treats. Treat fruit as nature's "fast food". Most fruits are incredibly convenient to eat.

* Keep a packet of raisins in your lunchbox for a quick energy boost.

* Grab'n Go - chop up veggies, fruits and nuts into single serve bags to grab as a snack on the run.

* Frozen Fruit Snacks - peel a banana, cover with plastic wrap, and put in the freezer. Try frozen grapes, strawberries and blueberries too.

* Fruit Jelly - make some jelly and throw in some pieces of fruit.

* Dice up a selection of fruits and keep in the fridge as an excellent snack. You are more likely to snack on bite size pieces. Great for after school or after work.

* Fruit Smoothie - make a fruit milk shake as an occasional treat. Just blend your favourite fruit, or combination of fruits, with milk.

Junior Pointscore (1/6/2002)

- 1: Tim East 425
- 2: Stephen Brown 397
- 3: Melissa Burgess 367
- 4: Jared Blay 348
- 5: Nicola Hummerston 334
- 6: Renee Ogenovski 294
- 7: Ryan Burns 276
- 8: Sara Burns 233
- 9: Jarred Poppett 223
- 10: Natalie Arecco 158
- 11: Guy Cuttill 141
- 12: James Greathead 130
- 13: Andrew Poppett 125
- 14: Dean Leedham 125
- 15: Rory McLeod 118
- 16: Nadine Dryburgh 111
- 17: Scott Leedham 110
- 18: Dana Wilton 108
- 19: Sophie McLeod 105
- 20: Grace Tyerman 90
- 21: Byron Arnold 25
- 22: Mitchell Burns 25
- 23: Rohan Frost 25
- 24: Trent Goodwin 25
- 25: Ashleigh Scott 25
- 26: Nicholas Underhill 25

Junior Male Championship

- 1: Stephen Brown 59
- 2: Ryan Burns 41
- 3: Tim East 41
- 4: Jared Poppett 34
- 5: Jared Blay 30

Junior Female Championship

- 1: Melissa Burgess 50
- 2: Renee Ogenovski 43
- 3: Nicola Hummerston 39
- 4: Sara Burns 27
- 5: Natalie Arecco 22

Bouquets

To **Marie-Claire Kurt, Paul Netherclift** and **Michael Hickman** for helping at the Mothers Day Run & Walk for the Breast Cancer Foundation.

To **Jim Hennessy** who realised Hazel had been away for the Holsworthy event and organised cakes and refreshments for everyone even though he did not attend himself!!

To **Vanessa Kearney** and **Kym Batten** for joining the dunny towing brigade. Plus everyone else who has volunteered to assist.

To **Raf Moriana** who took over the marshal organiser's role at the daunting 16km event at West Dapto in Eric's absence - and a job well done.

Important Program Changes

A few changes are worth noting - please amend the programs in your KJ Handbook.

The Australian Cross-Country Titles (incorporating Australian All-Schools) will now be held at Nowra on Saturday August 17th.

The Hopetown Relays (incorporating NSW Long Distance Relays) has also moved forward 1 week to Sunday 1st September.

Unfortunately, the Kembla Gift, which was down for 13th October, is another victim of the public liability issue and has been cancelled this year, along with the Hotel's Anniversary Celebrations.

Discounts Galore for KJ's

Don't forget to use your KJ membership card when shopping at the following businesses to save heaps. You will need to show a special store card for Rebel Sport, Figtree Health Foods and Sportsman's Warehouse - available from the Dave Higgins on race days.

Please make an effort to support these businesses who have made an effort to support you and the club. The following discounts will normally apply but please remember you need to show your card first.

- Uncle Petes Toyworld (Wollongong) 10%
- Wilson's Discount Bikes 10%
- Rebel Sport 10%
- Sportsman's Warehouse 10%
- Pepsport 10%
- Athletes Foot (Wollongong) 10%
- Caesars Chickens 10%
- Figtree Health Foods (Westfield) 15-20%
- City Physiotherapy (Phil Parle) \$10 off all visits
- Fitness First Remedial Massage \$10 off first visit

Rapid Cool Airconditioning - A cool discount

Save at Rebel and Help KJ's too

Don't forget to use your new 2002 Rebel Sport card, issued upon registration, at Rebel Sport's Gateway Wollongong Store and receive 10% off anything in the store. Remember you must show your Rebel card to get the full discount.

Not only do you save but also at the end of the year the club will receive a 5% rebate on total sales to KJ members. That's right for every \$100 spent you save \$10 and the KJ's gets \$5. This will help us keep membership fees low and allow us to invest in much needed new equipment.

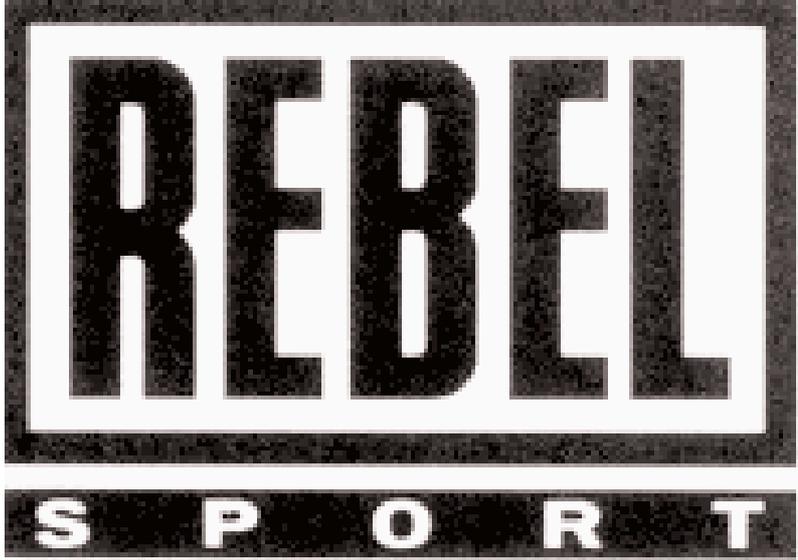
So make it a habit - shop at Rebel Sport's Wollongong Store for all your sporting needs to save \$\$\$ and help KJ's too.

2002 Membership Report Update

Since the start of the 2002 winter season there has been an amazing influx of new/former members to set a record of 363 members as at 1 June 2002. This comprises 99 new members and 264 renewing members. At the same time last year the club had 347 members. In addition we now have a club record of 106 registered ANSW runners.

Please welcome the following 99 new/former members to the club:

- | | | |
|--------------------------|---------------------------|-------------------------|
| <i>Gennaro Acunzo</i> | <i>Natalie Arecco</i> | <i>Byron Arnold</i> |
| <i>Anne Asher</i> | <i>Alyssa Bedzinski</i> | <i>Kyle Bedzinski</i> |
| <i>Alyce Bell</i> | <i>Robbie Belsito</i> | <i>Chris Brown</i> |
| <i>Kate Buckpitt</i> | <i>Jennifer B. Burns</i> | <i>Cohen Caruana</i> |
| <i>Julian Caruana</i> | <i>Lou Caruana</i> | <i>Louise Caruana</i> |
| <i>Hayden Church</i> | <i>Jonathan Clennar</i> | <i>Des Comer</i> |
| <i>Alison Couldwell</i> | <i>Brett Cowie</i> | <i>Emily Cranney</i> |
| <i>Erin Cranney</i> | <i>Shaun Cranney</i> | <i>Ken Dabkowski</i> |
| <i>Scott Defina</i> | <i>Peter Derby</i> | <i>Isabel Di Pietro</i> |
| <i>Paul Di Pietro</i> | <i>Teresa Dubois</i> | <i>Grant Eady</i> |
| <i>Jackson Eady</i> | <i>Roy Francis</i> | <i>Gokhan Girgin</i> |
| <i>Gulden Girgin</i> | <i>Sergi Girgin</i> | <i>Henry Gordon</i> |
| <i>Jeff Gray</i> | <i>Jessica Gaudry</i> | <i>Troy Harriott</i> |
| <i>Rosie Henderson</i> | <i>Viviana Hernandez</i> | <i>Wayne Holden</i> |
| <i>Georgette Ibrahim</i> | <i>Peter Kell</i> | <i>Hussein Kurt</i> |
| <i>Marti Kurt</i> | <i>Peri Kurt</i> | <i>Sally Kurt</i> |
| <i>Aiden Leach</i> | <i>Thomas Leedham</i> | <i>Jarryd McBarron</i> |
| <i>Kathy McCarthy</i> | <i>Keely McCarthy</i> | <i>Kyran McCarthy</i> |
| <i>Michael McCarthy</i> | <i>Chris McCauley</i> | <i>Neill McDonald</i> |
| <i>Alice McGowan</i> | <i>Julie McGowan</i> | <i>Lucy McGowan</i> |
| <i>Tony McGowan</i> | <i>Michael McKeogh</i> | <i>Rory McLeod</i> |
| <i>Sophie McLeod</i> | <i>Rita Mein</i> | <i>Jack Millar</i> |
| <i>Zoe Mintoff</i> | <i>Molly Mulready</i> | <i>Phil O'Hearn</i> |
| <i>Rebecca Oliver</i> | <i>Glenn Page</i> | <i>Jake Pearson</i> |
| <i>Murray Pearson</i> | <i>Rebecca Pearson</i> | <i>Joel Penson</i> |
| <i>Helen Pentelow</i> | <i>Tanya Poppett</i> | <i>Glenn Ranger</i> |
| <i>Kristen Rhoden</i> | <i>Bruce Robertson</i> | <i>Sarah Roger</i> |
| <i>Campbell Rutty</i> | <i>Chris Sainsbury</i> | <i>Ben Scollary</i> |
| <i>Ashleigh Scott</i> | <i>Talissa Scott</i> | <i>Ben Shorten</i> |
| <i>Brett Shorten</i> | <i>Cassandra Smith</i> | <i>Geoff Smith</i> |
| <i>Kylie Starr</i> | <i>Nicholas Underhill</i> | <i>Daniel Walker</i> |
| <i>Emma Walker</i> | <i>Lisa Walker</i> | <i>Julia White</i> |
| <i>Rod Whittington</i> | <i>Breanna Wilkinson</i> | <i>Danika Wilkinson</i> |



*** 10% Discount to KJ Members ***

Phil Parle

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 Kembla Jogger **Phil Parle**.

Age group: 40-44

Family: Wendy, Jack and Dog (Kelly)

Occupation: Physiotherapist

Favourite TV show: Blackbooks /Backberner

Favourite Food: Good Indian Curry

Favourite Drink: Guinness

Favourite Music: vintage singer songwriters - Bob Dylan, Peter Seeger

How long have you been a member of Kembla Joggers? 15 years

How did you get involved with KJ's? Through Noreen Parish when I was working at the Illawarra Sports Medicine clinic in 1988.

Are you a competitive runner or do you just run for fun and fitness? I enjoy training most of all. However, I still get nervous before a race and still manage to vomit at the end. So competitive - just a bit!

Do you have a coach? Technically no. But Eric (Brown) has been responsible for putting structure into my training over the last 5 years and has always been terrific to bounce ideas off. So in a mentor sought of way - yes!

What is your favourite training session? Lots of 400's and my long bush run on Sundays.

What is your least favourite training session? 2km repeats on the track.

Where is your favourite training venue? Brokers Nose and surrounds.

Who are your training partners? Phil Parle (mainly due to work commitments) and everyone who turns up for a Thursday night track race.

Do you have a role model? Explorers Earnest Shackleton and Sir Edmund Hillary.

What do you consider your best time or performances in a KJ race: The KJ Half Marathon in 1998 (74.49) followed closely by a track 5km of 16.13 in March 1998

What do you consider your best time or performances in other races: 30km leg of the 3 Ports race in October 1991 in 1hr 51m. A memorable experience and ironically the first time I had raced the distance. Ignorance was bliss!

What is your favourite KJ run and why? The 9-mile at Mt Kembla. Traditional and such a great challenge when fit.

What is your least favourite KJ run and why? West Dapto 8km - an uncomfortable distance for me and has a hill at the worst possible spot!

What do you like best about KJ's? It does-

n't matter who you are or what you are. And of course the after race coffee biscuits and cakes (courtesy of Hazel).

What do you think KJs can do better? Bring back the traditional pre race joke/wisecrack from John Cooper!

Interesting things we don't know about you: I used to be a smoker! Otherwise ask my training partner for the real juicy secrets!

What are your aspirations? I've always had a 16min 5km and 34min 10km as personal goals. Most recently (after the Sydney Half), run a good half marathon again. Most important: Stay fit and competitive and run some interesting races in far away places.

What has been your worst injury? Overtraining syndrome 3 years ago post marathon.



From Hazel's Kitchen
Jennifer B. Burns' Quick and Easy Moccha Fruit Cake

1kg mixed dried fruit
2 cups strong black coffee
150g fruit and nut chocolate
2 cups SR flour

Soak fruit in coffee overnight. Roughly chop fruit and nut chocolate. Preheat oven to 180 degrees. Lightly spray 20 x 28cm baking tray and line with baking paper. Mix all ingredients together and spoon into prepared tin. Bake for approximately 2 hours or until a skewer comes out clean. Watch cake carefully through cooking and if it starts to brown cover with foil for remainder of time. This cake rarely takes 2 hours to cook.

City to Surf
Sunday 11 August 2002

Yes, in just two months time the City to Surf will be off and running again. You should be well into your preparations by now and ready to give a good account of yourselves no matter what your ability. Although the City to Surf has its serious side, it is and always will be a fun event.

As usual the Kembla Joggers will be providing transport again this year and bearing in mind that seats on the coach go very quickly we have decided to put on two coaches, courtesy of Andrew Ruddy and Premier Illawarra Coaches. The extra spaces should provide room for all KJ's who wish to go plus any friends or colleagues.

Travelling by coach will also cut out all the hassles of parking, getting back from the finish to the city and allow you to relax those aching limbs on the way home. The coach will leave Wests Unanderra at 6.30am and return at approx 2.30pm. Cost is \$15 per person payable to Dave Higgins or Dave Barnett. Book in early since seats could still go very quickly.

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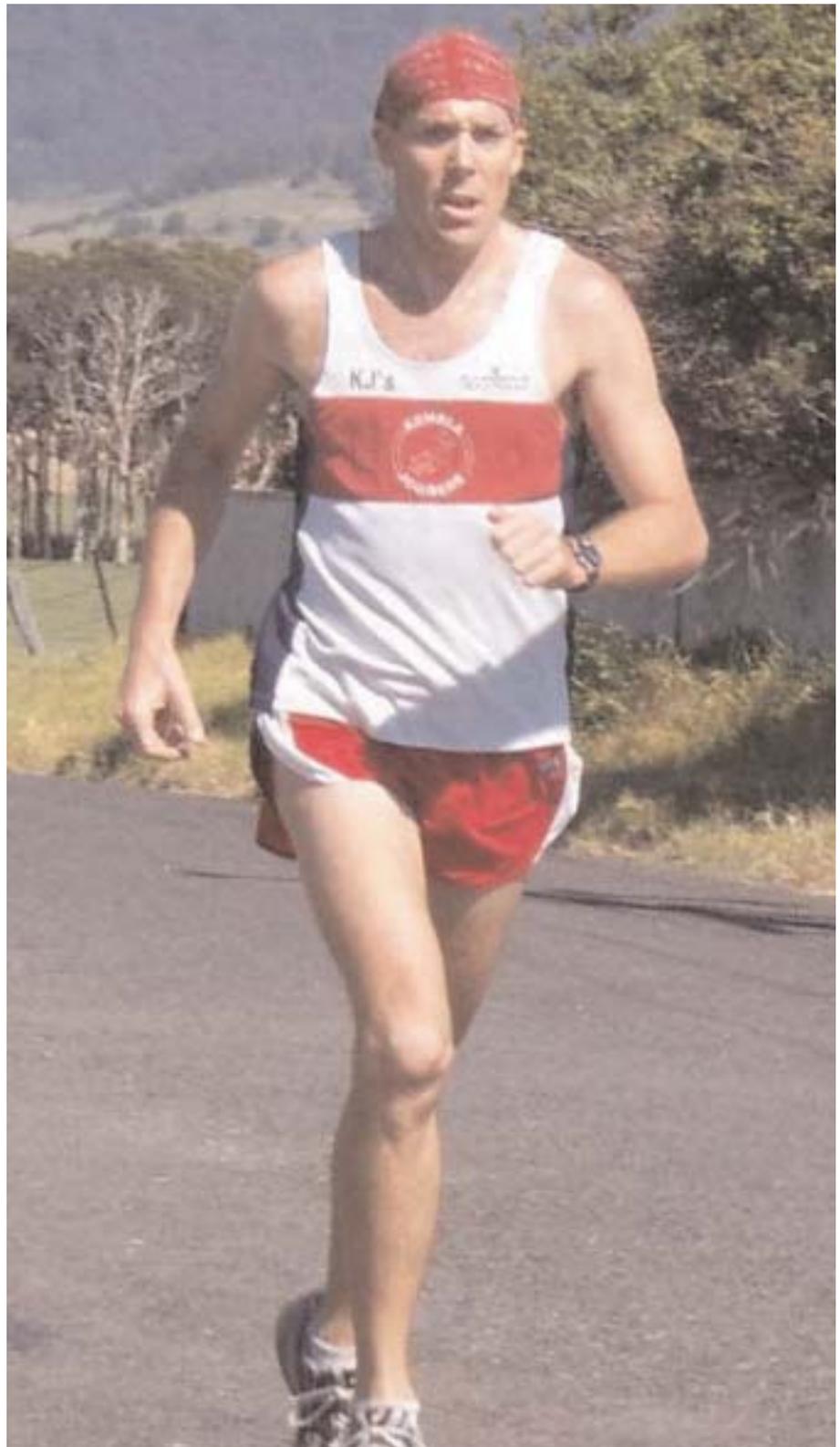
Dave Barnett

What can you say? How could it happen? Why? What words can describe the loss of Andrew Godsman? The tall, gentle, long-striding guy with a love for running has departed from our ranks, floating away into the ether without a chance to say goodbye. We will all remember him in our own way even if memories dim with time. Mine will be of him, only six weeks ago at Canberra, coming up the final straight in the pouring rain, giving me a high five, as he approached the finish to win the KJ's Marathon Championship.

I chatted to him at the picnic day at Cataract Dam two days before he died. He was there to do his job as a marshal. Reflecting on the club's chances of winning an open men's ANSW championship, his words matched the sort of guy he was ... "Yes, with Ben, Russ, Micale and Stephen Locke I might not even make the team. That would be great though ... I wouldn't mind ... the club comes first and if we can take out the open teams this year that's all I want ... I'd really like that." Yes, typical of the guy. I remember him turning up at the inter-club challenge a day after winning the Fitzroy Falls Marathon to help the club muster the numbers. No excuses except ... "my legs were a little tired coming up the steep hill after the turn". No doubt about it, he was a great clubman.

Martin Church

It was with great sadness that we saw the recent passing of the G-Man. As evident from the number of teary-eyed KJ's at Lakeside, the G-Man was a well-loved and respected gentleman. Without dwelling on this subject, there has been much positive acclaim about Andrew's deeds and characteristics that make us remember him as a "good bloke" for that is what he was. The time to go is never right when we say goodbye but I think Andrew has left us all with something to think about, something positive that we can gain from his time here. Regardless of our spiritual beliefs and followings, we are faced with the fact that none of us are immortal. We are not on this earth forever and one day we too will depart. It will happen to me and it will happen to you. So, perhaps while we are here we shouldn't waste a day in our life - we should plan that something we have been putting off, or go that somewhere we have wanted to visit, or maybe strengthen the friendships and love we have for those who are close to us. We might not be here tomorrow and life we should live. Andrew certainly did.





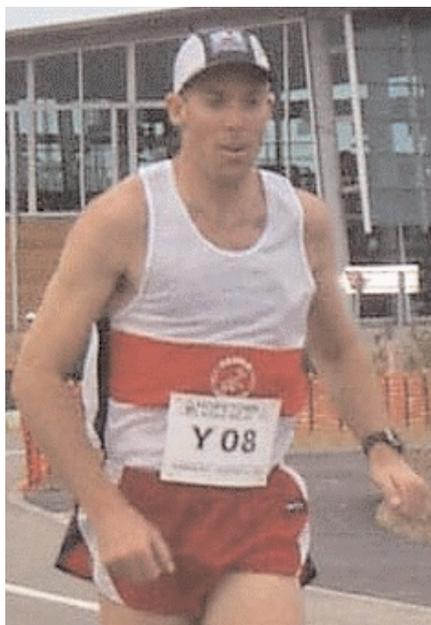
Andrew Dunlop

Mum called my mobile as I walked to work on Wednesday morning. Since then I have hardly ever not thought of Andrew Godsman, of all the good memories. Because of course we are all acutely aware of the fact that this is a terrible tragedy, but isn't it better to think of the good things.

I remember some great times we had together, like the 2 Hopetown Relays in a row when we had our bikes and rode alongside during each others run leg, encouraging each other to do our absolute best for the KJ's. Particularly in 2000 when the G-man covered each of the 12 legs either cycling or running and I covered 11. I remember the almost cancelled 1999 Callala Half Ironman, just before Christmas, when we ran in Santa hats, and waved to the crowd, and the time we marshalled the KJ anniversary 9-mile, getting mud all over his car and blasting music for the runners from his car stereo. I remember many trips to Rusty's on a Thursday night, including the night he met Christie. The 1st Fitzroy Falls Marathon, a week after Melbourne, when we ran together, but the bugger felt good and took off. The next year he went back and won it. The massive bowls of pasta we used to eat at home, our first marathon in Canberra 1998, the mammoth stretching sessions, the Olympic opening ceremony party at Robs house in Sydney, the countless long training runs along the cycleway, popping in to see him in his office near me at CRM, his love of the weather and the time he drove to Robertson one night in snow and ice, to get photos of snow at Robertson, a place he loved, and bought property in just recently.

I have so many great memories and they will never fade. Although I'm overseas I was always looking forward to that time in the future when we'd be back training together, something we discussed again when I was home briefly at Christmas.

I'm really going to miss you mate. We all will. You're a good runner, a good person, and above all, a damn good mate.



Phil Leishman

I first met Andrew about 6 years ago. Both of us were new KJ members at the time and we started a friendship that lasted 100's of km's.

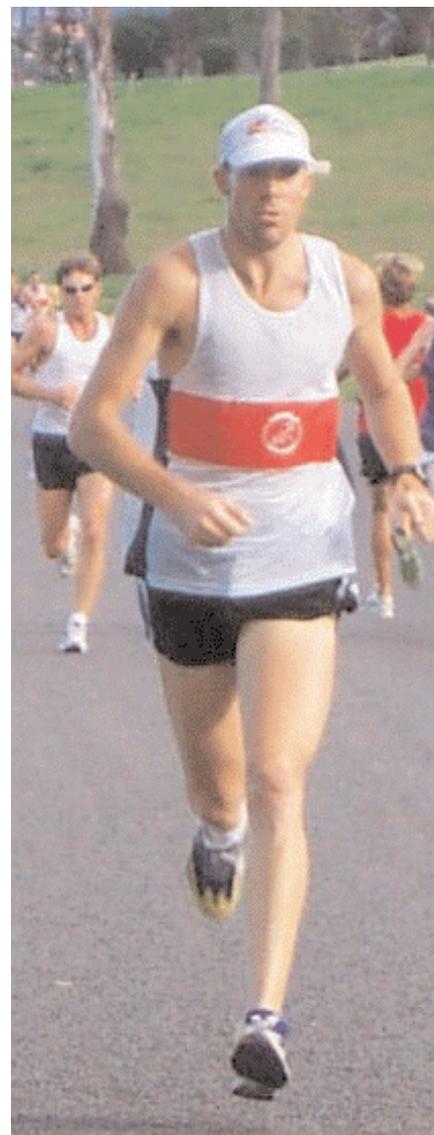
Over time our training started to become more and more consistent, running at Lysaghts Oval on Monday and Friday evenings with Bill Williamson and co and meeting every Wednesday afternoon at Windy Gully Mt Kembla to run the 9-mile. Whether it was freezing cold or stifling hot, Andrew would always be there.

Our many long runs became longer and we always talked and joked the hours away. Our longest run was on the Australia Day Long Weekend a few years ago when we ran a relay from Bathurst to Wollongong with Sharkey, Gary Howard and Neil Barnett. We ran in the day and had many beers at night. We also did the Kiama-Jamberoo-Wollongong run with Dave Taylor and crew.

Andrew would always give his all regardless of whether it was a short or long race. He never had a bad word for others, only ever encouragement, and when he asked you how you went in your run he really meant it.

Marathons beckoned him - a total of 10 in fact. This year he won the KJ Gong Run in a time just under 2 hours. He then went on to win the KJ Marathon Championship which was incorporated with the Canberra Marathon. The conditions were atrocious - freezing cold and torrential rain, but the hardy-ards Andrew had put into his training saw him power home. His time was a PB of 2.47.36 and he still had the energy at the end to cheer on many of the other KJ finishers as they crossed the line.

The G-Man loved his running and was a great Club person in every way. He was always willing to represent the KJ's no matter what. The day after winning the Fitzroy Falls Marathon last year, he ran for the KJ's at the Club Challenge. It is also worth mentioning that the week before winning at Fitzroy Falls he ran a 2.49 PB at the Melbourne Marathon.



He was dependable at ANSW events too where he rarely missed a chance to wear the club colours. Just 10 days before he died, Andrew won a bronze medal as part of the KJ Open Mens team at Holsworthy, running a sub-35 minute 10km.

Not only was long distance Andrew's thing but also the shorter distances, right down to sprints. His speed was exhilarating to watch. It may surprise some people to find out that Andrew holds the KJ Open Track Records for 100m, 200m and 400m. It is likely that they will stand for some time yet. Track work became part of his staple diet and complemented his distance work. He loved Tuesday arvo track sessions and was also a regular at our Thursday night track races.

G-Man was the runner you would see everywhere. He was always out there training, usually somewhere between Keiraville, BHP and Blackbutt. That long loping stride just gobbled up the km's. I am sure that he will soon be lapping the other angels in heaven. It was very hard to keep up with him. He was set for a huge year personally and with his running.

The G-Man is and always will be a GREAT-MAN, a GENTLE-MAN, and truly a GODS-MAN.

8km West Dapto Saturday 23 March 2002 By Dave Higgins

A gentle westerly wind did not deter 107 starters for the 8km Sheaffes Road race. The tough going out to the turn at 4.6 km was replaced by a "spinnaker" run back to the finish. It was amazing to note that no less than 15 runners bettered their times from the previous 31 March 2001 race held under much milder conditions.

With the speed twins Ben Dubois and Russell Chin resting (remember that they had both smashed Stephen Locke's record of 25.08 in August last year), it was left to Paul Micale 26.38 to lead the field home by nearly 1½ minutes. Next in were Phil Parle, Rob Battocchio, Chris Richards, Tim Crinnion, Neil Barnett, Quentin Morley, Mark Jamieson, and John Clennar all breaking 30 minutes and then Wayne Montefiore making up the Top 10. Other good runs came from Alan Onions 30.49, Mark Everton 31.45, Drew Ibbotson 33.54, Bob Scibberas 34.25, Hugh Motbey 34.59, Bob Scott 36.16 and Luis Cortes 36.39 (first home on handicap). Welcome back to Norrie Smith and Steve Plumb after a break and Graeme Smith after injury.

The KJ females again excelled with Karen Ryan 31.03 fastest, just shading Carrine Weston 31.06. The summer training with Chris Richards has improved this pair's times considerably!!! Suzanne O'Brien was next home ahead of Nicole Joyce and the consistent Sandra Toth. Top 10 finishes to Carolyn Dews, Melinda Sharpe, Heather Ruttly, Rachel Agnew and Vanessa Kearney. Good runs also to Kelly Eady 35.56, Sue Scott 37.49 (Female 45-49 Age Group Record - the only one of the day), Diane Birch 39.44 (1 minute 16 seconds quicker than August 2001) and Janelle McBarron 40.56.

After the race, the field stayed to have afternoon tea despite the Integral Energy pavilion being locked out. Many thanks to the race marshals who did their usual top job.

Results

Male: 1. Paul Micale 26.38, 2. Phil Parle 28.05, 3. Rob Battocchio 28.12, 4. Chris Richards 28.21, 5. Tim Crinnion 28.44, 6. Neil Barnett 28.54, 7. Quentin Morley 29.20, 8. Mark Jamieson 29.25, 9. John Clennar 29.49, 10. Wayne Montefiore 30.02

Female: 1. Karen Ryan 31.03, 2. Carrine Weston 31.06, 3. Suzanne O'Brien 32.42, 4. Nicole Joyce 33.52, 5. Sandra Toth 33.59, 6. Carolyn Dews 34.09, 7. Melinda Sharpe 34.37, 8. Heather Ruttly 34.54, 9. Rachel Agnew 35.25, 10. Vanessa Kearney 35.46

4km West Dapto Saturday 23 March 2002 By Dave Higgins

A good field of 29 runners tackled this race which turned at the Sheaffes Road/Paynes Road intersection. The top KJ juniors all ran well to finish with times comparable with their previous August 2001 efforts. Stephen Brown 13.07 (57 seconds quicker), Guy Cuttill 14.58, Tim East 16.39, Renee Ognenovski 16.58 (1 minute 18 seconds quicker), Dana Wilton 17.37 (18 seconds quicker), Nicola Hummerston 18.03

(21 seconds slower) and Alison Couldwell 18.08 all tried hard. Julie Gooding made a welcome return to record a strong 16.55. Well done to all these runners!!!

There were 107 runners in the 8km race, 29 in the 4km race, and 37 runners in the sub junior races, giving a total of 167 KJ's who tackled the races on the day - a great turnout.

Results

Male: 1. Stephen Brown 13.07, 2. Ryan Burns 13.46, 3. Guy Cuttill 14.58, 4. Peter Evans 15.01, 5. Geoff Smith 16.12, 6. John Mintoff 16.14, 7. Jack Parle 16.34, 8. Tim East 16.39, 9. Neil Birch 16.59, 10. John Burns 17.00

Female: 1. Julie Gooding 16.55, 2. Renee Ognenovski 16.58, 3. Nadine Dryburgh 17.06, 4. Natalie Arreco 17.07, 5. Dana Wilton 17.37, 6. Sara Burns 17.40, 7. Edy Ognenovski 17.42, 8. Nicola Hummerston 18.03, 9. Alison Couldwell 18.08, 10. Rebecca Oliver 19.48

10km Mt Kembla Saturday 30 March, 2002 by Suzanne O'Brien

With a large field of 86 runners on the starting line for the 10km, 3 new AGR's were set. These included Paul Micale 34.20 (30-34), Andrew Krajewski 42.33 (55-59) and Carrine Weston 39.42 (30-34). Sarah Mycroft also set a new female Open record of 39.29, which was a great effort considering the course was about 200m too long!!

Andrew Godzman (36.26), Chris Richards (36.50) and Neil Barnett (37.20) also ran strong races which showed their good form leading into the Canberra Marathon only a few weeks later. It was good to see Steve Van Gils up there too in the top 10 with an impressive 38.06.

Robert Scibberas (43.52) continues to run well and is leading the pointscore, while Ray McCauley (48.07) and Peter Henry (48.01) continue to improve on their return to racing. With her impressive run, Carrine Weston is showing the benefits of her marathon training and Kelly Eady (44.50) is also showing steady improvement and is one to watch in the coming months.

Karen Blay (45.29), Louise Hudson (44.14) and Carolyn Dews (43.18) also ran well, while Louise Caruana had the run of the day with her time of 44.23. The last word goes to Sue Mulready (43.57), our recent mother of twins, who is nearly back to her racing form.

Results

Male: 1. P Micale 34.20, 2. A Godzman 36.26, 3. C Richards 36.50, 4. N Barnett 37.20, 5. C Brown 37.26

Female: 1. S Mycroft 39.29, 2. C Weston 39.42, 3. L Richards 41.36, 4. S O'Brien 42.13, 5. C Dews 43.18

10mile West Dapto Saturday 4 May 2002 by Gary Howard

72 runners started in the 10-mile race at West Dapto and not surprisingly the KJ Canberra Marathon runners all ran strongly. Andrew Godzman won in a time of 56.16 in a memorable race for him and I'm sure that in the form he is in he will be hungry for more wins. Robert Battocchio was 4 seconds away in 2nd place with Rafael Moriana 3rd

in 57.39.

Karen Ryan ran a fantastic time of 62.36 to win the female section also breaking a 35-39 AGR and entering the female top 10 fastest for the 10 miler. Carinne Weston was not too far away in 2nd place with a time of 63.08 taking out the 30-34 AGR and also entering the top 10 fastest times for female. Sue Mulready is getting back into form and ran 66.31 to take 3rd.

Greg Hatfield ran a controlled race to win on handicap with Ian Tague not too far away in 2nd and newcomer Peter Kell in 3rd place. Other eye catching runs on the day were: Sandra Toth who took out another AGR for the female 40-44 age group with a time 69.33 narrowly beating Louise Hudson 69.54, Phil Leishman 60.57 who ran one of his best races, Kelly Eady 70.57, Cheryl Pascoe 71.56, Heather Ruttly 72.53, Roy Frances 74.57 who just pipped Peter Asher 75.37 for 1st over 60, Julie Whittington 78.18, Dianne Birch 80.45 and Janelle McBarron 82.11

Results

Male: 1. Andrew Godzman 56.16, 2. Rob Battocchio 56.20, 3. Raf Moriana 57.39, 4. Neil Barnett 58.26, 5. David Pomery 60.05

Female: 1. Karen Ryan 62.36, 2. Carrine Weston 63.08, 3. Sue Mulready 66.31, 4. Vanessa Kearney 68.31, 5. Sandra Toth 69.33

3mile West Dapto Saturday 4 May 2002 by Gary Howard

32 runners took on the 3-mile race in good sunny conditions. Russell Chin won in a slashing time of 14.18, with Ben Dubois 2nd in 14.33 and guest runner Dean Degan 3rd in 14.54. Both Russell's and Ben's times entered the top 10 fastest times for the 3-mile.

Newcomer Peter Derby ran a pretty impressive time of 15.18 for his first KJ hit out. Stephen Brown ran a great time of 15.36 to be 1st male junior with Ryan Burns (16.43) and Mitchell Burns (17.13) 2nd and 3rd respectively.

Melissa Burgess just continues to improve with a great time of 18.32 for 1st female junior with Nadine Dryburgh 19.49, and newcomer Sophie McLeod 20.05 not far away.

Tim East 18.33, Rory McLeod 19.09, Jared Blay 19.32, Nicola Hummerston 20.33, Natalie Arreco 20.39 and Renee Ognenovski 21.10, have all showed big improvement. Robert Ognenovski (21.11) continues his recent run of good form and good to see Jennifer B. Burns (27.30) taking 2 minutes off her previous 3-mile time.

Results

Male: 1. Russell Chin 14.18, 2. Ben DuBois 14.33, 3. Dean Degan 14.54, 4. Peter Derby 15.18, 5. Stephen Brown 15.36

Female: 1. Melissa Burgess 18.32, 2. Karen Blay 19.29, 3. Nadine Dryburgh 19.49, 4. Sophie McLeod 20.05, 5. Jennifer Ann Burns 20.12

8km Cataract Scout Camp Sunday 19 May 2002

On one of the rare Sunday races that the ↗

club runs, Sarah Mycroft once again re-wrote the record books. With Sydney Marathon winner Damon Harris running alongside, Sarah was 4 secs under the old mark set by Suzanne O'Brien. Next quickest female was Karen Ryan, who once again showed her rapid improvement this season by being only 5 secs behind, with the improving Kelly Eady a great 3rd.

Young Dana Wilton stepped up from the short course races, to set a new AGR for the 10-14 females, and finished 8th on handicap. Not to be outdone, Sue Scott once again set an AGR of 39.07 for the 45-49 women. Congratulations also to Franca Facci and Lyn Tague on finishing 1st and 2nd on handicap, with Derek Moriarty 3rd.

Quickest male on the day was Rob Battocchio, who raced side by side with Paul Micale and beat him by just 1 second. Phil Parle rounded off his half marathon preparation by coming in 3rd quickest. Others to perform well were Steve Tyerman and Phil O'Hearn, who both ran very solid races. Robert Scibberas continues to perform well and is justifying his position at the top of the pointscore. Further back, Gary Howard is steadily improving, Paul Di Pietro and Drew Ibbotson ran very well and Ray McCauley is showing the benefit of racing week in and week out in finishing a good 12th on handicap.

Results

Male: 1. Rob Battocchio 26.44, 2. Paul Micale 26.45, 3. Phil Parle 28.12, 4. Mark Scott 28.44, 5. Raf Moriana 29.00, 6. Chris Richards 29.06

Female: 1. Sarah Mycroft 31.20, 2. Karen Ryan 31.25, 3. Kelly Eady 34.09, 4. Sue Mulready 34.19, 5. Karen Blay 35.04, 6. Dana Wilton 35.52

10km Mount Kembla Saturday 1 June 2002 By Dave Higgins

91 runners started on a fine sunny afternoon in the second race of the Mount Kembla Hotel Trophy series of 5 runs. Because the cross-country course was considered to be unsafe the race was changed to be a road run. There were 30 runners who bettered their time over the earlier March 2002 race on the same course (partly because the March course was found to be more than 10km).

Paul Micale was the fastest runner with a smart 33.19 (improving by 61 seconds and setting a Male 30-34 Age Group Record) ahead of Mark Scott 34.04 (Male 15-19 Age Group Record) and Rob Battocchio 34.23. Chris Richards was 4th in 35.42 (Male 35-39 Age Group Record) not far ahead of Phil Leishman and Gary Wheeler. Returning members Paul Stein and Malcolm Haigh ran well to gain top 10 finishes. Others to run well were Tony Hernandez (Male 55-59 Age group Record), Mark Everton 39.09, Greg Learmonth 40.17 (quicker by 63 seconds), Pasco Coppolaro 41.00 (quicker by 3 minutes 7 seconds), John Wilton 42.03 (quicker by 1 minute 28 seconds), Bob Scibberas 42.36 (quicker by 1 minute 16 seconds), Drew Ibbotson 43.43 (quicker by 37 seconds), Darren Gordon 44.19 (quicker by 1 minute 49 seconds), Paul Di Pietro 44.31 (quicker by 47 seconds), Hans Lambert 44.35 (quicker by 2 minutes 34

seconds), Ray McCauley 45.37 (quicker by 2 minutes 30 seconds), Gary Howard 46.04 (quicker by 1 minute 32 seconds), Rod Whittington 46.21 (quicker by 2 minutes 15 seconds), David Church 46.33 (quicker by 1 minute 37 seconds), Peter Asher (quicker by 32 seconds), Ward Hummerston (quicker by 2 minutes 29 seconds), Tony Maloney (quicker by 1 minute 36 seconds), Geoff Walter 52.21 (quicker by 2 minute 49 seconds) and Derek Moriarty 57.16 (quicker by 13 seconds).

Undoubtedly the best run of the day came from Carrine Weston in 39.15 who was fastest female home and set a new Open Female Record as well as breaking her existing Female 30-34 Age Group Record. Carrine is in a real purple patch of form with great times for both half marathon and full marathon this year. Great running Carrine!!! Vanessa Kearney 40.10 was second fastest KJ female and set a Female 25-29 Age Group Record ahead of the consistent Trudi Barnes 41.09, Fiona Campbell 41.19 and Kelly Eady 41.57. Good runs also came from Sue Mulready 42.50 (quicker by 1 minute 7 seconds), Narelle Smith 45.12 (quicker by 1 minute 48 seconds), Julie Whittington 46.20 (quicker by 2 minutes 16 seconds), Sue Scott 47.56 (Female 45-49 Age Group Record) and Rita Mein 49.03 (quicker by 52 seconds and a Female 50-54 Age Group Record).

After the race, the crowd stayed for afternoon tea and some adjourned to the Mount Kembla Hotel. Another great day at Mount Kembla for the 91 runners!!!

Results

Male: 1. Paul Micale 33.19, 2. Mark Scott 34.04, 3. Rob Battocchio 34.23, 4. Chris Richards 35.42, 5. Phil Leishman 36.55, 6. Garry Wheeler 37.14, 7. Matthew Kerr 37.49, 8. Russell Chin 37.50, 9. Paul Stein 38.02, 10. Malcolm Haigh 38.11

Female: 1. Carrine Weston 39.15, 2. Vanessa Kearney 40.10, 3. Trudi Barnes 41.09, 4. Fiona Campbell 41.19, 5. Kelly Eady 41.57, 6. Sue Mulready 42.50, 7. Carolyn Dews 43.36, 8. Louise Caruana 44.57, 9. Narelle Smith 45.12, 10. Kathy McCarthy 45.21

3mile Mount Kembla Saturday 1 June 2002 By Dave Higgins

30 runners took part in the shorter race with the KJ juniors excelling with some top times. Stephen Brown 15.48 continued his great form with another 5-second improvement over his March 2002 time and reversed the placings with Jared Poppett who was second in 16.08. Melissa Burgess was third home and first female with another PB in 18.14. Vito Gaudiosi urged Jack Parle, Tim East and Jared Blay to further PB's and new junior Byron Arnold impressed with an excellent sub 20-minute time. Paul Kendrick improved 40 seconds when compared with his March 2002 time and Renee Church and Jennifer B. Burns both took several minutes off their March 2002 times. Well done to all these runners!!!

On the day there were 30 sub-junior runners, 30 3mile runners and 91 10km runners, for a total of 151 runners all up. The birthplace of Kembla Joggers lives on - one can only imagine how proud founding member

Bill Williamson felt seeing all those KJ's battling the Mount Kembla courses.

Results

Male: 1. Stephen Brown 15.48, 2. Jared Poppett 16.08, 3. Ryan Burns 18.15, 4. Steve Mlacic 18.42, 5. Jack Parle 19.39, 6. Tim East 19.41, 7. Jared Blay 19.42, 8. Vito Gaudiosi 19.45, 9. Byron Arnold 19.54, 10. Troy Harriott 20.01

Female: 1. Melissa Burgess 18.14, 2. Nicola Hummerston 20.29, 3. Natalie Arecco 21.00, 4. Renee Ogenovski 21.36, 5. Tennille Shelley 22.55, 6. Amanda Vandeweghe 23.50, 7. Georgette Ibrahim 25.41, 8. Rosalind Perry 26.07, 9. Renee Church 27.06, 10. Jennifer B. Burns 27.46

Water Thieves

Our apologies to everyone for the missing drinks at the drink station in last months 10km at Mt Kembla. The brand-new 40L water container had been left in the bushes prior to the race but when the drink station marshals arrived it was gone. The only good news is that it appears in reversing their car to snatch their heavy haul, our thieves ran quite hard into a sturdy steel pole. So ... many happy dollars at the panel beaters fellas.

Athlete of the Month

(April 2002)

Michael Hickman

Sometimes the Athlete of the Month goes to a Kembla Jogger whom it can be said performs at an elite level and does an extraordinary performance that ranks way up with the best. At other times it can be someone within the club, not necessarily among the highest ranked, who does an outstanding time that can be considered exceptional for their ability. Now and again it can go to someone who shows enormous courage and willpower in order to struggle over the final few kilometers to the finish.

The Canberra Marathon brought out a lot of gutsy performances and a will to finish by many KJ's in their battle against the elements and all that the weather could throw at them. Some that come to mind were Ian Tague, willing his legs to keep going as he fell in his final steps to the finish, and Ann Marie Hosie facing another 17km in the pouring rain as the winner strode up to the finishing line.

However, the most indelible impression of all came when everyone had left for home and a small group of KJ's stopped on the way to their cars to applaud a lone runner approaching in the distance. A car, lights on, followed him to signal that he was the last man on the course. Closer he got, stopping every few metres, stretching one leg, then the other, hobbling towards us. As he rounded the corner, his KJ uniform was prominent and he gave a little wave and proceeded up the finishing straight in the cold and rain. Michael Hickman was the "last man standing" in the Canberra Marathon, finishing in a time of 5:51:52, to the applause of officials the few spectators that remained. Courage with a capital C and Athlete of the Month is yours Michael Hickman - well done!

➤ The Peacemaker

Sounds like a Hollywood movie title doesn't it? Well it seems that a couple of the lads were engaged in a bit of grass cutting at the West Dapto site. This was before the KJ's were prohibited from there. However a stout security fellow of pacific island origin was not too keen on our boys and gave them a bit of a hard time regarding the legality of their presence on this land. It seems that one of our KJ lads was not too impressed with the guard's lack of polite speech. It was soon apparent that a Los Vegas type boxing match was about to begin when Eric "The Peacemaker" Brown stepped in between them and calmed them down. Just as well as it would have been very embarrassing for the local security lad as he did not realise the boxing credentials of our KJ. Not many people are game enough to match it with our Vito. I certainly know his fist is larger than my face and he certainly packs some power. Good on you fellows. Good to see Vito getting some good runs in too.

The Lawnmower Man

Sounds like another Hollywood movie title doesn't it? Maybe a horror movie would be more like it. This story certainly could have ended up that way. Very gory indeed. No it was not Friday the 13th. No he had not walked under a ladder, killed 42 black cats or broken 10 mirrors! He was just doing the normal weekend chores. You know, wash the car, clean the pool and...cut the grass... This lucky (very lucky) KJ has a ride-on mower to do the job. He had recently traded it in for a nice new one. Auto start, auto leveling system, and autopilot... you know the type. Fill it up with fuel and then sit on the verandah with a cold beer and watch it do its stuff. Well not quite! It was a new mower and everything was going well until our member decides to do the right thing and mow his neighbour's back yard, as he was sick. These backyards have no rear fences and they going down to the local pond. As the land approaches the pond the slope increases somewhat. Our KJ was going fine when all of a sudden when he was near the water edge it suddenly tipped up over him and pushed him and itself into the water. Our lad was trapped under the water for a while and his feet slipped away from the pedals down past the blades. Luckily this new model had engine cut out when seat pressure is removed and luckily he is built like a mallee bull or like the proverbial outhouse. As he struggled under the water he managed to push the mower over to one side and get out. Needless to say the grass is now kept a little longer near the ponds and the grass cutting goes a bit slower. But the adrenaline rush has certainly improved his running. Nice one Vito Gaudiosi!

The Gentleman

It seems the age of good manners and correct etiquette is not dead. A certain KJ knocked on the door of one young Hazel Brown to make some club enquiries. He was duly invited in... BUT... before he came in he had to firmly establish that the elder statesman, one Eric Brown, was also in the house. It seems that this KJ has been brought up in a very correct way, i.e. another

male does not enter the house with a female present unless their partner is there also. Very chivalrous Vito. Keep up those good standards.

Schumacher at Cataract

It seems the new KJ van has brought out the youthfulness in one of our KJ drivers. It was time to load up the van and move it whereupon El Presidente turned around to see dirt flying, rubber burning and the van becoming a blur. It seems one 'young' Eric was overawed with the power of the van and couldn't control the vast horsepower for a short time! Strange thing though I always thought that V6 Camry of his had a small supply of herbs? Maybe not! Good on you Eric, hope the annual fishing trip to Yamba did not bring too many of those tickets from the boys in blue. Keep up the great coaching though.

Coulthard at Bulli

Now that we are on the subject of speed and boys in blue, who was the KJ that got nabbed doing 134 down Pitt St? No it wasn't 'young' Eric, or Peter Evans in his 1982 Volvo. A clue... He drives a fast, a very fast WRX. It seems our lad was cruising his way back from marshalling at the Darling Harbour Triathlon (our KJ helpers helped raise lots of money for the club). He was very satisfied with the mornings events when his mind wandered and his right foot got a bit lazy and a tad heavy ...WHOOOSH... Before you could say 'El Presidente' the lads with the electronic cameras had nabbed him. He does do a good job with the running of the club though, so, if you feel like helping him out I am sure any donations would make him happier. Is it true that it was a long weekend too? Double the fine...double the points??? Ouch!! I hear he has one point left, but you did not hear it from me.

Rebel Runner

I believe we have a rebellion at hand.

Who was that famous KJ runner that did not wear his club colours at the recent SMH Half Marathon? There he was in a brand new black and yellow outfit! A preferred start too! Nice shiny shorts, nice smooth singlet, nice shiny head. No it wasn't Raf but our fearless leader. It seems he has become a pro! I mean a professional runner. He got that offer that Garry Wheeler accidentally threw in the bin last year. New shoes, new clothing, new badges, free 5 star accommodation, all meals, appearance money, etc, etc. Gee no wonder he drives a blue WRX. Unfortunately he could not manage another PB. The Super Bug (see below) was not available. Good on you Neil.

Expensive Beer

Is it true that one KJ was spending \$10 per glass on some exotic beer at the Irish Pub after the recent SMH Half Marathon? All I know is that Derek was unusually, the last KJ to get back to the bus. But he was happy. Broke, but happy! He also had a great run and a top brekky!

Canberra Marathon Gossip:

Early Birds? Is it true that one Jim H and Hans L were spotted sipping an ale at 7am? My god there is frost on the ground in Canberra, how could they possibly have a beer?

Gymnastic KJ? Is it true that Ian Tague did the famous horizontal finish at the end of 42km? Top marks for perseverance 9/10 for gymnastic effort on the line.

Super Bug! Is it true that El Presidente was complaining that he had 'the wog' or a 'stomach bug' the day before the marathon? Then he goes and runs a PB on race day. Great work Neil. But what about that bug? Can I get one too?

Super G-Man! Is it true that Andrew ran the Canberra 5km the day before his KJ Championship run in the Marathon?



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Domination. Is it true that the KJ's had the highest number of club members in the marathon?

Lost? Is it true that Andrew Krajewski got lost on his way to Canberra? All I know is that on that morning he was running around the hills in Jamberoo Valley and as I went past on the bike I pointed in a westerly direction. He nodded and then took the next right turn. I believe he should make Canberra soon.

Merry Xmas. Is it true that a certain KJ got an entry for the marathon as a Xmas present? Yes poor old Bill Agnew thought he was getting a nice holiday trip to a Queensland island. There he was stroking this thin envelope wondering which island it was going to be. Then as he opened it his body shuddered, his bones creaked, his knees cracked, his back ached and he realised that he had 4 months to get into condition. That was the bad news. The good news was that he did run and finish well. The better news was that his lovely daughter Rachel had entered herself as well and she finished strongly too. Congratulations.

Stroller Power. Is it true that we all now need prams for training runs? Well we all know that the ladies 'power on' with their running after giving birth, but how about Carinne Weston's effort. I have mentioned her before and it seems that those 10km runs at 4 minute pace whilst pushing a bub in a stroller are certainly paying dividends. Just check out her marathon time.

Mr. Perseverance. Is it true that a certain KJ stayed on his legs for over 5 hours? Well done to Michael Hickman for his mental determination in hanging in there.

The Burger Boy 2

Boy! Some people thought I was a bit hard on the club captain! But it was not me that coined the name 'Burger Boy'. It is also not a reflection of the shape that he was, you know, low and wide... 123kg and all that. It was merely a name given to him at a time in his life when, before he started running, he existed on a diet of fatty, beefy objects that were called 'burgers'. Now it seems that this name was given to him by his good mother-in-law (is that a good oxymoron, or what) none other than the young Hazel brown. There you go. I am innocent. As I speak, the KJ Captain is in full training mode so look out you youngsters! Yes he was last spotted doing laps of the torturous Nowra XC course!

Son of Burger Man

Yes, it seems that one young KJ was so inspired by dad's photo in the last Fox that he decided to let it rip. Young Zac did a 50-second PB in the recent relays at Beaton Park! I guess dad will have to get some tips off him. A 50-second PB would be great for anyone on the track.

Cheers Peter E

PS. Who is that mystery man that jogs at Beaton Park on a Thursday night? He looks like Mark Everton's twin brother, which is ok except Mark does not have a twin.



Peter Issa is all smiles as he gets used to the new KJ van. It will certainly make life easier for those dedicated KJ helpers who have to move a mountain of gear to and from every race.

Athlete of the Month (May 2002) Russell Chin

This month's recipient first won the award back in January 2001 for several record-breaking performances. In many ways it is hard to keep Russ down and he keeps coming up with outstanding performances time after time. This year has been no exception and in April at Canberra he won the marathon eve 10km road race and followed this up with second place in the Australian Mountain running championships a week later, beating many previous champions in the process. The purple patch continued with Russ winning the open ANSW Invitational 10km Cross-Country at Ramsgate on April 27th, leaving the rest of the field well behind in the excellent time of 31:25.

At the ANSW 10km Road Championship at Holsworthy Russ showed the confidence to match it stride for stride with NZ's Blair Martin and Australian representative Scott Westcott, for most of the race, eventually scoring third place in the tremendous time of 30:14.

Not to be content with this and showing no respect for his peers, Russell stepped up the distance and produced an outstanding result at the Sydney Half Marathon, finishing fourth in 66:39. The run was of such high merit that only international class athletes were able to beat him. Another few hundred metres and Russ would have overhauled third placed John Henwood, NZ's representative in the upcoming Commonwealth Games. Top performance and Athlete of the Month goes to the inimitable Russell Chin.

Pointscore Update (as at 1/6/2002)

Senior Pointscore

| | | |
|-----|------------------|------|
| 1: | Robert Scibberas | 1211 |
| 2: | Kelly Eady | 1155 |
| 3: | Pasco Coppolaro | 1069 |
| 4: | Neil Barnett | 1029 |
| 5: | Chris Richards | 1017 |
| 6: | Dianne Birch | 986 |
| 7: | Ian Tague | 941 |
| 8: | Paul DiPietro | 940 |
| 9: | Andrew Krajewski | 919 |
| 10: | Karen Ryan | 914 |

Elite Male

| | | |
|-----|-------------------|----|
| 1: | Robert Battocchio | 45 |
| 2: | Paul Micale | 39 |
| 3: | Chris Richards | 27 |
| 4: | Andrew Godzman | 26 |
| 5: | Phil Parle | 26 |
| 6: | Neil Barnett | 21 |
| 7: | Raf Moriana | 21 |
| 8: | Mark Scott | 16 |
| 9: | Wayne Montefiore | 15 |
| 10: | Tim Crinnion | 11 |

Elite Female

| | | |
|-----|-----------------|----|
| 1: | Karen Ryan | 39 |
| 2: | Carinne Weston | 37 |
| 3: | Sue Mulready | 34 |
| 4: | Vanessa Kearney | 25 |
| 5: | Kelly Eady | 24 |
| 6: | Sarah Mycroft | 20 |
| 7: | Sandra Toth | 19 |
| 8: | Suzanne O'Brien | 17 |
| 9: | Carolyn Dews | 15 |
| 10: | Louise Hudson | 14 |

The London Marathon

Sunday 14 April 2002

By Sarah Mycroft

LONDON: a fresh spring morning met exposed skin as we rushed out of the heated comfort of the hotel. It was the morning of the London Marathon, minutes after 7am, and the two red double-decker coaches, indicative of any London scene, sat idling across from the Thistle Hotel. Behind them, the Tower Bridge spanned majestically over the river Thames, cordoned off to all traffic, like the calm before the storm, seemingly lazy but holding its breath in silent expectation of what had been 21 times before - a stampede of over 35 thousand runners, in this, the 22nd London Marathon...



So what the hell was I doing here? The preceding week had gone like this...

SUNDAY: Fitness Five (yes, I was still in NSW, and didn't have a valid passport!) placed 4th female in 18.23.36.

MONDAY: 30km long run (obviously no intention of doing London).

TUESDAY: Hadn't slept a wink, up packing all night. Departed Sydney at 9.15am for what I thought was going to be a relaxing 4 weeks in Germany catching up with a few old friends. A 7-hour flight to Jakarta. Tried to walk around and stretch my legs (only there for 1 hour). Fly to Dempasa (Bali). Then we had a 3-hour wait before a 13-hour flight to Frankfurt, so I decided to get my "Track Session" in. Yes, IN the airport, and if any of you have spent any amount of time in Dempasa airport, you'd know that the viscosity of the air is close to thick soup, full of foreign aromas, and incense, not to mention the allowance of public smoking. I found a nice stretch of commercial area, where not too much shopping was going on, and, after 24 mins of warming up, I proceeded to do 10 x 100's. It was probably only 80m. A token effort, but it was better than nothing. At the end of my warm down, a bemused masseur invited me in for a complementary foot massage!

WEDNESDAY: After the long haul flight, I arrived at Heidelberg around lunchtime, had a bit of a sleep, and then did a long run of 1hour 35mins. It was around 14 degrees.

THURSDAY: morning run of 8km in 35mins. Damon Harris, winner of the Sydney Marathon 2001, called from London, sounding a bit lost in the big city, so I decided to go over to spend the weekend and cheer him on.

FRIDAY: No training. There were no seats available on the Eurostar (the new fast train, which links mainland Europe with Great Britain), which was probably just as well, as return flights to just about anywhere in the world are invariably cheaper than any train journey in Europe. So I got in another plane. London was bitterly cold, and just as dismal as when I'd left, three years earlier. I found Damon preparing to go on a River Boat Cruise organised by Flora the major sponsor of the London Marathon. I was invited along.

This is where things started to change. The minute the Flora representative found out I'd come second in the Sydney Marathon, she wouldn't leave me alone until I agreed to run and try for a PB. A pen and a napkin were pushed in my direction and I found myself writing down my details and switching to water for the rest of the night.

SATURDAY: I ran 9km around London, stopping occasionally at a few famous monuments for a stretch.

SUNDAY: Well, the bus ride at 7am in the morning, full of the Flora-clad elite (and me!) was half an hour I'll never forget. From the moment we left Tower Bridge, to the sight of the start up on the Heath, the driver never once touched the brake. Flanked with what seemed like half of London's Old Bill, we rolled over roundabouts and ran straight through red lights.

THE RACE: I got to the start line with just enough time to get my toe on the actual

line, rubbing shoulders with some of the world's fastest women. We were instructed to acknowledge a minutes silence for the recent passing away of the Queen Mother, then, all of a sudden, we were off. The pace was fast and what can I say, it was Paula Radcliff's race from start to finish.

The cheering was unbelievable. Even after a few kms when we'd all spread out, the crowds lining the roads were unending and noisy. It was only after a short span of briefly uncrowded road around the 16km mark, that I heard myself breathe for the first time. Running over Tower Bridge at the 19km mark was awesome. The crowd stood 5 or 6 deep and the noise was incredible. I was on 4min/km pace the whole way and was happy with my consistent rhythm, although I wondered how long it would last and when the jet lag and all the other km I'd run this week were going to catch me up.

The half-way point came and went and a bunch of girls that had caught me when surging in front of the crowd over the Tower Bridge had spent their wind and couldn't match my increase in speed around the 22km mark. So on I went, mainly running solo, until the 35km mark. I spotted two women about 700m up ahead that looked like they needed overtaking. It took me until the 41km mark to pull one in, the other one was touch and go right to the line. She was putting up a fight.

It wasn't until I actually crossed the line, that an official wrapped me up in a space blanket and told me two things... "The good news is" she said in unmistakable Country English, "you're 20th... the bad news is, that is a random drug test position." Which couldn't have made my day more. Think of it this way, it's not everyone who crosses the line and falls right into the hands of someone who's going to make sure you've got enough water, are warm enough and who'll show you where the toilet is!

Results for Sarah (21st female):

- Km 10: 0:39:43
- Km 20: 1:19:43
- Half: 1:24:09
- Km 30: 1:59:50
- Km 40: 2:40:59
- Finish: 2:49:36

And the other KJ London Marathon competitor, Craig Perry, finished in 4:00:06.





Karen Ryan and Andrew Godzman look fully recovered after their excellent races at the 2002 Canberra Marathon. They look very satisfied with their efforts that made them winners of the 2002 KJ Marathon Championships.

The Canberra Marathon

Sunday 14 April 2002
by Andrew Godzman

This weekend has become an annual event for me since 1998 when I ran my first marathon. The only year that I have missed since was 2000, due to the holding of the Host City Marathon in place of the Canberra Marathon. This year's experience proved once again what a great weekend it is, and how many KJ's enjoy the experience as well.

Most of us began to arrive in Canberra around lunchtime on the Saturday. A large contingent of us had booked in at the Pinnacle Apartments, with many others staying within walking distance of the start/finish line at Telopea School. It was a great day for this time of year, mild and sunny, and the number of athletes sitting at the cafes of Manuka was huge.

Getting close to the start of the marathon eve runs, many familiar faces were in the crowd as the marathoners picked up their race numbers and the 5km and 10km runners prepared for their races. Ryan Burns (17:42) was the best of the KJ's in the 5km race, and in the 10km, Russel Chin took out the event in 31:31, to the cheers and delight of the by now considerable KJ presence at the finish line. There were many KJ's who had competed, and each was given the cheering of a lifetime along the finishing straight. It was very inspiring to see the club out in full force.

Sunday dawned wet and cool, but warmer than has been typical for the marathon weekend in past years. The rain held off for the group photo and start of the race. There were KJ runners and supporters everywhere, and my nerves continued to

build before the gun fired and we were off. I wanted to run at around 3:54/km for the first 10k, before picking up the pace. This I did until a small pack formed in front of me so I jumped on. The next couple of k's were a fair bit faster and I ended up going through 10k in 38:07, much to the cheers of the squad down at the lake shore. It was a bit of an adrenalin rush to hear so much noise being made as you ran past.

After the turn around the pack continued along, and heading back I saw Chris Richards, Neil Barnett, Denis Webb and Geoff Stalker all in close proximity and chasing. We continued at around 3:46/km until three runners had dropped from the pack by the 16km mark. The pace, while fast, was feeling good, especially along the gently sloping roads, but it was at this stage that the rain swept in. A heavy downpour saturated us all, and left water streaming across the roads. I actually enjoy running in the rain though, and I hoped that this would turn to my advantage.

The next turn-around was at about 18.5km under Black Mountain. This was another chance to gauge where my pursuers were. Chris was slightly in front of Neil and I had roughly a two-minute lead. The rain continued, and the pace of everyone seemed to drop, but our pack continued on. We passed the half way mark in 80:23, and I could only hope to stay around that pace for the second half of the run.

I was feeling pretty good as we approached the 25km mark and the cheering KJ supporters once again. I can't remember the split, but we had slowed to around 4:00/km by this stage and by the 32km mark

it was a growing struggle to stay on pace. I was looking forward to reaching the turn under Black Mountain again so that we could start our journey back to the finish. At the turn I was more than glad to see that I had about 4 minutes lead on Neil and Chris, who were now running together. With only 8km to go I hoped I had the legs left to finish well.

The k's ground on, and my splits were starting to blow out towards 4:20. Heading back towards the last bridge crossing it was pleasing to see the leading pair of KJ women, Karen Ryan and Carrine Weston, running together and still looking quite strong - better than me at that stage. Also, first-timer Bill Agnew looked to be enjoying himself as he neared the 33km mark. The last few km's were very hard, my quads were burning, but finally I rounded the corner and dragged myself over the line in 2:47:36. The race was over and I had accomplished my pre-race goals of a PB and winning the KJ Marathon Championship. Chris Richards wasn't far behind, gaining ground on me in the last few k's as did Neil Barnett. The women's race was far from over though, and in the end Karen and Carrine were separated by a mere 15 seconds. What a great race for them both.

The weekend was a huge success for the Kembla Joggers club and we received praise from the race organiser Dave Cundy for bringing such a large group down. The number of KJ competitors and how prominent we were in the results bodes well for the upcoming ANSW season and hopefully we can all inspire many others in the club to reach for their goals. It was terrific to see so many first-time marathon runners and everyone enjoyed the finish straight exhilaration to compensate for the pain and dedication needed to run the full 42.2km distance. It would be great to see as many faces if not more lining up again next year. Happy training to everyone. Keep those runs long and enjoyable.

KJ Runners

| | |
|-------------------|---------------------------------------------|
| Andrew Godzman | 2:47:36 (22nd overall) |
| Chris Richards | 2:50:51 |
| Neil Barnett | 2:51:08 |
| Denis Webb | 3:03:31 |
| Geoff Stalker | 3:03:31 |
| Karen Ryan | 3:06:23 (1st KJ female, 8th female overall) |
| Jim Brokenshire | 3:06:34 |
| Carrine Weston | 3:06:38 (2nd KJ female) |
| Witold Krajewski | 3:07:15 |
| Bill Agnew | 3:08:47 |
| Louise Hudson | 3:15:48 (3rd KJ female) |
| Joe Castro | 3:19:52 |
| Ian Tague | 3:29:06 |
| Craig Sakey | 3:34:23 |
| Lauren Whitehead | 3:44:16 |
| Ned Mrsic | 3:51:49 |
| Andrew Parkinson | 3:52:00 |
| Geoff Stusel | 3:52:08 |
| Rowena Mullaney | 3:54:09 |
| Rachel Agnew | 3:54:30 |
| Kym Batten | 3:56:06 |
| Andrew Cropp | 3:59:01 |
| Kellie Baxter | 4:03:54 |
| Diane Birch | 4:05:31 |
| Marie-Claire Kurt | 4:06:06 |
| Ann Marie Hosie | 4:15:06 |
| Christine Feeney | 4:25:01 |
| Wendy Tranby | 4:36:32 |
| Bruce Medley | 4:57:19 |
| Michael Hickman | 5:51:52 |

ANSW Novice Cross-Country Championships Scarborough Park, Ramsgate Saturday 27 April 2002

by Dave Barnett

On a perfect day a contingent of 58 Kembla Joggers competed in the first ANSW event of the winter season at Scarborough Park. Thirty KJ's ran in the Men's 10km Novice championship, fifteen ran in the Women's 4km Novice championships, and a further thirteen ran in the other events including many of our juniors aged fourteen or less in the 2km and 4km races

In the 10km Invitational event Russell Chin and Ben Dubois quickly latched on to the leading bunch, which was gradually whittled down to four or five runners by 6km. At this point Russ upped the tempo and opened up a clear gap to lead the field home in first place in a time of 31:25. Ben and Sean Williams (RBH) fought it out over the latter stages with Ben clearing out to make it a one-two finish for KJ's, finishing in second place in a time of 32:03.

In the Men's Novice event Matt Kerr came home a clear victor in a time of 31:53. Great runs by Stephen Brown in 34:30, Andrew Godsman in 34:31 and Wayne Montefiore 35:58, had the KJ's tie with Newcastle for first place in the teams. Unfortunately we missed out on count back and had to be content with second place.

The Women's Novice 4km cross-country was a classic with Michelle Vernon from Springwood taking it out hard from the very start with Erin Hargrave the only other woman to keep in contact. The positions remained unchanged to the finish with Erin second in a time of 14:17. Julia White finished seventh in 15:01 and junior Melissa Burgess had a great race in senior ranks to finish twentieth in a time of 15:44 and help the women's team to a silver medal. In fact the juniors made a great contribution on the day with Nicola Hummerston and Nadine Dryburgh both prominent with excellent times.

The day was a terrific success with ten KJ teams in the Men's events and five KJ teams in the Women's events we outscored all other clubs by a significant margin on the day. The numbers did count and provided the club with a handy start to the winter premierships enabling us to gain a lead over the Sutherland club by about sixty points overall. The provisional point score is as follows:-

| | |
|----------------|----------|
| Kembla Joggers | - 147pts |
| Sutherland | - 87pts |
| Bankstown | - 28pts |
| St George | - 26pts |
| AEA | - 24pts |

Russell Chin 2nd in Australian Mountain Running Champs. Sunday 21 April

Canberra's international stair running star Paul Crake successfully defended his Australian Mountain Running title with a scintillating performance up Mt Buffalo in Victoria. Crake dominated the men's field, which included a dozen current and former international representatives. He broke away after 1.5kms and quickly built up a commanding lead. His winning time of 55:53 for the gruelling 11.2km climb up the Big Walk track was four minutes clear of runner up Russell Chin (59:52) of Wollongong, a last minute entrant who was the surprise performer in the field. The course was mainly walking track through ferns and



Matt Kerr, the first male KJ to win a gold medal in an ANSW Open event! He ran a great race and was very happy with his win at the ANSW Novice Championships at Ramsgate.

stringy bark gums on the lower slopes, changing to snow gums and mammoth boulders over the last 5kms. A difficult zig-zag mid-section kilometre included running over stones and rock faces. Fortunately the weather was perfect, about 16 degrees and sunny with a cool breeze near the summit.

Crake's North Canberra Gungahlin clubmate David Osmond, the 2002 ACT champion, was third in 61:05, 16 seconds ahead of Queensland's Stephen Page. Osmond is a former Australian champion who ran brilliantly in the uphill 2000 World Championship, finishing leading Australian in 23rd place.

Former Australian representatives Adam Leane of Canberra and Ross Hudson of Sydney put themselves in contention for national selection by finishing 5th and 6th only 2 seconds apart in 64:36 and 64:38. The next four finishers showed the depth in quality of the field:

7th was current Australian and former world reigning champion Nigel Aylott in 65:26;

8th in 66:22 was international representative Glenn Paterson, formerly in mountain running and recently in marathon running, who has had some good wins in major mountain runs in Canberra during the last few years;

9th in 67:02 was 2000 Australian mountain running representative Garreth Candy, who is also an orienteering international;

10th in 68:26 was cross-country ski international Ben Derrick, who has won the Victorian Alpine Four Peaks in the past.

ANSW 10km Road Championships Holsworthy Saturday 11 May 2002 by Dave Barnett

The new KJ marquee was conspicuous and served as a rallying point for supporters and competitors alike. Dave Higgins was busy registering new ANSW runners - the club broke a milestone during the week in exceeding one hundred ANSW members.

The KJ junior results are detailed in Fox Tales.

The Men's and Women's Open 10km Championships were run concurrently and in the initial stages runners from KJ's were conspicuous at the front in both categories. At the end of the first 5km lap Russell Chin was shadowing Blair Martin (SG) and Scott Westcott (Hunter) both international standard runners.

Martin managed to break away on the second

lap to win in a super quick time of 29:35. Russ finished close behind Westcott in a really great PB of 30:17 to get an individual bronze. The men's open team was very solid and finished third to get a team bronze with Matt Kerr 10th in 31:46 and Paul Micale 18th in 32:39.

In the women's race Sarah Mycroft took the lead from the start and held on to win in a good time of 36:52. Sarah was also Country Champion, and led the KJ's Open Women's team to victory in the team category along with Julia White and Vanessa Kearney.

Karen Ryan was equally as impressive as Sarah, taking the individual gold medal in the 35+ division and leading the 35+ team to gold in a time of 38:32. Along with Karen were Louise Hudson who ran a big PB in 41:20, and Sandra Toth who finished just behind in 41:45. The quality of our 35+ females was such that the next three home, Karen Blay, Cheryl Pascoe, and Ann Burns, took out second place in the teams.

Phil Parle collected an individual gold medal (first in the 40+ age category) and together with Dave Pomey, Phil Leishman and Chris Richards, he picked up gold in the 35+ team category.

Wayne Montefiore, finished second in the 45+ age category and the team put in a great effort to also win silver.

The resurgent 55+ men's team upset the fancied Bankstown team by taking out the gold medal with a solid performance from Tony Hernandez, Jim Brokenshire, Andrew Krajewski and Peter Asher.

On the day 82 KJ's took part allowing us to form nine more teams than we did last year. The point score to date looks something like this:

| | |
|----------------|--------|
| Kembla Joggers | 488pts |
| Sutherland | 444pts |
| St George | 215pts |
| Illawong | 216pts |
| Bankstown | 160pts |
| RBH | 157pts |

McCann 11th At World Half Marathon Championships

Kerryn McCann, Australia's only competitor at the 2002 IAAF World Half Marathon Championship in Brussels, Belgium, overcame a difficult course and even worse weather conditions, to finish 11th in a time of 1:09:47. Only 2 Australian women ever, McCann and Lisa Ondieki, have run under 1:10:00.

McCann did well to maintain her momentum right throughout, avoiding the over enthusiastic supporters and media, who caused havoc for other athletes. Local favourite Marleen Renders, injured herself early in the race, trying to dodge a falling camera when two media motor bikes collided.

In a field dominated by East African's and East Europeans, 28 year old Ethiopian, Berhane Adere, took out the race after a final sprint to the finish line, clocking 1:09:06, a first ever gold for an Ethiopian woman at these championships.

Kenya's Susan Chepkemei came in just behind Adere, recording 1:09:13, her third successive second place in the World Half Marathon Championships.

Crossing the line third, to win her first ever medal was Latvian Jelena Prokpcuka, recording 1:09:15.

The Sydney Morning Herald (SMH) Half Marathon

Sunday 26 May 2002
By Dave Barnett

Fifty-three KJ's ran in the Sydney Half Marathon and the sad events of the previous week were in everyone's minds as the KJ's assembled at the start. The day was perfect for distance running ... cool with the showers that disappeared before the start, giving way to intermittent cloud and sunshine.

The huge field surged through the empty streets with Russell Chin, Matt Kerr and Kerryn McCann prominent among the leaders. After the first lap Russell had settled down into fourth position behind Scott Westcott and Rod De Highden with NZ international John Henwood in third. Matt was handily placed in tenth and Kerryn had established a handy lead over Liz Miller. It was then a case of spot the Kembla Jogger as they came through thick and fast with the trio of Phil Parle, Chris Richards and Raf Moriana working hard together to keep on the pace.

Before the stream of runners completing their first lap had thinned, the leader was making his way up the inside lane to the finish. Russ (66:39) narrowly missed out on running down the New Zealander for third place, and had him nervously looking over his shoulder all the way to the line. Kerryn was first female home in a time of 71:06 just seconds off the race record. Paul Micale, who prides himself on just beating the leading woman, was a further 18 secs off the pace in a PB of 71:24.

Other standout performances included Rob Battocchio (73:14) and Carrine Weston (86:22). For once, Rob Sciberas (94:30) managed to turn the tables on his running mate, John Mintoff (96:32) with a negative split on the second lap. Ann Marie Hosie (113:50) reversed the Canberra marathon result to lead home Marie Claire-Kurt (115:00) who came across the line with Robbie Belsito. The intrepid Derek "Sharkey" Moriarty was slower than normal (137:42) but made certain he had sufficient time to down several schooners of Guinness in the post race celebrations in the Rocks. Many KJ's scored PB's, none more delighted than Drew Ibbotson with 92:32 in his first attempt at this distance.

The day was also a success for ANSW competitors in the State Half Marathon Championships. Kerryn got individual gold and Russell bronze. Unofficially, it looks like a field day for KJ's teams, with the Open Female and 35+ Female teams winning gold. The Open Male and the 35+ Male teams won silver, while the 45+ and 55+ Male teams look to have gold sewn up in their age categories.

KJ Results

| | | | |
|------------------|--------|--------------------|--------|
| Russell Chin | 66.39 | Matt Kerr | 69.55 |
| Kerryn McCann | 71.06 | Paul Micale | 71.24 |
| Rob Battocchio | 73.14 | Chris Richards | 76.56 |
| Raf Moriana | 77.06 | Marty Weston | 79.46 |
| Phil Parle | 79.58 | Neil Barnett | 82.00 |
| Chris Brown | 83.52 | Greg Hatfield | 84.10 |
| Bill Agnew | 84.10 | Karen Ryan | 84.42 |
| Tony Hernandez | 84.50 | Julia White | 85.14 |
| Joe Pereira | 86.06 | Carrine Weston | 86.22 |
| Witold Krajewski | 86.48 | Steve Van Gils | 87.37 |
| Brad Hynard | 88.40 | Jim Brokenshire | 89.10 |
| Alan Onions | 90.24 | Frank Hungerford | 90.30 |
| Lucie Richards | 91.04 | Drew Ibbotson | 92.32 |
| Andrew Krajewski | 93.08 | Rob Sciberas | 94.30 |
| Lauren Whitehead | 95.05 | Cheryl Pascoe | 95.22 |
| David Babis | 95.42 | John Mintoff | 96.32 |
| Ian Tague | 97.02 | Hans Lambert | 97.52 |
| Sandra Toth | 98.20 | Rowena Mullaney | 98.20 |
| Rachel Agnew | 100.16 | Gwenda Brokenshire | 102.40 |



Kerryn McCann and Paul Micale in action during the SMH Half Marathon. Kerryn went on to win the female section in almost record time.

| | | | |
|-------------------|--------|-------------------|--------|
| Nicky Joyce | 103.06 | David Higgins | 104.24 |
| Rita Mein | 105.06 | Sue Scott | 106.08 |
| David Church | 106.20 | Peter Asher | 108.20 |
| Ward Hummerston | 109.56 | Ann-Marie Hosie | 113.50 |
| Robbie Belsito | 115.00 | Marie-Claire Kurt | 115.00 |
| Geoff Walter | 117.40 | Wendy Tranby | 123.18 |
| Belinda Edmondson | 123.48 | Michael Hickman | 129.22 |
| Derek Moriarty | 137.42 | | |

Points for Marshalling

Due to the fact that members now need to marshal at least twice during the current winter season it has been temporarily agreed upon that you will receive marshalling points for both duties. The first marshalling duty will receive 180 points and the second duty will receive 150 points. These points can only be obtained for normal rostered marshalling duties. This is only a temporary solution and will be reviewed for next year.



Russell is enjoying a drop of the amber fluid to celebrate his outstanding performance at the SMH Half Marathon. He finished an outstanding 4th overall, did a PB (66.39) and smashed the all time KJ record for this race.



There is nothing like that sense of satisfaction. Witold Krajewski looks very happy with himself after finishing the SMH Half Marathon.

Handicaps and the Pointscore

Thank you to all the members who have had enquiries about the pointscore or who have asked me for information about their handicaps. The current computer program that works all of this out is still in its very early stages and we are having minor problems with it but nothing we can't handle. We have over 600 runners on the handicap list and it is a giant task keeping tabs on all of you. If you have any enquiries about the pointscore, the handicapping rules, if you are injured, or if you find that your handicap is much too hard please read the Questions and Answers on pages 31 and 32 in the KJ handbook first. Although this should be used only as a guide it may provide you with an answer. If still unsure about the rules, please talk to me at the races or e-mail me (my e-mail address is in the handbook).

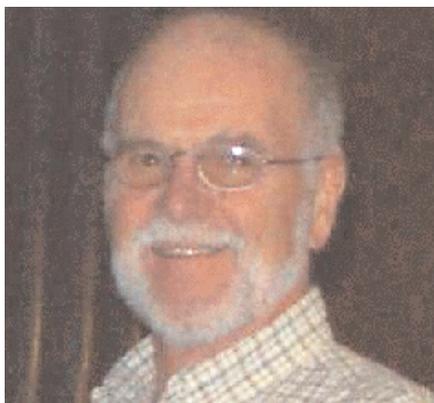
Gary Howard
Club Handicapper

PORT-A-LOO

We still desperately need help in towing and returning a port-a-loo to races at Mt Kembla and West Dapto. So far Kym and Rod Batten have volunteered for 2 races and we sincerely thank them and Raf Moriana, Steve Greathead and Eric Brown for volunteering. However, we can't expect these brave souls to continue doing this. We need more volunteers. If you can help out, it will substitute as one of your marshalling duties and you will be doing the club a huge favour. From July the 20th, we CANNOT guarantee that we will have toilet facilities, so be prepared!!! The bottom line (pardon the pun) is, if we don't get volunteers there will be NO port-a-loo.

We are also really short of help with race organisation and we desperately need more people to help Jimmy and Peter with course arrangements.

If you can help out, please contact Eric Brown, Jim Hennessy or Peter Issa and nominate the date at which you can help. Contact Eric on 4261 3985 or e-mail sunnyb5@austarnet.com.au



Wollongong Lord Mayor's Sporting Recognition Awards 2002

Five Kembla Joggers recently received the Lord Mayor's Sporting Recognition Awards for their outstanding results and/or contributions in the field of athletics.

Kerryn McCann was recognized for her great achievement in finishing third in a quality field in the recent Chicago Marathon. Kerryn ran her second fastest time for the marathon, 2hrs 26mins, which is a time that none of our male runners have ever achieved. This great time was unable to win the race as the world record for women was smashed in this race, with the winner running 2hrs 18mins!!! Since Chicago, Kerryn has gone on to win the national 10km track and be selected for the Commonwealth Games for both marathon and 10km. Most recently she placed 11th in the World Half Marathon Championships in Belgium.

Erin Hargrave was recognized for her great cross-country season in 2001 where she won four state championships and capped this with a great win in the under 20's national cross-country championships in Hobart. Her solid achievements were rewarded by her selection in two Australian teams, which contested the Ekiden Relays held in Chiba (Japan) and in Beijing.

Ben Dubois was recognized for an outstanding run when he won the highly competitive Sydney Bridge 10km race and for a great 9th placing in City to Surf.

Matt Kerr was recognized for the two superb wins in the Australian Universities Track Championships where he won the 3km steeplechase and the 5km track race.



Recipients of the Lord Mayoral Awards for 2002 Matt Kerr, Ben Dubois and Eric Brown shake hands with Lord mayor George Harrison. Kerryn McCann and Erin Hargraves were also winners but were unable to attend.

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

May

Byron Arnold, Darren Baxter, Kellie Baxter, Karen Blay, Hazel Brown, Kate Buckpitt, Gary Burton, Lou Caruana, Denis Cauduro, Russell Chin, Shane Cowie, Johnathan Clennar, Joel Dent, Mark Everton, Vito Gaudiosi, Trent Goodwin, Paul Holland, Ian Kemp, Charles Kerin, Matthew Kerr, April Maciejowski, Ian McBarron, Kerryn McCann, Chris McCauley, Neil McDonald, Tony McGowan, Rory McLeod, Jessie O'Brien, Suzanne O'Brien, David Ognenovski, Alan Onions, Rebecca Pearson, Alistair Perry, Gary Poppett, David Pomery, Tegan Richards, Andrew Ruddy, Robert Sciberras, Brendan Scollary, Ashleigh Scott, Ross Sharpe, Grace Tyerman, Garry Wheeler

June

Elfi Ashcroft, Diane Birch, Peter Buckman, Geoff Chidgey, Luis Cortes, Ken Dabkowski, Teresa Dubois, Grant Eady, Sheree Fanning, Peter Henry, Brad Hynard, Drew Ibbotson, Andrew Krajewski, Hussein Kurt, Scvott Leedham, Phil Leishman, Ray McCauley, Neil McDonald, Derek Sharkey Moriarty, Quentin Morley, Rowena Mullaney, Kevin O'Connell, Bob Ognenovski, Joe Pereira, Andrew Poppett, Kristian Rhoden, Tennille Shelley, Brett Shorten, Geoff Stalker, Terry Sylvester, Kathryn Tranby, Holly Tyerman, Bill Williamson

Eric Brown was recognized for his outstanding contributions to coaching over the past 20 years in middle and long distance running. Eric freely gives of his time and advice to athletes of all abilities and his athletes have won national championships in all ages from 15 years to veterans.

These wonderful people join last year's recipients, Russell Chin, Bob Squires, Mark Scott, Stephen Brown, Melissa Burgess, Suzanne O'Brien and Neil Barnett in flying KJ's flag proudly and making our club the strong club that it is today. Well done everyone.

Brendan Scollary and Jim Hennessy were one person short for their team, but managed to persuade a Chinese student, 4 days in the country, not able to speak English, to make up the team.

The Krajewski's, old foxes that they are, tried to fool the handicapper by assuring her that Mr Ruzscowski wouldn't be able to jog faster than 10 minutes for the mile... yeh Wit!!! Raf Moriana needing an anchor leg/gun runner came up with Zac Blay who then proceeded to run a 50-second PB!

Club captain, Vanessa Kearney tried to psych everyone out by telling them that she had retired from track running and then ran the fastest female leg of the relays! Our oldest member at 78 years young, Max (superman) McKay, ran a great mile and is Brett Cowie's role model. Someone to really look up to.

Track Reports

4 X 1600m Relays

These very popular relays were held for a second time on Thursday 25th April at Beaton Park. Ten teams of four runners raced each other and because they were handicapped, it wasn't obvious until the last lap who was winning. Brownie,

The results are:

| | | | |
|-------------------|-----------------|------------------|---------------|
| Eric Brown | 6.32 | Jim Hennessy | 7.29 |
| Brendan Scollary | 5.24 | Ya Fei | 5.40 |
| Raf Moriana | 5.23 | Steve Van Gils | 5.16 |
| Ross Walker | 4.58 | Zac Blay | 6.41 |
| Robert Sciberras | 5.52 | John Mintoff | 5.33 |
| Benjamin Scollary | 7.49 | Jared Blay | 5.57 |
| John Ruzscowski | 7.21 | Bogdan Krajewski | 5.42 |
| Andrew Krajewski | 5.36 | Witold Krajewski | 5.24 |
| Shane Cowie | sick ran 3 laps | Brett Cowie | excellent run |
| Joel Dent | excellent run | Hudson Bouma | ran 5 laps |
| Stephen Brown | 4.43 | Jared Poppett | 4.49 |
| Andrew Poppett | 6.35 | James Greathead | 4.50 |
| Peter Evans | 5.32 | Joe Pereira | 5.22 |
| Chris Sainsbury | 5.02 | Max McKay | 8.28 |
| Ryan Burns | 4.57 | John Burns | 5.46 |
| Sara Burns | 6.31 | Renee Ognenovski | 6.30 |
| Vanessa Kearney | 5.39 | Sandra Toth | 5.47 |
| Dylan Forbes | 5.10 | Pasco Coppolaro | 5.47 |
| Edy Ognenovski | 6.18 | David Ognenovski | 6.30 |
| Lauren Ognenovski | 7.24 | Bob Ognenovski | 6.23 |

These gridders are the winners of the first 2002 4 x 1600m relay held recently at Beaton park. Congratulations to Eric Brown, Jimmy Hennessy, Ya Fei (a secret elite runner flown in from China especially for the night) and Brendan Scollary.



KJ Events

July

- 6 Senior 6km, Junior 6km - 3pm Reed Park, West Dapto (cross-country)
- 20 Senior 9mile, Junior 3mile - 2pm Mt Kembla (Tony McMichael Memorial Trophy)
- 27 Senior 8km, Junior 3km - 3pm Stuart Park (cross-country)

August

- 17 Senior 8km, Junior 4km - 3pm West Dapto
- 31 Senior 4mile - 3pm Mt Kembla

KJ Track Series

(all events are held at Beaton Park Athletics Track, Wollongong - field events from 6pm, track races from 6.30pm)

July

- 4 Senior 3km (W Squared Trophy race 1), Junior 800m, High Jump
- 11 Senior 3km (W Squared Trophy race 2), Junior 1500m, Discus
- 18 Senior 3km (W Squared Trophy race 3), Junior 1km, Long Jump
- 25 Senior 3km (W Squared Trophy final), Junior 2km, Shot Put

August

- 1 Senior 2km Steeple & 800m, Junior 800m, High Jump
- 8 Senior 5/3/1km, Junior 1500m, Discus
- 15 Senior 10km Track Championship, Junior 1km, Long Jump
- 22 4 x 1600 Relays
- 29 Senior 5/3/1km, Junior 2km, Shot Put

ANSW Events

June

- 29 NSW Cross-Country Relays - Miranda

July

- 13 NSW 6km & 8km Cross-Country Championships - UWS, Campbelltown Campus

August

- 3 NSW Road Relay Championships - Endeavor Drive, Wollongong
- 17 Australian Cross-Country Championships - Nowra

September

- 1 NSW Long Distance Relays - Homebush
- 15 NSW Marathon Championships (incorporated in the Sydney Marathon)

Other Events

June

- 30 Woodford to Glenbrook Classic (25km bush run) - 10.15am Woodford Railway Station

July

- 7 Gold Coast Marathon (42.2km) - 6.30am Broadwater car park
- 21 Shoalhaven King of the Mountain (32km) - 9am Cambewarra Primary School
- 28 Sutherland to Surf (11km) - 9am Flora Street, Sutherland

Cities Marathon (42.2km) - 6.30am Sydney Town Hall

August

- 11 Sydney City to Surf (14km) - 10am corner Park and College Streets, Sydney
- 18 Bankstown Half Marathon (21.1km) - 8am Lake Gillawarna, Georges Hall.
- 24 Mount Wilson to Bilpin (35km bush run) - 10am Mt Wilson

September

- 15 Sydney Marathon & 10km Bridge Run - Miller Street, North Sydney



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.kemblajoggers.org.au

Kembla Joggers Club Contacts 2001

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| | |
|----------------|-------------------------------------------------------------|
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| Vice President | Eric Brown4261 3985 |
| Secretary | Wayne Montefiore |
| Asst Secretary | Peter Evans4297 0082 |
| Treasurer | Dave Higgins4284 1317 |
| Public Officer | Robyn Henry4256 5274 |
| Race Organiser | Peter Issa |
| Handicapper | Gary Howard4274 3411 |

Other Roles:

| | |
|-----------|---------------------------------------------------------|
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| Clothing | Bronte Blay4262 2100 Karen Blay4262 2100 |
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| | |
|----------------------|------------------------------------------------------|
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| Timekeeping | Mark Everton 0407 068 976 |
| First Aid | John Gullick 4272 4274 |
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| KJ Website | Ian Tague 4256 4068 |
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