

The FOX

Issue 1 February 2003

THE OFFICIAL NEWSLETTER OF KEMBLA JOGGERS INC.

4 mile Hangover Handicap Mt Kembla

1 January, 2003

51 runners braved the wet, cold, rainy and slippery conditions of the annual hangover handicap held on New Years Day. On hand to start the race was dual Olympic and Commonwealth Games medallist and former great KJ runner, Dave Power. Although the conditions were tough it was nothing like the conditions experienced in last year's race with fires and smoke, no humidity and extreme heat.

The Mt Kembla 4 mile is a tough run and with 1 mile to go the runner who handled the

hills the best was going to win the "Running Nut" trophy. There were at least 10 realistic chances but eventually it was Ward Hummerston 29.30 who had to hold off a fast finishing Carinne Weston 27.03, Chris Brown 22.59 in 3rd, back marker Paul Micale 21.31 4th, John Wilton 27.02 5th, and a host of other runners only seconds away.

Fastest on the day was 4 mile specialist Paul Micale 21.31, with Mark Scott 22.15 in 2nd and Chris Brown 22.59 in 3rd.

Fastest female was Carinne Weston with 27.03, 2nd was Edy Ognenovski with 29.12, and Anne Marie Hosie 33.31 in 3rd. Raf Moriana 23.53 (40+), Andrew Krajewski 26.50 (50+), Roy Francis 30.54 (60+), and Linda Cortes (fm 50+) were all fastest in their age categories. Ryan Burns 24.02 was fastest junior.

The original KJ Fox, Dave Power, hands over the winner's trophy for the 2003 Hangover Handicap to a very proud Ward Hummerston

Dave Power presented the "Running Nut" trophy to Ward who was full of praise for the Thursday night gang at Beaton Park for his improvement, and based on his runs during the summer the win was well deserved. Alan Onions showed good sportsmanship as he was 1st over the line but had not run the required 3 races in the Summer Series to qualify for the trophy. I'm sure that Alan would have been happy with his time of 24.59 and 8th placing outright would be compensation enough. Other good runs on the day were Bob Ognenovski 29.39, Paul DiPetro 28.25, Kirk Vandeweghe 25.49, John Mintoff 27.44 and Paul Denobrega 28.54.

Results

Male:

1. Paul Micale 21.21, 2. Mark Scott 22.15, 3. Chris Brown 22.59, 4. Rafael Moriana 23.53, 5. Ryan Burns 24.02

Female:

1. Carinne Weston 27.03 2. Edy Ognenovski 29.12, 3. Ann Marie Hosie 33.31, 4. Linda Cortes 47.48

1km: Brad Gullick 5.303.

Mile: Dana Wilton 21.52



The G Man Bolt!

This year, the Kembla Joggers annual 16km West Dapto Handicap Race in May, will be a memorial race to Andrew Godsmen. A few of us have got together and organised a perpetual trophy for the race. It will be a large metal lightning bolt mounted on a timber base. The Gman loved chasing and photographing storms around the Illawarra.

If any of Andrew's friends/training partners would like to contribute to the cost of the trophy, please contact Phil Leishman ph:4228 7080 or Steve Van Gils ph:4228 5703.

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President's Report



In just a few weeks time another KJ Winter Series will be underway again. It appears that a few of our KJ regulars went into hibernation over summer due to injury, holidays and relaxation, etc. We certainly can't blame you after a hectic season last year. Well now is the time to get back into shape before the year gets underway. Once again a varied program of venues and distances has been included on the latest winter program - there's one included with this issue of The Fox.

Only a few changes were made to the program for 2003, one of these is the unfortunate culling of the Mt Kembla 10km cross-country event. This was not by choice but due to a Sydney Water directive. The 6km at Reed Park goes and the 10km at Cordeaux Dam, our final event, has been shortened to 5km. An additional 3mile and a new 10km at West Dapto come on to the program. If the cross-country venue at West Dapto is progressed quickly enough we anticipate switching a few of the West Dapto events in the second half of the season to the new cross-country courses.

More junior events have been scheduled to accommodate the ever-increasing junior numbers and hopefully many of these will be held wholly within the new cross-country park. We will need everyone's assistance in getting the park up to scratch so please offer your help if you want to see this happen sooner rather than later. 3km events for 11 years and over now feature at every race.

Registration Day will be held at Stuart Park on Saturday 15 March with registrations taken from 1.30 - 2.30pm. If you can't make it, or to save the hassle by avoiding the queues, why not send in your form with fees prior to the day to our club PO Box. The good news is that club fees will not increase in 2003 thanks to the great sponsorship support from all our club sponsors. Upon registration club members will receive a new copy of the club handbook which should be kept as a handy reference on everything to do with the club.

Besides the KJ winter events the club will have it's hands full with many other things during the year including the NSW and Australian Mountain Running Championships at Mt Kembla on 16 March and 21 June respectively. Then there's the Fitness Five next month and all the ANSW events we will be involved with. Our new social secretary Steve Van Gils has put together an impressive list of social events during 2003 so why not get involved and enjoy another dimension of the club as well as getting to meet some new friends. Check out the dates in each Fox issue.

And finally, this is the last issue for our Fox Editor Chris Stocker. Chris has done a magnificent job in the last few years and he thoroughly deserves a break. Well and truly earned. Thankyou Chris again from all KJs and hopefully you will find some more time now to get back into tip top running shape.

Look forward to seeing you all back soon,
Neil

FOX TALES

by Rob Battocchio and

Uncle Pete's TOYWORLD



Summer Point Score Review

The summer series events have been in full flight over the past couple of months, with races at Lake Illawarra, Puckeys, the Light House and Port Kembla. The younger kids have had a choice of either the 1km or 2km events, with the older kids competing in the 5km event.

Many events have been held in warm, windy and humid conditions making it tough going, yet in true Flying Fox style most runners have breezed through each event. It has been great to see many parents also having a go in the 5km event and leading by example.

There are still a couple of summer pointscore events to go, and with the Fitness 5, and the school cross-country season not far away, I recommend junior members to turn up and have a solid hit out.

Summer Track

The Thursday night summer track season has been very popular with up to 25 juniors participating in a range of events from 400m up to 3km. This is a great way to work on your speed for the athletics season and also for an excellent training session. For many it's also about enjoying a social night with other junior members, having a solid run and playing a few games afterwards.

Thursday night events begin at 6.30pm, are open to all KJ juniors and invited friends, are free to of charge and are fun and friendly.

Field event coaching is still progressing with kids learning skills in jumping, throws and starts. This is also open to all junior members, and conducted at 6pm.

The Thursday night events will continue all through winter with a new program of events out soon.

The Winter Season Ahead

Keen to get fit and ready for your school cross-country season? Want to improve from last season's results? Want to meet up with other juniors who enjoy running, in a fun and friendly format?

Yep, it's come around sooner than expected, the 2003 Winter Junior Pointscore. Held in conjunction with the senior pointscore events, the mini and junior pointscore events cater for runners from the ages of six and over, with distances from 1km to 5km. Held at various running locations, with a mix of road and cross-country, the junior events are an excellent way to enjoy your sport, meet new friends and have a easy or hard hit out.

This year there will be 12 junior pointscore events, increasing from 8 last year,

and in 2003, the younger kids will be able to chose from either the 1km, 2km and the new 3km events. The 3km events are for juniors aged 11 years and over only. These distances will be held at each event, which allows kids of all ages to enter in an appropriate distance to their fitness level, and in tune with the standard cross-country season for their age.

With this Fox issue you will receive the 2003 KJ Winter Program, detailing all events, and the 12 point-score events for juniors. Apart from the changes outlined above, most events will be conducted as per last year, with the mini events held 30 minutes prior to the standard events. Pointscore is based on the best 9 results for the season, with plenty of surprise barrel draws, and encouragement awards throughout the season. Also, compete in at least 9 of the 12 events and at Presentation Day you will receive a special participation award!!

Registrations will be taken at the first event, at Puckeys (Stuart Park) on the 15 March. So get those running shoes on, and set for a fantastic and fun, 2003 Winter running season.

Bob Ognenovski has kindly offered again to be in charge of directing the junior events, so if you have on questions on the day, just see Bob. Bob can be contacted on 4226 3682.

We are very lucky to be able to provide give-a-ways to junior runners at most events. Uncle Pete's Toyworld have again generously donated prize vouchers, and we also have post event snacks and drinks for all runners.

The 2003 Australia Day Aquathon

Were you one of the hundreds of kids who participated in this years' Australia Day Aquathon? If so, well done! Over 200 juniors from the ages of six to 17, participated in one of the three distances for juniors, or in either the mini or short course teams sections. Many excellent results were posted by local and KJ juniors, which was an outstanding result against loads of competition from outside the region.

To all parents, and helpers, (some who participated also) thanks for your kind support and efforts. The Aquathon is a great way to mix swimming with running, and a fun fitness event. Hope to see to see you again next year...

Fitness Five

Are you getting ready for Wollongong's biggest and best fun run? I hope so, because it is not too far away. The 2003 Fitness Five will be held on Sunday the 6th of April and is a fantastic 5km running event for all ages and

abilities. Kembla Joggers are the organisers behind this event, with new sponsor City Coast Credit Union coming aboard and promising a big show for 2003.

There are age group categories for junior and teams events. Encourage your friends and family, and get fit together. Entry forms are out soon, and for more information just go to the Kembla Joggers website: www.kemblajoggers.org.au or see a KJ official at any event.

School Cross-Country

As summer winds down, the focus moves from the school swimming season, to the school cross-country season. For many this will be in late march, with most KJ juniors participating in their school's cross-country event.

For those that make it through to the next level, district, regional and state events soon follow, making the winter season a long and important one. The KJ junior pointscore is an excellent way to help you prepare for your carnivals and get some hard racing / training in.

Good luck to all juniors in their coming School Cross-Country events.

Athletics NSW Events.

Last year was a magic year for Kembla Joggers, not only did we dominate in most adult representative teams, our KJ juniors continued to grow and are now regarded as one of, if not the leading junior club in NSW!!! This is fantastic achievement and by all reports 2003 looks like being even bigger.

How was this achieved?? Representations in Athletics NSW events are not only based on the placings by members, but also by the numbers of participants. KJs can field as many teams as they like at events, so it is in our best interests to have as many runners as possible compete.

Athletics NSW events are great to check out the 'other' competition, see where you stand, and are also a fun social event for juniors.

KJ Junior Representatives Wanted - all ages and abilities.

Athletics NSW registrations are now being taken for juniors with teams available in the Under 12, Under 14, Under 16 and Under 18, male and female, age groups. All runners are encouraged to join, as we are hoping to field more than one team in each age division. Talk to Neil on 4272 6818, Rob on 4226 4754 or your club captains (Vanessa Kearney and Bob

Uncle Pete's TOYWORLD

Oggenovski) for more info.

Most events are held locally or within 60 minutes of Wollongong. If you can't get your kids there, just let us know and will we organise a lift.

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

KJ T-Shirts and KJ Racing Gear

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. And what about the latest - funky Flash the Fox tattoos - yes you heard right, and only \$1 each at KJ events!!

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 afternoons, 4.30pm at Stuart Park, North beach. Rob will get your technique right and help you improve your running times, with quality but fun based coaching.

All juniors are welcome.

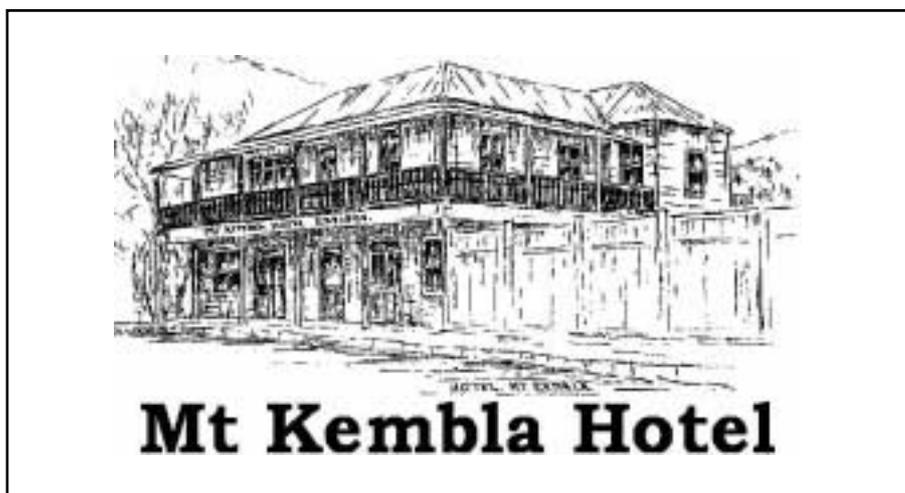
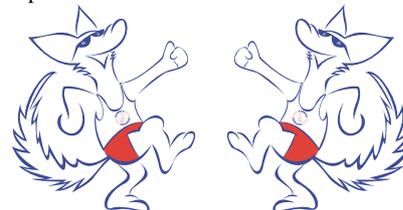
Call Rob on 4226 4754 or 0413 862676 for more information.

Junior Development Clinics

Last year, Kembla Joggers put on a very successful series of coaching clinics. Juniors participated in up to three coaching clinics, with the 90-minute session divided into training and technique work, followed by some games. All who turned up had a great day mixing in with other KJ juniors and learning running hints from Rob Battocchio.

This winter, I will again be holding coaching clinics, with the emphasis on 'Running', with technique, cross-country running, beach runs and some fun games and challenges along the way. We may even have a special guest appearance offering expert tips too!! Kids will be divided into two groups with the 11 and under in one group, and the 12 and over in another.

Dates: The first clinic will be scheduled for May, and will be posted on the KJ website soon. A separate hand-out with exact dates, times and places will be available at the next couple of KJ events!



Happy Birthday & lots of PBs to:

January:

Bryan Ashton, Trudi Barnes, Linda Cortes, Paul Coxhead, Louise Samuel, Paige De Nobrega, Stacey Defina, Carolyn Dews, Tom Greene, Troy Hariott, Robyn Henry, Tony Hernandez, Ann Marie Hosie, Ward hummerston, Richard Jones, Greg Learmonth, Michael McCarthy, Tony McDonald, Max McKay (a wonderful 79 years young), Steve Mlacic, Noreen Parrish, Jared Poppett, Sue Scott, Talissa Scott, Melinda Sharpe (a HUGE birthday), Graeme Smith, Tegn Southwell, Lynn Tague, Denis "Bluey" Webb, Julia White, Ken Whitton, Alana Yardley, Peter Derby, Terry Garrett.

February:

Peter Asher, Dave Barnett, Max Beattie, Jackie Becker, Gwenda Brokenshire, Julian Caruana, Donna Church, Renee Church, Alison Couldwell, William Dove, Jeff Dunning, Kelly Eady, David Feeney, Michelle Formosa, Malcolm Haigh, Melinda Hynard, Michael Iacurto, Matthew Jamieson, Tom Joyce, Vanessa Kearney (club captain), Sally Kurt, Aiden Lerch, Kathy McCarthy, Lara Moriana, Steve Newman, Sue Mulready, Lauren Oggenovski, Renee Oggenovski, Murray Pearson, Bob Projevski, Glen Ranger, Sarah Roger, Derek Rosen, Heather Ruty, Michaela Tranby, Amanda Vandeweighe (a BIG one), Dana Wilton, John Wilton.

March:

Cade Barnes, Melinda Bartlett, Rod Batten, Robbie Belsito, Stephen Brown, Joe Castro, Martin Church, Emilija Cobec, Peter Evans, Matthew Feeney, Darren Gordon, Jeff Gray, James Greathead, "Little Chris" Hall, Viviana Hernandez, Michael Hickman, Dave Higgins, Georgette Ibrahim, Geoff Kemp, Keely McCarthy, Bethany McCarthy, Michael McKeogh, Sophie McLeod, Bruce Medley, Cheryl Pascoe, Frances Pearson, Ros Perry, Kevin Raines (a VERY BIG birthday), Andrew Ruty, Peter Southgate, Nicholas Underhill, Katrina VanGils, Carine Weston.

Race Reports by Gary Howard



The start of the 5km Brewery Bash. All those smiles would soon turn into grimaces as the runners negotiated the loose sand

5km Brewery Bash 19 November, 2002

With our normal 5km Stuart Park race off the cards this year because of the redevelopment to South Beach Surf Club we decided to go for something different, but also similar to our regular 5km event. The outcome was a testing course that had plenty of loose sand and steps. 77 set out at the start with many runners in some very unfamiliar positions by the end of the gut busting loose sand section of the race. Russell Chin was 1st home in 17.47 with Jonathan Hall in 2nd with 18.10 and Paul Micale 3rd in 18.14. All times were at least 2-3 minutes outside of normal 5km times. Lucie Richards was 1st female in 20.44, followed by Trudy Barns 22.38 and Lauren Whitehead 23.02.

Goods runs on the day were recorded by Brad Hynard 20.33, Terry Frost 23.00, Darren Gordon 23.45, Kylie Starr 27.06, and Donna Jones 28.58. No AGR's will be recorded until a more permanent course is established. First Juniors were Stephen Brown 18.42 and Dana Wilton 23.07.

A tired looking group of runners was then seen on the steps of the Wollongong Entertainment Centre staggering around as though they had all had a good session on the grog. Shall we have this race again next year? I'll leave that one to those who ran it to decide. Ask Des Comer who was the KJ runner that decided to watch the race from the comfort of the Entertainment Centre with a beer in each hand and not bother to participate.

Results

Male: 1. Russell Chin 17.47, 2. Jonathan Hall 18.10, 3. Paul Micale 18.14, 4. Robert Battocchio 18.30, 5. Stephen Brown 18.42
Female: 1. Lucie Richards 20.44, 2. Trudi Barns 22.38, 3. Lauren Whitehead 23.02, 4. Dana Wilton 23.07, 5. Kathy McCarthy 23.21

1km: 1. Renee Ogenovski 3.50, 2. Brad Gullick 5.26
2km: 1. Shane Cowie 8.12, 2. Stephanie Hummerston 8.56

3km Stuart Park - Female Race 3 December, 2002

A big crowd of 43 females ran in the 3rd annual female race. Guest runners Leanne Laajoki 10.30, and Clare Fraser 10.46 finished in 1st and 2nd places respectively. 1st KJ runner Karen Ryan 11.06, along with Alisa Williams 11.10, and Lauren Whitehead 11.12 filled the minor placings, with both Karen's and Alisa's times making the top 10 fastest. Edy Ogenovski 11.34 (40-44), and Sue Scott 13.08 (45-49) won their respective age groups also breaking AGR's along the way. Christine Hall 17.24 made a return to KJ running, and Sara Burns 12.11 was 1st junior. Other good runs were Kathy McCarthy 11.38, Rowena Mullany 12.11, Lee Fanning 12.33, and Rebecca Oliver 13.45.

Results

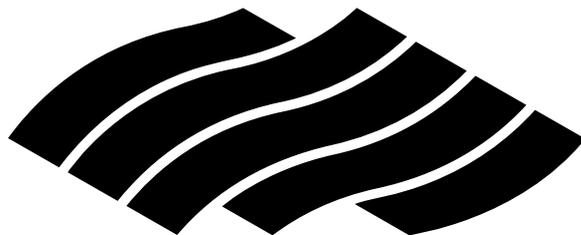
1. Karen Ryan 11.06, 2. Alisa Williams 11.10, 3. Lauren Whitehead 11.12, 4. Carolyn Dews 11.27, 5. Edy Ogenovski 11.34.

3km Stuart Park - Open Race

3 December, 2002

62 runners took part in the open race with a couple of the females backing up from their 3km race. Ben Dubois ran 8.43 to break the Open and 25-29 AGR, along with Paul Micale 8.55 in 2nd place (30-35 AGR), Mark Scott 9.18 (20-24 AGR), Phil Parle 9.29 (40-44 AGR), and Dave Pomery 9.43 (35-39 AGR). The times of the first 5 runners home went into the top 10 fastest for this distance and course. Also, some 10 runners went under the 10 minute mark and 38 under 12 minutes.

Ryan Burns 9.44 was 1st junior with Jared Blay 11.53 in 2nd and Gokhan Girgin 12.06 in 3rd. All runners in both races enjoyed the shorter and flatter conditions of this race.



BHPSTEEL

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Race Reports

Results

Male: 1. Ben Dubois 8.43, 2. Paul Micale 8.55, 3. Matt Kerr 8.55, 4. Robert Battocchio 9.06, 5. Mark Scott 9.18

1km: 1. Renee Ognenovski 3.48, 2. Kyran McCarthy 4.06

2km: 1. Hudson Bouma 7.55, 2. Dana Wilton 7.59

5km Puckeys

17 December, 2002

A smallish crowd of 64 ran the popular Puckeys course with coolish, cloudy and misty conditions. Ben Dubois took 5 seconds off Russell Chin's Open record and broke the M25-29 AGR with a time of 14.49. Russell finished in 2nd place in 15.14, both these times made the all time top 10 fastest for this course. Russell now holds 8 out of the 10. Paul Micale took 3rd place establishing a new 30-34 AGR with a time of 15.39. Lucie Richards ran a great time of 18.05 to win the female section and also break and FM20-24 AGR and entering the top 10 fastest for this course. Alisa Williams 19.39 in 2nd and Lauren Whitehead in 3rd with 19.57.

Phillip Parle 16.47 and Edy Ognenovski 20.09 were 1st in their respective age groups, with Edy breaking an AGR in the 40-44 category. Peter Evans continued his good form taking an AGR in the M50-54 with a time of 18.02. The ever reliable Linda Cortes 32.26 was 1st female in the over 50 category and Peter Asher 22.38 1st over 60. James Greathead ran a great time of 16.36 to be 1st male junior home and Dana Wilton 20.43 was the first female junior. Other good runs on the day were Chris Brown 16.57, Jeff Gray 17.40, Derek Rosen 20.38, and Sarah Roger 23.39.

After the race all runners enjoyed a piece of Xmas cake and all witnessed a surprise guest appearance of Santa Claus.

Renee Ognenovski 4.08 and Tom Mackey 4.14 won the categories in the 1km event while Jared Blay 8.04 and Natalie Arreco 8.26 took out the 2km.

Results

Male: 1. Ben Dubois 14.49, 2. Russell Chin 15.14, 3. Paul Micale 15.39, 4. Robert Battocchio 15.42, 5. Mark Scott 16.00

Female: 1. Lucie Richards 18.05, 2. Alisa Williams 19.39, 3. Lauren Whitehead 19.57, 4. Edy Ognenovski 20.09, 5. Dana Wilton 20.43

5km Windang

22 December, 2002

27 runners took part in the 5km xc with very warm and humid conditions prevailing. The course was altered slightly from last year, and although mostly flat it proved difficult in places with the humidity and early morning heat taking its effect.

Andrew Krajewski issued a challenge to the field and led for 3/4 of the race until caught just near the finish. Guest runner Joshua Hewit was fastest with 19.08 just in front of local runner Raf Moriana 19.12 and Joe Castro 19.27.

Alisa Williams 20.15 was fastest female with Paula Crinnion 20.45 in 2nd place with

Nicola Hummerston 23.14 who ran a fine race for 3rd position and 1st junior female. Rebecca Oliver 25.20 and Sevgi Girgin 28.10 also ran well. Other goods runs on the day were Craig Sakey 19.52 and Brendan Scollary 20.49.

The xmas cheer was spread around with a BBQ after the race to complete a nice day.

Gokan Girgin 9.11, and Stephanie Hummerston 10.00 were 1st home in the 2km junior race followed by Gulden Girgin 11.40, Benjamin Scollary 11.44 and Emma Scollary 12.02.

Results

Male: 1. Joshua Hewit 19.08, 2. Rafael Moriana 19.12, 3. Joe Castro 19.27, 4. Mark Everton 19.28, 5. Andrew Krajewski 19.32.

Female: 1. Alisa Williams 20.15, 2. Paula Crinnion 20.45, 3. Nicola Hummerston 23.14, 4. Rebecca Oliver 25.20, 5. Sevgi Girgin 28.10

1st Junior Male: Ryan Burns 19.38

1st Junior Female: Nicola Hummerston 23.14

5km Illawarra Yacht Club

14 January, 2003

58 runners took part in the 19th running of the 5km course from the IYC to the Berkeley Sports and Social Club and back. A moderate southwesterly wind and hot conditions made running difficult but Stephen Locke ran a blinding time of 15.01 to win the event. This time by Stephen made him the 3rd fastest on the all time fastest list and also broke the existing age group record held by Russell Chin in the 20-24 AGR. Behind Stephen followed Robert Battocchio with 16.27 and Junior runner Ryan Burns 3rd with 17.09.

Karen Ryan was 1st female and just held off a very determined challenge from Lauren Whitehead who ran 18.45 and must rank as her best ever. Both these runs enter the all time top 10 fastest for females. Paula Crinnion returning to running after having her second baby would have been happy with her time of 19.26 to finish 3rd female.

Raf Moriana 17.12 and Jennifer Ann Burns 21.40 were 1st in the over 40s categories, as was Peter Evans 17.55 with a AGR in the 50-54

age group, while Peter Asher 21.51 held off a spirited challenge by Roy Francis 22.15 and Alan Batchelor 23.16 to win the over 60's. Alan's time broke the existing 65-69 AGR held by Kevin Raines. Sue Scott 22.28 broke her own 45-49 AGR taking 27 seconds off the old record.

Some good runs were recorded by the juniors with Ryan Burns 17.09, James Greathead 18.10, Melissa Burgess 19.51, Tim East 20.59 returning back from injury, Sara Burns 22.31 and Natalie Arecco 24.30.

Other good runs on the day were Andrew Ruddy 17.41, and making a miraculous return from injury Joe Pereira 18.24, Mark Everton 18.24, guest runner from Oberon Paul Dellow 18.53, ex Illawarra Steeler Greg Mackey 18.54, John Wilton 19.33, Richard Jay 22.46, Gabe Giason 22.51, Anne Marie Hosie 23.27, and now taking on the the challenge of the longer runs good to see Debbie Arecco finish in a time of 36.50.

In the 1km & 2km Junior's races: Brad Gullick 5.06 won the 1km race with Gulden Girgin 4.42 2nd and in the 2km Hudson Bouma 7.29 was 1st, Shane Cowie 7.55 2nd and Nicola Hummerston 3rd with 8.19.

Top 5 runs of the Day:

1. Lauren Whitehead 18.45
2. Sue Scott 22.28
3. Alan Batchelor 23.16
4. Stephen Locke 15.01
5. John Wilton 19.33

CLUB SURVEYS

Many thanks to all KJs who spent a few moments to fill out the club survey. About 50 surveys were returned with a lot of positive feedback and many constructive suggestions that the committee will consider in the next few months. The results will help the committee plan future programs, develop new initiatives and improve existing ones. It still isn't too late to fill one out so please visit the KJ website to download a copy and return to the club as soon as possible. Full results will be posted on the website in the near future and will also appear in the next issue of The Fox.

Wilson's Discount Bikes

- Albion Park Rail – 185 Princes Highway 4256 1948
Open 9am-6pm Monday-Friday, Thursday till 8pm, Saturday & Sunday 9am-4pm
- Warrawong – 113 King Street (behind Pizza Hut) 4274 4534
Open 9am-56pm Monday-Friday, Thursday till 8pm, Saturday & Sunday 9am-4pm
- Wollongong – 337 Keira Street 4228 7366
Open 9am-5.30pm Monday-Friday, Thursday till 8pm, Saturday & Sunday 9am-1pm

Proud Sponsors
of The Athlete's Athlete Award
DISCOUNTS AVAILABLE TO ALL KJ MEMBERS

5km Hill 60 Challenge

28 January, 2003

47 runners took part in the 8th annual running of the Hill 60 challenge. Hot and sunny conditions and little wind made running hard. The course started at the northern end of Port Kembla pool and proceeded towards the top of Hill 60, then down the very steep hill to the sewerage plant, over the sand dunes onto Fisherman's beach for 400m, then returned to the cycle way for a 700m dash to the turn around and return the same way. The highlight of the day is the return trip that goes from Fisherman's Beach back up the steep hill with many of the runners actually going faster by walking up it. (Did anyone notice the great views whilst running?)

The times recorded by the runners reflect how hard the course is compared to a normal 5km course. The times on this course would be consistent with a 5.8km time.

The runners were divided into 2 groups for this race. The "A" group contained those who run 5kms in 20 minutes or more, and the "B" group were those run sub 20 minutes for 5km. An honesty system was put in place and runners grouped themselves off. The "A" group started first, followed 5 minutes later by the "B" group. This kept the field close together throughout the entire race.

Robert Battocchio was fastest on the day with 18.55 closely followed by Paul Micale 18.57 who was backing up from his victory in the Australia Day Aquathon on Sunday. Ryan Burns 19.40 was 3rd, Dave Pomery 20.54 finished in 4th place just holding off Andrew Ruttly 20.57 who is having a good summer series. A close finish in the female section saw Carrine Weston 22.31 just hold off a determined run by Paula Crinnion 22.49 to take 1st and 2nd placing respectively. Both girl's times made the top 10 fastest on this course. Alisa Williams 23.00 kept up her good summer form to finish in 3rd place.

Raf Moriana 21.02 and Edy Ognenovski 24.22 were first over 40, with Edy setting a new AGR. Andrew Krajewski 22.44 (M55-59 AGR) was first over 50 and long time KJ member returning after a 7 year stint in New Guinea Tony Hamilton quickly made up for lost time by being fastest over 60 with a time of 27.47.

Ryan Burns 19.40 and Melissa Burgess 23.36 (fm 10-14) were fastest juniors on the day with Melissa's time being the fastest ever by a female junior breaking Mariana Hernandez's agr by 1 second. Melissa was also 1st home in the split race by starting in the "A" group and just holding off Pasco Coppolaro (A group) and "B" group finishers Robert Battocchio and Paul Micale. Ryan's time also made the top 10 male juniors list. Rowan Frost 26.27, Gokhan Girgin 30.03, Nicole Hummerston 27.50, and Natalie Arecco 28.26 all ran well with all female junior times making the top 10 fastest for females.

Other runs that stood out on the day included, Terry Frost 24.18, Ward Hummerston 26.08, Gabe Giason 27.21, Catherine Lee 33.26 and Steve Van Gils 21.16.

The 1km & 2km juniors also had their own mini Hill 60 races with Lauren Ognenovski 4.54 and David Ognenovski 5.00 winning their categories in the 1km event, and Hudson Bouma 8.24 and Sara Burns 8.47 were 1st in the 2km event. 16 juniors ran in the double event.

Results

Male: 1. Robert Battocchio 18.55, 2. Paul Micale 18.57, 3. Ryan Burns 19.40, 4. Dave Pomery 20.54, 5. Andrew Ruttly 20.57

Female: 1. Carrine Weston 22.31, 2. Paula Crinnion 22.49, 3. Alisa Williams 23.00, 4. Melissa Burgess 23.36, 5. Edy Ognenovski 24.22

Top 5 runs of the day:

1. Melissa Burgess 23.36
2. Andrew Krajewski 22.44
3. Andrew Ruttly 20.57
4. Ryan Burns 19.40
5. Gabe Giason 27.21

FOR SALE:

Norco 48cm Racing Bike

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One pair of very funky looking yet very very functional pair of Asics cross-country/distance spikes.

Worn once. Ω size too small for my feet. Got massive blisters, but when they actually fit, I recommend these spikes as the most comfortable spikes I have ever worn. Light and strong... did I mention they looked funky? And did I mention that they are a size 8 Ω ? What price for these soul shoes? \$50.00 is all I ask.

Also, one Asics sports tracksuit

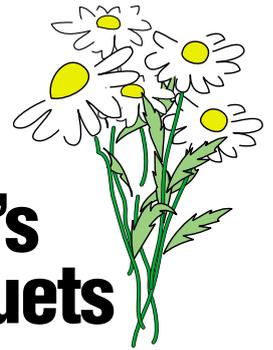
Medium size, dark blue with red bits. This one is too big for me. Never worn except when I tried it on but that doesn't count right? \$60.00 for this beauty!

Call Russell on 4226 5107 if you are interested in either of these items. Quickly now, they won't be hanging around!

Want a home gym?

Due to recent marriage we have 2! Bought new for \$900, will sell for \$450 - the buyer is responsible for removal.

Call Louise at work 4228 0400 or email louise@graphic-connection.com.au



This Issue's Bouquets

To all our helpers at the Australia Day Aquathon at Belmore Basin. Our efforts ensured a very safe and successful event.

Hugh Motbey for raising so much money for the Cancer Council 24 hour Relay event - over \$3000 in total. An inspirational effort. And to everyone else who took part.

Chris Stocker for his efforts as Fox Editor for the last few years. Chris has done a fantastic job, one which has been appreciated by everyone in the club. Thanks Chris.

To all our sponsors for agreeing to continue supporting the club in 2003.

To City Coast Credit Union for taking on the major sponsorship role in the Fitness Five Funrun and outgoing sponsors Fluor for their years of support.

Andrew Ruttly for ensuring the assistance of Premier Buses Illawarra in our bus transport to major events including the City to Surf.

Everyone who came along to the AGM and volunteered to help the club in some way during the next 12 months, especially new committee members Steve Van Gils and Ward Hummerston.

Ian Hadfield for setting up a great cross-country course at Albion Park at short notice. From all reports the big thumbs up.

Brendan Scollary and Peter Evans for putting together the fantastic thankyou plaques for our sponsors.

Louise Samuel and Corinne at Graphic Connection for another spiffy Club Handbook. If you're in business and you need graphic production work done, seriously you can't go past Graphic Connection!!

Hans Lambert and all the helpers for staging another successful Gong Run.



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KJ Social Diary

Welcome to the new Fox Social Page. For information on any of the events listed below please contact Steve or Katrina VanGils on 4228 5703 or email: vangilsy@bigpond.com.au

Calendar of Events for 2003

- 14th March - Friday Feast No 2, Aamaru Restaurant, Corrimal
- Saturday/Sunday 12th-13th April - Canberra Marathon Weekend
- Sunday 18th May - Cataract BYO BBQ (after KJs race)
- Saturday 19th July - Fundraiser Night at West Leagues Club
- Friday/Saturday/Sunday 15th-17th August - Ski Weekend - Perisher Blue
- Sunday 21st September - Cordeaux BYO BBQ (after KJs race)
- Saturday 1st November - KJs Presentation Night at Wests
- Friday/Saturday/Sunday 7th-9th November - Blue Mountains Running Weekend at Jemby Rinjah Eco Lodge

Friday Feasts

This year the Social Committee have decided to introduce a monthly social night out. All members and friends are welcome. The night will be a casual dinner at a local restaurant or bistro possibly followed by a quiet drink somewhere. Children are more than welcome.

Friday Feast #2: 14th March at 7.15pm.

At: AAMARU RESTAURANT, Corrimal.
Theme: INDIAN (watch out tomorrow!)
RSVP: 10th March (Note: BYO wine only + this place even has its own kid's area)
If you would like to suggest a good restaurant and theme for the April, May or June Friday Feast please contact us.

Friday Feast #3: 11th April at 7.15pm.

At: Western Suburbs Leagues Club, Unanderra
Theme: PIZZA AND BEER NIGHT (Sit out in the beer garden and they just keep bringing out pizzas!)
RSVP: 7th April (Note: Other food is also available)

Canberra Marathon Weekend Accommodation

4 X 2 bedroom units at Pinnacle Apartments in Canberra have been booked for any Kembla Joggers and family that require accommodation. The apartments are fully self contained and only 5 minutes walk to the race start/finish. At the moment they are booked for the Saturday night only. If you want them for more than the one night then contact us or Pinnacle Apartments directly on 1800 637 770.

The cost will be \$35 each, in a 4-share apartment, or \$140 per apartment. Each apartment has a room with a double bed, a room with two singles, plus a kitchen, bathroom, lounge room, laundry, undercover parking and swimming pool access.
Please contact us before the 28th Feb to reserve a spot (contacts at top of page).

Vanuatu Relay

In July 2003 there is a ten member team running relay (140km) event in Vanuatu. A few years ago the KJs sent 2 teams to a similar event in New Zealand and it was a huge success. If there is a group of KJs out there that would like to form a team please contact us and we will pass on all the information. Packages for 5 nights including everything, start from \$1300 (ex Sydney).

Ski Weekend

On the weekend of the 15th-17th August 2003 (1 week after City to Surf!) we are organising a ski trip to Perisher Blue. There will be more information and packages in the next FOX. If anyone has "contacts" for accommodation on the snow at Smiggins or Perisher for a group booking, please contact us as soon as possible.

THE MARTY CHURCH FILES

RECOVERY

One of the most important components of a runner's training program is the necessity for and allocation of recovery sessions. Without adequate recovery, the runner will fail to improve and substantially increase their susceptibility to injury. Every runner, whether they be a three day a week social runner or an Olympic representative MUST allot a portion of their training to recovery.

Recovery serves two main purposes - first and most importantly, it allows recuperation from the pounding a runner's body goes through from the damage attributed to running on the roads, running at a high pace during speed sessions or doing the long weekend runs. Every step we take when running places force and stress upon our bodies with particular damage being caused to the feet, legs and hip areas. Recovery also allows our body to re-establish and prepare itself for forthcoming sessions - this is especially pertinent when conducting weekly speed sessions and are looking to improve as a season progresses. Referred to as the 'Law Of Overload', recovery allows the runner to experience compensation from the application of fatigue on the body as a result of engaging in sessions such as track or hill repetition sessions. From this, the runner will over-compensate so that when the same session (hill/track repeats) are applied again the level of fitness achieved is higher.

There are a number of ways in which to recover. For starters, try to minimise the number of consecutive hard sessions which are done back to back ie. if you race Kembla Joggers on the Saturday, don't enter the local fun run the

following day. A speed session on the Monday should be followed by an easy recovery run on Tuesday. Sometimes though this can't be helped but an effort to reduce the number of consecutive hard sessions will substantially reduce the chance of injury.

Runners of ALL standards should factor into their training program an easy week every three or four weeks. During that week, no hard sessions should be undertaken and the weekly mileage from the previous hard weeks should be reduced by about 25%. This 25% reduction should be applied not only to the total mileage for the week but also to each individual run during that easy week. The long run of 18 kilometres gets reduced to 13 kilometres, the easy 10 kilometre run drops back to between 7 and 8 kilometres and so on. After 3 weeks of intense running which may have included speed, hill or fartlek sessions, your body is screaming at you to slow down and recover. Again, the odds of picking up an injury are increased ten-fold to those who constantly train week after week at a high intensity. An easy week once a month

certainly will not reduce your level of fitness.

Another great way to recover is to substitute a run for a swim or bike session. Unless you are attempting to qualify for the Olympics, there is no necessity to run twice a day, seven days a week. Three to four days each week are sufficient for the social beginner runner with five to six days per week adequate for the more serious athlete. However, training can still be done on days when a run is not on the agenda and that training can take the form of swimming or biking. Both are great forms of non-weight bearing exercises which will improve fitness without causing the damage to the body which running does.

Martin Church



★ 10% Discount to all KJ Members ★

ANSW Reports

NSW State Relay Championships 14-15 December, 2003

This year the KJs was only able to field one team in the 2002 State Relay Champs in December. While this was a bit disappointing, it was also quite understandable after a long winter season which for many involved racing almost every weekend. Hopefully next year we can rekindle some enthusiasm in the relay titles - they can be a lot of fun.

The team to compete was our very smart under 18 boys unit which included Jared Poppett, James Greathead, Ryan Burns and Stephen Brown. They decided to concentrate on just the one event, being the 4 x 1500m. The conditions were warm with a blustery south-westerly, not ideal but still things could have been worse.

Jared set off first and held even lap splits of about 68 sec to finish in a strong time of 4.12 but still just behind the Illawong (ILL) runner. Our likely rivals Campbelltown (CBT) were 20 sec behind after leg 1. Ryan took the baton from Jared and had to watch Illawong's national class junior James Matthews storm off into the distance. Still it's a team effort and Ryan fought to limit his lead as much as possible with a solid 4.33. After leg 2, ILL were about 180m ahead, CBT still 100m or so behind. Enter James Greathead. James chased hard and kicked on the last lap to erase most of the lead ILL had built. CBT made no impression on James who clocked 4.25. With Stephen Brown bringing us home it seemed only a miracle would allow state champion Travis Prigg from CBT to catch us. Stephen didn't run as light-footed as we are normally accustomed to but he did the job for the team, quickly overtaking ILL on his first lap and keeping CBT at bay. He crossed the finish line with a margin of about 45m and well deserved gold medals for the team.

Well done boys, a great team effort. And you probably all deserve another gold medal for putting up with Paul Micale in the car!!!

Results:

1. Kembla Joggers 17.35.89 (Jared Poppett 4.12, Ryan Burns 4.33, James Greathead 4.25, Stephen Brown 4.22)
2. Campbelltown 17.44.69
3. Illawong 18.10.78
4. Bankstown 18.14.21, 5 Springwood 19.37.13.

NSW Country Championships

18-19 January, 2003 by Vanessa Kearney

The pain was evident on their faces but their determination was unwavering as first Rory McLeod and then Jared Poppett ran themselves into 3rd position in the 800m with times of 2.11.3 (16 years) and 2.02.2 (18/19 years) respectively. Jared was officially awarded first place in the 18/19 years event after the metropolitan invitation runners were eliminated. These were the most closely contested races that Kembla Joggers participated in and the KJ crowd gathered in the stands dominated the supporters stakes as they willed them to the line. The 800m was the final event for both athletes. McLeod the previous day gained a 3rd in the 16 years 400m in a time of 54.6, showing potential for a further decrease in his 800m time. Showing his fine ability to recover, Poppett had taken out the 18/19 years 5000m



Some brave front running from Chris Brown in the first lap of the 800m at the ANSW Country Championships



Sandra Toth heads for gold in the 800m at the ANSW Country Championships held in Wollongong for the first time

title in 16.13 prior to the 800m. Adding this to his previous day's win in the 1500 in 4.12.8 he managed to take out all 3 middle distance titles.

Battocchio-coached Madeline Heiner, continued to impress with her domination of the middle distance events in the 16 year age group. Heiner won the 1500m unchallenged in the time of 4.42 and in the 800m fought off SCT opponent Emily Glover in a time of 2.13.3 to take out the double.

Ryan Burns ran a conservative race in the hot conditions to just miss a PB and get 3rd place in the 16years 3000m with a time of 9.44.2. Aside from the winner, Martin Abbott, who cleared out early to win in 9.04, the race could have been anyone's. With 400m to go the pack of combined 15-17 year olds were itching to go and unfortunately with a sprint finish, this time Burns did not quite have the leg speed to edge into second place.

Newcomer Chris Brown, gave further evidence of his potential. Having missed out on

making the final in the Open 400m the previous day, Brown was keen to make an impact on the 800m. Racing out from the start, he gapped the field and ran the first lap in 54 seconds, faster than he had for the single lapper the previous day. However with 300m to go the fast pace started to take its toll and Brown's stride faltered. He still managed to finish with a respectable 2.03.2 and with further race practice has stamped himself

as one to watch next year in the strong open field.

Sole KJ field event representative Andrew Poppett, competed in Long Jump, Shot Put, Javelin and Discus. He came up trumps in the shot taking out the 14 years 4kg event and a Kembla Jogger record with a throw of 10.00m.

As always the KJ veterans competed admirably. Novice runner Bissie Robinson competed in the 400m, 800m and 1500m. She improved her ranking as the distance increased and gained a third place in the longer event in a time of 6.37.0. Other first time competitor, Sandra Toth hit form at the right time. Competing in sweltering conditions on the Saturday morning, Toth bravely hung onto experienced runners Kathy Southgate and Margaret Beardslee in the 40-49years 1500m and was rewarded with a second place in the Country Titles and a PB of 5.12.4. On a high, Toth followed up with a 400m 3rd place in 67.7 on the same day. However it was the 800m on the Sunday that proved to be her forte. Toth cleared out from the field and easily won ensuring she went home with the complete set of medals and another PB of 2.33.2

Phil Parle fronted up for the Mens 40-49 years 5000m. Parle ran a solid 5k in a time of 16.43.1 as part of preparation for events later in the season and gained a silver medal in the process. In contrast to Phil's single event, Max McKay was here there and everywhere, showing his diversity by competing in events ranging from long jump to the 400 m in the 60+ age group and collecting a bagful of medals as well. Also having a busy weekend was KJ stalwart Mark Everton. Running 4.52.8 in the 1500m, 7.51.8 in the 2000m Steeple and a strong 18.11.1 in the 5000m, Mark showed his experience from years of running and looked quite at home in the big fields of his age group.

For those inspired by the efforts of these athletes, you too can join in the fun!! Country Titles are on again in Wollongong next year and are open to all ANSW full season/summer registered athletes who are outside the Sydney metropolitan area. People come from all over the state and for many people this is their only interclub and competition on a tartan track for the year. Athletes of all abilities compete making it an ideal first time competition. Please contact any of your ANSW committee members if you want further information regarding the ANSW Track and field or Cross Country programme.

Kembla Joggers Results:

Women 800m 16yrs 1st Madeline Heiner 2:13.3h
 Women 1500m 16yrs 1st Madeline Heiner 4:42.3h
 Women 400m 30-39 4th Bissie Robinson 79.8h
 Women 800m 30-39 4th Bissie Robinson 3:04.0h
 Women 1500m 30-39 2nd Bissie Robinson 6:37.9h
 Women 400m 40-49 3rd Sandra Toth 67.1h
 Women 800m 40-49 1st Sandra Toth 2:33.2h
 Women 1500m 40-49 3rd Sandra Toth 5:12.4h
 Men 2000m Steeplechase 40-60+ 4th Mark Everton 7:51.8h
 Men Long Jump 14yrs 5th Andrew Poppett 4.19m
 Men Shot Put 4kg 14yrs 1st Andrew Poppett 10.00m
 Men Discus Throw 1kg 14yrs 4th Andrew Poppett 24.72m
 Men Javelin Throw 600g 14yrs 4th Andrew Poppett 29.90m
 Men 400 Metre 16yrs 4th Rory McLeod 54.6h
 Men 800 Metre 16yrs 3rd Rory McLeod 2:11.3h
 Men 1500 Metre 17yrs 6th Ryan Burns 4:36.0h
 Men 3000 Metre 17yrs 3rd Ryan Burns 9:44.2h
 Men 800 Metre 18/19yrs 1st Jared Poppett 2:02.2h
 Men 1500 Metre 18/19yrs 1st Jared Poppett 4:12.8h
 Men 5000 Metre 18/19yrs 1st Jared Poppett 16:13.1h
 Men 400 Metre Open 11th Christopher Brown 55.4h
 Men 800 Metre Open 5th Christopher Brown 2:03.2h
 Men 1500 Metre 40-49 7th Mark Everton 4:52.8h
 Men 5000 Metre 40-49 2nd Phil Parle 16:43.1h
 5th Mark Everton 18:11.1h

**ANSW Winter Premiership
 Novice X/C Championships
 26 April 2003.**

After last year's highly successful season it is time to get our minds into gear to defend the ANSW Winter Club Trophy that we snared from the Sutherland club. It was a contest in which we held the upper hand throughout the year, thanks to the large number of athletes who turned out every time at each event. One of the reasons for the success was the performance by the club at the Novice X/C Championships held by the St George Club at Scarborough, where we established a strong lead from which we were never headed. So start thinking about turning out for KJs and mark the date in your diaries. Others to note are the 10K Road championships at Holdsworthy on 10th May 2003, plus the Sydney Half Marathon championships on 25th May 2003, which also features as an ANSW event. The club has reserved thirty entry places with ANSW for ANSW accredited runners to compete in the half marathon.

The club will be taking registrations for ANSW at the opening event for KJs Winter Series at Stuart Park on March 16th. Runners of all ages and ability from juniors to over 55's are invited to join. Last year, well over a hundred runners from the club competed at all levels and the camaraderie built up was testament to the excellent time that everyone had in running in an atmosphere of great competition and friendliness.

Athletes of the Month

Athlete of the Month November 2002

The title of athlete of the month is not always reserved for someone who performs with great merit in one of Kembla Joggers road or track events. Occasionally it can go to someone who shows outstanding endurance by other means or by a contribution that exemplifies other characteristics of the inner man or woman. Last year Hugh Motbey was Athlete of the Month for November 2001 on account of getting around \$1500 out of a total of \$3250 raised by KJs for the 24hr Cancer Care Relays at Beaton Park. In the most recent event, on 16/17th November 2002, Hugh Motbey actually upped the ante and personally managed to raise over \$3300 out of \$5450 contributed by the Kembla Joggers to Cancer Care. In addition to this the KJs set a club record of 869 laps in 24 hours, a staggering distance of 327.6 kms.

One of the people behind the scenes who played a significant part in this record was Dave Higgins. For almost all of the 24hrs he sat with a clipboard and pen and recorded the times of each lap meticulously, apart from the short breaks he took to do his own stint on the track. Like Hugh, this effort is one that gets the due recognition that it deserves. Both Hugh Motbey and Dave Higgins - stand up

and be counted - like all the rest who competed in the 24hr record-breaking relay team. Truly, each and every one, were entitled to be called Athletes of the Month for November 2002.



Hugh Motbey displays the cheque for the final amount that the KJs raised for the recent Cancer Council Relay for Life. Yes you read it correctly... \$5630. Our thanks to Hugh for coordinating all the KJ members.

Athlete of the Month December 2002

It is good to see an athlete of any description overcome an injury that had threatened to interrupt a career that had promised to rise to greater heights. Ironically, this had occurred after increasing the tempo following a period of lower intensity before last year's winter season had really got underway. Sensibly, giving the injury time to recover, the winner of this month's award slowly worked his way back to fitness and revealed his true potential to win the open 3K at Stuart Park in a course record of 8min 43secs. This

was a sign of things to come and in the Summer Series 5K Puckeys race Ben Dubois set a new record, smashing Russell Chin's all time record by 11 seconds. A number of other fine runs were recorded on that day but none better than Ben's 14min 49secs. On a course littered with tree roots and loose sand it was an outstanding run that could not be denied. Faster than anyone before him, Ben Dubois, welcome back to form, and congratulations on being Athlete of the Month for December.

Athlete of the Month January 2003

It is a source of pride to see one of the club members start to get together a number of performances that spell out improvement in bold letters, even more when others come to the same conclusion. There is no magic formula. It comes by dint of effort and commitment to improve not forgetting the ability to hurt a bit more than most, particularly over the remaining few kilometers or so. Andrew Rutty has shown a capacity to do this and has gradually reduced his times from a little over 19mins for 5K a year ago to a very solid 18mins 2secs at the Yacht Club 5K on 5th November 2002.



Disappointment to some *Andrew Rutty*

extent came in the Puckeys 5K on 17th December 2002 when Andrew just failed to break 18mins with a time of 18mins flat. This only galvanized Andrew in his efforts to beat the magic 18min mark and set a PB. Reward came in the return of the Yacht Club 5K on 21st January 2003 when Andrew ran a super quick PB of 17mins 45secs. He then repeated this form with a superb 20min 57secs and top five placing in the gruelling Hill 60 Challenge. The Yacht Club 5K stood out though as the big break though for Andrew and clearly marks him as Athlete of the Month for January.

Peter's Pages *Peter's Pages*

4WD Course!

Which KJ recently undertook a 4WD training course and used the boss's vehicle as his mode of transport? All was going well until it came to the steep uphill soft-sand area where our dutiful KJ panicked and hit the clutch instead of the brake and careered down the hill backwards until some nice trees and boulders pulled him back to a standstill. Damage you ask? Well just as well that both of them are not really into cars and clean smooth vehicle panels! Did he pass the course? Well you'll just have to ask him. But what a series of successful years he is having with the running. Mr Consistency even won both Open sections of the recent very popular 2003 Aquathon in Wollongong! Great work Paul Micale. I also hear that he is now teaching 'Advanced Driving' but that is a different story altogether.

Mr Smiley.

Who was christened Mr Smiley at the Cancer Relays late last year? It seems that every time this KJ passed the CSC crowd section our KJ received a big round of applause for the cheerful smile on his dial. I guess when your heart and lungs are as massive as his it is easy to grin whilst doing 72 second laps in the middle of a 10km section of the relay. Us mere mortals are too busy concentrating on survival to even think about smiling. Well it must have been nice to have your own personal cheer squad. I just hope you managed to explain to your young lady why all those scantily clad females were so attracted to you (petty jealousy on my part). I just hope he keeps those niggling little injuries out of the way so that he can have a fine season. Good on you Dave Pomery!

What a Job!

How does he do it? Which KJ raised even more for the Cancer Council in 2002 than in 2001? Easy you say, until you realise that he raised over \$1500 in 2001! Yes, just think about it. \$1500 is a lot of money for one individual to gather up. Not content to rest on his laurels this fellow made the most of the current drastic drought situation to put in an even greater effort. Normally he drives his truck and slasher around and mows acres and acres of grassland. But no rain means no grass growing which means no work, no money but lots of spare time. This fellow then went around to all his business connections, customers, friends and whoever and raised a staggering \$2680! He was not only the highest KJ money raiser by far, he was also the highest individual raiser of all! Fantastic effort Hugh Motbey! Congratulations on your efforts and award. Great work Hugh.

AGM

Nothing like having the AGM on the day before everyone else was coming. I won't mention that El Preso, Neil, had the 10th of December 2002 written down when we had the meeting on the 11th!

Down to his Last Dollar!

I also won't mention that after the Hangover Handicap poor Neil could not afford to buy a beer. He reckons he only had one dollar on him. Yes, \$1! Luckily, ever-reliable Hazel came to his rescue and bought him a drink.

Ps. It is not true that he had just bought 50,000 BHP shares that day! But if you want to talk ASX pull up a pew with Neil.

Cakes Galore.

It was noticed at the AGM that the sub committee for ANSW was made up of 10 members, which is about 10% of the total KJ ANSW members. This seems a very high number of members on a sub committee! Why this strange anomaly? Perhaps it reflects the meeting place and the lovely tea and cakes supplied by Hazel Brown. Yes before you commit to a variety of groups you have to suss them out. I still remember the friendly atmosphere of Peter Issa's place, wide screen TV, full or light beer, soft drinks and oodles of nibbles. Just like a party. Well done Hazel and Peter.

Big Sweat.

Another snippet from the AGM: one KJ was seen to be sweating profusely, his hands were trembling and he developed a bit of a twitchy knee that kept knocking the table leg! What was going on I thought. Don't tell me the KJ van has been written off, or the KJ funds have gone to South America! Then the truth emerged. The club treasurer had done it again. Was it another Balls Up of the Year nomination I wondered? Not at all. The poor treasurer had lost a lot of sleep when he discovered that there was \$2 missing from the club books! Two measly dollars! Ten 20c pieces! One gold coin! All of this in relation to a \$65,000 annual turnover! But in the end it turned out to be "no sweat" really. He soon found that one lost coin at the bottom of his bag! Now you can understand why the KJ club is so extremely financially healthy. I bet we are the only running club in all of Australia that has a new van fully paid for! Keep up the great work Dave Higgins.

Balls Up Nomination Number 1

Yes folks it is in. The first official Balls Up Nomination for 2003. It even goes to someone who has won it before. You'd reckon that you would never want to win it once. This story relates to a missing trophy. Not just any trophy but the first Athletics Australia trophy that the KJs won in 2000. You remember, "Australian Club of the Year", the one that Neil Barnett proudly received off the Olympian Ralph Doubell. Well, after that the trophy went missing for 18 months! We had full-page ads in the Illawarra Mercury, 30-second ads on WIN 4,

items in the Fox, even Brian Henderson made a plea for its return before he retired. Nothing. Not a murmur or a phone call. We decided that it was lost forever so conscientious El Preso contacted Athletics Australia and arranged for a replacement. It duly arrived and somehow it came up in discussion at the AGM. "Oh, that trophy" piped up someone. "That large one. That nice one. That first AA trophy. I've got that at home!" Needless to say we now have two trophies. One larger original and one smaller copy. Good one Robyn Henry! But she does a great job with the social events and does help husband Peter recover from his accidents and injuries but that is another story.

Ps. Who has the trophies now?

Balls Up Nomination Number 2

If you look at the KJ website photos of the Hangover Handicap you will see that it was wet, cool and quite miserable. What you won't see is one very hungover KJ. His eyes were very red and blurry. His mind was foggy and his speech quite incoherent. We had a guest honorary life member and Olympian there to start off the races. Dave Power was ready with the gun and the first runners were warmed up when someone discovered that all the timing watches had been left at home by a certain KJ. This fellow did not know whether it was cold or hot, wet or dry, Tuesday or Wednesday. Needless to say emergency standby measures were put into action and Ward Hummerston won the race. Who could do this you reckon. None other than the 'Comeback Kid', Mark Everton! I've never seen him at a race or at the track without a stopwatch in his hand so I guess we can forgive him on this occasion. Nice one Mark.

Comeback Dad.

The comeback word reminded me of a big return to form recently. At that wonderful Australia Day Aquathon (take a bow Robert Battocchio) one KJ really put in the hard strokes and strides and won his age group by a wide margin. He has been troubled by injuries in recent years and so we have not seen his true capabilities for a while. Well-done Kevin Goodwin. I believe he had a very strong motivating need to do well and it was nothing to do with a promise from his lovely wife. Great work Kevin. Keep it up in 2003.

Blazing Stunt!

Which KJ tried to get out of paying for their gourmet dinner at a local restaurant recently? It seems that a small group of KJs had a delicious meal at Hugo's when things started to get warm, and warmer, in fact damn hot! No it was not the chilis or the hot pepper nor the super hot latte. Someone had moved around the table and forgot about the connection between long hair and flaming candles! Whoosh! This

Peter's Pages Peter's Pages

fair lady got a bit too close and singe, singe and more singe. It is not true that she now looks like Sinead O'Connor in her heyday or that she has given up red wine, but she is taking on the job of Club Captain for another year. Go Vanessa Kearney.

Blitzing Run 1

How about that? We don't see a certain speedster for 18 months and out he pops and breaks the Open record at Puckeys this summer. He ran a blinding 14.49! That is FAST! Just ask him how he does it. I guarantee it will take your breath away. Nice one Ben Dubois, good to see you have not slowed down on the bike either.

Ps. Is it true that Jono Hall ran the second half backwards because of an aggravated blister. He only ran a sluggish 16.24, about 3 minutes quicker than myself going flat out. The speedy little buggers make you very envious. I just wish they could experience running inside an older body for a change just so that they know what we are up against. Well-done fellows.

Blitzing Run 2

Another summer race, another runner we have not seen since the 9 miler where he broke the Open record. This fellow nipped over the Yacht Club 5km in 15.01! By the time you read this he will be in Paris or thereabouts. What a fine runner. Great work Stephen Locke.

What a good sport.

Many of you witnessed some of Matt Kerr's fantastic runs last year, especially the 9 mile effort. Well Matt has returned to the sub zero temperatures of Canada and has donated all but one of his trophies to the club for re-use. There is a great collection of fine awards including his win in the Sydney Bridge Run, the Fishers Ghost Run just to name a couple. The club is now contemplating their new use. Great work Matt. Keep up the fine effort and don't shovel too much snow.

Ps. The trophy he took home you ask? The KJ Medal for his extraordinary effort in running a 44 minute 9 miler!

Miracles.

You do not have to go to Lourdes to experience miracles, just attend a few KJ races. Who was the KJ runner that I just beat by 1 minute in a summer race but then complained to the handicapper about a sore leg on New Years Day. I then had to give him 12 minutes start! Needless to say he was at the 3 mile mark as I approached the 1 mile mark. Luckily for him the ever-vigilant Wayne Montefiore on timing duties had spotted this anomaly and duly did not record this startling time or finish. But he does do a great job of keeping numerous copies of the Mercury whenever there is a KJ item in it. Good on you Joe Pereira, but don't forget to share the secret of your miraculous recovery.

Fine Tastes.

I think our fearless leader needs to undertake a spelling check. 'Champaine Neil' probably needs to accompany Dylan Forbes and his good wife on a few of their wine tasting tours then he might realise his Champagne error.

Hot Seat Star.

What a star he is! As I was cutting out an article from the Illawarra Mercury I came across one of those celebrity columns, which I never read. But then I spotted this colour photo of a KJ member. Not just any member, but our fearless leader, El Presidente, Neil Barnett! There were some interesting bits and pieces there. We might have to get it up on the web site? Good on you Neil. Keep up the great work.

Ps Is it true that he had a date with the journalist right after that?

What a Small World 1

I recently went up to Goulburn aerodrome to go flying in a Jabiru (an ultra light). As we waited for the CFI to arrive a lovely twin engine plane landed and out came all these engineers, scientists etc. I wandered up and enquired about their journey. Lo and behold one of them ran with the KJs last year and even knew that there was a summer race on the next day at the yacht club! You just cannot escape those KJs.

What a Small World 2

The very next day at that very Yacht Club Gary Howard was getting the race organised and realised that there was a guest runner in the group. Lo and behold again. This runner was from Oberon, Gary's hometown! They had a very good chat reminiscing all about school, work, friends and various neighbours. It is good to see people turning up to races as a result of word of mouth, and the excellent KJ web site.

What a Shirt!

If this person belonged to the KJ club they would win the Balls Up Award for 2003, hands down. At the recent Country Championships at Beaton Park I went in to help out and I saw the 2003 championship t-shirt. Nice simple design I thought, but the wording??? It said "Country Championships 2003, Newcastle to

Wollongong"! Hmm, what is that all about? Wayne Montefiore then explained. In 2002 the championships were held in Newcastle. In 2003 they were in Wollongong so someone told the t-shirt people to make it the same design but change the wording from Newcastle to Wollongong. Obviously somewhere along the line there was a mix up and instead of having just Wollongong and no Newcastle, we got the whole "Newcastle to Wollongong". Very nice. I just hope Garry Wheeler reads this, as he would not want to break his perfect record with the KJ gear. Just who did this remains unknown.

Long Cheque

I was trying to recover some costs from the last Blue Mountains KJ trip (some while ago) and the treasurer finally had a cheque for me at the January 2003 meeting. No problem. I whipped it in to the wallet and thought no more of it. A week later I pulled it out only to discover that there was only one signature on it, not two as required. Who had forgotten to sign it? Hot Seat Neil or Numbers Man Dave? I'll remain discreet, as all has been resolved. I won't mention the \$400 cheque for the beautiful sponsor plaques (courtesy of that meticulous Brendan Scollary). Keep up the great work lads.

Missing Years!

Now come on you elder KJ members. I'm wading through all the club archival material and this being our 30th year and all, there are many blank areas. I have absolutely nothing for the following years... 1974, '76, '80, '81, '85, '87, '88, '89, '90 & '92. I know the club was functioning well in those years so please hunt through any and all your old memorabilia and try to find some KJ photos, results, clippings or whatever. We cannot have any blank years.

Ps. The last thing I want to do is stick in a copy of the results of some race where I came across the line last. There are too many of those. But I am sure we must have clippings from the old College to Coast Fun Runs, the Lighthouse 10, etc, etc. If nothing happens do not be surprised if I lob on your doorstep one night.

Ps. As I do not receive the Mercury on a daily basis (I will not mention quality broadsheets as opposed to tabloids) I ask if people could keep an eye out for KJ items and either notify me or just cut it out and give to a committee member.

Have a great
running year.
Cheers Peter



What a Shirt

GETTING TO KNOW YOU

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 KJs.

This issue of the Fox presents Kembla Jogger and new Club Captain Bob Oggenovski.

Age Group: 40-44

Family: Wife Edy, Renee, Lauren, David and dog Oscar

Occupation: Computer Systems Analyst with BHP Steel

Favourite TV Show: Becker and Sex in the city

Favourite Food/Drink: Fettuccine Marinara, most Cab Savs and almost any beer

Favourite Music: AC/DC, Matchbox 20 and Marcy Playground

Q.How long have you been a member of KJs? 5 years.

Q.How did you first get involved? *Edy joined about 6 years ago and the whole family just followed.*

Q.Are you a competitive runner or do you just run for fun and fitness? *I mainly run for fitness and fun although I try to be a little serious in the shorter events on the track each Thursday.*

Q.Do you have a coach? *No, but I talk to Eric Brown every now and then just to see if I'm going in the right direction. I also like to know what the runners who do similar times to my own are doing. I chat to Bill Williamson whenever I can and he gives me some good tips and his stories are always entertaining.*

Q.What is your favourite training session? *12-16 x 200 reps on the track*

Q.What is your least favourite session? *Long runs and long reps*

Q.Where is your favourite training venue? *Stuart Park and Puckeys.*

Q.Who are your training partners? *Edy, Gabe Giason, Rennie Curcio (Team Terminator)... watch out Ray's Relays!*

Q.Do you have a role model? *Not as such but I do admire athletes or teams that have achieved a victory against the odds. Greg Norman, Raylene Boyle are sports people that I have admired. Sam Davey my high school coach at Keira was the most influential person I have ever met. Sam talked and everyone listened. He was very inspiring.*

Q.What do you consider your best time or performance in a KJ Race? *2002 W Squared 3km Final. I set myself a program over 12 weeks and executed it to the letter. It was a very good feeling. (This was a race that Bob won.) 2003 Hangover Handicap (29.39) - I ran a very even race throughout, something I have not been able to do in any previous runs.*

Q.What is your favourite KJ run and why? *Puckeys, I just like running there.*

Q.What is your least favourite KJ run? *Anything at West Dapto over 5km.*

Q.What do you like best about KJs? *Friendly family atmosphere and the club is trying to improve itself at every opportunity.*

Q.What do you think KJs can do better? *KJs need to persuade our elite runners to have more of a presence around club events, especially where juniors are concerned. A little more encouragement from our top runners will go a long way in ensuring the juniors continue in the sport. Secondly, to see KJs become more involved in the summer ANSW program.*

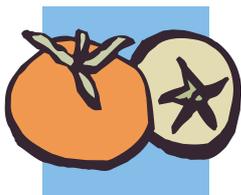
Interesting things we don't know about you: *Ran with the Olympic Torch in 2000. Ran 10.93 for 100m in 1978 NSW Country Championship. Played 250 games of rugby league 1978-1993. Player, coach, president and life member of Wollongong Touch Association 1978-2001. Always find my way home after a big night out!*

Q.What are your aspirations? *To run 2.30 for 800m and 5.00 for 1500m track. To run under 20 minutes for 5km - anywhere will do!*

Q.What has been your worst injury? *Apart from a broken wrist, several breakages of the nose, AC joint separation, rib cartilage, torn hamstrings, quad strains, calf strains, ankle and knee ligament strains, stitches to the head, broken fingers and toes, I have led a charmed and pain free existence.*



FROM HAZEL'S KITCHEN:



QUICK AND EASY SUMMER SALAD

- 1/2 can of "3 Bean Mix"
- A diced cucumber
- Chopped celery
- 1/2 chopped onion
- A good handful of mixed lettuce greens
- 1/2 red capsicum, sliced thinly
- Chopped ripe tomato
- 1/2 chopped avocado
- Low fat Italian Dressing
- 1 chicken breast chopped into bite sized pieces

Toss salad together. Marinate chicken in a teaspoon of olive oil and a healthy shaking of Cajun seasoning mix. Toss into a fry pan and cook several minutes. Throw on top of salad and serve with fresh crusty bread.

KJ TATTOOS

Well Frank Hungerford set the trend a few years ago when he revealed to all a genuine KJ fox tattoo on his butt cheek. Now here's your chance to match Frank at his own game with your very own KJ tattoo, only in this case the non-permanent variety.

Yes that's right, from this season you will be able to buy from the club, either a KJ logo tattoo to proudly display on your arm (Popeye style), or cheek (Hungerford style), or even better, just for juniors we have a special Flash the Fox tattoo.

Whether at the next funrun or ANSW Championship event these will be the funkiest way for you to show your true club colours. And the best thing, they're just \$1 each from Karen or Bronte at the KJ clothing stall at club events.



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Sydney Half Marathon 25 May 2003

For all aspiring runners who wish to take on the Sydney Half this is a timely reminder to sharpen one's fitness and to get your entry form in as soon as possible to avoid the disappointments of previous years. Contrary to expectations, entries closed six weeks before the race last year due to the limit of 4,000 runners being exceeded by exceptional demand. So don't leave it to the last minute since you are certain to miss out.

Kembla Joggers will also be organising a coach up to Sydney leaving Western Suburbs Leagues Club, Unanderra, at 5.15am and picking up through the northern suburbs on the way. As always we will spend some time in the Rocks area to have a few drinks and talk about what went wrong or right, have lunch at a favorite cafe, or do a bit of shopping in the Rocks Markets. The coach will leave at 2.00pm to return home, arriving back at West's around 3.30pm. A great day out and all for a cost of \$15. Contact Dave Barnett or Dave Higgins to make certain you get a seat on the coach.

Wollongong Young Sports Person of the Year

After competing so well at the Australian All School's Championship last December, Madeleine Heiner was selected to contest the Australian Youth Championship, held in January at Homebush. Once more this young lady raced very competitively and ran a great time of 4.34 to take third place in the 1500m. For this and other athletic feats, Madeleine was named Wollongong Young Sports Person of the year at the Australia Day Awards. Well done Madeleine and very well deserved.

Marshalling Duties

Soon we will start the new season with Kembla Joggers... March to March. As we place great emphasis on safety, it is vital that we can supply adequate marshals for each race. As we have over 400 runners and children under the age of 18 are not allowed to marshal, it is apparent that all eligible KJs will be required to marshal at least twice in any one athletic year. The KJs committee and others doing specific KJ jobs such as clothing sales are not required to marshal.

In order to try to work with you, we will issue a form upon which you will be asked to nominate the 2 events that you would prefer to marshal. This will then allow you to compete in all of your favourite races. Failure to complete this form may mean that you have to marshal at your preferred events.

Many people took advantage of this last season while others have been called on to marshal summer events. So, when the forms are given out on registration day, fill it out and hand it in promptly to Eric or Hazel Brown. Some races fill very quickly, so get it in ASAP.

Athlete Development Fund

At the last committee meeting the club finalised plans for a new Athlete Development Fund to assist KJ members who represent the club in a state or national team at an event sanctioned by Athletics Australia. This will replace the previous scheme the club had in place and provides more realistic support.

Financial support with trip costs such as accommodation, fares, entry fees, uniforms and other travel costs will be covered. A minimum contribution of \$200 for state representation interstate or \$400 for national representation overseas will be available. Additional discretionary support may also be provided upon application. As important is that the scheme will also provide support for coaching or other training courses for club officials. Hopefully this will encourage some budding coaches to bite the bullet and go the next step. This will produce some great benefits for the club and our runners in the future. Application forms will soon be available on the KJ website or from the club Secretary.

The scheme will be funded by the club's annual fundraiser / trivia night which will be held mid-year. We urge all KJs to support this - keep an eye out in the next Fox for further details. The financial support is available to all age groups and the full criteria for funding is outlined in the club handbook.

In addition, Uncle Pete's Toyworld will sponsor a new Junior Assistance Fund which will provide financial support to juniors who need assistance with club fees, ANSW fees, entry fees, uniforms, shoes etc. We would like to thank Mark O'Brien for his sincere generosity and enthusiasm for this scheme to be set up. All applications will be kept completely confidential and enquiries should be directed to either Wayne Montefiore or Neil Barnett.

Club Participation Awards

Once again, Uncle Pete's Toyworld will sponsor participation awards for any club member who competes in every winter series event during the 2003 season. Last year six KJs met the challenge and received a special embroidered towel on Presentation Night. How many can equal the feat this year? Don't forget any compulsory marshalling duty counts towards the participation effort so no-one is disadvantaged for helping out. Juniors will receive a similar award for taking part in at least 9 of the scheduled 12 junior events. So there's the easiest way to pick up a great award by just taking part and staying keen.

Marathon Championships

The KJ Marathon Championships will be held next month in conjunction with the Canberra Marathon on April 14. There is still an opportunity to enter either the marathon or marathon eve 5 or 10km events. Entry forms can be obtained from the Canberra Marathon website - follow the link from the KJ website. The KJs will be staying in the Pinnacle Apartments close to the start/finish and even if your not competing why not come along and enjoy a great social weekend and cheer your fellow KJ mates right to the finish. For more details on KJ accommodation call Steve VanGils asap on 42285703. Good luck to all KJ competitors.

The Last Issue

This is the last issue of The Fox for the 2002/03 membership year. To keep getting your copy make sure you register early at one of the first two KJ events or by posting your membership form with fees to our PO Box before 30th March. Don't miss out - send your form today!

KJs to Host National Event

The KJs have been awarded hosting rights for the NSW Mountain Running Championships on Sunday March 16 and Saturday June 21. This follows the club's successful staging of the NSW Road Relay Championships in Wollongong last year. This event will be held again in Wollongong in 2004.

Both Mountain Running Championship events will be held at Mt Kembla with the start/finish at Mt Kembla Lookout on Cordeaux Rd, just up from Windy Gully near Kembla Heights. Parking will be tight so if you are competing you are encouraged to arrive early to avoid a long walk uphill. Both championship events will be sponsored by the City Coast Credit Union.

There will be four events on March 16 - a 4 km funrun for all-comers and non-registered athletes aged 14 or more at 7.40am, an 8 km open women's and 4 km junior (over 14) women's event at 8am, a 12 km open men's at 8.25am and an 8.5 km male and female super-vets (male 55 plus, women's 50 plus) event at 8.50am.

Each event involves laps of a 4km circuit with a total elevation of 220m for each circuit. The run proceeds from the lookout, up Cordeaux Rd to the familiar hairpin bend on the 9 mile course. From there the course diverts on to the State Recreation Ridge Track which ascends the formidable Mt Burelli, a 1.6km steep climb. The super vets race is a simple out and back course and involves only one ascent of Mt Burelli.

For more information or an entry form contact Geoff Stalker on 4627 1246 or visit the KJ website. Entries close on March 12 so giddy up!! More information on the Australian Championships will be available in the next Fox issue.

Don't forget all KJs can compete in the 4km funrun event so why not take on the challenge!! Otherwise we need as many helpers as possible to assist with timekeeping etc. Please let Neil (4272 6818) know if you can help out on the day.

KJs Inaugural Pentathlon Championships by Karen Blay

On Thursday 23/1 and 30/1, twenty-five KJs ranging in age from 8 to 79, competed in the inaugural Kembla Joggers Pentathlon, to determine who was the true "all round athlete". The senior men competed in discus, shot put, long jump, 1500m and 400m, whilst the juniors competed in discus, shot put, long jump, 800m and 200m. The competition was fierce, especially between competitors in the same age bracket, as they vied to obtain the honour of holding the first ever club records in this event.

In the u/10 age group, Zac Blay took an early lead on day one, but had to settle for 2nd, as David Ognenovski showed his versatility in winning all three events on day two, to win by a narrow margin. A great effort was also put in by youngster Benjamin Scollary for third place. Hudson Bouma was a clear winner in the 10-11

age group, showing a surprising turn of speed over the 200m to record a quick 31.1 seconds. Thomas Mackey pushed him all the way for second place. Lauren (u/12) and Renee Ognenovski (u/14) took out their respective age groups, as did Jared Blay in the 12-14 years, over Joel Dent.

In the men's age groups, Steve Van Gils won the 30-34's, whilst Ross Walker held off a tight finish from Tim Crinnion and Bronte Blay in the 35-39's. Greg Mackey (40-44) was a surprising all rounder, showing flair in all of the field events, to take the victory over Bob Ognenovski and Raf Moriana. Wayne Montiefiore beat all competitors across the age groups in the long jump on his way to taking out the 45-49 age bracket. Andrew Krajewski triumphed over Sharkey Moriarty in the 55-59,s

and the evergreen Max McKay showed up many a younger competitor to take out the 75-79's.

Disappointingly, there were no senior women competitors, however a small group of women tried their hand at the discus and shot put, to set club records for their respective age groups. Maybe next year we will see some women game enough to give it a go.

It was all just a bit of fun, and a good time was had by all who took part. A comment was made by one of the senior men whilst they were all having a laugh and joke in the Shot Put, that all they needed to top it off was a case of beer and a barbie (such was the extent of the ribbing and "geeing-up" going on).

Hope to see everyone back for more punishment next year!!

KJs pentathlon Final results

Name	age group	1500	points	400	points	L/Jump	Points	Shot Put	Points	Discus	Points	Total
Steve van Gils	30-34	4.50.4	619	62.9	317	3.93	190	6.40	264	14.52	171	1561
P Micale	30-34	4.22.3	779					6.39	264	12.25	127	1170
Neil Barnett	30-34	5.03.1	532	1.42.4	20			6.68	278	14.48	171	1001
Ross Walker	35-39	4.41.7	649	59	448	4.67	326	8.29	381	15.70	190	1994
Tim Crinnion	35-39	4.44.4	649	57.7	484	4.55	290	6.58	278	13.35	145	1846
Bronte Blay	35-39	4.59.6	560	62.2	348	3.82	174	8.39	381	18.69	245	1708
Brendan Scollary	35-39	5.14.0	477	65.6	245	3.06	66	6.43	278	15.05	180	1246
Greg Mackay	40-44	4.47.8	619	60.3	413	4.42	273	7.99	366	20.65	281	1952
Bob Ognenovski	40-44	5.43.2	328	67.8	182	4.32	255	9.02	426	29.82	454	1645
Raf Moriana	40-44	4.56.6	560	72.5	90	3.51	130	5.97	249	13.37	145	1174
Wayne Montiefiore	45-49	6.11.9	202	84.7	30	4.83	345	7.50	336	19.20	254	1167
Andrew Krajewski	55-59	5.20.1	450	72.8	90	3.15	78	7.30	321	17.58	227	1166
Derek Moriarty	55-59	7.28.2	51	85.6	30	3.83	174	8.26	381	15.87	190	826
Max McKay	75-79	8.01.0	35	93.4	25	3.13	78	7.56	336	21.13	291	765
JUNIORS	Age Group	800m	Points	200m	Points	Shot Put	points	L/Jump	Points	Discus	Points	Total
David Ognenovski	U/10 M	3.13.4	698	35.1	770	8.84	917	2.66	682	14.46	486	3553
Zac Blay	U/10 M	3.05.3	761	36.4	692	6.39	795	3.02	754	12.28	432	3434
Benjamin Scollary	U/10 M	3.33.0	491	39.3	540	4.27	628	2.37	624	9.41	360	2643
Brett Cowie	U/10 M	3.46.2	425						2.00	550	975	
Shane Cowie	U/10 M	2.55.3	861									861
lauren Ognenovski	U/12 F	3.14.2	574	32.4	796	4.75	676	3.41	682	9.96	374	3102
Hudson Bouma	U/12 M	2.38.9	930	31.1	874	6.65	808	3.54	708	13.57	464	3784
Thomas Mackay	U/12 M	2.45.4	864	32.7	780	5.96	773	3.11	622	12.39	434	3473
Renee Ognenovski	U/14 F	2.42.7	781	29	758	6.27	727	3.8	654	14	350	3270
Jared Blay	U/14 M	2.44.0	768	32	590	6.97	773	3.86	666	15.44	386	3183
Joel Dent	U/14 M	3.08.6	520	34.6	460	4.57	557	3.31	556	8.2	160	2253



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UPCOMING EVENTS

KJ EVENTS

March

15 KJ Registration Day - 5km non-pointscore race - 3pm Stuart Park, North Wollongong (rego's taken from 1.30pm)

April

13 KJ Male and Female Marathon Championships - 7am Telopea Park School, Canberra (in conjunction with the 2003 Canberra Marathon)

OTHER FUN RUNS

March

8 Blue Mountains Six Foot Track Marathon - 8am Katoomba

April

6 Wollongong Fitness Five Fun Run - 8.30am Performing Arts Centre, Wollongong

May

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



The Fitness Five Funrun is on again, this year on Sunday 6 April, 2003. This year's event will be bigger and better than ever with new event sponsors City Coast Credit Union coming on board. The event will support the local Beta-Imager Appeal.

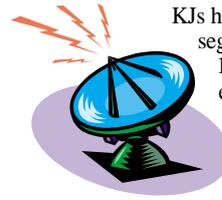
As usual the event will start and finish on Crown Street near the Old Post Office with registrations being taken in front of the Performing Arts Centre from 7am on race day. The race kicks off at 8.30am and is held over one of the most scenic and fast 5km courses around. The course is a Certified Accurate measured 5km.

Additional entry forms are available from any City Coast Branch, Rebel Sport, the club on race days or the KJ website with entries closing on 2 April.

The new sponsors have boosted prize money by more than double with cheques being handed out down to 5th place for both open male and female categories. There will also be entertainment for the whole family put on after the event in the Civic Square and before the presentations.

Once again the Kembla Joggers will be the principle organisers of this event and we will need as much support as possible from all club members to make it all happen. This includes course marshals and registration officials pre and post race. For more information or to offer your help please contact Mark Everton 4284 5379 or Jim Hennessy 4285 0657.

KJs on the Airwaves



KJs 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?



KJs internet address:
www.kemblajoggers.org.au

Kembla Joggers Club Contacts 2003

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Secretary	Peter Evans4297 0082
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