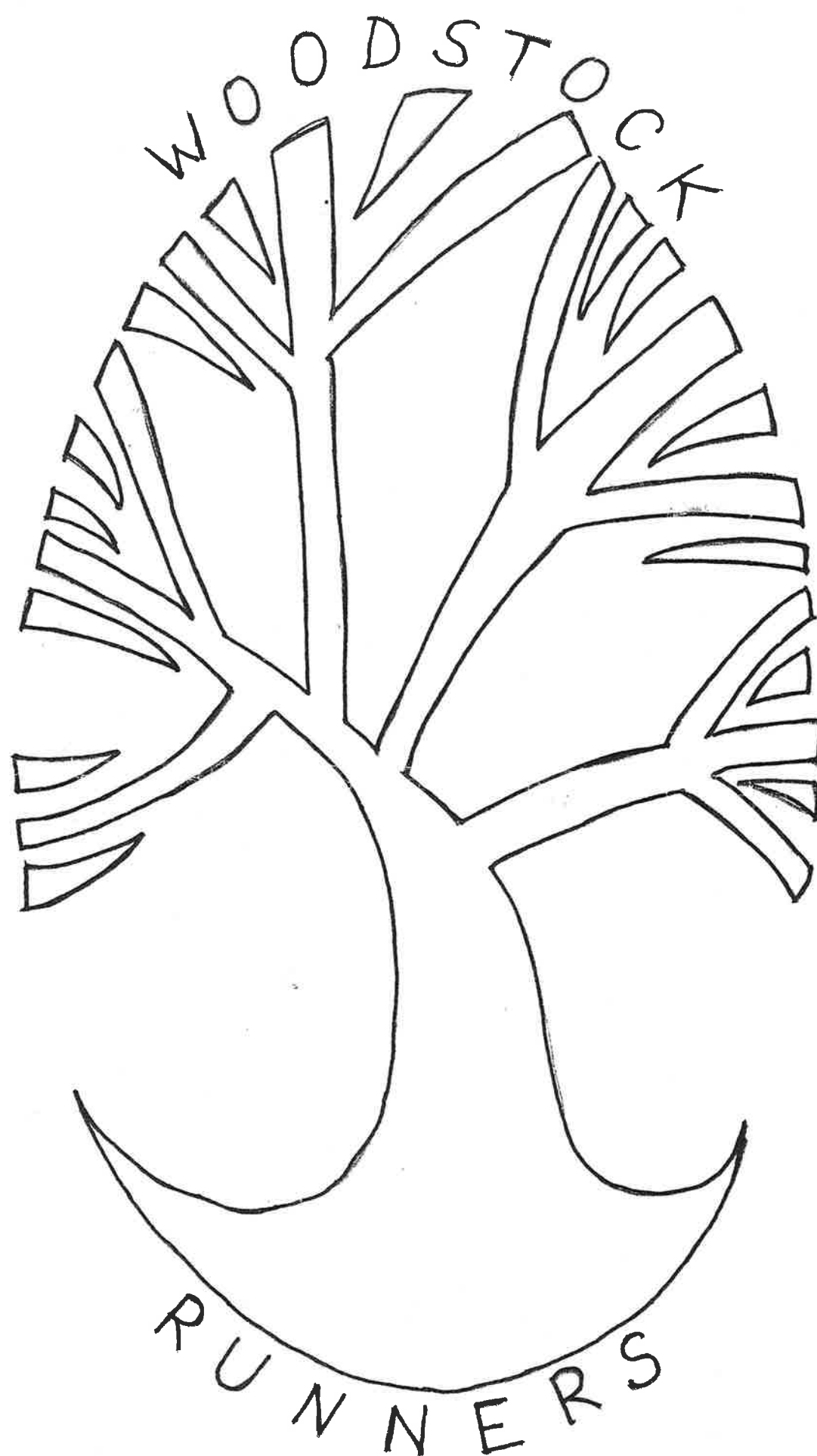


1982.



HAPPY CHRISTMAS

HISTORY OF WOODSTOCK RUNNERS

Following interest shown by many Woodstock members in a jogging group, a meeting was held at Woodstock on August 22nd, 1980. Reg Seagrave, representing Woodstock, and David Mollard - Dept. of Sport & Recreation, chaired the somewhat small gathering.

There were five present - Steve Briscoe, Rohan & Kerry Bray & two others. Not to be discouraged, we decided to commence, & ran for the first time on Tuesday 26th August - the whole five of us, plus David Mollard and Meleanie, from Woodstock.

We ran the mile course through Appian Way - most of us walking for some distance, but not Steve, who won that day & we've been trying to catch him ever since. Even with shin splints this year, he managed the City to Surf in 57 mins. Speed training included, Steve leaves us for dead - keep it up, Foundation Member!

David Mollard & his wife, Lorraine, were forced out through ill health, study & work pressure. Extra hours at Woodstock put an end to Meleanie's fitness programme, & the two unnamed persons fell by the wayside (metaphorically speaking, of course), as did Joan, who ran with us a few times.

Rohan's enthusiasm continued for 12mths, in which time he completed a marathon at 14 years of age. We lost him to golf the following year - maybe money was the attraction, although he's still awaiting the first cheque.

His Mum, Kerry, presses on regardless & enjoys every minute of it, even though she doesn't always stay on her feet as demonstrated recently at Blackheath. With 16 fun runs in 1982 & the prospect of a marathon in 1983 she is quite addicted.

Almost Foundation Members, were Sylvia & Noel Watsford, who now find the run from Padstow to Woodstock a little far. We're so sorry to have lost half of our Harbour Bridge Relay Team, but wish them, with son, Richard, all the very best in their new home. We miss the comedy segments, supplied without warning, by Noel each Tuesday & Thursday, but hope he will compete in a City to Surf team in '83, as he was a winning team member in '82, & Sylvia, the leading improver from City to Surf 1981 to 1982.

By now, our runs had lengthened to 3.3kms, over the Council's Fun & Fitness course.

Beware if Michael Bayles suggests any good fun runs to you, for you'll finish up in the Bridge to Balmoral Run. He even talked his friend, Merv, into coming up from Tassie for the occasion - he nearly didn't get back. Good luck, Mick, in the Australian Marathon in 181 days.

A course which Burwood Council & Burwood Plaza mapped out for a fun run held in 1979 of 5.5kms was modified by us, and we commenced to run this route regularly.

Mid 1981, the "guys" set out on the 10km run through Concord, Strathfield & Burwood in preparation for the City to Surf, & they ran this once a week. The "gals" stayed with the 5.5kms.

Early in the New Year of '82 on Jan. 26th we welcomed Peter Osterowski who ran consistently with us until moving house. We often see him at Fun Runs & at Lake Gillawarna.

Two days after Peter's arrival on the scene we were invaded by a Melbournean, Michael Donnelly. Mike entered immediately into the "swing of things" organising a team for the 50th Anniversary of the Sydney Harbour Bridge - Relay Run & in July entered us in the Randwick Rugby Half Marathon - 2 great runs. Now he is our "speed-work" coach. Thanks also to Bernadette Donnelly for the running around she has done for us.

On June 10th Robyn Nash and Chris Siepen boosted our numbers. Robyn, a member of Woodstock's winning City to Surf team, has had numerous successes in Fun Runs, & a photo in Fun Runner, & her economical running style enables her to produce consistently good times in all her runs. Chris, in typical Mike Bayles' style, "talked us" into the Wahroonga "jog into spring" and Blackheath Run - must like hills, too, nevertheless, 2 great runs. As assistant-coach at speed-training, Chris is indispensable. Robyn & Chris competed in Melbourne's Superun in '81 & '82.

Our local historian & "veteran" of 7 City to Surfs", Margaret Mashford, ran with us for the first time on June 22nd. Even though studying & renovating her home, Margaret managed to run most weeks. We wish her the very best for her exam results & a teaching position for '83.

What a week that was! - Dorothy Siepmann arrived 2 days later, the third member of Woodstock's own winning team in the '82 City to Surf. That was not Dorothy's only success in the year - she regularly broke the course record at the Merrylands's run, & won her age category in the 16.5km Sydney Canter. Unfortunately she sustained an injury which has kept her out of running for some time, but it was great to see her on the comeback trail a couple of weeks ago.

Tony Murphy always arrives well & truly warmed up, having run from his home in Concord to Woodstock or St. Lukes Oval. He runs 10km or does his speed-work & then heads off home again. He relishes the speed-work for 2 reasons - his ability to sprint well & it's closer to home.

Unfortunately our mathematician, Greg Gazal, coaches on Tuesday & Thursday nights, hence Maureen & Greg's running with us is confined normally to the holidays.. Maureen ran her first Half Marathon in April this year - the last 6km with a sprained ankle. Now she is aiming for the "Big One" free of any handicap. Greg competed in his first Marathon - the Sydney M. this year & recorded a great 3hrs 15mins. However, Woodstock's loss will be Dubbo's gain when the family move West in Jan. - good luck to you all!

Dorothy introduced Barry Crisp to Woodstock & we had some more "class". Barry ran 3hrs 6mins for his first Marathon in the Harbord Diggers' event. Barry hopes to run in the Aust. Marathon this year & we wish him well. Anyone requiring "hill training" - see Barry about his Rydalmere course.

Our only ultramarathoner, Keith Swift, was our next member. Keith competes & wins over distances from 10km - 100km. (He did remark one night that he felt 100ml was too far, but 100km just right.) This year he was a close second in the Sydney to Wollongong Run - 52mls - in fractionally over 6hrs.

We were so pleased to welcome Derrick Titmus to Woodstock on Aug. 24th. "Super-fit", & he can prove it, (has the papers from Cumberland College) Derrick is particularly dedicated, running 3 times some days - thank heavens for Sorbothane! One of his most enjoyable runs, among hundreds in which he has competed, was this year's City to Surf when he ran with the handicapped children. Good on you, Derrick! & here's hoping for a good Aust. Marathon for you.

It was overwhelming on Aug. 24th as John Chandler visited us for the first time - two "newies" on one day. John has probably run more half marathons than most in the past few months & is looking to a "full" one on June 12th - the best of luck to you, John.

Judy Wilson decided she needed some running to assist her squash & came along on Nov. 11th. She ran well & we hope to see her again soon.

On Dec. 7th we were inundated with runners. Our enthusiastic "Kiwi", Eleanor Cody, looks like making the Aust. Marathon her 4th one, after running 3hrs 23mins in this year's London Marathon. We hope she likes Australia & the Woodstock Runners & will stay around for a long time. Good luck in your first Marathon in Australia.

Dan Dahlfron, a tourist from Sweden, paid us a brief visit on the 7th. He had been in Sydney only a few days & left for Brisbane on the 8th. He is looking forward to returning to Sydney, & Woodstock, in Jan. He is a great athlete & we hope he may run with us on a few more occasions before he returns home.

Our third new member on the 7th was Shaun. He is our youngest member & new to long distance running. However with a gradual build-up in distance we all hope he achieves his aim in 1983 & that is to compete in & finish the City to Surf. We know you can do it, Shaun!

On Oct. 13th, six of us attended a seminar at Chatswood, at which the speakers were Andrew Lloyd & Bill Rodgers. We came away most inspired, wanted to run home, but Michael Donnelly insisted we keep him company in his car.

Nine Woodstock Runners made up 90% of the audience at a lecture at Cumberland College of Health Sciences on Nov. 16th. It was a most valuable evening with talks, slides & demonstrations from a Doctor of Sports Medicine, a Physiologist & a Physiotherapist.

At the time of going to print, our "newest" runner was Laurie, who joined us at St. Luke's Oval, & showed quite a deal of sprinting ability. As a Sea-man, he will be spending time away, but hopes to join us when on "terra firma".

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1982 has been a great year for us all, with so many well - organised & enjoyable Fun Runs, our weekly speed-work at Concord & the meeting of so many friendly & interesting people, with whom to run.

WE WISH EVERYONE A VERY HAPPY CHRISTMAS AND GOOD RUNNING
THROUGHOUT 1983

The Woodstock Runners Committee.

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