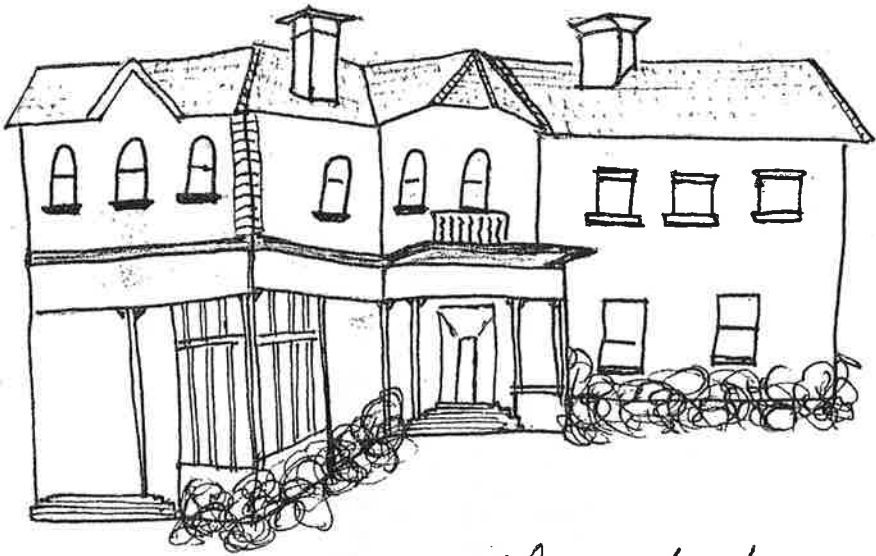
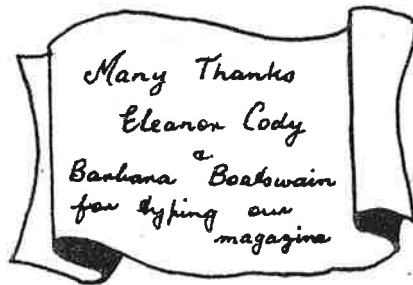




1983



Woodstock



*Many Thanks
Eleanor Cody
a
Barbara Boatwain
for typing our
magazine*

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HISTORY OF WOODSTOCK COMMUNITY CENTRE

WOODSTOCK WAS BUILT IN 1873 BY MR. EDWIN PENFOLD - ONE OF AUSTRALIA'S LARGEST TOBACCO MANUFACTURERS. IN 1914 IT WAS SOLD TO MR. KEEP, WHO RENAMED THE MANSION "BROUGHTON". THE KEEP FAMILY RESIDED THERE UNTIL 1941.

THE PROPERTY WAS THEN TRANSFERRED TO BURWOOD COUNCIL FOR A SHORT TIME UNTIL IT WAS ACQUIRED BY THE COMMONWEALTH GOVERNMENT IN 1942 FOR USE AS ARMY DIVISIONAL HEADQUARTERS. AFTER THE WAR, THE PROPERTY REMAINED VACANT UNTIL 1949 WHEN IT WAS USED AS A MIGRANT HOSTEL UNTIL 1974.

IN 1976 SIR WILLIAM McMAHON ARRANGED A LONG LEASE FOR BURWOOD COUNCIL ON THE PROPERTY AND THE COUNCIL RESTORED, RENOVATED AND CONVERTED IT TO THE COMMUNITY CENTRE IT IS TODAY. IT WAS OFFICIALLY OPENED BY THE GOVERNOR GENERAL, SIR ZELMAN COWAN ON NOVEMBER 11th 1979.

BEFORE HIS RETIREMENT FROM POLITICS, McMAHON THE FORMER PRIME MINISTER AND THEN FEDERAL MEMBER FOR LOWE, NEGOTIATED A SALE, WHEREBY THE COUNCIL BOUGHT THE PROPERTY FROM THE COMMONWEALTH GOVERNMENT IN APRIL, 1982 FOR \$40,000.

THE 100 SQUARE BUILDING SET IN SEVERAL ACRES OF LAND IS HOME TO AT LEAST 40 ORGANISATIONS AND COMMUNITY GROUPS. LAST YEAR MORE THAN 40,000 PEOPLE USED ITS MULTITUDE OF FACILITIES. THERE ARE 5,000 MEMBERS OF THE CENTRE AND AT LEAST 3,000 PEOPLE WHO ARE MEMBERS OF GROUPS WHO USE IT FOR THEIR ACTIVITIES. IT ALSO HOUSES THE STUDIOS AND OFFICES OF THE NEW RADIO STATION 2RDJ-FM.

WOODSTOCK COMMUNITY CENTRE
CHURCH STREET, BURWOOD.
TELEPHONE 745-3555, 747-2822
POSTAL ADDRESS - P.O. BOX 265
BURWOOD 2134



THE NAME "WOODSTOCK" WAS DERIVED FROM WOODSTOCK, OXFORDSHIRE, ENGLAND. THE TOWN CREST CONSISTING OF AN OAK STUMP SYMBOLIZED THE "WOOD" OR "TREE - STOCK".

OUR LOGO DEPICTS NOT JUST A TREE STUMP, BUT THE WHOLE TREE - IN FACT A PORT JACKSON FIG TREE OF WHICH THERE ARE A NUMBER IN THE GROUNDS. THE MAGNIFICENT SPECIMEN IN THE CAR PARK REPRESENTS "WOODSTOCK".

THE TREE SYMBOLIZES "LIFE AND GROWTH" CONTRAST TO THE DEADNESS OF A STUMP. WOODSTOCK IS ALIVE AND GROWING BECAUSE "WOODSTOCK IS PEOPLE".

THE LARGER ROOTS SIGNIFY WOODSTOCK'S HISTORY, THE BRANCHES - THE VARIOUS GROUPS AND ACTIVITIES THAT MAKE UP THE WOODSTOCK COMMUNITY.

THE LOGO OF THE WOODSTOCK
RUNNERS IS A SLIGHT
MODIFICATION OF THE OFFICIAL

"WOODSTOCK LOGO"



(Founded August 1980)

WHO THOUGHT THE ABBREVIATION "W.R." STOOD FOR WORLD
RECORD.

THINK AGAIN!

HISTORY OF WOODSTOCK RUNNERS

A MEETING HELD AT WOODSTOCK ON AUGUST 22nd 1980,
WITH REG SEAGRAVE REPRESENTING WOODSTOCK AND DAVID
MOLLARD - DEPT. OF SPORT AND RECREATION, SAW STEVE
BRISCOE, ROHAN AND KERRY BRAY AND TWO OTHERS DECIDE
TO COMMENCE A JOGGING GROUP.

WE TOOK OFF, VERY SLOWLY, TO RUN THE MILE COURSE
THROUGH APPIAN WAY ON TUESDAY AUGUST 26th, MOST OF
US STOPPING FOR A BREATHER ON THE WAY.

PRESSING ON OVER THE WEEKS AND MONTHS WE MANAGED THE
3.3 KM. COURSE, THE 5.5 KM "FUN AND FITNESS" AND
EVENTUALLY THE "ULTIMATE"-THE CONCORD 10KM, RUN BY
THE GUYS ONLY IN MID 1981.

SYLVIA AND NOEL WATSFORD (NOW LIVING IN PADSTOW) SWELLED OUR NUMBERS AND LATER MICHAEL BAYLES, PETER OSTEROWSKI (NOW AT WOOLLOOMOOLOO, SEE HIM AT LAKE GILLAWARNA EACH SATURDAY) AND MICHAEL DONNELLY JOINED US EARLY IN 1982. ROBYN NASH AND CHRIS SIEPEN ARRIVED ON THE SCENE MID '82 AS DID MARGARET MASHFORD (TEACHING NOW IN NAROOMA), DOROTHY SIEPMANN, TONY MURPHY AND MAUREEN AND GREG GAZAL (RESIDENTS OF DUBBO FROM JAN '83). AROUND THIS TIME WE ALSO WELCOMED BARRY CRISP, KEITH SWIFT, DERRICK TITMUS AND JOHN CHANDLER.

JUST IN TIME FOR OUR CHRISTMAS BARBEQUE, ELEANOR CODY AND SHAUN DOYLE COMMENCED RUNNING WITH US. THE CELEBRATION AT WOODSTOCK, FOLLOWING A SHORT RUN AT CONCORD OVAL, WAS WELL ATTENDED AND MOST ENJOYABLE. A SURPRISE PRESENTATION, ORGANISED BY "WE'RE NOT EXACTLY SURE" WAS SUPERBLY PRESENTED BY CHRIS, ABLY ASSISTED BY ROBYN. ALL RUNNERS WERE NOMINATED FOR AWARDS WITH KERRY RECEIVING "A CHAMPION PERSON" AWARD.

THIS YEAR OF 1983 HAS BEEN A WONDERFUL PERIOD FOR WOODSTOCK RUNNERS WITH A GREAT INCREASE IN MEMBERS AND MANY PERSONAL ACHIEVEMENTS.

LET'S CHECK THE DIARY

JANUARY

DEREK WHITE, OUR SUCCESSFUL VETERAN WHO HAS COMPETED IN JUST ON 100 FUN RUNS, INCLUDING 6 CITY TO SURFS AND 15 MARATHONS, ARRIVED AT WOODSTOCK ON THE 4th. A FORTNIGHT LATER, LONG, LEAN GARY BUCKLAND FOUND US - A DOUBLE MARATHONER IN '83. GARY WORKED VERY HARD AND HIS TIMES PROVED THIS, EVEN THE TRIP BACK FROM CANBERRA WAS FAST, JUST ASK THE POLICE.

FEBRUARY

OUR FEMALE MEMBERSHIP INCREASED ON THE 3rd WITH THE ARRIVAL OF TRUDY KELLY AND VIRGINIA CASTLE AT CONCORD OVAL, WHERE WE WERE BUSY WITH OUR SPRINTS EACH THURSDAY AIMING FOR 10 x 400m IN CONSISTENT TIMES.

TRUDY'S RUNNING FOR '83 CLIMAXED WITH HER RANDWICK $\frac{1}{2}$ MARATHON IN JULY, UNFORTUNATELY FOLLOWED BY AN INJURY. VIRGINIA'S HIGHLIGHT FOR THE YEAR WAS HER MARRIAGE TO TONY MURPHY IN MARCH AND HER RUNNING HAS HIT A "HIGH" EVER SINCE. BOTH MURPHYS, FEELING SO FIT AND HEALTHY, WERE SEEN GIVING AWAY SOME OF THEIR OXYGENATED BLOOD AT THE BLOOD BANK LATER IN THE YEAR.

MARCH

THURSDAY MARCH 3rd, SAW OUR FIRST RUN AT CAMPBELL ATHLETIC FIELD, CANTERBURY, UNDER INSTRUCTOR MR. SIEPEN. THE MOVE HAS BEEN A MOST PROFITABLE ONE FOR THE REDUCED NUMBERS WHO ATTEND THE THURSDAY SPRINTS.

THE STATE MARATHON SEMINAR IN THE FAIRFAX AUDITORIUM SAW A GOOD TURNOUT OF WOODSTOCK RUNNERS, ALL OF WHOM FELT THE NIGHT MOST INTERESTING AND BENEFICIAL, ESPECIALLY THE HALF DOZEN WHO CARRIED ON TO DIXON ST. FOR A CHINESE MEAL.

CLEM MITCHELL-MORE SPENT A FEW MONTHS WITH WOODSTOCK FROM THE 24th UNTIL AN INJURY SIDELINED HIM. CHRISTINE AND JAMES MORAN (FROM WESTERN DISTRICTS) BRAVED THE SPRINTS AT CAMPBELL ON THE 31st - BUT ONLY ONCE. CHRISTINE HAS ALSO JOINED WITH THE WOODSTOCK LADIES IN A FEW TEAM EVENTS - VERY SUCCESSFULLY TOO.

ON THE 20th, 13 MEMBERS COMPETED IN A VARIETY OF TEAMS IN THE HARBOUR BRIDGE RELAY, WITH ROBYN, DOROTHY, CHRIS & KERRY TAKING OUT THE LADIES TEAM PRIZE. NINE OF US RAN A DIFFICULT BUT

Sydney Striders

Marathon and Road Runners Club
present the Annual



Half Marathon

SUPERBLY ORGANISED 1/2 MARATHON ON THE 27th IN THE STRIDERS YOMIX HALF IN LANE COVE RIVER PARK.



APRIL

DAVID CODY ROARED IN ON HIS MOTOR BIKE ON THE 5th AND CONTINUED TO COME ALONG MOST TUESDAYS, BRINGING HIS SISTER, ELEANOR. DAVID WAS MARRIED IN CANADA IN SEPTEMBER. NORMAN HAMS CAME IN MORE SEDATELY AND HAS BECOME A KEEN FUN RUNNER AND WAS A MEMBER OF WOODSTOCK'S FIRST VICTORIOUS MALE TEAM, WHICH TOOK OUT THE INAUGURAL SOUTH STRATHFIELD INTERACT RUN.

THURSDAY THE 7th SAW US RUN "UNDER LIGHTS" AT CAMPBELL AND WE CONTINUED THIS EACH WEEK, AT A COST OF \$5.00 PER WEEK.

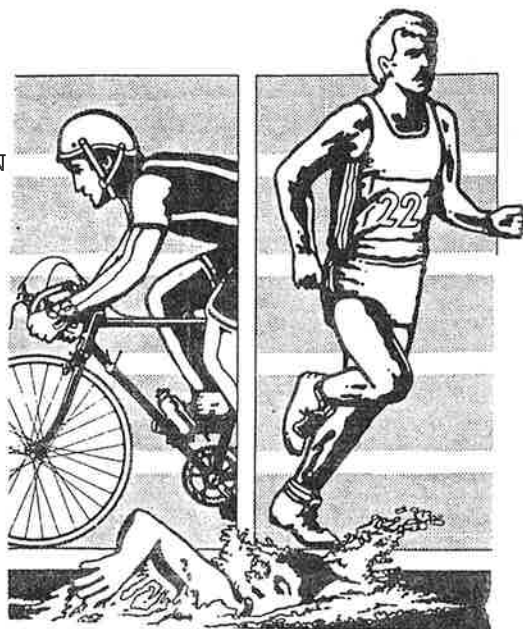
WITH BLEARY EYES AFTER WATCHING DEEK WIN IN ROTTERDAM, GARY, DERRICK, BARRY AND DEREK CLOCKED EXCELLENT TIMES IN THE NIKE MARATHON IN CANBERRA ON THE 10th (ROB WOULD HAVE BEEN BEATEN THEM).

JOY AND IAN "GOLFER" HOOD, FRIENDS OF THE GAZALS CAME ALONG ON THE 19th. WHEN JOY SAW DEEKAS' WIN IN BRISBANE, SHE BECAME INSPIRED, BUT COULDN'T MAKE IT AROUND THE BLOCK - NOW - ONLY 12 MONTHS LATER SHE IS MOST COMPETITIVE OVER DISTANCES FROM 8k - 22k WITH TROPHIES TO PROVE IT AND IS STILL IMPROVING.

IAN COULD BE WOOD-STOCKS FIRST TRI-ATHLETE, AND WE WISH HIM WELL FOR THE NEPEAN TRIATHLON.

BOB DAVIDSON, FRIEND OF BARRY CRISP, AND TERRY McMAHON OF SYDNEY STRIDERS BRAVED CHRIS' SPRINT SESSIONS AT CAMPBELL ON THE 21st AND 28th RESPECTIVELY. BOTH RAN SOME TOP MARATHONS DURING THE YEAR.

MAY



LEAVING SYDNEY ON THE 1st, EX WOODSTOCK ULTRAMARATHONER, KEITH SWIFT SET OUT FOR MELBOURNE. KEITH EXPRESSED MANY SUPERLATIVES OF CLIFF YOUNG'S EFFORT AFTER KEITH HIMSELF PULLED OUT AT 427km. DOROTHY, WHILE ASSISTING KEITH, WAS KNOCKED BY A CAR, BUT WAS TO RECOVER RAPIDLY AND DEMONSTRATED THAT IT NEEDS MORE THAN AN ACCIDENT TO KEEP HER DOWN.

WE HOPE TO SEE JOAN BAYNES BACK AFTER A BRIEF VISIT ON THE 3rd.

THE STATE MARATHON ON THE 8th SAW KERRY, MICHAEL (DONNELLY) AND TERRY McMAHON COMPLETING THE 42.2k for FOR THE FIRST TIME, WITH THE TWO EXPERIENCED DERRICKS (OR DEREKS) COMPETING AS WELL. EIGHT MEMBERS TOOK PART IN THE TERRIGAL TO GOSFORD RUN THE SAME DAY.

THE FOLLOWING THREE WEEKS SAW ROBERT DAWKING, MARATHONER - ULTRA-MAN, AND JOHN (TERRY McMAHONS FRIEND) FRONT UP ON THE 12th, AND A GREAT NIGHT FOR

NUMBERS ON THE 17th WITH DAVID PHILLIPS, A SWIMMER (MAYBE ANOTHER TRIATHLETE!), BILL EMILSON, COLIN NOBLE AND PETER MILLER, WHO WERE JUST WAITING AROUND FOR EACH OTHER TO HAVE A RUN. WE'RE SO PLEASED WE ASKED THEM TO RUN WITH US, FOR WE ENJOY THEIR COMPANY AND WE ARE STRIVING TO BREAK COLIN'S RECORDS ON THE TRACK.

JOHN JESSUP, ANOTHER MEMBER OF THE ILLUSTRIOUS "INTERACT ALL-CONQUERING MENS TEAM" WAS OUR GAIN ON THE 19th, WITH ALAN HASTIE A MUCH TRAVELLED MARATHONER AND ULTRA-M APPEARING ON THE 31st.

JUNE

TERRY McMAHON'S NEPHEW, MICHAEL, RAN WITH US ON THE 2ND. THE FOLLOWING NIGHT WE HELD OUR FIRST ORGANISED DINNER AT HAVESOME WHOLESOME.

ON THE 10th, MANY WOODSTOCK RUNNERS DINED WITH ROB De CASTELLA AND CLIFF YOUNG AT THE WANG CARBO-LOADING DINNER AT SOUTH SYDNEY JUNIORS.

TWO DAYS LATER - THE DAY MANY OF US HAD AWAITED EAGERLY - THE FIRST WANG AUSTRALIAN MARATHON, WHEN 13 WOODSTOCK RUNNERS CROSSED THE LINE AT THE SYDNEY ATHLETIC FIELD AFTER 42.2Km THROUGH PICTURESQUE SYDNEY, BATHED IN SUNSHINE.



IT WAS A FIRST MARATHON FOR DOROTHY, MICHAEL (BAYLES) AND JOHN CHANDLER. A FITTING FINALE TO THE DAY WAS THE DELICIOUS CELEBRATION CAKE, SO THOUGHTFULLY ARRANGED BY ROBYN, CHRIS AND STEVE, WHICH WE ATE IN CENTENNIAL PARK.

ON THE 19th, WARREN HUGHES RAN WITH US AND ON THE 21st, COLIN AND BILL'S FRIEND, GARY RAN. COLIN'S BROTHER DAVID, HAS BEEN A REGULAR RUNNER SINCE COMING ALONG ON THE 30th.

JULY



THE 10th SAW A WONDERFUL LINE-UP OF WOODSTOCK RUNNERS AT THE SUTHERLAND TO SURF. FIFTEEN COMPETED WITH ELEANOR 2nd IN HER AGE CATEGORY AND DOROTHY 3rd IN HERS. A PICNIC WAS HELD AFTER IN ROYAL NATIONAL PARK.

THE DIARY LISTS NEW MEMBERS THUS- 5th TONY BORG, 12th - HARRIET, 14th - WARWICK WILLIAMS, 19th - KATE AND ON THE 26th - ANDREW WARD, WHO HAD SOME TIME OFF WITH INJURY, BUT GOT BACK INTO IT LATER IN THE YEAR, AND ALSO ON THE 27th OUR CYCLIST TONY HOLLAND WHO WAS PLACED 8th OVERALL IN THE AUBURN HOSPITAL RUN (NO, HE DID'NT CYCLE).

SUCCESSSES WERE ALSO ACHIEVED THIS MONTH IN THE HARBORD DIGGERS 14k SCENIC RUN WHERE ELEANOR WAS 1st LADY AND SHE TEAMED WITH GAI CUNNINGHAM AND KERRY TO TAKE OUT THE LADIES' TEAM AWARD, AND THE YMCA WHEN ELEANOR WAS 2nd LADY OVERALL AND DOROTHY-- 1st IN HER AGE CATEGORY. IN THE HEART RUN, ELEANOR WAS 3rd LADY AND SHE AND CHRIS WON THE MIXED TEAM.

AUGUST

AUGUST 2nd, WE REALLY CAME OF AGE - WE NOW HAVE OUR VERY OWN "NOTICE BOARD". WE ARE GRATEFUL TO ROBYN AND CHRIS AS IT'S GREAT TO DISPLAY ENTRY FORMS, RESULTS AND OTHER ITEMS OF INTEREST.

ONCE AGAIN, IT WAS THANKS TO CHRIS, THIS TIME FOR A "CITY TO SURF" PARTY AT HIS PLACE ON THE 6th.

THE NIGHT WAS ENJOYED BY A GREAT CROWD WHO APPRECIATED THE GOOD FOOD AND INTERESTING VIDEOS.



THE 7th WAS THE "BIG ONE" WITH 20 WOODSTOCK RUNNERS IN THE CITY TO SURF, AND STEVE, CHRIS AND ELEANOR TAKING 2nd PLACE IN THE MIXED TEAM SECTION, DOROTHY 3rd IN HER AGE CATEGORY AND DEREK'S TEAM 3rd IN THE 0/50'S. FOUR MEMBERS RAN WITH THE HANDICAPPED CHILDREN FROM CHROMHURST SCHOOL.

MAYBE OUR EFFORTS INSPIRED DEEK, AS HE TOOK OUT THE GOLD MEDAL IN THE MARATHON AT THE WORLD CHAMPIONSHIP IN HELSINKI A WEEK LATER.

THE 12th SAW A NUMBER ATTEND A THEATRE PARTY ORGANISED BY BRISCOE-SIEPEN ENTERPRISES TO ST. GEORGE LEAGUES CLUB TO SEE "JESUS CHRIST SUPERSTAR".

ON THE 16th WE HELD OUR OWN WOODSTOCK PRESENTATION WHEN ELEANOR, STEVE AND DAVID RECEIVED THEIR TROPHIES AS WINNERS OF WOODSTOCK'S CITY TO SURF TEAMS.

SANDRA, AND DAUGHTER, RENE HAD A GOOD RUN WITH US ON THE 23rd, AS DID ANNA ON THE 25th.

THE AUBURN HOSPITAL RUN ON THE 21st WAS A MOST REWARDING ONE FOR WOODSTOCK, WITH ROBYN - 1st LADY AND TEAMING WITH JOY, CHRIS AND KERRY TO TAKE OUT THE LADIES' TEAM PRIZE AND DEREK - 1st IN HIS AGE CATEGORY.

OUR 3rd BIRTHDAY WAS CELEBRATED ON FRIDAY 26th AT HAVESOME WHOLESOME, ORGANISED ONCE AGAIN BY CHRIS. TWENTY-SIX OF US ENJOYED THE SUPERB FOOD AND A BIRTHDAY CAKE.

ON THE 28th, ELEANOR WON THE COLLEGE TO COAST RUN IN WOLLONGONG AND DOROTHY RAN HER SECOND MARATHON IN THE CITIES 42.2k.

SEPTEMBER

THIS WAS THE MONTH OF THE GREAT EXODUS FROM SYDNEY. ROBYN, CHRIS AND STEVE DEPARTED ON THE 1st FOR MELBOURNE AND ITS SUPERUN. UNFORTUNATELY STEVE, WHO HAS BEEN PLAGUED BY INJURY THIS YEAR WAS A NON-COMPETITOR, BUT ROBYN AND CHRIS RAN EXCELLENT TIMES IN APPALLING WEATHER CONDITIONS i.e., HAIL AND GALES.

ELEANOR ALSO TRAVELLED TO VICTORIA AND WON THE TRAVEL INDUSTRY 10k THERE ON THE 18th.

FUN RUNS OUT OF SYDNEY ATTRACTED JOY AND IAN TO COORANBONG AND BATHURST AND KERRY TO BOWRAL.

WE WISHED NOEL WATSFORD A SPEEDY RECOVERY AFTER HIS UNFORTUNATE ACCIDENT ON THE BIKE.

OCTOBER

A TURRAMURRA TROTTER AND RIVER RUNNER, BRUCE HARRISON CAME ALONG FOR THE FIRST TIME ON THE 4th AND HOPES SOON TO RUN FROM HOME i.e., RYDE, TO WOODSTOCK FOR OUR RUN, BRUCE HAS INVITED US TO THE RIVER RUNNERS' CHRISTMAS RUN IN LANE COVER RIVER PARK.

CHRIS AND KERRY PICKED UP CATHY ANDERSON AND GARY FOR THEIR FIRST RUN ON THE 6th AND THEY ARE LOOKING FORWARD TO THEIR RUN EACH THURSDAY.

THE ATTRACTION DOWN SOUTH CONTINUED WHEN DOROTHY AND MICK BAYLES RAN THE BIG M MARATHON. BOTH COVERING THE DISTANCE IN PB's.

ROBERT DAWKING WAS MOST APPRECIATIVE OF MICHAEL DONNELLY'S ASSISTANCE DURING THE WOLLONGONG TO SYDNEY 84km RUN. ROBERT ARRIVED AT SYDNEY TOWN HALL IN 7 HRS. 19 MINS 53 SECS AND WOODSTOCK WAS PLEASED TO SPONSOR HIM AND ASSIST DR. BARNADO'S HOMES.



TO HELP THE TREASURY, JOY ORGANISED A RAFFLE WHICH WAS DRAWN ON THE 18th. WE NOW HAVE A BUILDING SOCIETY ACCOUNT - THANKS JOY.

ON THE 20th WE WELCOMED OUR OLDEST MEMBER, 69 YR OLD BOB BURFORD - SPRINT COACH OF BALMAIN LEAGUES CLUB AND A FINE EXPONENT OF SPORT. BOB INTRODUCED TERRY AND 12 YR OLD PATRICK HUDSON TO US ON THE 25th. WE WERE ALSO JOINED ON THAT DAY BY ANDREA RODRICKS AND JIM BURNS.

IT WAS MICK'S MINI MARATHON ON THE 22nd WITH A 10k RUN AROUND LIDCOMBE, PRIZES AND ALL, FOLLOWED BY A BARBECUE.

ELEANOR FLEW FAR AFIELD TO CONTEST THE TRAVEL INDUSTRY 10k IN CHRISTCHURCH N.Z. ON THE 30th. ONCE AGAIN SHE WAS SUCCESSFUL BEING FIRST LADY ACROSS THE LINE.

NOVEMBER

TUESDAY 1st SAW US TURN OVER A NEW LEAF AND COMMENCE OUR RUN AT 6pm PRECISELY - JOY AND IAN WON'T BE LATE AGAIN. PHIL CLARKE, SURE TO BREAK 3 HRS IN '84 FOR THE MARATHON, JOHN EVENETT, A SYDNEY STRIDER, BRIAN AND CRAIG ALL RAN WITH US ON THIS MELBOURNE CUP DAY, WITH DAY-LIGHT SAVING CONTRIBUTING SO MUCH TO OUR RUN.

THIS WEEK SAW DOROTHY & DEREK AS WELL AS OUR MIXED TEAM OF CHRIS, STEVE AND ELEANOR RECEIVE THEIR MEDALS FOR THE CITY TO SURF AT THE PRESENTATION CEREMONY.

SHARON BUTLER, A PHYSIOTHERAPIST FROM THE LEWISHAM SPORTS INSTITUTE, WAS WELCOMED ON THE 8th - AM SURE YOUR EXPERTISE WILL BE MUCH SOUGHT AFTER AT TIMES, SHARON. A WEEK LATER SHARON INTRODUCED HER FRIENDS SUE TREMONT AND JOHN WEBSTER.

FISHERS GHOST 12k RUN ON THE 13th BROUGHT OUT THE BEST IN WOODSTOCK RUNNERS WITH ELEANOR 1ST, ROBYN 2ND AND DOROTHY 3RD IN THEIR AGE CATEGORIES, AND THE LADIES TEAM INCLUDING THE ABOVE THREE AND ROBYN TAKING OUT THE TEAM PRIZE. PRESENTATIONS WERE MADE ON WEDNESDAY 16TH.

WHAT A FINALE TO WOODSTOCK RUNNERS' YEAR OF FUN RUNNING - THE BLACKHEATH RHODODENDRON FESTIVAL 12K RUN ON SUNDAY THE 20TH, AND THE WORLD CERTAINLY NOW KNOWS WOODSTOCK RUNNERS. 13 OF US BROUGHT HOME FROM THE MOUNTAINS A GREAT DEAL MORE THAN WE TOOK. INDIVIDUALLY, ELLE WAS 2ND LADY OUTRIGHT, JOY, DOROTHY AND DEREK WON THEIR AGE CATEGORIES AND THE MIXED TEAM OF ROBYN, ELLE, CHRIS AND BARRY, AS

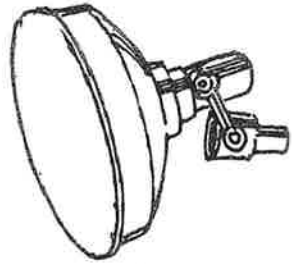
WELL AS THE LADIES TEAM OF JOY, CHRIS MORAN, JUDY YOUNIE AND KERRY TOOK OUT BOTH THOSE TEAM SECTIONS. CHRIS WAS NOT LONG ON THE ROAD, BUT MADE UP THE TIME ON THE MIC. AND TO ADD TO THE GOODIES, ROB, NORM AND CHRIS WON LUCKY DRAW PRIZES.



WARNING

WOODSTOCK RUNNERS IN FULL UNIFORM ARE HEREBY WARNED OF THE DANGER OF STANDING (WOOD)STOCK STILL IN PUBLIC PARKS, STREETS OR OTHER OPEN-AIR LOCATIONS FREQUENTED BY CANINE JOGGERS. DON'T FORGET YOU HAVE A TREE ON YOU - BACK AND FRONT!.

"SPOTLIGHT ON"



OUTSTANDING RUNNING EVENTS OF 1983

WORLD RECORD BY GRETE WAITZ IN LONDON MARATHON, APRIL 18TH, BROKEN BY JOAN BEROIT IN BOSTON MARATON, APRIL 19TH - WAS BOSTON SHORT? - APPARENTLY YES, BUT ONLY 2 METRES, (WITHIN THE ALLOWABLE MARGIN OF ERROR) WORLD RECORD NOW 2 HRS 2 MINS 43 SECS.

WORLD RECORDS SET ON THE TRACK IN BOTH WOMEN'S AND MEN'S 100 METRES BY EVELYN ASHFORD AND CALVIN SMITH.

WORLD CHAMPIONSHIPS IN HELSINKI GAVE SOME GREAT PERFORMANCES. ONE OF THE BEST (AND WE'RE NOT BIASED) WAS DEEK'S GOLD MEDAL IN THE TIME OF 2.10.03.

HIS WIN IN ROTTERDAM ON APRIL 9 IN 2.08.37 WAS ONLY 24 SECS OUTSIDE THE WORLD BEST. GOOD LUCK IN L.A. ROB.

HOW COULD ONE OVERLOOK CLIFF YOUNG'S AMAZING SYDNEY TO MELBOURNE RUN, AND RON GRANT'S RUN AROUND AUSTRALIA - 13,383KMS IN 217 DAYS (14 PR. SHOES IN 7 MONTHS).



- 10 -

A 1983 LOOK AT OUR 'OLD' MEMBERS

STEVE:

COMMENCED THE YEAR WITH SUNDAY LONG RUNS, BUT WAS TROUBLED BY MANY INJURIES. ATTENDED TECH DURING THE YEAR, FOUNDED BRISCOE-SIEPEN ENTERPRISES, 2ND CITY TO SURF MIXED TEAM, 13 FUN RUNS - TOP PERFORMANCE PENRITH 11KM - 37.10. A GREAT SUPPORT TO ROBYN AND CHRIS AND ALL AT WOODSTOCK.

MICK:

VERSATILE MR BAYLES - A DOUBLE MARATHONER, (3HRS 31MINS BIG M), FUN RUN ORGANISER, SUPPLIER OF GOOD FLOUR, WESTERN DISTRICTS JOGGER, BLACKHEATH MEN'S TEAM CAPTAIN, PHOTOGRAPHER, 20 FUN RUNS - TOP EFFORT AT GEORGES RIVER 9.3KM - 38.45.

MIKE:

TWO TIME MARATHONER (BEST - AUST. 3HRS 13MINS) REGULARLY SEEN AT THE LAKE AND THE STRIDERS, 12 FUN RUNS, LOVES GREAT NOSH, BUT BEST RUNS SUTHERLAND TO SURF 11KM - 46.36 AND TOYOTA FUND RUN 12KM - 50.41

Sydney Striders



TONY (MURPHY):

MARRIED VIRGINIA IN MARCH AND RUNNING IMPROVED, 13 FUN RUNS - A GREAT ONE IN THE MANLY DAILY GIANT JOG 6KM - 20.18. HOPE WE DON'T LOSE THE TWO MURFS TO THE CENTRAL COAST.

ROBYN:

A DISAPPOINTING START TO THE YEAR, BUT FOLLOWING A BREAK, CAME BACK WITH A VENGEANCE - AN INSPIRATION TO US ALL. TOYOTA FUND RUN 12KM, 3RD OUTRIGHT, 2,800 ENTRIES, IN 48.35 WAS ONE OF ROB'S BEST, ALSO 3 AGE CATEGORY PRIZES AT LIVERPOOL, GALSTON AND FISHERS GHOST.

CHRIS:

OUR ENTHUSIASTIC, GET-UP-AND-GO ORGANISER AND CO-FOUNDER OF BRISCOE-SIEPEN ENTERPRISES AND SPEECH MAKER. A TOP YEAR FOR A TOP GUY WITH 27 RUNS - A BEST ON PAPER 31.31 FOR 10KM AT HELENSBURGH, WITH TEAM PLACES IN HEART FUN RUN, CITY TO SURF AND BLACKHEATH. THANKS SPRINT COACH! - IT WORKS WONDERS.

DOROTHY:

A VERY CONSISTENT PERFORMER, 3 MARATHONS (BEST BIG M 3HRS 18MINS), 29 RUNS - 11KM AT PENRITH IN 42.58 HER BEST, 8 OUTRIGHT PLACINGS, 9 AGE CATEGORY AWARDS, OVERALL WINNER ALF LAKIN SERIES. MEMBER W.D.J.H. AND SYDNEY STRIDERS.

ELEANOR:

HOSPITALISATION EARLY IN THE YEAR, THEN ELLE MADE UP FOR LOST TIME - 3HRS 17MINS IN AUST. MARATHON, 30 RUNS ALTOGETHER. BEST RUN AT HELENSBURGH 10KM - 34.21, 16 OUTRIGHT PLACES, INCLUDING 6 FIRSTS (1 IN MELBOURNE, 1 IN N.Z.), 4 AGE CATEGORY PRIZES AND SUCCESSFUL TEAM MEMBER. A REGULAR RUNNER WITH TALAYS - WEDNESDAYS.



DERRICK:

1983 WAS A GREAT YEAR FOR A YOUNG LADY, COLLEEN KENYON, THANKS TO DERRICK. HE STILL MANAGED 3 MARATHONS (NIKE HIS BEST 3HRS 39MINS) AND WAS OUR TOP FUN RUNNER WITH 35 RUNS, MUDGEE 10KM IN 40.59 HIS BEST. A MEMBER OF STRIDERS AND ON THE COMMITTEE OF W.D.J.H. AND R.R.A.



JOHN (CHANDLER):

FIRST MARATHON - THE AUST. 4HRS 28MINS, THEN SUSTAINED AN INJURY. A MEMBER OF WESTERN DISTRICTS JOGGERS.

KERRY:

2 MARATHONS - BEST 3HRS 46MINS IN AUST. MARATHON. A MEMBER OF W.D.J.H., R.R.A. AND THE STRIDERS, 21 RUNS - BEST HABERFIELD ROWING CLUB 7KM IN 32.0.



BARRY:

HARD TRAINER AND IT PAYS OFF WITH EXCELLENT RESULTS IN ROAD AND TRACK.



HAS ACHIEVED SUCCESS WITH THE SYDNEY MARATHON CLINIC, 2 MARATHONS (AUST. - BEST 2HRS 49MINS), 33 FUN RUNS, SO CONSISTENT, DIFFICULT TO CHOOSE BEST AS IN 7 RUNS BARRY ACHIEVED HIS P.B. OF 3.4 MINS/KM. 3RD OUTRIGHT AT WAHROONGA - A MIGHTY EFFORT.

QUOTABLE QUOTE

"THE SECRET OF A LONG LIFE IS PRESERVED PEARS AND JOGGING".

CLIFF YOUNG
APRIL 27th.

FUN RUN STATISTICS OF SOME "NEW" MEMBERS

GARY:

TWO MARATHONS, 16 FUN RUNS - BEST HABERFIELD
ROWING CLUB 7KM - 25.20.

NORMAN:

ELEVEN FUN RUNS - BEST SOUTH STRATHFIELD
INTERACT 7.7KM - 30.45.

JOY:

FIFTEEN FUN RUNS - BEST BANKSTOWN 12.5KM -
54.07.

IAN:

FIFTEEN FUN RUNS - BEST BANKSTOWN 12.5KM -
51.40.

TRUDY:

FOUR FUN RUNS - BEST RANDWICK HALF MARATHON
128.00.

DEREK:

THREE MARATHONS, 10 FUN RUNS, PLUS MANY VETERAN
CHAMPIONSHIPS. BEST FUN RUN AUBURN HOSPITAL 8KM
32.01.

JOHN (JESSUP):

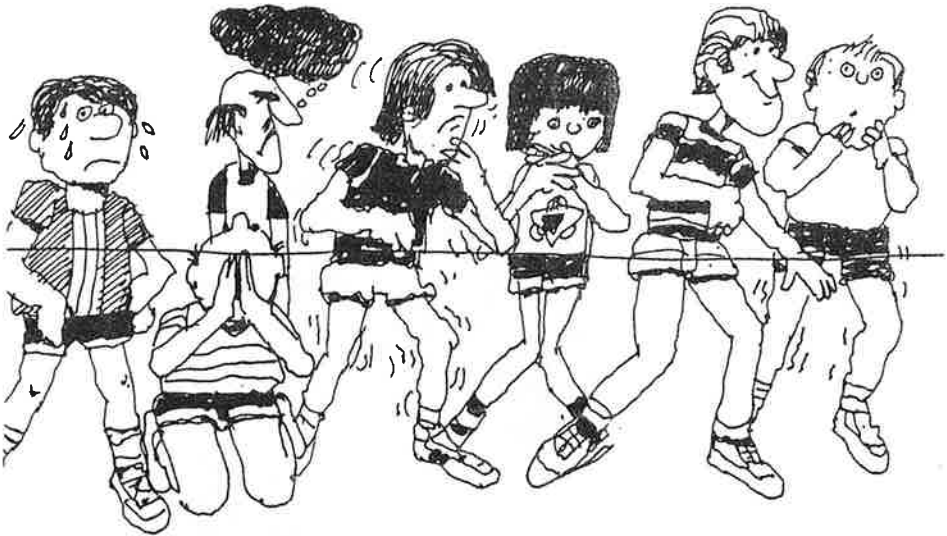
SIX FUN RUNS - BEST SUTHERLAND TO SURF 11KM -
45.32.

TERRY:

TWO MARATHONS, GOOD RUN IN CITY TO SURF 14KM -
60.15.

ALAN:

TWO MARATHONS, 2 x 32KM EVENTS.



be relaxed at the start.....

DID YOU KNOW?

WOODSTOCK RUNNERS COMPETED IN 98 FUN RUNS IN 1983. WITH THE NEPEAN TRIATHLON AND ONE CHRISTMAS RUN WE WILL MAKE 100.

THERE WERE 360 ENTRANTS IN THE 98 RUNS. BIGGEST REPRESENTATIONS WERE CITY TO SURF (20), SUTHERLAND TO SURF (15), AUSTRALIAN MARATHON (13), HARBOUR BRIDGE RELAY (13) AND BLACKHEATH (12).



"A BALLAD OF BURWOOD"

UNDER THE SPREADING WOODSTOCK TREE
THE WOODSTOCK RUNNERS MEET,
READY TO RUN IN WINTER'S CHILL
OR SUMMER'S SEARING HEAT.

AT SIX O'CLOCK IN DARK OR LIGHT
OR EVENINGS TWILIGHT GLOW,
THEY MUSTER IN THEIR RUNNING GEAR
AND WHITHER DO THEY GO?

NORTHWARDS FROM BURWOOD'S PLEASANT STREETS
THEY SOMETIMES WEND THEIR WAY,
'CROSS PARRAMATTA'S TEEMING ROAD,
THROUGH CONCORD, - THAT'S TEN 'K'

OR SOUTH, TO WHERE COOKS RIVER WINDS,
AT LOW TIDE, DOES IT STINK!
IF CAPTAIN COOK COULD SEE US PASS
I WONDER WHAT HE'D THINK!

TO SEE US AT OUR VERY BEST
(I DO NOT MEAN TO BOAST)
SPECTATE AT BONDI, LA PEROUSE,
AUBURN OR FISHER'S GHOST.

WOODSTOCKERS RUN 'GAINST COURSE AND CLOCK
ON STRAIGHTS AND HILLS AND BENDS,
ENJOYING RUNNING COMPANY,
THAT'S WHY THEY'RE ALWAYS FRIENDS!

DEREK WHITE.....

SILENT INSPIRATIONS

I AM NOT GOING TO WRITE ABOUT ANY ONE PERSON IN PARTICULAR. I JUST WANT PEOPLE TO BE MORE AWARE OF THE QUIET INSPIRERS IN RUNNING. I DON'T MEAN THE ROBERT DE CASTELLAS, OR THE CLIFF YOUNGS; EVEN THOUGH THESE TWO PEOPLE ARE EXCELLENT INSPIRATIONS IN THEMSELVES.

NO, I MEAN THOSE PEOPLE WHO GO UNNOTICED AND ARE NEVER RECOGNISED PUBLICLY. THE PEOPLE WHO PARTICIPATE IN FUN RUNS WITH PHYSICAL HANDICAPS, DISEASES, OR THOSE WHO COME IN NEAR THE END. THESE ARE THE PEOPLE WHO SHOULD BE PATTED ON THE BACK. HERE WE ARE ALWAYS COMPLAINING ABOUT ONE INJURY OR ANOTHER, OR DEPRESSED OVER A POOR TIME. DO WE EVER STOP TO THINK HOW LUCKY WE ARE TO HAVE TWO GOOD LEGS TO RUN ON? REGARDLESS OF HOW WE RUN, WE SHOULD JUST BE GRATEFUL TO BE ABLE TO RUN. HOW MANY TIMES DO WE SEE THOSE PEOPLE IN WHEELCHAIRS BATTLING HILLS THAT ARE LIKE MOUNTAINS FOR US, AND WE HAVE THE ADDED ADVANTAGE OF TWO HEALTHY LEGS!

THESE PEOPLE HAVE COME TO TERMS WITH THEIR PHYSICAL DISABILITY AND ARE NOW MAKING THE BEST OF WHAT THEY HAVE LEFT. ONE INJURY, OR BAD TIME, FOR A RUNNER AND HE THINKS IT IS THE END OF THE WORLD. NEXT TIME THINK OF THAT GUY WITH NO LEGS COMPETING IN THE SAME RACE AS YOU.

NOT ONLY DO WE HAVE TO ADMIRE THE WHEELCHAIR ATHLETES, BUT ALSO THOSE PEOPLE WHO COMPETE IN FUN RUNS AND COME LAST, OR NEAR THE END. TO US THIS WOULD BE SO DEMORALISING. YET, THESE PEOPLE FINISH IN THIS POSITION, OFTEN WITH SMILES ON THEIR FACES. HOW OFTEN DO WE FINISH WITH A SMILE? THEY KNOW THE TRUE MEANING OF FUN RUN. JUST REMEMBER IT IS TWICE AS HARD OFTEN FOR THESE PEOPLE THAN IT IS FOR US. THEY ARE OUT THERE ON THEIR FEET TWICE, OR THREE TIMES AS LONG AS WE ARE.

THE OTHER CATEGORY OF PEOPLE WHO QUIETLY INSPIRE US ARE THOSE PEOPLE WHO ARE FIGHTING FOR LIFE. THOSE WHO ARE SUFFERING FROM PHYSICAL DISEASES. NOT ONLY ARE THEY COMBATING AND COMPETING FOR GOOD TIMES, THEY ARE ALSO COMBATING AND COMPETING FOR LIFE. WHEN YOU SEE THESE PEOPLE RUNNING IT MAKES YOU STOP AND THINK THAT AT LEAST YOU CAN ALWAYS RUN A BETTER TIME NEXT YEAR; WHEREAS THESE PEOPLE DON'T KNOW IF THEY WILL BE AROUND TO COMPETE NEXT YEAR.

FINALLY, THE LAST GROUP OF PEOPLE TO INSPIRE ARE NOT THOSE THAT RUN, BUT THOSE WHO SUPPORT US, THE ONES WHO ENCOURAGE US AND SHOW THEIR INTEREST. WHETHER IT BE SPECTATORS, FRIENDS, OR FAMILY, THEY MAKE US FEEL IT IS ALL WORTHWHILE.

THESE FOUR GROUPS ARE THE SILENT INSPIRATIONS IN RUNNING. THEY ARE UNNOTICED BY THE MEDIA, YET THEY ARE OFTEN MORE INSPIRING THAN OUR NATIONAL HEROES.

ROBYN NASH

RECIPE FOR
"TWO OF A KIND"

TAKE TWO STUBBORN LADIES
HIGHLY COMPETITIVE
WHO ONLY HEAR WHAT THEY WANT TO HEAR FROM THEIR,
IN ONE CASE FORMER, IN THE OTHER CASE CURRENT
TRAINING PARTNER.
BOTH WHO HATE SPEED WORK.
AND BOTH FROM WHOM IT'S OFTEN HARD TO GET A SMILE
OUT OF WHEN WEDNESDAY MID-WEEK WORK BLUES AND
TIREDNESS TAKE THEIR TOLL.

AND YOU GET

TWO LADIES WHO FOUGHT BACK IN 1983 - ONE FROM A
SERIOUS LEG OPERATION; THE OTHER FROM A PSYCH-
OLOGICAL AND PHYSICAL FORM SLUMP AMIDST WORK AND
EMOTIONAL PRESSURES.
TWO LADIES EACH WITH AN IRON WILL AND A HEAP OF GUTS
TWO LADIES WHO SUCCEEDED
TWO GREAT LADY RUNNERS
TWO GREAT LADIES.

ROBYN NASH AND ELEANOR CODY

"TWO OF A KIND"

CHRIS WITH LOVE.

IMPRESSIONS OF WOODSTOCK RUNNERS

ONE OF THE BETTER THINGS I HAVE DONE IN MY SPORTING LIFE, WAS TO RING OUR SECRETARY, KERRY BRAY, WITH REGARD TO JOINING THE WOODSTOCK RUNNERS.

I AM MANY YEARS SENIOR TO ALL MEMBERS, BUT IT HASN'T MADE THE SLIGHTEST DIFFERENCE. I HAVE BEEN WARMLY ACCEPTED AND MADE TO FEEL COMPLETELY AT EASE. KINDLY ACCEPT MY DEEP APPRECIATION FOR THIS.

ALSO, I HAVE BEEN IMPRESSED WITH THE QUALITY OF THE RUNNERS, BOTH MALE AND FEMALE, IN THE RANKS. THERE ARE SOME REAL GOERS IN THIS CLUB, CAPABLE OF APPLYING THE ACID TEST TO ALL AND SUNDRY.

BOB BURFORD



"... ONE STEP AHEAD."

"WOLLONGONG TO SYDNEY
THE HARD WAY"

SUNDAY - OCTOBER 16th 1983 5a.m.

THE RUN STARTED IN NEAR PERFECT CONDITIONS, THE AIR WAS STILL AND THE SKY WAS CLEAR. FIVE HOURS LATER, AND A LITTLE FURTHER UP THE ROAD WITH AN EXTREMELY HOT DAY DEVELOPING - UNEXPECTEDLY MICHAEL DONNELLY WAS SEEN PARKING HIS CAR JUST OUTSIDE THE SUTHERLAND SHOPPING CENTRE. MIKE CROSSED THE ROAD AND STARTED RUNNING WITH ME - HE HANDED ME A LARGE PIECE OF WATERMELON, WHICH I THOROUGHLY ENJOYED - BUT MORE THAN THAT HE CONTINUED RUNNING ALONGSIDE ME, ENCOURAGING ME CONTINUALLY TO CARLTON.

IF IT HAD NOT BEEN FOR MIKE PUSHING ME AT THAT REALLY CRUCIAL STAGE I WOULD NOT HAVE FINISHED. HIS EFFORT IN SUPPORTING ME WHEN I WAS FALLING APART WILL NEVER BE FORGOTTEN. I OWE MY FINISHING TO HIM, HE IS A TRUE RUNNING FRIEND, AND A "HELL-OF-A-NICE-BLOKE".

SO, TO MICHAEL, THANK YOU VERY MUCH, FROM THE BOTTOM OF MY FEET - ALSO THANKS FOR GETTING ME THOSE LOVELY COLD, WET TOWELS EVERY COUPLE OF MILES.

VERY GRATEFULLY,

BOB DAWKING

50 MILES
7 HRS. 15 MINS. 23 SECS.
A P.B. TIME.

"HAVE YOU TRIED CUMULEK?" - BY DEREK WHITE

"CUMULEK?" YOU SAY; "WHAT'S THAT? - A NEW RUNNING SOCK? A VIDEO GAME? SLIMMING TABLET? MULTI-VITAMIN PILL? FERTILITY DRUG?" - NO, - IT'S MY NEW VARIATION ON "FARTLEK", - THE SCANDINAVIAN "SPEED PLAY" TYPE OF RUN TRAINING. AS YOU KNOW FARTLEK CONSISTS OF VARYING YOUR SPEED DURING A TRAINING JAUNT TO NO SET PATTERN, - RUNNING HARD FOR A WHILE, THEN WALKING A BIT, JOGGING, SPRINTING, JUMPING, - PERHAPS EVEN A LITTLE HOPPING IF YOU'RE MAD ENOUGH.

"CUMULEK" IS SPECIALLY FOR THOSE DELIGHTFUL DAYS IN OUR KINDLY CLIME WHEN FAIR-WEATHER CLOUDS ARE LAZILY FOLLOWING ONE-ANOTHER ACROSS THE SKY; PARTICULARLY IN THE AFTERNOONS WHEN CONVECTION HAS BUILT THEM UP TO CONSIDERABLE SIZES. AS THEY SLOWLY PASS BEFORE THE SUN THERE IS A DELICIOUSLY COOL INTERVAL WHEN THE BREEZE IS FELT; IF YOU HAVE DONE TEN MILES OR SO, THAT BREEZE IS AS GOOD AS A DRINK OF COOL WINE, - WELL, ALMOST. SO "CUMULEK" IS RUNNING HARD IN THE SHADY PERIODS AND EASING DOWN TO A JOG WHEN THE SUN IS OUT. THIS MINIMISES HEAT LOSS AND STILL PROVIDES A LITTLE VARIETY.

AT NIGHT, IN MOONLIGHT, I SUPPOSE IT'S THE OTHER WAY AROUND; - YOU DO YOUR FAST STUFF WHILE THE MOON IS ILLUMINATING THE GROUND AHEAD. OTHERWISE YOU COULD TRIP OR FALL IN A HOLE.

ANYWAY, TRY "CUMULEK". - ITS COSTS NOTHING, SO SEND YOUR CONTRIBUTIONS TO WOODSTOCK MAGAZINE!.

THE UPS, DOWNS AND UPS OF RUNNING

MY YEAR STARTED OFF WELL, WITH SOME GOOD PERFORMANCES IN THE PLUMPTON AND PENRITH RUNS. HOWEVER AS THE YEAR WORE ON, A SERIES OF NIGGLING INJURIES DEVELOPED. THESE INJURIES BECAME VERY FRUSTRATING AND VISITS TO PODIATRISTS AND CHIROPRACTORS DIDN'T SEEM TO DO MUCH GOOD. A SENSE OF SLIGHT ANXIETY SET IN AS I SAW OTHER WOODSTOCK RUNNERS WHOM I ONCE BEAT BEGIN TO RECORD SOME OUTSTANDING PERFORMANCES. IN AN ATTEMPT TO CATCH UP I WOULD TRY TO PUSH MYSELF IN TRAINING, WHILST IN CONSTANT PAIN. ON REFLECTION THIS WAS SHEER STUPIDITY.

AT THE SAME TIME, ANOTHER WOODSTOCK RUNNER WAS ALSO EXPERIENCING GREAT DISCOMFORT. ROBYN NASH HAD SUNK TO THE DEPTHS OF DEPRESSION WHEN AT THE LAKE GILLAWARNA 10 KM FUN RUN ON 22ND MAY SHE COMPLETED THE COURSE NEAR THE TAIL OF THE FIELD. ON APPROACHING THE FINISH LINE SHE WAS HEARD TO UTTER A FOUR-LETTER WORD, ("SH-T"). AFTER THE RUN IT WAS APPARENT THAT SHE WAS DESPERATELY TRYING TO HOLD BACK THE TEARS OF DISAPPOINTMENT. ROBYN MADE A DECISION THAT DAY TO HAVE A BREAK FROM RUNNING AND CONCENTRATE ON ENJOYING HERSELF, WHILE STILL KEEPING FIT BY GOING TO AEROBICS AND YOGA. THIS RESPITE FROM RUNNING DID ROBYN THE WORLD OF GOOD, GIVING HER TIME TO THINK ABOUT WHAT APPROACH SHE SHOULD TAKE. SHE OPTED FOR A VARIED TRAINING REGIME (QUALITY NOT QUANTITY) INCLUDING OTHER ACTIVITIES - SQUASH, AEROBICS, YOGA, NETBALL. ABOVE ALL ELSE SHE WANTED TO ENJOY RUNNING AND FOR THE FIRST TIME IN 1983 BEGAN "RUNNING FOR HERSELF".

THE REST IS HISTORY - ROBYN'S RETURN TO RACING HAS BEEN NOTHING SHORT OF AMAZING. THE RECORD READS - AUBURN DISTRICT HOSPITAL 8 KM, 1st OUTRIGHT; SUN SUPERUN MELBOURNE 17.5 KM, AN IMPROVEMENT OF 7 MINUTES

ON THE PREVIOUS YEAR; LIVERPOOL HOSPITAL 10 KM, 1ST IN AGE CATEGORY (PERSONAL BEST TIME): GALSTON GALLOP 8.1 KM, 1ST IN AGE CATEGORY; TOYOTA FUND RUN 12 KM, 3RD OUTRIGHT.

THE TRANSFORMATION IN ROBYN'S RUNNING OVER THE PAST FEW MONTHS HAS NOT COME WITHOUT A GREAT DEAL OF DEDICATION. CHRIS AND I WERE FORTUNATE ENOUGH TO WITNESS A PART OF THIS DEDICATION WHILST IN MELBOURNE. ON ONE OCCASION AFTER ARRIVING AT OUR MOTEL VERY EARLY ONE MORNING FOLLOWING A NIGHT OUT, ROBYN, BEFORE RETIRING WENT THROUGH A TORTUROUS EXERCISE SESSION. WE COULD ONLY WATCH WITH AMAZEMENT.

THE INSPIRATION, ADVICE AND ENCOURAGEMENT ROBYN HAS SHOWN ME IS GREATLY APPRECIATED.

THANKS COACH.

HERE'S TO YOUR CONTINUED SUCCESS.

YOU DESERVE IT.

STEVE.

FINDING WOODSTOCK

AFTER READING A PLUG BY FRANK McCAFFERY IN FUN RUNNER IN EARLY 1981, IN WHICH HE MENTIONED A RUNNING GROUP AT WOODSTOCK COMMUNITY CENTRE, BURWOOD, I MADE A PHONE CALL. MELEANIE, AT WOODSTOCK, TOLD ME THAT A LARGE GROUP MEETS EVERY TUESDAY AND THURSDAY NIGHT WITH DIFFERENT STANDARDS STARTING AT VARYING TIMES.

ONE TUESDAY NIGHT IN FEBRUARY, 1981, I WENT ALONG AND FOUND THE "LARGE GROUP" CONSISTED OF SYLVIA AND NOEL WATSFORD AND KERRY BRAY. I JOINED THEM FOR THE GRUELLING 1.7KM COURSE. STEVE BRISCOE REJOINED THE GROUP AND ROHAN BRAY WAS RUNNING OCCASIONALLY.

WITH TIME, THE GROUP GOT BIGGER, THE COURSES BECAME LONGER AND THE ACHIEVEMENTS GREW UNTIL OUR ULTIMATE TRIUMPH AT BLACKHEATH. HOWEVER, THE FRIENDLINESS AND WARM WELCOME TO NEWCOMERS OF ALL STANDARDS HAS REMAINED. IT IS AS MUCH A SOCIAL GET-TOGETHER AS A RUNNING GROUP.

NO MATTER HOW MUCH A BEGINNER YOU ARE, YOU WILL NOT SEE THE GROUP DISAPPEAR IN A CLOUD OF DUST LIKE STARTLED RABBITS AFTER FARMER JONES HAS FIRED THE GUN. IT IS GOOD TO TRAIN TOGETHER RATHER THAN ON YOUR OWN AND TO SHARE EXPERIENCES. WOODSTOCK IS A TRUE FUN RUN TRAINING GROUP AND MANY THANKS TO ALL THE PEOPLE WHO MAKE IT THAT WAY.

MICK BAYLES



"HOW COULD YOU RUN A MARATHON WITHOUT BEING A
WOODSTOCK RUNNER".

IT IS SEPTEMBER '82 AND I DECIDE TO TRY A MARATHON.
ALMOST EMBARRASSINGLY I MENTION MY AMBITION ONE
NIGHT AT WOODSTOCK - NOBODY LAUGHS, EVERYONE IS
INTERESTED, ENTHUSIASTIC AND OFFERS OF TRAINING
PARTNERS ARE IMMEDIATE.

EARLY '83 STEVE AND CHRIS ORGANISE THE FIRST REGULAR
LONG RUNS EACH SUNDAY MORNING COMMENCING AT THE
BAY AND TAKING US THROUGH A PEACEFUL CITY CENTRE,
ACROSS THE BRIDGE, THROUGH THE GARDENS ETC. THE
RUNS ARE HARD AND HOT, BUT IT'S SO MUCH EASIER
WITH FRIENDS.

AFTER A DEMANDING DAY WITH HER YEAR ONE, ROBYN
DRIVES DOWN FROM CARLINGFORD ON WEDNESDAYS TO DO
THE MID-WEEK 20K. MOST OF THE GROUND IN DRUMMOYNE,
FIVE DOCK, CABARITA AND CONCORD IS COVERED, AS
SOME WEEKS WE ARE JOINED BY MICK AND DERRICK.

THE COMPETITION EACH HANDICAP DAY AT THE LAKE IS
FIERCE, AS ONE ENDEAVOURS TO STAY AHEAD OF
DOROTHY, GARY, MIKE, DERRICK, MIKE AND JOHN.
THE ENCOURAGEMENT EACH TUESDAY AND THURSDAY IS
UNIQUE, WHEN ONE IS CALLED "CHAMP" (EVEN THOUGH
ONE IS NOT), OR "COULDN'T CATCH YOU ON THE LAST
HILL" (AND THEY COULD HAVE, REALLY), "HOW WAS THE
STRIDERS RUN ON SUNDAY?".

TRACK-WORK -OH! SO HARD BUT SO NECESSARY, IS MADE
ALMOST ENJOYABLE BY MIKE'S FIRSTLY, THEN CHRIS'
ENTHUSIASM— ELLE, OUR ONLY MARATHONER AT THIS
TIME, ALWAYS WILLING TO SHARE HER EXPERIENCES.

IT IS 6.50AM SATURDAY, OR 5.00AM SUNDAY, DERRICK OR MIKE ARRIVE WITH A LIFT TO THE LAKE OR A STRIDERS VENUE. AT FREQUENT INTERVALS, ENCOURAGING PHONE CALLS COME THROUGH VIA DUBBO FROM MAUREEN AND GREG.

MOTHERS' DAY AND THE STATE MARATHON - LET'S GIVE IT A GO. ALL IS WELL, UNTIL FATIGUE SETS IN AROUND 36K. 42.2K IS A LONG WAY OFF, UNTIL MIKE APPEARS AROUND 41K - "IF YOU LIFT YOUR PACE, YOU'LL BREAK 4 HRS" - AN INSTANT INJECTION OF ENERGY AND THE LINE APPEARS MIRACULOUSLY IN 3 HRS 58 MINS.

PAUL AND THE CHILDREN (NEARLY WOODSTOCK RUNNERS) WHILE FINDING A MARATHONER IN THE FAMILY SOMEWHAT TRYING AT TIMES, PUT THAT ASIDE SO GENEROUSLY AND OFFER SUPPORT, REINFORCEMENT AND ENCOURAGEMENT.

JUNE 12TH AND ALL KNOW BY NOW WHAT A REWARDING DAY THIS IS. A GREAT RUN IN DERRICK'S COMPANY, A MOST PLEASING TIME AND LOTS OF CONGRATS, BUT THE FINALE IS NOT THE FINISH LINE, FOR IN CENTENNIAL PARK, SURROUNDED BY THE WOODSTOCK SPIRIT, A DELICIOUS CELEBRATION CAKE ARRIVES FOR US. WHAT A MAGNIFICENT GESTURE!

"HOW COULD YOU RUN A MARATHON WITHOUT BEING A WOODSTOCK RUNNER?".

THANKS EVERYONE!

KERRY.



"ALL'S WELL THAT ENDS WELL"

AS THE MASSES OF RUNNERS WAITED, HUNDREDS OF BALLOONS WERE RELEASED AND A HUGE CHEER WENT UP. I COULDN'T TELL WHAT WAS HAPPENING AS I DIDN'T HEAR ANY WHISTLE OR GUN. THE RUNNERS VERY SLOWLY BEGAN TO CLOSE RANKS, OR SO I THOUGHT. THEN THE SLOW WALK TURNED INTO A SHUFFLE AND, BEHOLD! I CROSSED THE STARTING LINE. THE "BIG M" WAS REALLY ON. A MINUTE AND THIRTY SECONDS AFTER WHAT TURNED OUT TO BE THE START, I FINALLY TURNED ON MY WATCH. HOWEVER, DETERMINED NOT TO BE PUT OFF AFTER MONTHS OF PREPARATION, I PUT MY BEST FOOT FORWARD.

I WENT THROUGH THE 5KM MARK IN JUST OVER 25 MINS AND CURSED MYSELF FOR THE SLOW START. I PICKED UP FROM THERE AND WENT THROUGH THE HALF-WAY MARK IN 94 MINS. I FELT MUCH BETTER HAVING A LITTLE TIME UP MY SLEEVE. NUMEROUS LITTLE DIFFICULTIES THAT YOU COME TO EXPECT IN A MARATHON HAD COME AND GONE AND COME BACK AGAIN. MY SOCK HAD BUNCHED UP UNDER THE BALL OF MY RIGHT FOOT AND WAS HURTING ME. THIS HAD NEVER HAPPEND IN 2½ YEARS OF RUNNING, BUT WOULD HAVE TO HAPPEN NOW. MY LEGS STILL FELT STRONG, BUT MY FEET WERE NOW GETTING HOT AND SORE. THE SUN WAS HOT AND HAD BEEN SINCE 3/4 HOUR AFTER THE START. MELBOURNE HAD PUT ON ITS WARMEST, SUNNIEST FACE. I TOOK A DRINK AT EVERY STATION AND I STARTED TO TAKE SPONGES AT EVERY OPPORTUNITY.

THE LAST HALF WAS ONLY A MATTER OF KEEPING GOING LONG AFTER MY POOR TIRED BODY SAID IT DEFINITELY NEEDED A REST. IT WAS HERE THAT THE MANY HOURS OF TRAINING BEGAN TO SHOW THEMSELVES. I WAS ABLE TO KEEP UP A STRONG PACE MUCH LONGER THAN IN PREVIOUS MARATHONS.

EVEN THOUGH I DIDN'T KNOW WHEN I STARTED, I DEFINITELY KNEW WHEN I WAS FINISHED AS I DIDN'T RUN ANY FARTHER THAN THE FINISHING LINE. THE CLOCK READ 3HRS 18MINS 17SECS AND THE FINISHING PHOTO TELLS ALL - SATISFIED EXHAUSTION.

DOROTHY SIEPMANN

GUESS WHO?

"THE 40 METRE STRONG, INNER-WEST'S MOST PRESTIGIOUS ATHLETIC CLUB; INNER-WEST'S LEADING SOCIAL CLUB; LEADING THE WAY" (IN THE CITY TO SURF, THAT IS) ???

ANSWER - WOODSTOCK RUNNERS AS PORTRAYED BY ACE REPORTER, ROBERT CARMODY, IN "SPORTS SHORTS" IN "THE GLEBE" LOCAL PAPER.

WE THANK ROBERT AND "THE GLEBE" AS WELL AS "THE COURIER" FOR THE PUBLICITY THEY HAVE GIVEN US, THUS CONTRIBUTING TO OUR WONDERFUL INCREASE IN MEMBERSHIP.

DERRICK'S THOUGHTS

WHEN I WAS ASKED TO WRITE SOMETHING FOR THE WOODSTOCK CHRISTMAS ANNUAL, MY FIRST THOUGHTS WERE "NOW WHAT OR WHOM DO I WRITE ABOUT?". DO I WRITE ABOUT CHRIS SIEPER, THE ALAN SEALE OF WOODSTOCK, ELEANOR CODY, OUR SOMETIMES SMILING FLYING KIWI, OUR ABSENT-MINDED CHEMIST, WHO DOESN'T KNOW HIS LEFT FOOT FROM HIS RIGHT, OR OUR FAVOURITE TEACHER, THE EFFERVESCENT, BUBBLING, CHARMING, GOOD-LOOKING, AND WHAT'S MORE I LIKE THE GIRL, OF COURSE YOU'VE GUESSED, IT'S ROBYN NASH. BUT NO, THERE'S REALLY ONLY ONE PERSON I COULD WRITE ABOUT, AND THAT'S OUR LEADER AND FOUNDER, MRS. KERRY BRAY. I EXPECT YOU'VE HEARD THAT SONG BY PEGGY LEE "I'M A WOMAN, W-O-M-A-N", I'M SURE THE COMPOSER KNEW AND HAD KERRY IN MIND WHEN WRITING THAT SONG, BECAUSE HERE IS A LADY WHO CAN DO "ANYTHING".

KERRY HAS A FAMILY OF FIVE CHILDREN - 3 BOYS, ROHAN, DAMON AND MARTIN, 2 GIRLS, PETA AND ELLEN, AND OF COURSE BEHIND EVERY GREAT WOMAN THERE'S A MAN, AND A TOP ONE IN KERRY'S CASE, HER HUSBAND, PAUL. ALSO, THERE IS KERRY'S DAD, BILL. SO, IF YOU CAN IMAGINE COOKING, WASHING, IRONING AND CLEANING FOR 8 PEOPLE, PLUS GOING TO WORK, BEING INVOLVED WITH HER CHILDREN'S SPORTS AND SCHOOL ACTIVITIES, THEN ORGANISING MANY THINGS FOR THE WOODSTOCK RUNNERS AND GETTING ARTICLES PUT IN THE LOCAL PAPERS ABOUT OUR GROUP'S ACCOMPLISHMENTS, YOU'LL REALISE WHAT I MEAN WHEN I SAY SHE'S INCREDIBLE.

KERRY FOUNDED WOODSTOCK RUNNERS JUST OVER 3 YEARS AGO AND HAS PROGRESSED FROM RUNNING 3 AND 4 KS TO RUNNING A SUB 4 HR MARATHON THIS YEAR.

KERRY WE ALL THINK YOU'RE MARVELLOUS AND
THANKYOU FOR WHAT WE HAVE AT WOODSTOCK,
A TOP CLUB CONSISTING OF TOP PEOPLE.

YOUR PERSEVERENCE HAS CERTAINLY PAID OFF,
I BELIEVE SOMETIMES, YEARS AGO, YOU ONLY
HAD 3 PEOPLE TURNING UP.

WELL DONE, KERRY, AND FROM ALL OF US

"THANK YOU".

DERRICK.

PS. I WAS ONLY JOKING ABOUT OUR "FLYING KIWI".

HEARD AT 30K IN THE STATE MARATHON WHEN A
SPECTATOR URGED "SHUFFLER" TO SHUFFLE FASTER.

"I'M JUST WARMING UP FOR THE SEMIS"

AND SECONDS LATER TO FELLOW RUNNERS

"GAWD, I HOPE I DON'T MAKE THEM".

RUNNING FREE

SHE STRIDES ALONG
A BURNING WILL
AN INNER QUEST TO SUCCEED
HAIR FLOWING BACK
MIND LOST IN THOUGHT
IN RUNNING SHE IS FREE.

A GLINT IN HER EYES
SAYS THE TIME IS RIGHT
TO GO FOR THE ULTIMATE GOAL.
HER HEART WITHIN -
BURNING BRIGHT
THE LONGING QUEST IN HER SOUL.

FOR SHE RUNS IN FREEDOM,
LARGER THAN LIFE,
HER HOPES AND DREAMS, SO REAL, LIVE ON.
FOR SHE IS LIFE ITSELF,
AN AGELESS TREASURE,
A FLEETING SOUL - TIME WILL NEVER CONTROL.

THANKS EL,

CHRIS.

THE SEVEN KILOMETRE MARATHON

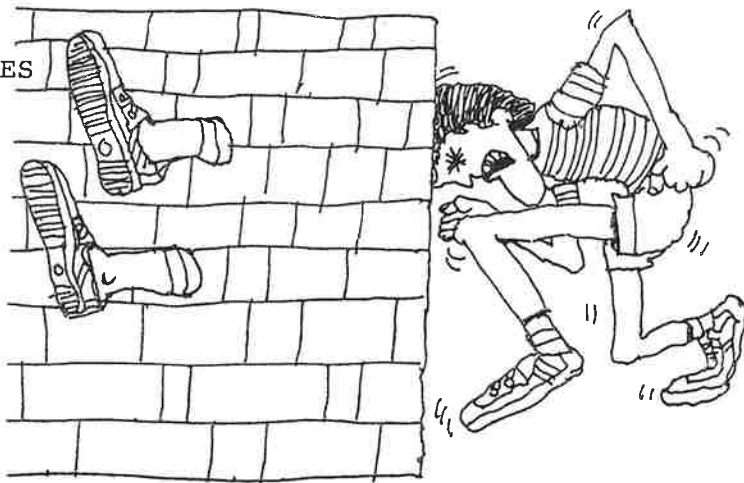
I ONCE HEARD AN EXPERIENCED MARATHON RUNNER SAY THAT A MARATHON IS ONLY 7 KMS LONG, AND HAVING RUN TWO, I WOULD AGREE WITH HIM.

IT CONSISTS OF A 35 KM WARM-UP, FOLLOWED BY "THE LAST SEVEN". THERE IS NONE OF THIS "BLOOD OOZING FROM YOUR FEET", THE FAMOUS "WALL" ETC. WHAT IT IS IS HARD WORK.

AN ACCURATE DESCRIPTION WOULD BE AKIN TO RUNNING A 10 KM FUN RUN ON A FAIRLY FLAT COURSE, WITH A HILL STARTING AT THE 8.5 KM MARK AND CONTINUING UNTIL THE FINISH WITH NO LET UP IN SLOPE.

IT IS WORTH IT AND WILL ALWAYS BE A HIGHLIGHT IN YOUR LIFE. EVEN IF YOU CAN'T WALK PROPERLY FOR THE NEXT FEW DAYS, IT IS AN EXPERIENCE TO ALWAYS LOOK BACK ON WITH SATISFACTION, TO SMILE AND SAY "I HAVE DONE IT".

MICK BAYLES



WOODSTOCK ROMPS IN!

BLACKHEATH WILL NEVER BE THE SAME AGAIN! THIS HAS BEEN DECLARED AFTER THE ANNUAL BLACKHEATH RHODODENDRON FUN RUN HELD ON 20 NOVEMBER 1983. THEY HAVE DISCOVERED WOODSTOCK AND SO HAVE 500 OTHER RUNNERS. NEXT YEAR THERE WILL HAVE TO BE PROVISION MADE FOR SEPARATE WOODSTOCK AWARDS AT THIS FUN RUN.

WOODSTOCK TOOK OUT THE MIXED TEAM AWARD. THEY FACED STIFF COMPETITION IN THE FORM OF BILLY'S BUSHIES. THE MEMBERS OF THIS TEAM WERE CHRIS SIEPEN, BARRY CRISP, ELEANOR CODY AND ROBYN NASH.

THIS WAS ONLY THE BEGINNING OF THE AWARDS. WOODSTOCK THEN PROCEEDED TO TAKE OUT THE WOMEN'S TEAM AWARD. THE MEMBERS WERE KERRY BRAY, JOY HOOD, CHRIS MORAN AND JUDY YOUNIE.

STILL NOT SATISFIED, JOY HOOD CAME FIRST IN HER AGE CATEGORY (30 - 39), DOROTHY SIEPMANN IN HER AGE CATEGORY (40 - 49) AND DEREK WHITE IN HIS AGE CATEGORY.

THIS WAS NOT THE FINISH, CHRIS SIEPEN, NORMAN HAMS AND ROBYN NASH ALL WON LUCKY DRAW PRIZES.

CHRIS BETTERED HIS TIME OF LAST YEAR. I'M SPEAKING ABOUT HIS SPEECH, NOT HIS RUN (IN WHICH HE DID BETTER ANYHOW, AND DID AN EXCELLENT TIME AS WELL).

NEXT YEAR THE BLACKHEATH ORGANISERS HAVE ARRANGED TO GIVE CHRIS HIS OWN ALLOTTED TIME TO HAVE HIS SAY ABOUT RECOMMENDATIONS FOR NEXT YEAR'S RUN, RACE CONDITIONS, WESTPAC, SPONSORSHIP, ETC.

SERIOUSLY THOUGH, WOODSTOCK DID FANTASTICALLY WELL AT BLACKHEATH. IT IS NOW GETTING THE REPUTATION IT DESERVES THROUGH THE TALENTS OF ITS MANY RUNNERS. NOT ONLY IS IT EARNING A REPUTATION FOR TALENTED RUNNERS BUT IN ADDITION IS A CLUB OF LOVELY, FRIENDLY AND SUPPORTIVE PEOPLE. GOOD ON YOU WOODSTOCK! YOU DESERVE A PAT ON THE BACK.

P.S. LAST SEEN CHRIS SIEPEN PREPARING HIS BLACKHEATH SPEECH FOR NEXT YEAR.

P.P.S. RUMOURS HAVE IT THAT WOODSTOCK ARE SENDING UP A TRUCK FOR THE 1984 BLACKHEATH FUN RUN. COULD THIS BE WHAT YOU CALL 'OVERCONFIDENT'!

P.P.P.S. IS IT TRUE THAT BOB TALAY IS SENDING A SPY TO RUN WITH WOODSTOCK?

ROBYN NASH

"RUNNING WATER" - MY STRANGEST START BY DEREK WHITE

IN THE LATER 1970'S HAVING A FEW YEARS OF FUN RUNNING EXPERIENCE, I WENT DOWN ONE SUNNY SUNDAY MORNING TO PRINCE OF WALES HOSPITAL AT RANDWICK. THE EVENT WAS THE RELATIVELY SMALL "HOSPITALS" FUN RUN FROM PRINCE OF WALES TO PRINCE HENRY. AS USUAL, I ARRIVED IN GOOD TIME AND WITH ABOUT TEN MINUTES OR SO TO START TIME, I WAS WARMED UP AND IN EVERY WAY READY, - EXCEPT..... YES, I HAD PLENTY OF TIME TO RID MYSELF OF EXCESS LIQUID. I INQUIRED ABOUT THE NEAREST MEN'S CONVENIENCE AND WAS DIRECTED AROUND THE CORNER OF A BRICK BUILDING. I COULD NOT OPEN THE NEAREST DOOR AND HAD TO GO FARTHER DOWN BUT IN A MINUTE OR SO I WAS IN THE LITTLE ROOM, OBEYING NATURE'S CALL AND WONDERING HOW I WOULD GET THROUGH THE INEVITABLE CRUSH AT THE NARROW GATEWAY TO BARKER STREET. AT THAT MOMENT, - BANG ! - NO, IT WAS NOT THE TOILET SEAT FALLING LIKE A GUILLOTINE, - IT WAS THE GUN!. I LOOKED AT MY WATCH, - FOUR OR FIVE MINUTES TO START TIME. I COULD NOT TRUST IT TO BE A PRACTICE FIRING; I SHOT OUT OF THAT LAVATORY AS IF THE DEVIL HAD EMERGED FROM AROUND "HARPIC CORNER"!.

WHEN I ROUNDED THE BUILDING I WAS ABLE TO SEE ACROSS THE GRASS AND THROUGH THE SHELTERS TO THE ROADWAY. SURE ENOUGH, THE ENTIRE FIELD HAD STREAMED OFF DOWN THE HILL. A POLITICIAN HAD BEEN INVITED TO START THE RACE AND WITH ABOUT FIVE MINUTES TO GO, A YOUNG DOCTOR HAD BEEN ASKED BY THE CHIEF ORGANISER TO HOLD THE GUN AND HAND IT TO THE V.I.P. AT THE APPROPRIATE MOMENT. THE YOUNG MEDICO WAS FIDDLING AROUND WITH IT AND AT FOUR MINUTES TO GO, IT WENT OFF! "WE'LL CALL THEM BACK" SAID THE ORGANISER "NO" SAID THE POLITICIAN, "LET 'EM GO!".

SO THERE I WAS, - DECENTLY DRESSED BUT FAR ASTERN OF THE MOTLEY GROUP OF SMALL CHILDREN, THE PORTLY MATRONS, BEER-BELLY BRIGADE, LAME DUCKS AND

GERIATRICS THAT BOUGHT UP THE REAR. I NEED NOT HAVE WORRIED ABOUT THE GATEWAY AT THE BOTTOM OF THE HILL; BY THE TIME I GOT THERE, THE CRUSH WAS LARGELY OVER. ALL ALONG BARKER AND AVOCA STREETS AND THEN ANZAC PARADE, I WAS OVERTAKING PEOPLE. IT WAS UNUSUAL AND QUITE ENJOYABLE.

PAST LONG BAY GOAL AND THEN INTO PRINCE HENRY HOSPITAL GROUNDS WE RAN. I FINALLY FINISHED ABOUT THIRTY-FOURTH OUTRIGHT. I THINK WARREN DEVLIN WON IT. THERE WERE NO CERTIFICATES, SO ALL I HAVE TO REMEMBER IT BY IS A CUTTING FROM MONDAY'S DAILY, SHOWING THE PREMATURE START AND TELLING THE STORY OF HOW A POLITICIAN WAS "UPSTAGED". I WAS NOT MENTIONED OR PHOTOGRAPHED BUT WILL NEVER FORGET THAT BOTH PRINCE OF WALES AND PRINCE HENRY BEGIN WITH A 'P' - AND SO DOES PISTOL!

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PS. I'VE NEVER BEEN CAUGHT AGAIN!

"NO WORTHWHILE GOAL WAS EVER ATTAINED FREE-
WHEELING DOWNHILL. THOSE WHO HAVE GONE
BEFORE CAN POINT OUT THE ROUTE, BUT EACH OF
US HAS TO DO HIS OWN CLIMBING.

PERCY CERUTTY

1984 CALENDAR

JAN 7	HARBORD DIGGERS 30K PALM BEACH TO MANLY
FEBRUARY 12	MT. DRUITT 9.6K
FEBRUARY 19	DAHLIA DASH 'N' SPLAH 8K - MITTAGONG
MARCH 18	SYDNEY STRIDERS HALF MARATHON
APRIL 8	NIKE/AVON MARATHON (INCORPORATING OLYMPIC TRIAL FOR LOS ANGELES)
APRIL 25	STATE MARATHON
MAY 26	AUDLEY HALF MARATHON
JUNE 10	WANG AUSTRALIAN MARATHON
JULY 8	MT. PRITCHARD HALF MARATHON
JULY 15	RANDWICK HALF MARATHON
JULY 22	CAMPBELLTOWN MARATHON
AUGUST 5	CITY TO SURF
AUGUST 12	GILLAWARNA MARATHON AND HALF MARATHON
AUGUST 19	CITIES MARATHON
SEPTEMBER 9	SYDNEY MARATHON



L.A. - August

