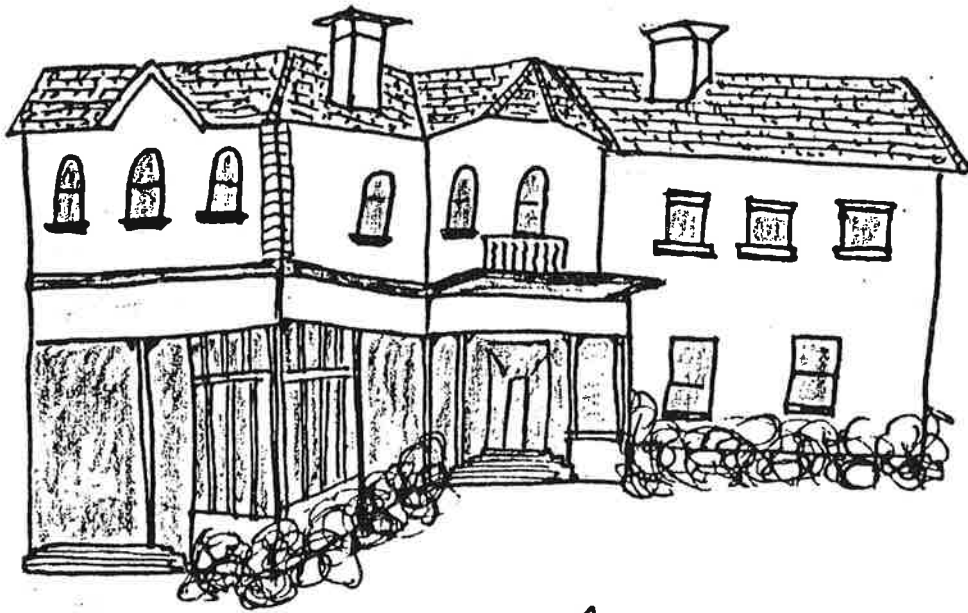


Chris Siepen

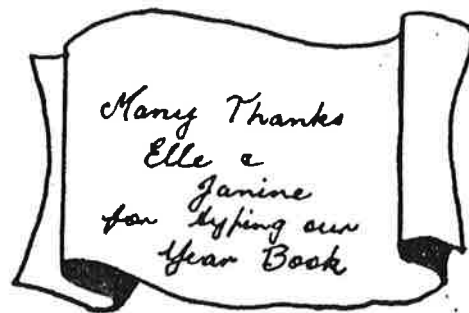


YEAR BOOK

1984



Woodstock



index

HISTORY OF WOODSTOCK COMMUNITY CENTRE	3
ADDRESS OF CENTRE	4
DERIVATION OF LOGO	4
HISTORY OF WOODSTOCK RUNNERS TO 1984	5
WOODSTOCK RUNNERS' COMMITTEE 1984	6
1984 DIARY	7
OUTSTANDING RUNNING EVENTS OF 1984	19
2RDJ-FM COMMUNITY RADIO	20
A 1984 LOOK AT OUR "OLD" MEMBERS	21
FUN RUN STATISTICS OF SOME "NEW" MEMBERS	27
RUNNING TO AND FROM WORK Derek White	30
IT'S QUALITY THAT COUNTS Michael Bayles	34
BOWRAL - WHAT A DAY, WHAT A WEEK Chris Siepen	35
BOOK REVIEW - "DE CASTELLA ON RUNNING"	39
GETTING INTO RUNNING - A LITTLE LATE Jim Burrows	40
QUOTABLE QUOTES FOR 1984 Scott Lawrence	42
WOODSTOCK RUNNERS THROUGH MY EYES Joe Rosario	43
ROOM FOR THOUGHT Chris Siepen	44
BOOK REVIEW - "JOG WITH DEEK"	45
DEDICATION Kerry Bray	46
THANKS DEREK Gwen Takis	47
THE TWENTY AND THE SIX Derek White	48
RUNNING OUT OF TIME Mary Bayles	50
A THREE HOUR MARATHON - IN SEVERAL EASY LESSONS Phil Clarke	52
THE BRISCOE / NASH FORMULA Steve and Robyn	54

..... over

..... continued

A NEW AWAKENING	Chris Moran	56
THE LONG AND WINDING ROAD	Robyn Nash	57
A FEW NOTES ON PERFORMANCE FACTORS	Derek White	59
BOOK REVIEW - "MY LIFE ON THE LINE"		61
TEARS, TEARS AND MORE TEARS	Chris Siepen	62
RUNNING VOCABULARY	Jak Carroll	64
WORDS OF WISDOM	Bob Burford	65
BACK TO BACK LOOKS AT MARATHONING		
PAIN, THE RAIN AND ALL THAT	Chris Siepen	66
THANKS A MILLION (OR MARATHON THANKS)	Kerry Bray	68
ARE YOU AFRAID?	Jak Carroll	70
WHAT <u>WE</u> DO FOR "DEEK"	Derek White	71
THANKS TO ROBERT CARMODY		72
TEAM REPORT		73
SOCIAL CLUB REPORT		75
BOOK REVIEW - "DEEK"		77
MEMBERS' ADDRESSES AND TELEPHONE NUMBERS		78
SOME OF THE "BIG" 1985 RUNS		81

HISTORY OF WOODSTOCK COMMUNITY CENTRE

In 1873 Mr Edwin Penfold, a large tobacco manufacturer, built the mansion, Woodstock, then sold it to Mr Keep, whose family resided there between 1914 and 1941. During those years it was renamed "Broughton".

The Commonwealth Government acquired the property from Burwood Council in 1942 for Army Divisional Headquarters and from 1945 to 1949 it remained vacant. Between 1950 and 1974 it was used as a migrant hostel.

Sir William McMahon in 1976 arranged a long term lease on the property for the Council and a great deal of money was spent in restoration and conversion to the Community Centre it is today.

It was officially opened by the then, Governor General, Sir Zelman Cowen on 11th November 1979.

Before retiring from politics Sir William negotiated a sale, whereby the Council bought the property from the Commonwealth Government in April 1982 for \$40,000.

Woodstock Community Centre is situated in several acres of Parkland and now has a membership of over 4,312 which does not include the thousands of people who use the Playground, Park, and Barbecue facilities available to the public within the grounds.

It is estimated that over 60,000 people are now using Woodstock in one way or another throughout the year. It also houses the studios and offices of the local radio station 2RDJ-FM.

WOODSTOCK COMMUNITY CENTRE

CHURCH STREET, BURWOOD

TELEPHONE: 745-3555

ADDRESS: P.O. BOX 265
BURWOOD NSW 2134



The name "WOODSTOCK" was derived from Woodstock, Oxfordshire, England.

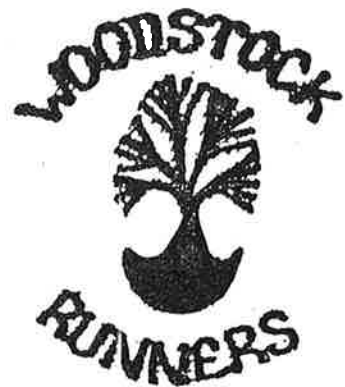
The town crest consisting of an Oak Stump symbolized the "WOOD" or "TREE - STOCK".

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)

HISTORY OF WOODSTOCK RUNNERS TO 1984

A meeting held at Woodstock on 22nd August 1980 with Reg Seagrave representing Woodstock and David Mollard - Department of Sport and Recreation, saw Steve Briscoe, Rohan and Kerry Bray and two others decide to commence a jogging group.

On Tuesday 26th August we set out slowly on our first run - a 1.7 km course through the historic Appian Way. Over the ensuing twelve months or so, we graduated through the Council's 3.3 km Fun and Fitness course to eventually complete our first 10 km run through Concord. Many times a total number of participants would be three to five during this first year. Sylvia and Noel Watsford were active members in these early days.

In 1982 Michael Bayles, Peter Ostrowski, Michael Donnelly, Robyn Nash, Chris Siepen, Dorothy Siepmann, Tony Murphy, Barry Crisp, Derrick Titmus and Eleanor Cody joined us, as well as others who moved away or discontinued for other reasons. We entered quite a few Fun Runs throughout the year, including some teams.

The year 1983 was another good one for us with our numbers boosted by Derek White, Trudy Kelly, Norm Hams, Joy and Ian Hood, Bob Davidson, Joan Baynes (who moved to the U.S.A. for a time), Robert Dawking, John Jessup, Alan Hastie, Warwick Williams, Tony Holland, Bob Burford, Phil Clarke, Sharon Butler and John Webster.

It was the year of the marathon with fifteen Woodstockians running the 42.2 km, many for the first time. We joined in the spirit of Fun Runs with many teams being entered - a number successfully, including second place in the City to Surf mixed team category (Eleanor, Steve and Chris). A few of our members gained individual awards during the year and we organised an internal City to Surf competition with small trophies to the winning team.

We took our sprint training to Campbell Athletic Field, Canterbury in March and ran under lights from April to October. Socially, the Club came of age with many and varied activities dreamed up.

The fitting finale to the year was the Christmas Barbecue and Presentations, with much time and energy contributed by Paul Bray, Chef extraordinaire, Chris Siepen, entrepreneur, and his aerobic dance troupe of Robyn, Sharon, Phil and John. The winners of the awards for 1983, announced by M.C. Michael Donnelly were as follows:-

ROOKIE OF THE YEAR:	Joy Hood
MOST IMPROVED RUNNER:	Kerry Bray
MOST OUTSTANDING PERSONAL ACHIEVEMENT:	Robyn Nash (Toyota 12 km Fund Run 3rd Lady from 2,800 entries)
RUNNER OF THE YEAR:	Eleanor Cody
CHAMPION PERSON AWARD:	Chris Siepen

Our first Woodstock Year Book was launched early in the evening.

While 1983 was a great year for Woodstock Runners, 1984 saw incredible growth in membership, our initial Annual General Meeting, screen-printed T-shirts, singlets and sloppy joes, continued success in Fun Runs and increased recognition in running circles.

WOODSTOCK RUNNERS COMMITTEE FOR 1984

STEVE BRISCOE	-	PRESIDENT
KERRY BRAY	-	SECRETARY
NORM HAMS	-	TREASURER
CHRIS SIEPEN	-	CLUB CAPTAIN
JOY HOOD	-	COMMITTEE MEMBER

LETS CHECK THE DIARY FOR 1984

JANUARY:

This was the month for the "classy" runners to come along with Simon Moran on the 3rd and his Mum, Chris, and brother, James, arriving on the 10th. (Father, John, was to join later in the year). The family enjoyed spectacular improvement in their running and were rewarded with numerous awards, including second family in the City to Surf. Simon and John entered their first Triathlon in December 1983, Simon was placed third overall in Western Districts' Handicap Competition. Chris had many successes from outright and category wins, to team and family prizes. John ran his first marathon in June and James is showing his potential with wins from 800m to the half marathon.

We have been chasing Scott Lawrence since the 12th and not too many have caught him. His relaxed style makes it all look so easy and a sub 3 hour Wang confirms his class. He is a member of St. George A.A.C. and we wish him well in the track season.

Pam Weiss came along on the 17th and enjoyed her short stay with us until she and her husband moved to Fishermans Paradise on 3rd July. Of course, she came back for the City to Surf and ran so well too.

Jak Carroll, architect of our 8 km Strathfield Run, joined our ranks on the 24th and was a member of our winning internal City to Surf team and also the official Mixed Team placed second. Three "newies" arrived on the 29th - David Wheatley, Chris Fisher and Peter Manchester - to take advantage of a great 20 km Sunday morning run from Chris' place in Drummoyne around the Bay and through Balmain before a delightful breakfast on the lawn in College Street. Chris (Fisher) returned later in the year after injury, while Peter has shown consistent form throughout the months.

Dorothy Siepmann and John Rees travelled to Thredbo for Brian Lenton's Running Week, with Dorothy second in her age category in the Mt. Kosciuszko Classic.

FEBRUARY:

The 12th saw the start of the Fun Run season for many, with a good roll-up of the "blue and whites" at the 9.5 km Mt. Druitt Run. While the organisers had a few problems with marshals, or lack of them, Woodstock took away many awards.

Talays' Twosome - a novel relay event which attracted a number of our runners, had no problems with marshals - ask Derrick Titmus, the traffic organiser.

David Coe arrived on the scene on the 21st and despite interruption to his training through illness, recorded a great 2 hours 59 mins in the Ikea Cities Marathon in August. Warwick Williams made a welcome return when he made it to Campbell on the 23rd, but injury side-lined him for a good part of the year.

MARCH:

A variety of runs was the order for the month of March with Elle and Chris flying south for Melbourne's Doxa Fun Run, and also in the southern capital was Ian, competing in the Australian Triathlon Championships - 2 km swim, 80 km cycle and 20 km run - all that in 5 hours 17 mins.



The Harbour Bridge Relay,
first run in 1982 to celebrate
the 50th Birthday of the
"coathanger", attracted five



Woodstockians in 1984, while nine contested the challenging
Striders Half-Marathon through Lane Cove River Park.

Peter Elsley, Rob Watt, Fran Woods and Terry Croft ran with us
for the first time on the 6th, but only Terry returned to run
with us after a stay in Melbourne and continued to "sing the
praises" of bananas.

Our very first Annual General Meeting happened on the 7th with
seventeen people in attendance in one of Woodstock's meeting
rooms.

The 15th was a proud day for us all, as it saw the beginning
of a new error with our latest T-shirts and singlets,
especially manufactured in blue and white by Westmont and
printed by Beverley Silk Screens.

APRIL:



Olympic Marathon Trial

The Australian Olympic Marathon Trial on the 8th was open to the
public. Ten Woodstock marathoners? runners? joggers? walkers?
made the journey to Canberra to compete. While the atmosphere
was electric, the weather towards the latter stage was not
too kind, but all managed to finish.

Terrigal to Gosford was an enjoyable run for a few members, while eight ladies, well supported and encouraged by the guys, contested a very fast Avon 10 km course, later in the month, with many excellent times recorded.

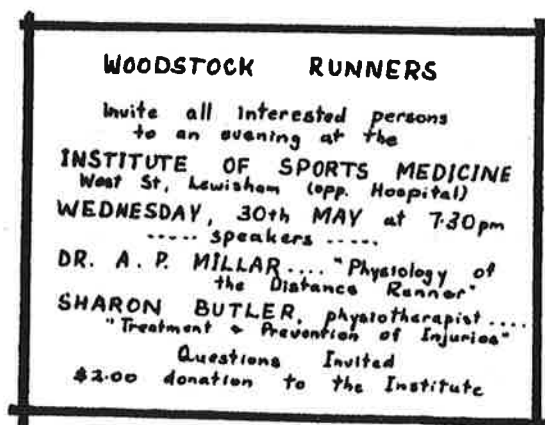
Jeff Craine called in on the 10th - we haven't seen a great deal of him except at Western Districts, Striders and Fun Runs. On the 17th - two Bills - Bill White and Bill Dodds, together with Mark Boudeb, learnt of Woodstock and came along. Bill White would be our greatest improver over the marathon distance, running 4 hours 25 mins. at Nike and 3.29.50 in the Big M - Wow!

MAY:

A couple of popular Half-Marathons attracted a number of members, they being the Cooranbong and Sutherland Half-Marathons. Phil Clarke was third across the line in the Podiatrist's 12 km run in Centennial Park, while large numbers competed in the popular Rotary Run and the initial Southlands Penrith Run. Elle was first lady home in the Penrith Credit Union 11 km - this was to be the "curtain-raiser" for many such wins for our "leading lady" throughout the year.

Scott's friend, Wayne, had a run with us on the 10th and Dave Coe brought along Jack on the 15th. The 29th saw Sandra England and Mary Henderson take Robyn's advice and pay us a visit. Both have been regular runners and their improvement is evidence of this. Sandra won a City to Surf medal for the second consecutive year as a member of a team and success for Mary is awaiting her participation in a Fun Run or two.

Joe Rosario telephoned on the 30th, attended the Sports Institute that night and ran with us the following evening, after being first outright in the Station 3-Miler event at Umina earlier in the day.



We took up Sharon's suggestion of a night at the Sports Clinic and the Club was thrilled with the great response (around 50 people in attendance), the invaluable information which came out of the evening and the positive feedback from those present.

We thank Sharon for the many hours she spent in preparation for the evening and the organisation involved in the planning of such an undertaking. We express our appreciation to Dr Millar for giving up his time to share his expertise with us.

JUNE:

Woodstock had a large representation in the Parramatta Open 16 km, The Manly Daily Giant Jog 6 km and 13 km and Blacktown Advocate



9.3 km Fun Runs during the month.

Michael Bayles enticed a sizeable contingent to his favourite run -

the Grose Vale 10 km and a number contested

the picturesque but arduous Woodford to Glenbrook.

Eleven enthusiasts lined up for the second Wang Australian Marathon - all finished, some drier than others after heavy rain set in.



Stephen Hall, arriving on the 5th, was our only newcomer this month. He had excellent runs in the Sutherland to Surf and City to Surf. Joe brought along Ossie for a track session on the 7th.

JULY

The Fun Run season was now in full swing with large representations in a number of runs - Harbord Diggers Scenic 14km (13), Sutherland to Surf (20), Grace Bros. Charity Run (8) and Georges River Scouts' Run (6). The inaugural Balmain Hospital 8km run was a very successful one for Woodstock runners and also saw the return to the competitive scene of Bob Burford, back after injury and running as well as ever - he was "oldest to finish" at Balmain. On the 17th, Elle and Alan, "devils for punishment" contested both the Y.M.C.A. 11.5km and the Mini Mosmarathon 10km.

However, the highlight of the Fun Running Calander for July was Sharon's Alternative City to Surf. Twenty Woodstock enthusiasts joined some 30 others and were treated to a most enjoyable run, with great organisation, much thought and effort, good competition and fabulous post race fare. Well done, Sharon - we know Alan Forsyth to be most anxious about continuing in his position.



We lost Pam Weiss southwards on the 3rd, but along came Gwen Takis, Kathy Goss, Brad Hancock and Stephen Knight on the 17th. Gwen has managed numerous runs with us, improving as the weeks pass and Stephen has recorded some excellent Fun Run times; including a creditable run in the difficult Great Nosh 15km.



Norm Hams organised a raffle with first prize of fifty instant lottery tickets going to Paul Bray. Twenty tickets went to Darwin to his sister-in-law and ten tickets to Gary's friend. Paul's wife won an autographed copy of "Deek" (reviewed elsewhere in this Year Book), for selling the winning ticket. This is called "keeping it in the family". Thanks Norm for the hard work and congrats on the financial result of over \$100 profit.

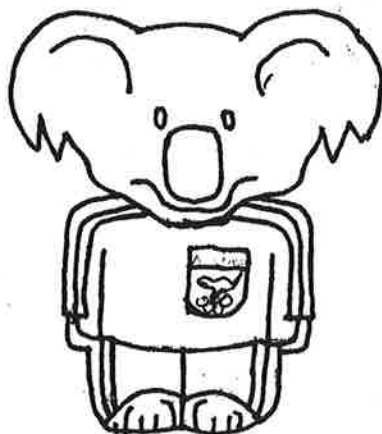
The following week saw us welcome Jeanette White, Jaye and Anthony Hoolahan and Phyllis Summerville. Jeanette, ably assisted and encouraged by husband, Derek, shows increased enthusiasm as the weeks fly by. We haven't seen too much of Jaye since the wedding, but Anthony's running goes from strength to strength. Phyllis was known to a number of us through Sydney Striders and Talays. Her hard work was made worthwhile when she ran her first half marathon at Lake Gillawarna this year.

On the 31st Sandra introduced us to Doreen McGarrigle - one can never be serious when running with her - thanks for the laughs Doreen. She was part of Sandra's medal winning City to Surf team. Phil Pascoe and Garth Penglase also called in that night and Phil has run a few determined track sessions with us since July.



AUGUST

The 4th was a memorable night with Chris generously giving his home for a Mid-Olympic pre City to Surf party. It was an enjoyable and inspirational night with some excellent videos of marathons and our successes at the Games, and even our Olympic mascot "Willy" was present in the form of a cake.



This is perhaps the Fun Run calendar best runs held in City to Surf, run year.

biggest month in the with one of the world's Sydney - that being the for the 14th time this

Thirty Woodstock Runners took part. Robyn and Derrick took the handicapped children once again, while Elle, Barry and Jak took out second place in the Mixed Teams category.



Sandra, Kerry and Derek were members of medal-winning teams and the Moran Family was placed second in the Family Team category. We had eight "internal teams" from Woodstock - the winning one being Chris (Moran), Jak and Ian.

Express
Bay to Breakers

Other runs this month included Gosford to Terrigal, Bridge to Breakers, Pitt Town, Edgell Bathurst 8K Jog and Auburn Hospital Run.



Newcomers this month included Stella Furneau, Janine and Jim Burrows and Pat McCarthy on the 7th. Janine and Jim entered a couple of runs while Pat has completed a number including a great effort in the Fishers Ghost 12k. Peter Ostrowski moved back into the area and he returned to Woodstock on the 14th after an absence of two years. Aileen, Lisa and Benjamin Williams, after a good City to Surf run, rang us and came along on the 16th. The 21st saw Mark Miller and Henry Grau: join us, while Terry Croft returned after six months.

Mark is following a pretty intensive training programme and results are already evident in his improvement.

Our 4th Birthday was celebrated at The Copper Bean, Balmain, on the 18th. It was an ideal venue as we took over the entire place with Elle, Chris and Steve adorning the restaurant with blue and white decorations. It was a fun night with Toby, the Clown, providing many light-hearted moments - it was such a shame Gary missed out on meeting Toby!

Alan Tully has not run a marathon, however, on August 26th in two separate runs he covered 62 kms assisting Judy Younie in the Sydney to Wollongong 50 Miler. Some effort Alan! and Judy also, who completed the distance in around 10 hours. Best of luck, Alan, in your first marathon - the Wang in New Zealand in February 1985.

We farewelled Sharon, who set off on a trip to the U.S.A. and Europe, and we look forward to having her back at Woodstock in late November.

SEPTEMBER

This was a quiet month with the Bowral 12k, Kellyville 7.5k, Wabroonga Jog into Spring 10k and the Bathurst 8k being patronised by a number of Woodstock Runners. Elle flew to Melbourne to be placed 1st in the Travel Industry 10k.

'Twas our slowest month for new members, with a score of nil. Chris Fisher, however returned after injury - running as well as ever and Warwick Williams was seen around The Bay, getting back into it after an enforced lay-off - hope to see you back at Woodstock, Warwick.



The Woodstock Runners Community Fun Run for 1985 has hit the "drawing board". On the 15th the Committee members ran over a course of approximately 10 kms, devised by Joy, through Burwood and Croydon. We made a few minor changes, but overall were happy with the route, and hope it poses no great problems of organisation on the "big day". The course will be included for Tuesday night runs and the Committee will welcome suggestions for modifications and/or improvements.

OCTOBER

The popular runs this month included the Parramatta Advertiser 10km, Holroyd Family 10km, R.P.A.H. Pacemaker Run, Melbourne's Big M marathon and the Interclub Challenge. The Pacemaker run was a cross-country 10km held in the spacious grounds of Concord Hospital and is a run to mark down for next year.



Woodstock did extremely well in the Interclub Challenge being placed 6th from 9 teams - an improvement of one position on 1983.

On the 14th the World Airlines 10km Championships were held in Hawaii, U.S.A. and Woodstock were most certainly represented. Eleanor, who is employed by Singapore Airlines, flew over for the run and was placed 3rd lady. A great effort, Elle!

Our new arrivals for this month included Gwen's friends Doreen on the 9th and Connie on the 16th. Our Treasurer's wife, Lesley Hams, ran with us on the 23rd and we hope to see all these ladies continue with their running in the weeks to come.

Following discussions with Jonathon Fowler, the sporting announcer on 2RDJ, three nominations from Woodstock runners were submitted for the 2RDJ Sportsman of the Year. Those chosen were Eleanor, Dorothy and Derek and summaries of their successes during this year were forwarded to the judging panel. We congratulate them on their nomination and wish them well in the final selection.

We celebrated the re-introduction of daylight saving with our Cabarita Run as this route can only be attempted painlessly in the daylight.

NOVEMBER

This is the final month for Fun Runs and for the Woodstock Year Book and, as in previous years, November has been a successful Fun Run month for Woodstock. Campbelltown was the setting on the 4th for the Fisher's Ghost 12km - an extremely well organised run and winner of the R.R.A. award for best fun run under 15km.



Woodstock entered 20 competitors, Elle was 3rd lady, Robyn and Dorothy were 2nd in their age category and James was 3rd in his. Joy teamed with the others to win the Ladies Team award.

The story was similar a fortnight later at Blackheath for the Rhododendron 12km. In scorching heat Elle was 3rd lady with Robyn and Derek first in their age categories. With Barry, James, Elle and Robyn we took out the Mixed Team prize. Robyn spoke well at the presentation even though somewhat briefer than someone else we know.

While 18 of us travelled to the Mountains, Ian was swimming, cycling and running at Penrith in the Nepean Triathlon and completed the 800m, 42km, 14km in 2 hours 23mins. Well done, Ian!

Chris stayed in Sydney on the 18th and assisted Woodstock Community Centre during their 5th birthday celebrations. The children were delighted with the blue and white balloons which he distributed.

Competitively, we finished the year on a high note with Dorothy first lady in the Sydney Marathon Clinic's 25km on the 25th.

As we conclude another Woodstock year, we reflect on the many good times we've had, on and off the roads. We wish for the continued improvement for John Jessup who took ill earlier in the year. We look forward to the birth of Mary and Michael's baby, i.e. Woodstock's first baby, very soon and Lee and Bill White's little one in a few months. To Mary and Alan, who are hoping to run their first marathon in 1985, we offer our support and wish them every success.

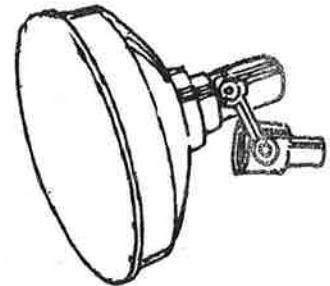


We hope 1985 will be a happy, rewarding and injury free year for all our runners and we hope to welcome many new enthusiasts. We are confident that the Woodstock Runners Community Fun Run late in 1985 will be a well organised and popular run for all competitors and we look forward to a great deal of support from all members.

Organising A Fun Run



"SPOTLIGHT ON"



OUTSTANDING RUNNING EVENTS OF 1984

The L.A. Olympics captured our imagination and much of our time in August/September. Among many outstanding performances, who could forget Australia's Glynis Nunn and Gary Honey.

gold medals ever probably asked the



Can Carl Lewis' four be equalled? (They same about Jesse Owens

in 1936). All of us applauded Cruz's 800m, Coe's 1500m and Alberto Cova in the 10,000m. Joan Benoit (2.24) and Carlos Lopez (2.09) were worthy Olympic Champions in the Marathon with 37yr old Lopes, the oldest running gold medallist in Olympic history.

"Oldies" continue to reign supreme in the Westfield run, this year from Melbourne to Sydney. Forty-two year old Victorian Geoff Molloy took the honours in 6 days 4 hours 2mins. Cliff Young, carrying an injury, finished a game 7th of the nine finishers.



A sensational record set in the Hawaii Ironman Triathlon by David Scott who swam 3.8km, rode 180km and ran 42.2km in 8 hours 54mins.

A World Marathon Best in Chicago to Welshman, Steve Jones, who covered the distance in 2.08.06, was a highlight of 1984. Superb runs also recorded by Rosa Mota 2.26.01 (fastest loop course marathon) and Lisa Martin 2.27.43 (Australian record).

Kiwi, John Walker, became the first non-American to win New York's 5th Avenue Mile.

Grete Waitz won her sixth New York Marathon in October in a time of 2.29, in a temperature of 23°C and stifling 96% humidity.

2RDJ-FM COMMUNITY RADIO

Broadcasting to the municipalities of:
Ashfield, Burwood, Concord, Drummoine & Strathfield

Our local radio station is always interested in broadcasting news of our group - our results in Fun Runs, personalities etc.

Items which you feel would be suitable, can be handed in to Chris or Kerry and they will be passed on.

Jonathon Fowler, the Sports Announcer with 2RDJ has a Sports Report at 7.30 a.m. each Saturday and Sunday and at 7.35 p.m. every day including Saturday and Sunday.

2 RDJ is 88.1 on the FM band, so do tune in and catch up on all the local sporting news, especially Woodstock's, which is handed in most weeks.



A 1984 LOOK AT OUR "OLD" MEMBERS

MICK

After a summer lay-off and a "Bayles-style" training programme, Michael had a great year with regular runs at The Lake and 18 fun runs. His Grose Vale run and Randwick Rugby half marathon were among his best. Married Mary and in 1985 his first priority will be Junior Bayles.

KERRY

A disappointing year with 16 fun runs including two marathons. Best times recorded in Avon 10km and Balmain Hospital 8km and third place in the Striders Internal Handicap half marathon was satisfying. A City to Surf silver team medal was a great thrill. Secretary in 1984. Hopes to reduce 10km times in 1985.

STEVE

1984 was a frustrating year for Steve with continual visits to doctors and podiatrists. With a sensible steady approach to his training, our foundation member and top runner is making a great comeback, evidenced by his 45.23 at Blackheath - one of his five runs for the year. We hope 1985 is a good year for you, Steve.

BOB

Bob Burford, our most senior member, has been plagued by injury but managed good runs in the Balmain Hospital 8km, where he was the oldest finisher, and Haberfield Rowing Club's 7km. Anyone interested in sprint training should see Bob, he has wide experience in this field. It's great to see you back, Bob.

SHARON

Fun Run organiser and top physio, Sharon is a most enthusiastic Woodstock Runner. Competed in four fun runs with good efforts in the Avon 10km and Podiatrists' run. Had a break from running and golf when she tripped off overseas for a few months.

PHIL

1983 - aerobic dancer, 1984 - sub 3 hour marathoner (twice). Phil was 3rd outright in the Podiatrists' run and recorded great times in the Parramatta Open 16km, Sutherland to Surf and Bridge to Breakers. He turns out regularly at Western Districts and Sydney Marathon Clinic runs and entered 18 fun runs this year.

ELEANOR

A great year for a great athlete! In 33 fun runs Elle was first lady in 13 and was placed in the top three (i.e. across the line, or in age category) in another 10. Among so many top efforts, her Sutherland to Surf and Balmain Hospital runs were sensational. Elle travelled to Melbourne twice and to New Zealand and Hawaii to compete.

BARRY

In hotly contested fields and a most competitive age category, Barry achieved a second age category award in the Manly Daily Giant Jog 6km and a second outright in the Guildford 10km as well as being a member of successful mixed teams in the City to Surf and at Blackheath. This is a fitting reward for one of our most dedicated and modest runners. 1984 saw Barry in 28 fun runs including two marathons with a P.B. in the Wang of 2hrs 45mins.

ROBERT

Not much seen of Robert this year, except for his runs in the Striders half and a 3hrs 13mins in the Wang.

BOB

Bob's only marathon this year was a 3hrs 30secs at Nike - a wonderful effort in gale force winds. He recorded a great time in the Parramatta Open 16km of 61.23 and later in the year entered hospital for surgery but it was great to see him at Blackheath, not running, but on the road to full recovery.

MICHAEL (DONNELLY)

Moved house and has been busy in the garden as well as motivator for the Action Image Netball Team. Managed to squeeze in 7 fun runs including a good run in the City to Surf and a pleasing 3hrs 36mins in the Nike.

NORM

Treasurer, raffle organiser and home builder as well as runner. Seven fun runs this year, probably Norm's best - Ryde Apex, West Sydney Rotary and Balmain Hospital. Norm also competed in the A.C.T. Veterans half marathon. We look forward to Norm and Lesley competing soon in "Husband and Wife" categories.

ALAN (HASTIE)

His business has taken Alan away from running and as well he has moved house. Hopefully, we will see more of you in 1985, Alan.

IAN

Super triathlete, Ian, completed his first triathlon around the time of last year's B-B-Q and has finished three since then, including the Australian Championships in Melbourne. In 13 fun runs, Ian has shown how his all-round training schedule has benefited his running with a good half marathon time at the Sydney Marathon Clinic and other great runs in the Kogarah Leader 10km and the Sutherland to Surf.

TONY (HOLLAND)

Troubled by injury, Tony has not been seen often at Woodstock. Hope to see you back on your bike and on your feet very soon.

JOY

Rookie of the Year in 1983 has become an experienced competitor in 1984. In 17 fun runs, Joy has won an outright, or age category award in five and has been a valuable member of successful Ladies Teams on many occasions. Probably her best runs were the Avon 10km, Bowral Hospital 8km and Sutherland to Surf. Joy is a 1984 Committee Member.

TONY (MURPHY)

Even with a move out to Minto, Tony still managed 11 fun runs, with his best probably the Manly Giant Jog and Hammondville 8km. It's great to see Tony most Tuesdays even though his trip home is now a lengthy one.

ROBYN

An excellent year for a wonderful competitor! Robyn was placed 9 times in 16 runs including 1st lady at the Holroyd Family 10km. Her Avon 10km and Kogarah "Leader" 10km both in 38mins were top runs. Best of luck at your new school next year, Rob.

DAVID

Has anyone seen David Noble?

JOHN (REES)

Or John? - last seen at the Thredbo Running Week.

GARY

This remarkable gentleman ran the Nike and 17 days later the State marathon, improving his time by 6mins, the following day he competed in an 8km fun run. Best efforts from 24 runs were Parramatta Open 16km, Talays Twosome and West Sydney Rotary 10km. His best marathon was the Wang in 3hrs 15mins.

CHRIS (SIEPEN)

One of Woodstock's strongest pillars - entrepreneur, Club Captain and Team Organiser, Social Secretary, Notice Board Caretaker and runner. Chris fitted in 15 runs this year with good times in Melbourne's Doxa 12.7km, Penrith Credit Union 11km and Pitt Town 14km. Hope your new job continues to live up to expectations in 1985 and best of luck in your New Year's running.

DOROTHY

Our top veteran lady has completed 29 fun runs including four marathons with 10 outright placings and 7 age category awards. Dorothy has enjoyed much success in the Sydney Marathon Clinic's runs being first lady on two occasions; she was also a Western Districts prize-winner at their annual presentation night.

DERRICK

It's such a shame that Coogee is so far from Woodstock as we don't see Derrick too much lately. A great milestone (or kilometre-stone) was achieved by Derrick this year when he clocked up 20,000 km - congratulations from all of us. Fourteen fun runs were contested by Derrick with Harbord Diggers 14km his best.

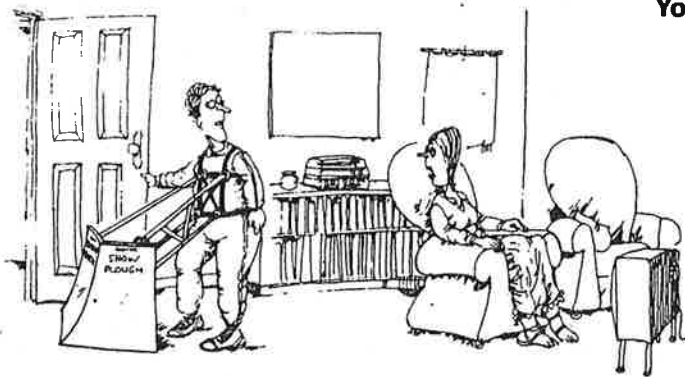
ALAN (TULLY)

Will definitely be a 1985 marathoner, probably in New Zealand in February and we wish you well, Alan. Cycles to and from the Lake every Saturday from Concord and runs the 10km; also followed Saturday's 10km with a cycle back to Concord Hospital for a 10km fun run one weekend. His best run of 15 fun runs was the Sutherland to Surf in 45 minutes.

JOHN (WEBSTER)

Another of 1983's aerobic dancing troupe, but injury has sidelined John for a major part of 1984. He contested the Talays Twosome Relay and Sharon's Alternative City to Surf. Good luck for 1985, John.

You can jog almost anywhere,



You're not going out jogging in this weather?

DID YOU KNOW?

In Chicago, a Men-Only 5 k Classic was promoted entirely by women "to thank all the men who have been supportive of women - only races".

FUN RUN STATISTICS OF SOME "NEW" MEMBERS

JANINE AND JIM

Gosford to Terrigal and City to Surf.

JAK

Eleven fun runs - best Harbour Bridge Relay 4.5km - 15.30. Member of Woodstock's Mixed Team - 2nd in City to Surf.

DAVID (COE)

One marathon, 6 fun runs - best 2hrs 59mins in the Wang.

SANDRA

Six fun runs - best Sutherland to Surf 51.55 and also 1st age category in Manly Giant Jog 13km.

STEPHEN (HALL)

Four fun runs - best Sutherland to Surf 40.52.

MARY

Three fun runs - best Bridge to Breakers 61.50.

TRUDY

Only run - Talays Twosome Relay 3.8km - 22.0.

STEPHEN (KNIGHT)

Five fun runs - best City to Surf 52.27.

SCOTT

Two marathons, 19 fun runs - best 2.56 Wang, Penrith Credit Union 11km - 36.43.

PETER (MANCHESTER)

Only run - West Sydney Rotary 10km - 38.30.

PAT (McCARTHY)

Four fun runs - best Fisher's Ghost 12km - 65.34.

MARK (MILLER)

Only run - R.P.A.H. Pacemaker 10km - 32.26.

CHRIS (MORAN)

Nineteen fun runs - one outright win, 3 age category awards - best Avon 10km 40.28.

JAMES

Seventeen fun runs - 1st outright Sandy Point 3km, 6 age category awards - best Bathurst 8km - 27.56.

JOHN

Nepean Triathlon, Wang Marathon 3hrs 24mins (his first) - best fun run - Bathurst 8km 28.59.

SIMON

Major prizewinner - Western Districts 12 month handicap competition. Nepean Triathlon, 13 fun runs - best Grose Vale 10km - 40.20.

PETER (OSTROWSKI)

One marathon, 5 fun runs - best Bridge to Breakers 14km - 55.14.

PHIL (PASCOE)

Only run Kellyville 7.5km - 32.45.

JOE

Five fun runs - best Mt Pritchard 4km - 11.59.

PHYLLIS

City to Surf and W.D.J.H half marathon (her first half).

PAM

City to Surf and Avon 10km in 49.38 - Pam's best.

BILL

Three marathons, 9 fun runs - best Big M Marathon
3hrs 29mins.

WARWICK

Only run - Striders half marathon - 95.00.



DID YOU KNOW?

Woodstock Runners competed in exactly 100 Fun Runs this year covering a total of 6,922 kms.

There were 464 entrants in the runs with the largest representation in the City to Surf (30), Sutherland to Surf (20), Sharon's alternative City to Surf (20), Fishers Coast (20), Blackheath (18), West Sydney Rotary Run (13) and Auburn Hospital (13).

RUNNING TO AND FROM WORK

PHASE ONE:

Total transport strike 1962 when I was employed by the old H.E.C. Robinsons Company at the bottom of George Street, City. Sandshoes and football shorts and a route that took me to Five Dock, Drummoyne, Iron Cove Bridge, Pyrmont and so to my destination, when I attempted to make myself acceptable to my fellow workers by bathing in a grubby wash basin.

I had trotted the nine miles in about seventy minutes, less the time spent waiting for traffic and a delay when a stalled motorcyclist had the nerve to ask me to give him a push-start! I gave him two, he stalled again, and I left him grumbling in Henly Marine Drive.

Returned same way but hit "the wall" at Five Dock - Croydon, my first experience of it. A hot bath, a gin and a couple of smokes effected a recovery. I had never run more than twelve miles in a day before.

PHASE TWO:

In 1978, having escaped from the bondage of B.H.P. (where they had three loos but no shower) and gone back to Cartography with Gregory's at Ultimo, where showers were available, I travelled in comparative luxury and in a more direct line. I had long since recovered from the acute sciatica that had layed me low in 1966-67, had stopped smoking and thrown away my old football shorts; by 1974 I had been well enough to go "City to Surfing" and from then on invested in the proper gear available.

For four years I raced buses along Parramatta Road or cut through Glebe and Leichhardt. Taverner's Hill was good training every morning but I never discovered why there was a smell of curry every morning under the railway bridge at the bottom. People standing outside "Mad Barry's" used to look at me as if to say "You're madder than he is!" On homeward journeys I passed that green-painted wall upon which was announced in black, scrawly lettering, "JESUS JOGS". I like that, especially the use of the present tense but it was graffiti I suppose and somebody has long since cleaned it off. Much more offensive remarks are found on other walls in Camperdown.

On rail strikes I could occasionally beat cars from Ashfield to Broadway or vice-versa.

PHASE THREE:

In 1982 we moved Gregory's offices from Ultimo to St. Peters, only ten kilometres from home. The shower was above a large, white bath.

Quiet streets in Ashbury, past Trinity Grammar School and Yeo Park, where I greeted a friendly Chinaman almost daily. Dulwich Hill, where a group of Lebanese house painters preparing to leave for their jobs, gave me a "good morning" before I crossed New Canterbury Road into Marrickville and the quaintly named Pile Street (I called it "Haemorrhoid Havenue").

The little footpath behind Newtown's home ground Henson Park, littered with broken glass, There, I often met a woman with three dogs, the oldest was fifteen and still taking its daily waddle. On to Horton Street where one morning I was persued by an elderly matron of Mediterranean origin, dressed totally in black, demanding that I return for her garbage bin (the M.M.C. truck had just passed).

Marrickville^k is an amazing suburb; outside tiny houses with postage stamp gardens, stand Alfa Romeos. In the gutters one can find full cans of soft drink, whole loaves, coins, fruit, discarded perambulators with one wheel damaged, dead cats, and everywhere the abandoned supermarket trolleys. It is the epitome of the wasteful society.

At St. Peters, there is a factory called "Raffco Products", or similar, from which wafts continuously an extraordinary, rancid smell, never identified but not very palatable at 7.30 a.m.

The homeward journey offered the delightful alternative of running down through Sydenham to Tempe, then all along the South bank of Cooks River, on grass, into the setting sun to Canterbury. Bright water, space and in some places seclusion, horses feeding silently, tethered on the broad grass area opposite Ewen Park and noisy dogs in back gardens. A variation affording hill training was to climb Bayview Avenue to the high ground in Earlwood, another, the Stanmore, Lewisham, Summer Hill deviation, passing the spacious grounds of Newington College and using quiet service roads to the back of Pratten Park, Ashfield, and so home.

I have seen most of these routes in every possible kind of weather conditions and found some enjoyment in all of them.

PHASE FOUR:

After a couple of years or so at St. Peters, last July we moved suddenly to Macquarie Park - almost twenty kilometres away from home. More modern showering facilities and lots of alternative routes, but oh! those hills! Easier to run than to cycle up them.

Only two alternatives to cross the Parramatta River, Ryde Bridge or the Putney Mortlake Punt, so all routes must include one of them.

I am getting to know all the parks, playing fields, nice bushy short cuts and the friendly dogs and humans along the way. There are more beautiful gardens and fewer awful smells than on the St. Peters journey. If I develop a pain or injury I can board a train to Epping and run from there but have only had to do that once or twice when delayed leaving home or work.

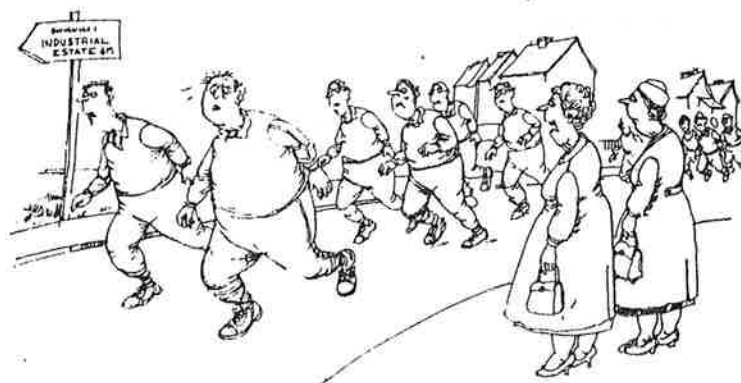
BACK-UP - ALL PHASES:

Cycling at least once a week is essential to exchange clean underclothes, shirts and socks for soiled ones. Running gear is rinsed out on arrival (nylon shorts and mesh singlets best) and hung to dry.

Suit, shorts, trousers, belt, towels, toiletries, hangers, scuffs and shoes are kept at work semi-permanently. Car almost never used. Public Transport all the way is impracticable. In my opinion, it is too slow unless the distance involved is over 25 km, and the journey virtually direct.

This commuting on the run offers real independence and is great training. Over a hundred-and-twenty kilometres is easy to achieve in a week - then there is the weekends for really long runs!!

Derek White



No, it's not a marathon, there's a job been advertised at one of the factories.

IT'S QUALITY THAT COUNTS

Have you ever got to a stage with your running that no matter how much training you do, your times are getting worse and you start to feel depressed about it all? I have found that you can get top times on less than 30km per week. Sounds unbelievable? It works on maximum recovery between training sessions and quality training. Training runs are done only slightly slower than racing pace. Schedule is below:-

DAY 1	REST
DAY 2	10KM
DAY 3	REST
DAY 4	FARTLEK TRAINING. REPETITION 400M UP TO 8 WITH SLOW LAP JOGGING IN BETWEEN.
DAY 5	REST
DAY 6	10KM OR REST (IF FUN RUN ON DAY 7)
DAY 7	FUN RUN - IF REST ON DAY 6 (OTHERWISE REST)

The interval training on DAY 4 builds up pace and helps with hills. The other two sessions are done very hard, but because of each alternate day being a recovery day, you will find that there will be no stiffness, or soreness when you recommence training.

Using this training schedule, I have achieved the best times I have ever obtained, and have found that it works up to half marathon race distance. I would not recommend it for any race distance over 32km as there is insufficient distance training. However, up to 21.1km it is great. How about trying it?

MICHAEL BAYLES

BOWRAL - WHAT A DAY, WHAT A WEEK!

As Team organiser, I had failed to note on the Bowral Tulip Time Twelve entry form that Team entries closed on Monday 10th September, I only read this at 8 p.m. on that same day. Oops panic stations, would the organisers accept teams entires if they arrived in the post after the 10th September. So started a telephone Hotline between Sydney and Bowral - a Telecom Australia Service. As no contact number was printed on the entry form, thus followed this sequence of events:-

TUESDAY 11TH SEPTEMBER

- (1) Rang "Country Directory" to get the phone number of Bowral Lions Club or Bowral Chamber of Commerce, (the organisers listed on the entry form) but neither were listed.
- (2) Number provided by Directories for Bowral Municipal Council.
- (3) Rang Council, who referred me on to a Mr Simpson from the Chamber of Commerce, but he was a member of the Mittagong Chamber of Commerce NOT Boral.
- (4) He referred me on to a Peter Jones, Publicity Officer for Bowral Chamber of Commerce. He worked at Radio Station 2ST but was out when I rang, the girl referred me on to a Frank Burke.
- (5) Tried all afternoon but Frank didn't answer. At 9.30 p.m. however, the phone was answered, "Sorry Mr Burke had moved to Sydney". I was told to ring Bowral Real Estate to trace him.

WEDNESDAY 12TH SEPTEMBER

- (1) Rang the Real Estate at 8.30 a.m., instead of re-directing me to Frank Burke they referred me to Tony Springett at 6 5 ones, "6 5 ones I thought"? My brain didn't click, after much questioning, the girl said 651-1111 (you see, 6 5 ones!).
- (2) 10.00 a.m. I rang Tony, the phone was answered. "Which Tony, Senior or Junior?" I stated my case, "Oh, that'll be Tony Junior, but he's out till 11.00 a.m." I rang at 11.15 a.m. "Sorry he's gone out again".
- (3) I tried Tony Junior at 3.30 p.m., 4.00 p.m. and 4.30 p.m., but each time all I got was an engaged signal.
- (4) 6.05 p.m. I tried Tony's number again and got an answer. But it was not Tony Junior, nor Senior Tony Springett, but another Springett altogether. He gave me Tony Junior's home number.
- (5) 9.30 p.m. I finally tracked Tony Junior down at home, but he could not help me, he told me to phone him back at 11.00 a.m. next day.

THURSDAY 13TH SEPTEMBER

- (1) Rang Tony at 11.00 a.m. but, as usual, Tony Junior had gone, (so what's bloody new!!!) But he did leave a phone number for someone who should be able to help me - Mike Finlay.
- (2) Got hold of Mike at 12.30 p.m. He had received our entries although late, everything was A.O.K.!

That final call only took fifteen seconds!!!

After all that, then came the race day.

We lost time in getting away because Gary Shoesmith's car wouldn't start. This caused us to be half an hour late in picking up Barry Crisp and Bob Davidson (both of whom had arrived at a meeting point 20-25 minutes early)

On we all went, but then we had to stop and re-arrange the seating because 'big Bob' had to move into a more roomier back seat, due to the fact that he had to sit with his head slanted in the front seat.

But all the delays proved worthwhile, if we'd been any earlier we may have missed a rust brown Gemini stranded on the highway 15 km from Bowral. It was Robyn Nash and Steve Briscoe, their frowns turned to elation as we backed up the road to help them. They dived into our Sigma, along with clothes, bags and an enormous Esky. So we had myself, Barry, Bob, Gary, Robyn, Steve and Elle plus luggage squeezed into my car.

On we went, but where was Elle?! "Behind Barry, who is behind Bob", came a shout from the back seat.

Despite misty rain, the run was highly successful, Woodstock's contingent of eleven runners performed admirably over the scenic 12 km course in a run with upwards of 600 entrants.

During the presentation, Steve and I drove back to see about Robyn's car. The presentations were at 12 noon and over at 12.30 p.m., two hours later we returned minus Robyn's car. (We got it to Mittagong but a wacky mechanic couldn't fix a major overheating problem). Bob and Barry had left earlier with the Moran family, so Gary Robyn and Elle were left with the cleaner, a half gallon bottle of orchy, six copies of the Guinness Book of Records, plus six large trophies (awards from the run).

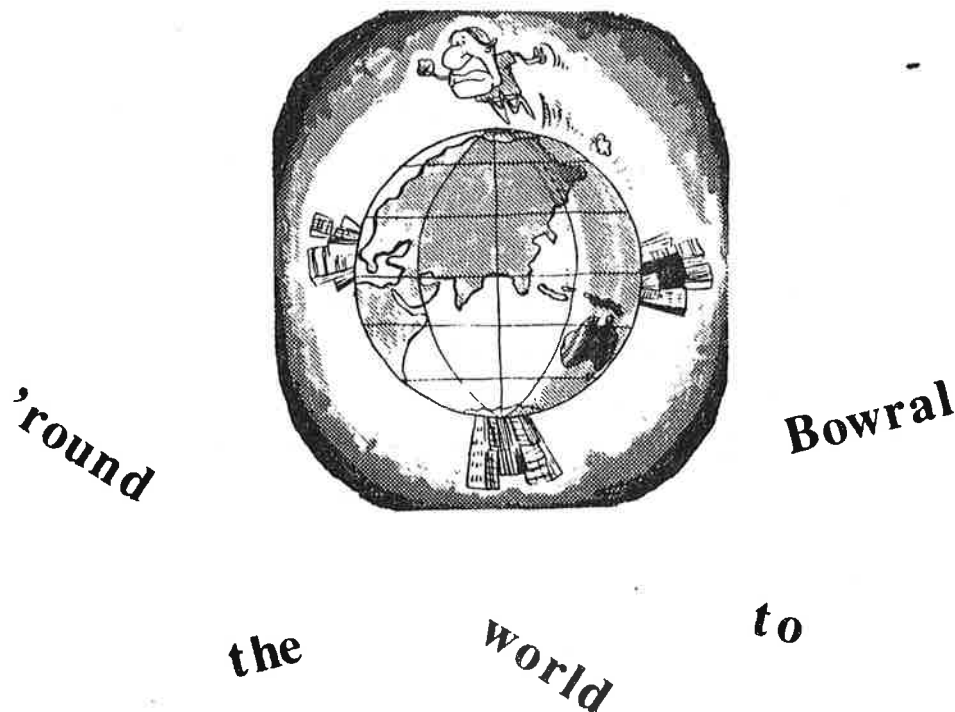
They were very FRUSTRATED after the long wait. Anyway in they piled and while Elle and I journeyed off for an appointment with an Airedale Terrier Breeder, in outer Bowral, Robyn, Steve and Gary were dropped off in the main street of Bowral for a picnic. Down went the rug in the doorway of a shop and next came the food.

That afternoon my Footy Team, the Saints, missed a place in the Grand Final, beaten with only two minutes to go. In shock, we picked up the bouncing trio in Bowral and headed home to Sydney.

Gary's last words after I dropped him off were, "You know, this might not sound right, but today I had a really good time".

And you know what, so did I.

Chris Siepen



BOOK REVIEW

DE CASTELLA ON RUNNING

This book has to rate among the best written on running and would be 1984's answer to James Fixx's "The Complete Book of Running".

Robert, the person, is very much part of the book, which he has dedicated to his daughter, Krista "may you grow to be strong, active and healthy".

The book is well presented with many great photos and sub-headings throughout, enabling one to locate particular sections easily.

Various chapters cover running in general from the beginning to the marathon, stretching and training, running gear, injuries, nutrition and diet, running physiology and running while pregnant.

The section on training covers weights, circuit work-outs, cycling, swimming, massage and altitude training. Robert is certain that one of the reasons for his injury-free record is his conservative training. Coach, Pat Clohessy places the utmost importance on a gradual approach to training which allows the athlete's body to adapt to increases in work-loads without suffering injury.

I see the book firstly as great reading and secondly as reference material for every runner's bookshelf.



Kerry Bray

GETTING INTO RUNNING - A LITTLE LATE

What possesses a man to let the house go to rack and ruin, to put all other interests aside (except his wife), and take to the streets to inflict pain upon himself?!

Is it because someone told him the City to Surf is in five months time (he's never been in one before). Perhaps it's the result of hopping on the scales one morning and remembering what it read a few years earlier. He wishes to be fitter. His wife keeps having a go at him by informing him that at 32 he is almost beyond restoration.

Well whatever the reason, on went the plimsolls one afternoon (at that stage an old pair of Beachcombers with the soles half off), and I started training on a 3 km course beside the Parramatta River, from Silverwater to Rydalmere and back every afternoon. What a first few weeks that was. I didn't think my lungs would ever get used to it and this was only 3 km!! But I kept at it. One afternoon I took my dog Benny out for a run with me. At the half way mark I turned to come back to find Benny several hundred metres behind. I must be improving I thought "I'm beating my dog!" Dismissing the fact that he had lifted his leg on every tree along the way and he is a ten year old Labrador.

After a month of this I was ready for a change. After all I really had improved my time and I didn't have to use a fire extinguisher on my breathing facilities at the end of every run. Another reason why I changed my course was due to the fact that I was running in a poorly drained area and after two weeks rain it was like trudging through a bog with flippers on.

Commonsense told me to increase my distance, which I did and started a 6 km run down to James Ruse Drive and back. To be honest I still really wasn't enjoying running and the rude remarks from immature, bored, traffic jammed motorists and the constant attack by exhaust fumes along Victoria Road did not help to improve the situation. I battled on with this run for over a month and was pleased to note that my time had improved and my weight had come down approximately six pounds. The City to Surf was beginning to look promising. I simply had to run it now.

I was fortunate about this time to have a talk to Steve Poulton (a runner of some experience). He guided me into a more sensible training procedure and I began running longer distances at a slower pace and then testing my progress over a known distance (8 km now) to see how my time was improving once a week. Also during the last two months before the big event I entered a Fun Run every Sunday which I enjoyed very much. I didn't know very many Woodstock runners at this time but through Elle Cody and Chris Seipen who invited me along to these runs, I have come to know many fellow runners at Woodstock.

About two weeks before the City to Surf someone told me that some 'Spunky chick' had organised a run called the Alternate City to Surf. "Why not" I said. Although the weather looked bleak and there was drizzle about off we all charged towards Bondi. I amazed myself by coming in at 60.22 which I was very pleased with.

I only managed to chop three seconds off that time in the actual City to Surf, but I am still happy with my efforts and what a great experience to run in such a large event, it really was worth the effort.

I would just like to thank Elle and Chris for their encouragement and help and above all to my wife Janine for putting up with my constant running around and giving me her support. I think she considers me fully restored now.

Next year under the hour!

Jim Burrows

QUOTABLE QUOTES FOR 1984

"What these people are doing is absolutely crazy, stupid and wonderful!"

Channel 10 commentator, just after the start of the Wang Marathon.

"Of the top ten Marathon runners in the world, only two regard themselves as Marathon runners!"

T.V. commentator after Steve Jones had just run a world record 2.08.07 in the Chicago Marathon, and declared that he still regards himself as a 10 Km runner.

"You're Mad!"

Laurie King (Veteran of two Sydney-Wollongong 50 milers) to fellow Strider Alex Hamill after Alex had just completed a triathalon.

"Carlos Lopez is still basically a 10 Km runner, who has run one great marathon".

"Striding on" discarding Lopez as any real threat in the Olympic Marathon.

WORST QUOTES OF THE YEAR

"Deek blows it".

The Sun, on the afternoon of the Olympic Marathon and to show that the Yanks can be just as unfeeling.

"Salazar Loses at Fukuoka".

Runners World, February 1984, after Alberto Salazar ran 5th in 2.09.21 at Fukuoka.

FINALLY THE MOST BLATANT EXHIBITION OF BAD SPORTSMANSHIP OF 1984

(Excluding that fellow McEnroe, who would otherwise monopolise this category!)

The 100,000 or so Yanks who were in the Coliseum to see the womens' 3000m. Having seen Mary Decker fall, they proceeded to BOO Zola Budd for the last three laps. What an awful experience for a 17 year old girl.

WOODSTOCK RUNNERS THROUGH MY EYES

Finding the Woodstock Running group was an unusual, however, rewarding experience. After reading Robert Carmody's Sports Shorts in the Glebe weekly newspaper about a running group in the Burwood area, I decided to give him a call. I was then given Kerry Bray's phone number and told that she would take care of me. After contacting Kerry, I was invited on that same day to a seminar held by Dr Millar at the Institute of Sports Medicine, regarding sports injuries.

I arrived and was automatically introduced to Chris and a number of Woodstock and WDJH runners. The following week I turned up ready for my first training run with the new group and was surprised to see so many people ready for a run. It looked more like a mini Fun-Run.

During that run I was warmly accepted and the warm and wanted welcome to newcomers has remained the same since I've been at Woodstock. The atmosphere every Tuesday afternoon is fantastic and just has to be seen to be believed. Runners enquiring about who ran where on the weekend and what time they did, always offering advice and encouragement. Some runners are excited, others are disappointed over their performances of late but all are eager for the next challenge that awaits.

I was very surprised to see a few familiar faces as I had seen some of them before at various Fun-Runs.

I was asked if I would like to be a member and if not that I was most welcome to run with them anytime. No pressure was put on me to become a member however, I joined up as I enjoyed the friendly atmosphere.

In the seven (7) months that I have been at Woodstock, it has been a running group as much as a social get together. I've made many new friends and look forward to seeing them each Tuesday or Saturday at the Lake.

Many thanks to all the people who make Woodstock possible and hope that you enjoy my company as much as I enjoy yours.

Thank you.

Joe Rosario

ROOM FOR THOUGHT

Musicians love music, but get paid, so do Tennis players, Golfers etc. Why not Runners? Well, why not! They dedicate themselves to hours and hours of training.

Top competitors often run up enormous expenses in seeking competition; some even forgo employment opportunities.

Leading runners have been receiving "under the counter" payments to appear in runs and as prizes for performing well for a long, long time. It is not amateur sport anymore. So let it come into the open. Let payments be accepted. Let the sponsors channel more and more money into attracting runners and rewarding them. Runners will then be able to be more choosy in which runs they'll compete in. They will slowly gain more and more bargaining power. They won't have to compete if the price isn't right. They will become entertainers, marketable commodities ("Dennis Lillee eat your heart out").

Everything is ruled by money, so why not running. I mean, that's life isn't it?

..... Isn't it?

Chris Siepen

BOOK REVIEW

JOG WITH DEEK



"We all need goals and you can use my training methods to improve your fitness and level of performance, no matter how unfit you might be now."

This is a relatively small book containing only eighty-two pages, but is most concise

in covering various types of running, fitness, motivation, diet, shoes, injuries and exercises.

It is virtually an abridged version of De Castella on Running, and at \$5.95 in soft cover is great value for money.

The book contains a great deal of good advice for all from the first time jogger to the experienced competitor, with training charts, pacing table, diagrams of stretches and details of major runs in Australia.

A good book at a good price.

Kerry Bray

LOST TO ATHLETICS

Surely all our hearts must go out to talented young Zola Budd who announced her retirement in October from international athletics at the age of eighteen.

This incredible teenage athlete has been subject to criticism from her hurried granting of British citizenship, the unfortunate incident with Mary Decker at the Games, to accusations from her own people about rejecting her country.

We hope now she may be able to enjoy her running at home away from the intense pressure of the "Big Time".

DEDICATION

Most of us feel from time to time that we are very dedicated to our chosen profession, sport, lifestyle, hobby or interest. Deliberate briefly on the determination, devotedness and perseverance of someone we all know so well Dorothy Siepmann.

Dottie has run something like 27 Fun Runs this year.

"I've run more than that" did I hear you say. Sure! some of us have. Dorothy however, lives a long way out, hasn't the convenience of a car, nor anyone living close with transport and some of her runs have included the Mount Kosciuszko Classic, the Nike in Canberra and Melbourne's Big M.

Flexi-time is great for runners - it enables Dorothy to run at lunch time, but also means her rising at 4.00 a.m. and walking 2 km to the station for the train. Can you visualise the icy, unpleasant conditions in the middle of winter? After a day's work, interrupted by a noon run, 10 km with Woodstock on Tuesdays is her programme, followed by a long dark train trip to Seven Hills and that 2 km trek from the station again before closing her front door behind her at approximately 9.00 p.m.

Sydney Striders' Sunday runs form a necessary part of Dot's marathon training, but Seven Hills is quite a journey from such places as Vaucluse, Kyeemagh, Clontarf or St. Ives. However, our dedicated marathoner manages to organise herself to meet up with a lift, commute by train and taxi or stay overnight a little closer to the run. All this being imperative to arrive at the start around 6.30 a.m. The lady in question was known to rise at 2.00 a.m. one morning to be on the Striders bus to Cooranbong for the Half Marathon.

Dorothy has always enjoyed the social side of running - Woodstock's fourth birthday party being no exception. While most of us had a lie-in the following morning, our "marathon lady" was pounding the bitumen for 42.2 km from Sydney to Blacktown on 1½ hours sleep.

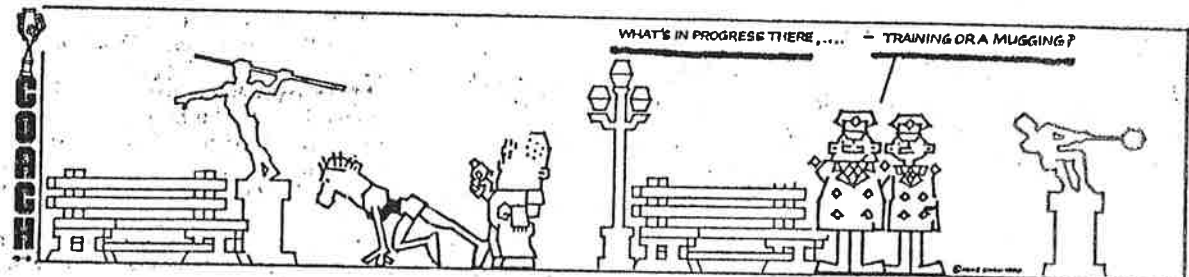
Moreover, it took her only 3 hours 25 minutes, a fine effort in her third marathon for the year.

Her courage and devotion have been rewarded by numerous winnings throughout the year and we applaud Dot on her many successes.

The long hours of training, the early mornings, and late nights, the well-worn track to and from Seven Hills Station were all worth while when Dorothy completed her marathon saga for 1984 with a P.B. in Melbourne in October when she ran 3.16.51 in the Big M marathon.

Her single-mindedness, vigour and energy all add up to amazing dedication and for this, as well as her friendliness and sparkling personality we salute you, Dorothy, and wish you well.

KERRY BRAY



T H A N K S D E R E K

A special thank you to Derek from Gwen and Jeanette for his kindness in coming with us on our 3km jog each Tuesday. In his truly unselfish way, he goes out of his way to help us. To all the members of the Club, I would like to thank you for your kindness and friendship. To all members, have a very Merry Xmas and a Happy New Year.

GWEN TAKIS

"THE TWENTY AND THE SIX"

THE RHYME OF AN INCOMPLETE MARATHONER

At five miles out you feel no doubt
that your "splits" can be maintained,
As you pass the ten you think again
but nothing's really pained.

At the fifteen mark you've still some spark
but the legs are feeling tired,
And the salty lips and the chafing bits
show how freely you've perspired.

The eighteen brings unwelcome things
such as aching back and knees,
Your "splits" have slowly torn to bits
and you wish that time would freeze,
Your big toe burns and you find more turns
than you noticed when outward bound,
And you feel the load as you pound the road
till your ears seem blocked to sound.

The twentieth mile! - you can raise a smile
but it does not last for long,
Though you know there are only six to go
almost anything can go wrong,
You can lose your way 'cause your mind will stray
you can trip and have a fall,
Cramps in calf or thigh may well be nigh,
to reduce you to a crawl.
The watch hands race at a furious pace as is said
of "Time and Tide".
"Good grief" you say, "I can do ten "K" in an
hour with a six-inch stride!".

The twenty-first is the very worst that you're called
on to endure,
Not a soul in view to share with you those feelings
insecure,
As you fall behind you force your mind to dwell on
things ahead,
So that it thinks of cooling drinks while below your
waist is "dead",
Make a grateful lunge for that ice-cold sponge,
OH! the blessed refresh it gives!
It's streaming cool acts like racing fuel
and you know that your will still lives.

At twenty-two a different view confronts your weary eye,
You catch a line of eight or nine who stare as you go by,
They stop and stumble while you mumble through your
salt-caked lips,
They sit 'neath trees, massage their knees,
and one poor fellow trips.
The most that men can do for them is give a friendly
call,
"Bad luck old mate, it's not too late!"
(He has really hit "THE WALL").

You pass some more at twenty-four,
these crazy, valiant people,
Some feet have bled, all feel like lead and each
kerb seems like a steeple.
Two miles remain, forget the pain,
you can make the rest a race,
Your last reserve gives a boost of verve so you
dare to up your pace.
But alas for pride, 'cause your lengthened stride
brings the cramps you long have dreaded,
And you're forced to slow till the spasms go,
just reward for one big-headed!!

Twenty-six are gone, you're pressing on
when you sight the FINISH banner,
But your final spring gives a grotesque squint,
not a smiling, winning manner,
"If I'd only known" you sadly moan,
"That I was being snapped,
I'd have raised both a grin as I struggled in,
and my fists, - though my strength is sapped".
You note the time as you cross the line,
Not too bad, but no P.B.,
Kind people say in the nicest way
that they're sure your next will be.

What're our pace, whether jog or race,
twenty-six is never short,
but the MARATHON BUG, you MARATHON MUG,
is something you're glad you caught.
How many miles brought fun and smiles?
How many grief and pain?
The answer : "The first and the twenty-sixth
made it worth a try again!"

..... See you in Canberra !



Derek White

RUNNING OUT OF TIME

I'd been asked before if I wanted to write an article. I had put it off; waiting for a whole year! No mean feat. It is also no mean feat to be a runner, of this I am convinced, having observed this extraordinary species of person in many different situations, I am sure that it requires great dedication, tempered with a touch of insanity!

Ah hah! I can hear all the runners say - a non running cynic, but let us examine 'the runner'.

FITNESS - lean bodied, smooth muscled, glowing with health. Is this the picture you have? It is not always so - though it can be. Strangely, I have found that some have a tendency towards a few too many Mars bars, morning teas and other secret delights. Paradoxically, 'fun run' organisers often ply the runners with beer, soft sweet drinks and hot-dogs after runs. Do they have shares in these commodities?

PRIORITIES - The runner is often imagined as a wholesome, fit, caring type of person by us non-runners - until we meet 'the dedicated', then the truth is out, for the dedicated is also rather obsessive! When the choice is to be made between visiting a sick friend, or going for part of the weekly schedule, the weekly schedule wins. It's okay to be sick, as long as you do it at the right times.



CLIMATE - Considered irrelevant to a point, most runs are scheduled for 10.30 a.m. at the latest, particularly in summer. However, I was rather alarmed to watch a runner come staggering to the finish of a summer run almost on the point of collapse - the same colour as his red shorts. I had been sweltering in the heat for almost an hour by then. It was only about 9.00 a.m.! On another occasion, I was told that rain was fine - good air-conditioning, but 'heavy shoes' were a problem!

TIME - Finally, let us consider the hour a runner rises to attend some of these runs. It is quite possible to rise at 5.30 a.m. in order to travel to, and warm-up, before a run. Getting out of bed to go to work is bad enough, but anything before 8.30 a.m. on the weekend is considered indecent!

Leave work early on a training day is an interesting phenomenon. This cunning slipping away from a heavy schedule cannot occur on non-run days with anything like the ease. Makes one wonder!

CONCLUSION - Please runners, do not send wilted weeds, poison pen letters, or make indecent telephone calls - I'm really on your side - nearly!

Deep down I do admire your tenacity and I also believe there must be something in it all; otherwise why are your numbers growing all the time. Could it be the insanity is contagious?

MARY BAYLES

A THREE HOUR MARATHON - IN SEVERAL EASY LESSONS!

Ask anyone who has run a marathon, 35km is the make, or break, distance. Get there feeling good and you'll probably do a good time. Get there feeling bad and the next 7km is an ordeal.

In the 1983 Big M marathon, I was after a sub 3 hour marathon time. I got to 35km exactly on-time. Unfortunately, I felt bad and I struggled to the finishing line in 3hr 4min 35sec. It did teach me a valuable lesson. To be strong at 35km, you need to have trained consistantly over long distances.

I went to Canberra for the 1984 Nike/Avon with all the required kilometres in training behind me. I felt confident, having run a P.B. of 82min 18sec in the Striders' half marathon.

Waiting for the start is always a nervous time.. Runners shuffle around, tell bad jokes which everyone laughs at, but well aware of the next 42.2km.

I lost some time at the start, but not enough to worry about. The first half was 'soft'. I ran easily through 21.1km in my race schedule of 86½min. There were people cheering all along the course. James Moran seemed to turn up at every kilometre marker!

Approaching the 30km mark, I saw the familiar blue and white Woodstock uniforms everywhere. At the side of the road was Chris and Elle, and on the road ahead

of me Gary Shoesmith. I drew up alongside him and enquired after his health. It is not possible to print his reply in a family magazine. His message was that he had felt better. Gary wished me luck and I ran on.

Then came the 35km mark. I didn't feel good, but I didn't feel bad either! By now a strong wind had sprung up, so I eased up a bit to conserve my energy. I knew my sub 3 hour marathon was in the bag. I ran up the final hill feeling good. As I turned the final corner, the Moran clan and other Woodstock runners cheered from the side of the road.

It was a great feeling. I looked up at the clock and saw my time - 2hrs 55min 18sec!

My advise to anyone attempting a marathon is simple - like a boy-scout, be prepared.

Finally, to all the Woodstock runners, thanks for letting me be part of your group.

PHIL CLARKE



You'll find these extremely well-cushioned, sir.

THE BRISCOE/NASH FORMULA

1. GOALS - everyone must have at least one goal. Without goals there is no purpose to running.

2. TRAINING - to achieve your goals you must have a training programme modified according to your own specific needs. We suggest a minimum of 5 days running per week, but favour 6 days. A consistent weekly pattern is essential whether your racing distance is a 10km or marathon. The only difference being as you move up in distance there is a greater accent on longer runs. We believe the most important components of our programmes are the weekly long runs (two per week) used to build strength and stamina. The longer of the two runs is approximately 30% of the weekly total and is over a hilly course run at an easy pace; the other run is usually over an easier course at a quicker pace and is approximately 20-25% of the weekly total. The longest run each week is always followed by a very easy run (jog) the day after to ensure adequate recuperation. Our other runs during the week are of varying distances and pace with a speed session (either track, fartlek, or short road run) incorporated, a minimum of once per week.

3. SURFACE - to avoid injuries we advocate running on grass, or dirt, as much as possible. Grass also makes you work harder and the road seems much easier after a grass session.

4. SHOES - we never defer buying a good pair of shoes because of price. Everyone's feet are different and what might be good for someone else, doesn't necessarily mean they will suit you. Be very selective

when choosing shoes. We also believe in having at least two pairs of training shoes, alternating them each day and they are a bonus in wet weather. A pair of racing shoes is also a good investment for the serious competitor - they are much lighter and may give you a psychological lift.

5. STRETCHING - a controversial topic, but both Robyn and I believe in stretching (particularly after a run) to relieve contracted muscles and prepare the body for the next day's run.

6. SLEEP - necessary for recuperation. Runners, being active people, need extra sleep compared to their sedentary counterparts. Without adequate sleep, progression is limited.

7. INJURIES - a proper diagnosis is essential for any injury. It is the minor injury that must be monitored, otherwise a complete breakdown may occur.

8. NON-RUNNING ACTIVITIES - cycling, running, yoga, aerobics, walking are all good supplements to a running programme as long as they remain just that - a supplement. Weights are also a good adjunct to running, building strength and endurance. However, make sure you obtain expert advice in the first instance, otherwise injury, or a slow bulky body may result. Light weights and high repetitions are the desired combination.

9. DIET - we try to avoid red meat, salt, alcohol, sugar based foods (ice cream, chocolate, etc) as much as possible. Fresh fruit and vegetables, whole

grains, nuts, white meats are all the more nutritious and easily digested.

10. WATER - required to prevent dehydration and acts as a cooling mechanism - especially important in hot weather and on longer runs. Jack Foster (New Zealand veteran marathoner) hoses his legs after a run saying it may prevent injuries - may be worth a try.

11. FINAL SUMMING UP - Be positive about yourself, be consistent in your running (don't make excuses to avoid a training run), don't be pressured by others expectations, listen to how you feel, be moderate in everything and hopefully you will enjoy running as much as we do.

STEVE AND ROBYN

"A NEW AWAKENING"

Upon being "cajoled" by my children to join Woodstock Runners, mainly because they were fed up with running with mother, I hesitated, thinking of lack of freedom about time, place and distance. But, it has been obvious that advantages outweigh disadvantages with the helpful encouragement, new enthusiasm and friendship we have found at Woodstock.

We wish all fun in their running in the coming year.

CHRIS MORAN

"THE LONG AND WINDING ROAD"

The article you are about to read is the story of a runner who overcame and fought insurmountable injuries to eventually find himself on the running circuit again. The person in question is Steven Briscoe. Steven began his running career with the City to Surf in 1978. Prior to this, he had been involved in two seasons of track; these years being injury free. In December 1978 Steve suffered his first injury. By 1984 he was to fully understand the meaning of the word. Listed below are the numerous injuries that Steve has endured over the past six years.

December 1978	- Stress fracture of the lower fibula (six weeks rest)
January 1979	- Shin splints, left leg
July 1979	- Break - precaution stress fractures in ankle
September 1979	- Orthotics
October 1979/ January 1980	- Shin splints
March 1980	- Runners knee syndrome
January 1981/ February 1981	- Glandular Fever (four weeks without running)
June/August '82	- Undiagnosed injury to right knee
February 1983/ till now	- Beginning of muscle spasm
June 1983	- Knee injury
August 1983	- Inflammation of fascia (ankle) (four week break)
December 1983	- Left pelvis out of alignment
December/ January	- Body broke down as a consequence of successive injuries. Stopped running
End of Jan. '84	- Returned to running slowly and cautiously

July 1984 - Coronary ligament (knee)
September 1984 - Veterbrae out (lower back)

During this time, Steve had the assistance of a wide and various medical support team. These included an acupuncturist, two podiatrists, two chiropractors, one orthopaedic surgeon and two masseurs! (above board ones, authentic masseurs, the no-frills kind!)

In 1984 Steve ultra-cautiously renewed his running career once again. It was a long hard road back to his former fitness and potential. But, through sheer dedication and perseverance. (and still ever-present little nagging injuries) Steve is just beginning to achieve a glimpse of his potential. For someone who envisaged no Fun Runs in 1984 he has now completed six, and to his credit he has achieved excellent times in each.

This story is not a biased report. It is simply the story of someone who had lots of patience, dedication and perseverance. Qualities that are essential for a good athlete. Many, with Steve's record of injuries would have given up years ago. But not Steve. He knew he had the potential to achieve better in his running career. This fact and his determination not to let the injuries get the better of him have been instrumental in Steven's return to running. Through his injuries and his numerous 'rest' periods, he has been encouraging and supportive to other runners. You have to admire someone like Steve. He is dedicated to his running so much so that he will often spend

thirty minutes stretching before a run and up to an hour afterwards. Let's hope that Steve will be rewarded in 1985 and onwards for his unquestionable determination and perseverance.

ROBYN NASH

A FEW NOTES ON PERFORMANCE FACTORS

Ten years of Fun Running, plus track and road competition has suggested to me that, apart from training, fitness and the special problems of women, the following factors dictate performance in any one event:-

1. The belief that it is possible to succeed and the mental determination to do so.
2. Judgement of pace throughout.
3. Having known opponents to race against.
4. Correct eating, drinking and evacuating for at least eighteen hours before start time.
5. Smooth, unhurried and planned preparation, gear, liniments, warm-up, entry process, etc.
6. Pre-race rest, NOT so much on the eve of the event, but rather for the two nights before that.
7. The course - if you are good at hills, so be it. If you are a flat terrain specialist, it's no use expecting to excel in hilly country. Surfaces are mostly impersonal if you are properly shod.
8. Weather and altitude. I think these are overrated. Direct, strong sunlight, experts tell us, is the most exhausting external, natural problem for everyone. However, we do vary widely in our reactions to atmospheric temperature and pressure changes and levels. Wind and precipitation blow on and fall on all with complete impartiality but again, individuals' reactions vary; for instance, I can chafe severely behind the arm pits in torrential rain; and strength is obviously an advantage into wind.

Fast runners can be through the finishing line while the slower ones are being caught in storms and/or wind changes out on the course. Altitude variation

has to be large to measurably affect one. I haven't been to Mexico City, so I have to be content with Blackheath!

9. A mysterious thing one could call a spontaneous peak of physical power. This may have some connection with the 'body clock' and it cannot be turned on by mental effort. However, all the above factors possibly have a reinforcing input. It accounts for those marvellous days when one finds, for no apparent reason, that the body will give more than the average and 'everything goes right'. This intangible is both the most fascinating and the most attractive feature of competitive athletics, because it means that THE SAME PEOPLE DON'T WIN ALL THE TIME in any level.

CONCLUSION

All a runner can do is try to take care of every other factor under his/her control and hope that those outside it 'click' often enough to bring a fair share of success.

The following details from two of my favourite November fun runs serve to show that age, weather and time of year, don't seem to matter nearly as much as the other factors, particularly that mysterious 'peaking'. They also show how the numbers of entries have increased at the beautifully organised Blackheath run.

N.B. Both courses changed at about the same time, 1978/79 and both were held a week, or two, apart in mid-November, "Fisher's Ghost" first.

YEAR	AGE	FISHERS GHOST	BLACKHEATH: 12 Km	
		TIME	TIME	PLACE
1977	49	54 ^m 34 ^s (12.5 km)	54 ^m 18 ^s	87
1978	50	52 ^m 08 ^s (12.0 km)	53 ^m 40 ^s	95
1979	51	48 ^m 58 ^s	52 ^m 50 ^s	114
1980	52	45 ^m 03 ^s (P.B.)	50 ^m 15 ^s	94
1981	53	48 ^m 52 ^s (Flood!)	50 ^m 35 ^s	122
1982	54	D. N. C.	50 ^m 35 ^s	111
1983	55	48 ^m 50 ^s (196 ^m)	49 ^m 42 ^s	116 (P.B.)

BOOK REVIEW

"MY LIFE ON THE LINE"

BY RON GRANT



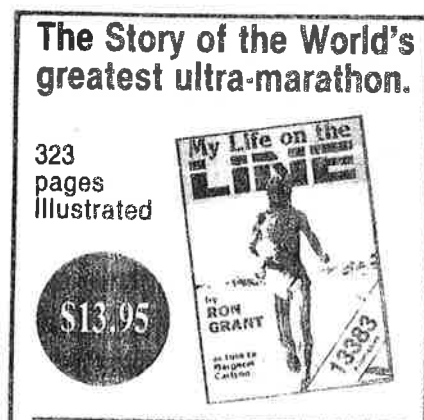
It's probably not the most comfortable or relaxing way to see Australia, but certainly the most courageous - running!

Ron Grant covered 13383 kms commencing from Brisbane in March 1983 and returning to that city in October 1983, setting a new world long run record. Many other World and Australian records were set on the way.

The run, on the main highways linking the Capital Cities, took Ron through incredible stretches of loneliness and the hot, soul-destroying, fly infested "top" of Australia. The hospitality of the outback people; the enthusiasm of school children everywhere; the humour intermingled with the hard times; snippets of historical interest associated with towns visited; his continual concern re finances, sponsorship and the well-being of his crew, are shared by the reader as one travels with him through the vastness of the continent.

Familiar names such as Jill Colwell, Pat Marshall, Brian Lenton and George McGrath were among the many runners who accompanied Ron for part of his momentous journey.

For any runner, traveller, person fascinated by this country or anyone appreciative of determination, dedication and single-mindedness, this book is a true winner.



Kerry Bray

TEARS, TEARS AND MORE TEARS!

THE DAY: Sunday 29th April 1984
THE PLACE: Avon Headquarters, Warringah Road,
Frenches Forrest
THE DISTANCE: 10 km
THE COURSE: Downhill to flat, but creating severe
stress on leg muscles.

Eight Woodstock ladies give their best to record P.B. 10 km times, with five combining to take second place in a strong teams section.

But one lady stood out. With her twisted blue scarf tied around her neck Christine Moran summoned all her will power and energy to explode her pent-up nervous drive to defeat competitors^{to}, whom she had so long merely been a shadow.

Chris is part of a marvellous running family. Husband John, fought back from a severe stress fracture injury during 1983 to record P.B. times, especially over the tough 10 km Lake Gillawarna course. His infectious grin gleamed the longest amidst the gloomy weather following his first successful completion of a marathon - Wang 1984, in 3 hour 24 mins.

Elder son, Simon, set a marvellous example for all runners, dedication and diligence are two words that accompanied Simon side by side during his 1984 training programme. Amidst much pressure, Simon performed admirably over twelve hard handicap races at Lake Gillawarna, only to be pipped into third place in the last race, and formed an integral part of the "Flying Morans".

The latter half of 1984 has seen the "gutsy" (yes, he gamely battled on to complete the Sutherland to Surf after spilling his "guts" 1 km from home), James Moran, come to the fore in fun runs and track events.

A young man with a wealth of potential, James represented his School at the Pulsar Quartz Games in Sydney in October and ran a magnificent fourth place in the 1500 metres age group final in a P.B. time of 4 mins 29 secs.

There is a fifth Moran - Deidre, although not a runner, watch for this talented little Canterbury supporter in the field of Art!

It's Chris Moran who is the focal point of the talented family. Not only does Chris marshall her family around her to compete, often successfully, in family team events (including team placings in the 1983 and 1984 City to Surfs), but also forms a vital part of the Woodstock Runners' Girls' team.

Strain etched into her face, froth at the mouth, muscles strained to the limit, "Chris crossed" (#) the Avon finish line at Manly with tears streaming, and promptly collapsed into the arms of an innocent bystander (guess who?). Mind you this innocent bystander felt that he must have had something going for him when another competitor, June Mason, followed Christine into his arms!!!

Like always Chrisie gave it her all, but that day she gave more. We were all proud of her that day. We're proud of her every day.

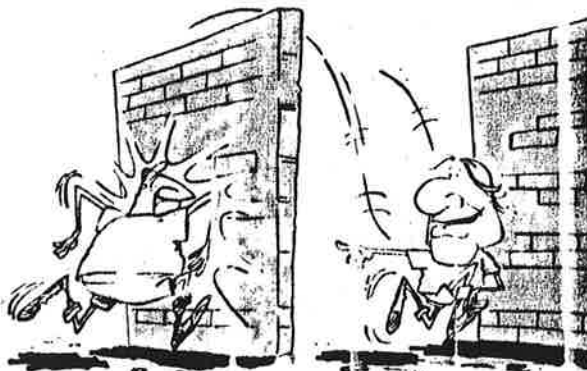
Chris Siepen



RUNNING VOCABULARY

ADIDAS -	A city in Greece where the first Olympics were held.
AEROBICS -	Meaning unclear, possibly a Greek city.
ALCOHOL -	Nothing to do with running, but deserves a mention anyway!
ARSONIST -	A runner who burns up the track, also possibly sexual connotations.
COACH -	The person responsible for your bad form and injuries, but never your successes.
DENCORUB -	Hot, white, creamy stuff.
DISTANCE RUNNER -	Same as 'walker' except slightly retarded.
DRUGS -	See 'alcohol'.
EXERCISE -	An action to promote your own well-being.
FARTLEK -	A physical condition that occurs when you try to run on a full stomach.
FUN RUN -	A fictitious event promoted by sports-wear distributors.
GRASS -	A versatile substance you can eat, smoke, or run on.
K.B. -	The golden reward for a hard race.
LOPE -	Run with long easy stride.
LOPES -	Runs with long easy strides.
L.S.D. -	A hallucinagenic drug that suppresses pain and stimulates masochistic tendencies.
MARATHON -	Another Greek city?
NOVELTY EVENTS -	Boring forms of running, includes mainly women's races.
OLYMPICS -	An exercise (see above) indulged in by politicians every four years.
OXYGEN DEBT -	An overdraft taken out by your legs for which your lungs have to pay.
P.B. -	Abbreviation for 'pre-race blues' as epitomised by long toilet queues prior to a race.
RACE -	Exciting forms of running usually including a close struggle between two or more participants.
RELAY -	A novelty event where you pass on your troubles.
ROAD RUNNER -	A person who runs on L.S.D.

SEX -	See 'race'.
SPEED -	A type of drug used predominately by sprinters.
SPRINTER -	A runner with a phobia about physical exertion, i.e. they're scared of it!
STAMINA -	A masochists word for 'fitness'.
STAMINADE -	Similar to 'stamina'.
TRACK RUNNER -	A runner who has deviated from the straight and narrow (roads).
WALKER -	A runner who doesn't know any better.
WALL -	The only way out of a marathon is to hurdle this.
WOODSTOCK -	A breeding ground for great runners and great people.



JAK CARROLL

The Wall

WORDS OF WISDOM

One of the best resolutions in life, whether it be work or sport, is to do the simple things well.

Watch the improvement in the bigger things.

"BACK TO BACK LOOKS AT MARATHONING"

"PAIN, THE RAIN, AND ALL THAT"

A forceful wind that sent the cold through to our bones, grey skies, swirling leaves that had fallen from giant Autumn trees, white caps on the H₂O.

Nike 1984 was well underway when Elle and I parked in Bob Hawke's car park and walked across the expansive grass lawns towards Lake Burley Griffin.

As the Nike is out and back in certain sections, we had seen Woodstock competitors and other runners we knew four (4) times. All except Kerry Bray.

The frequency of runners passing us on the way to the finish had substantially decreased. Where was Kerry? "Come on Kerry, where the hell are you", she should have passed by now.

So we started walking back over the route to find the lady. Still no sign, so I started running and running. Elle wondered where I had gone. Just then, like faint specks on the horizon, I spotted them. They were a very weary Kerry Bray accompanied by an equally weary Sydney Strider Gai Cunningham. Gai was ill and exhausted and Kerry's back was gone.

Despite a strong headwind, they walked on, every step was like climbing a mountain. We reached Elle, Kerry and Gai by now were very cold. Elle and I were rugged up! On we walked and then Kerry asked if Gai wanted to run. Always aiming for a goal, Kerry said that they would maybe break 4½ hours.

A tired Gai could only get up enough energy to say "no". So off trotted Kerry accompanied by Elle in her jumper, jeans and high heels. Kerry did break 4½ hours, and having done so came back to help Gai in.

Not many spectators left now, only the St. John's Ambulance men, hot tea and papers blowing in the wind. Kerry and Gai were not meant to go to L.A., but they still showed the grit and guts to finish - you know, "the stuff that champions are made of". (Sounds like John Wayne).

"Never again" said Kerry, but on the 10th June off she started in the Wang Marathon, but this time accompanied by "veteran marathoner" Elle. Grey skies, wind and later rain - if ever Kerry is going to run a marathon don't plan an outdoors weekend!

After tooting to Elle and Kerry crossing the Harbour Bridge, I joined them at the 16km mark. Kerry was running strongly but trailed the clock somewhat. We picked up the pace slightly and began passing many competitors. Everything going smoothly and Kerry nearly back on schedule. At the 30km mark all A.O.K., but then panic "I won't break 4 hours", said Kerry. But deep down she still felt she could, so did Elle and I. At the 33km mark an official yelled out "35km gone!" - a heartbreaking mistake for a weary marathoner to stomach.

Yet on we ploughed, then at the 35km disaster struck. Kerry's back went, she slowed to a walk. She knew then that her goal was lost. She tried to muster some energy but you can't fuel a fire without the fuel and there was no more left!

Still Kerry gamely battled on. We had passed scores of tiring and sick and sorry runners, especially along the cold rainy and windswept roads bordering the foreshore of the Pacific. The pain went a little deeper as most of those same runners passed us.

Nearing Sydney Athletic Field, the clouds well and truly opened up and down came rain drops the size of golfballs. Soaked through, we sloshed towards the finish. Then 1km from home a slightly mad Michael Bayles joined in and ran fully dressed through driving rain as encouragement to us.

Kerry and Elle went on to complete the Wang in 4 hours 19 minutes. It was a testament to Kerry's guts that she didn't pull out. Kerry was immensely grateful to her support team, in particular Elle. In fact it was the longest time that Elle has ever been running in one event.

Across to the service station went two fine, but soaked competitors. There they dried and changed and jumped quick smart into the car to enjoy hot coffee, kit kat bars, chips, cake and fruit.

"Never again", said Kerry. But I have a strange feeling that Kerry and the 42.2km distance will meet again. When, who knows. One day.

Chris Siepen

"THANKS A MILLION"

OR

"MARATHON THANKS"

Having trained hard, but not well, I travelled to Canberra in April with Paul and the children for the "Nike". I was not confident, but with encouragement from the family and Bernadette and Michael Donnelly, who stayed alongside us at the motel, I arrived at Telopea High School early Sunday morning for the start.

With the Moran and the De Castella families among the spectators, I was in "good hands" and having met up with my marathon and Strider partner, Gai Cunningham, I was very enthusiastic when the cannon fired. "Over enthusiastic" was closer to the truth as we took off well under our splits and the kilometres flashed by at around 5 minutes per km.

Derrick caught up and ran about 25k with us trying desperately to bring us back to reality. It must have been "reality" which hit us at 30k, in the form of a WALL.

From 5 minutes per km we almost entered reverse gear to a 10 minute per km walk. The weather deteriorated rapidly, we were feeling cold, tired, ill and discouraged and the kilometre markings were surely further apart now.

However, around 5-6k from the finish a welcomesight appeared ahead of us. It was no mirage, but Elle and Chris with offers of their track suits and jumpers.

They walked alongside us offering words of inspiration and motivation, then at 41k Elle suggested to me that I run the final kilometre to reach the finish in under 4½ hours. It was difficult to put the legs into motion again but she got me going and ran with me in her jeans and high heels to the finish line with the clock showing 4 hours 27 mins 58 seconds.

I didn't feel good, but so appreciative of her assistance. Chris brought in Gai who was feeling very poorly and quite unable to run a step.

That was to be my last marathon EVER, but as June came closer I was reconsidering. My entry form was sent off when Elle and Chris offered to run with me.

Chris was ill the week or two before the Wang but still ran the last 26k with Elle and I. In 1983, Elle ran the Wang in 3½ hours and here she was this year staying on her feet for 4½ hours through rain, wind and cold, to help me.

We arrived at the 41k mark very wet and miserable to be met by Michael Bayles who joined us for the last kilometre through torrential rain in his jeans and jumper. As we entered the Sydney Athletic Field the Morans had waited to cheer us on (John had finished in under 3½ hours). Thanks all!

Each time I see my Wang silver medal I am mindful of the sacrifice made by Elle and Chris on that day in June to help me across the finish line.

Thanks a Million!

Kerry Bray

ARE YOU AFRAID?

This was the heading of an article by the late Percy Cerutti in an edition of "Fun Runner" this year.

Cerutti expounded that you must not be afraid to push your body to new limits as only by doing this would you reach your full potential. He cautioned that this should not be done excessively but that suitable recovery periods must be allowed between such exertions.

Being afraid is the greatest obstacle to a runner's development. Sure it sounds hard and it's going to hurt but then "caution never did do great things".

To improve in racing you must either raise the level of your training or increase your commitment while racing. In both cases an element of fear is involved because you are not sure how your body (and mind) will react. But if you never try you'll never find out!

Overcoming this fear is the greatest achievement a runner can make as only then will you be able to reach your full potential as an athlete. Self-satisfaction is the result of knowing you did your best.

This philosophy does not just apply to running but to life in general. As they say "fortune favours the brave", "nothing ventured, nothing gained" and "aveagoyermug"!



Jak Carroll

WHAT WE DO FOR "DEEK"



We all admire the stars at the pinnacles of our sport, not just Rob de Castella, but others of the 'elite' also. Perhaps it's time we paused for a moment in our adulation to recognise that we contribute to their successes in a number of ways:-

1. Our promotion of running by participating, spectating, reading and organising, or administration. Even on a quiet, solitary training run, we are seen to be practicing the sport.
2. Our purchases of products of their sponsors, or potential sponsors.
3. Our moral support.
4. Our education of non-runners to appreciate the time, talent and dedication required to produce world class performances; and the elusive nature of personal success, its unpredictability due to the host of fickle factors which are always present, 'no-body can win every time'..
5. Our lousy times that make their's seem so phenomenal!!

DEREK WHITE

ATHLETICS: It didn't take long for news from Burwood's Woodstock runners to reach this column. The 50-member group now has formal membership and according to publicity officer Kerry Bray has 30 runners competing regularly in weekend events. "We didn't have a day off over Christmas and New Year and are certain of good times in this year's big races," said Kerry, who reports the youngest member James Moran (13) was first home in his section of the 9.5km Mt Druitt Fun Run on February 12. Others to impress on the same day were Dorothy Seipmann (first woman), Christine Moran and Derek White (first in age category) and the women's team of June Baynys, Kerry Bray, Christine Moran and Dorothy Seipmann, also first home. Runners are training for the Nike Marathon in Canberra on April 8 which is the Australian trial for this year's Olympics in Los Angeles.

ATHLETICS: Burwood's Woodstock runners have been covering plenty of ground recently, taking major placings in distance events. Christine Moran finished first in August's Sandy Point 11kms race, with 13-year-old James Moran number one prize-getter in the event's 3km sprint. Woodstock's ladies' and men's outfits grabbed first spot in both teams' sections at the 14km Pitt Town event on August 26. The winning ladies were Eleanor Cody, Robyn Nash, Joy Hood and Dorothy Seipmann. Men were Scott Lawrence, Barry Crisp, Tony Murphy and Chris Siepen. September 9's Sydney Clinic half-marathon saw James Moran finish third in the Under 20 section. It was Moran's first 21.1km race and club officials are predicting a bright future for the teenager.

Woodstock Runners wish to express their appreciation to Robert Carmody and the Glebe newspaper for the many articles published throughout the year. The publicity has done us a great service.

MANY THANKS!

ATHLETICS: Fleet-footed members from Burwood's Woodstock runners have again taken honours, this time in the August competition. At the recent City-to-Surf the group's mixed team of Eleanor Cody, Barry Crisp and Jack Carroll were second across the line. Cody was in line form a week later, winning the Lethbridge Park 9km run while clubmate Scott Lawrence crossed third in August 11's 8km St. George road championship. Club senior Dorothy Seipmann grabbed the spotlight with her fourth place in the ladies' section at Cities' Marathon. The annual 42.2km run, from Sydney Town Hall to Blacktown, was completed by Seipmann in 3hrs 25min. Woodstock's ladies' team proved unstoppable in the 'Chris Moran and Kerry Bray were the inner-representatives.

ATHLETICS: Last report this year from Burwood's Woodstock runners shows they haven't slowed down before the Christmas break. In November 18's Blackheath 12km Fun Run Robyn Nash and Derek White were first home in their age divisions while Eleanor Cody finished third overall. The group's mixed team of Cody, Nash, Barry Crisp and James Moran grabbed line honours with club newcomer Steve Bristoe recording a personal best of 45min 23sec. Other club members to finish strongly were Chris Moran, Mary Henderson and Phil Clarke. Not content with just running, Ian Hood competed in the Nepean Triathlon and his time for the 800 metre swim, 42km cycle and 14km run was 2hr 23min.

ATHLETICS: Not even the fact that Sydney's running scene is drawing to a close for the year has halted Burwood's Woodstock group. In races earlier this month the ever-growing team took major placings. Consistent Joy Hood was second woman home in October 6's Bowral Hospital 8km event while Robyn Nash took first prize in the 10km Holroyd Festival race on October 14. Club senior Dorothy Seipmann again proved her worth in marathon competition, crossing the line with a personal best of 3hr 16min 51sec. Seipmann is regarded as one of the 'up's' and team-mates of even better times next year. Fast-moving Eleanor Cody travelled to Honolulu for the annual World Airline championship and finished third overall.



ATHLETICS: Burwood's Woodstock runners competed in three annual races last month and shared major placings in each. Eleanor Cody was first lady home in Balmain Hospitals's 8km dash while clubmates Robyn Nash and Kerry Bray were second in their age divisions. Cody, Nash and Bray also crossed the finish line as the first ladies' team home. Club senior Derek White recorded a personal best in the Campbelltown Marathon, covering the 42.2km in 3hr 23min. Cody and White finished July on a winning note at Grace Bros Charity 10km run. Both were first across the winning tape in their age sections.

ATHLETICS: You can't keep Burwood's Woodstock Runners' off their feet. Last month members were again out in force with June 10's Wang Australian Marathon the highlight. Nine distance runners competed in the gruelling 42.2km race with personal best times recorded by Barry Crisp (2hrs 45mins), Scott Lawrence (2hrs 56mins) and Gary Shoesmith (3hrs 15mins). Successful veteran runner Dorothy Seipmann crossed the finish line in 3hrs 29mins. Experienced member Eleanor Cody was first lady home in the 9.3km Blacktown Advocate run with Crisp, Lawrence and Shoesmith teaming to be the second team back. At the 10km Grose Vale challenge on June 17 Woodstock again ran away with honours. Cody continued her good form to take first prize with Robyn Nash first home in the 25-39 year age section. Christine, John, Simon and James Moran proved family fitness to win the popular family section.

TEAM REPORT

In 1984 Woodstock runners entered thirty five teams, men, women and mixed in twenty one different fun runs. Twelve women's teams, seventeen men's teams and six mixed teams.

Out of the twelve women's teams, we had eight firsts and four second placings. A phenomenal effort! The ladies who represented us are listed below:

<u>NAME</u>	<u>NO. OF TEAM REPRESENTATIONS</u>
KERRY BRAY	9
DOROTHY SIEPMANN	7
JUNE BAYNES	1
JUDY YOUNIE	1
CHRIS MORAN	7
ELEANOR CODY	7
ROBYN NASH	8
SHARON BUTLER	1
JOY HOOD	6
MARY HENDERSEN	1
SANDRA ENGLAND	1
PAM WEISS	1



Of our seventeen men's teams, we had two firsts, four seconds and one forth. Excellent, considering often very strong opposition. Our representatives:-

<u>NAME</u>	<u>NO. OF TEAM REPRESENTATIONS</u>
BARRY CRISP	12
GARY SHOESMITH	7
STEVE KNIGHT	2
BOB DAVIDSON	4
ALLAN TULLY	4
SCOTT LAWRENCE	7
TONY MURPHY	5
PHIL CLARKE	6
JAK CARROLL	5
PETER OSTROWSKI	1
MICHAEL BAYLES	3
IAN HOOD	1
ROBERT DAWKING	1
ANTHONY HOOLAHAN	1
JAMES MORAN	2
PAT MCCARTHY	1
DEREK WHITE	1
STEVE BRISCOE	4
CHRIS SIEPEN	6



We had six mixed teams, including the Interclub Challenge and Wang Marathon, with one first, two seconds, a fifth and a sixth placing.

<u>NAME</u>	<u>NO. OF TEAM REPRESENTATIONS</u>
SCOTT LAWRENCE	2
BARRY CRISP	5
GARY SHOESMITH	3
ELEANOR CODY	5
ROBERT DAWKING	1
DERRICK TITMUS	1
PHIL CLARKE	2
JAK CARROLL	2
JOY HOOD	2
JAMES MORAN	2
ROBYN NASH	1
MIKE DONNELLY	1
DEREK WHITE	1
KERRY BRAY	1
CHRIS SIEPEN	1
CHRISTINE MORAN	1
ALLAN TULLY	1
BILL WHITE	1
STEVE KNIGHT	1



Although not running under the name Woodstock runners, the Moran family also had some excellent results in family team categories. James, John, Simon and Christine won Grose Vale, the Edgell Bathurst jog, and were placed second in the City to Surf. A strong running family team!

All 1984 team efforts were notable, but some were exceptional:-

FOR THE LADIES:

1st	Mt Druitt	9km	- the second year in a row (FEB)
2nd	Avon	10km	- (APR)
1st	Harbo rd	14km	- second year in a row (JUL)
2nd	Sutherland to Surf	11km	- (JUL)
1st	Fisher's Ghost	12km	- second year in a row (NOV)

THE MEN :

1st	Manly Giant Jog	5km	- (JUN)
4th	Harbo rd	14km	- (JUL)
1st	Pitt Town	14km	- (AUG)

THE MIXED:

2nd	Blacktown Advocate	9km - (JUN)
2nd	City to Surf	14km - (AUG)
1st	Blackheath	12km - (NOV)

Thanks to all runners who competed in Woodstock running teams in 1984. From the quickest through to the slowest; all form an integral part of a running team and our running club. Thank you for your co-operation in making my job easier. Looking forward to an equally, if not more, successful 1985.

CHRIS SIEPEN

SOCIAL CLUB REPORT

Eight events highlighted the 1984 Social Calendar. Special thanks to Derrick Titmus who helped Chris stage the inaugural Australia Day "AROUND THE BAYS AND BALMAIN" jog, followed by breakfast at Chris'.

Thanks Sharon for your sausage sizzling B-B-Q expertise!

Mike Bayles inspired a good get-together B-B-Q at Hawkesbury Lookout as an aftermath to 17 June Grose Vale 10,000m Challenge.

Sharon's "Alternative City to Surf" was highly successful with excellent organisation, and it was followed by one heck of a celebration back at Sharon's. Thanks to Sharon and her friends from the Lewisham Institute of Sport.

The second annual City to Surf B-B-Q and video night happened on Saturday, 4 August, at Chris'. A relaxing and inspirational evening. Good tucker. Special thanks to Kerry, Elle, Robyn, Leslie (Hams), Joy, Paul Bray and 'Washer Upper', Gary.

Our fourth birthday celebration at Balmain Coffee Bean on 18 August was well attended. Nice meal and good evening, highlighted by "Toby" the clown. Thanks again to our cake-maker, Kerry.

Robyn and Steve's Leader 10 fun run, on the October long weekend battled wind and occasional showers, but turned out to be a good time by all.

The Blackheath fun run and picnic was well attended once again with plenty of cheers for our successful runners (....but a speech maker was lacking....!!).

Our Christmas B-B-Q and presentation night highlighted the 1984 social calender.



Special thanks to helpers Paul Bray, Gary Shoesmith, Michael Donnelly, guitarist Ian Gudgeon, Robyn Nash, Jo Dwyer, Phil Clarke and of course, Derek White. It certainly was a top night and to Kerry, Janine and Elle our deepest gratitude for the '1984 Woodstock Year Book'.

To everyone, thank you for attending our 1984 socials. We try to hold socials to which everyone of all ages can attend. Any suggestions for 1985 would be appreciated.

Looking forward to a great 1985 with our first running 'DO' being the second annual Australia Day weekend training jog, and breakfast afterwards, at Chris'.



BOOK REVIEW

"DEEK" BY ROBERT DE CASTELLA, WITH MIKE JENKINSON

The book traces Robert de Castella from an awkward young school boy to the world's No.1 marathoner.

Following Australian athletic successes from sprinters Betty Cuthbert and Marlene Matthews, through the middle distance era of John Landy and Herb Elliott, the 5000m and 10,000m runs of Ron Clarke to marathoners Dave Power and Derek Clayton, makes very absorbing reading.

Throughout the book we learn of the influences on Robert and his career from Anne and Rolet - his Mum and Dad; Chris Wardlaw, friend and training partner; his coach, Pat Clohessy and wife, Gaylene, herself an Australian representative, therefore understanding so well Robert's passion to be No.1 and hence the need for total committment to his sport.

An insight into Pat Clohessy shows the influence on his theories of Landy, Lydiard and Clayton. He says of Landy "the complete unselfishness of Landy motivated me to help other runners".

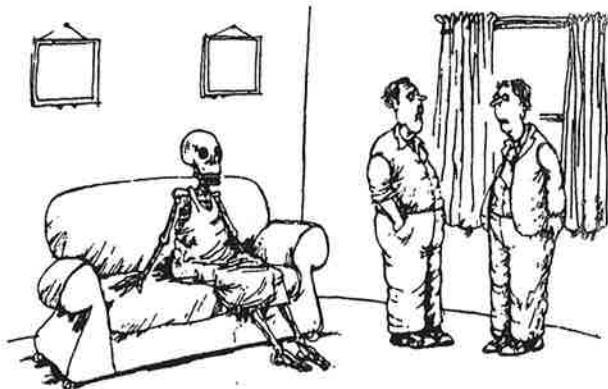
In the book we experience the world's 3rd fastest marathon when Robert won Fukuoka in 1981, then the Commonwealth Games gold medal in Brisbane in 1982, Rotherdam and Helsinki in 1983.

I found the book to be most enjoyable reading, informative and following a commonsense approach to training and running for all, even for No.1.

KERRY BRAY

SOME OF THE 'BIG' 1985 RUNS

- | | | |
|-------------|---|--|
| JANUARY 5 | - | HARBORD DIGGERS PALM BEACH TO MANLY 30KM |
| MARCH 24 | - | STRIDERS NATIONAL PANASONIC HALF MARATHON |
| APRIL 14 | - | NIKE MARATHON, CANBERRA |
| MAY 26 | - | COORANBONG HALF MARATHON |
| JUNE 9 | - | WANG MARATHON |
| JULY 7 | - | MT PRITCHARD HALF MARATHON |
| AUGUST 4 | - | CITY TO SURF |
| AUGUST 11 | - | GILLAWARNA MARATHON & HALF MARATHON |
| NOVEMBER 3 | - | FISHER'S GHOST 12KM |
| NOVEMBER 10 | - | WOODSTOCK RUNNERS' COMMUNITY FUN RUN 10KM
(tentative) |
| NOVEMBER 17 | - | BLACKHEATH RHODO RUN
(tentative) |

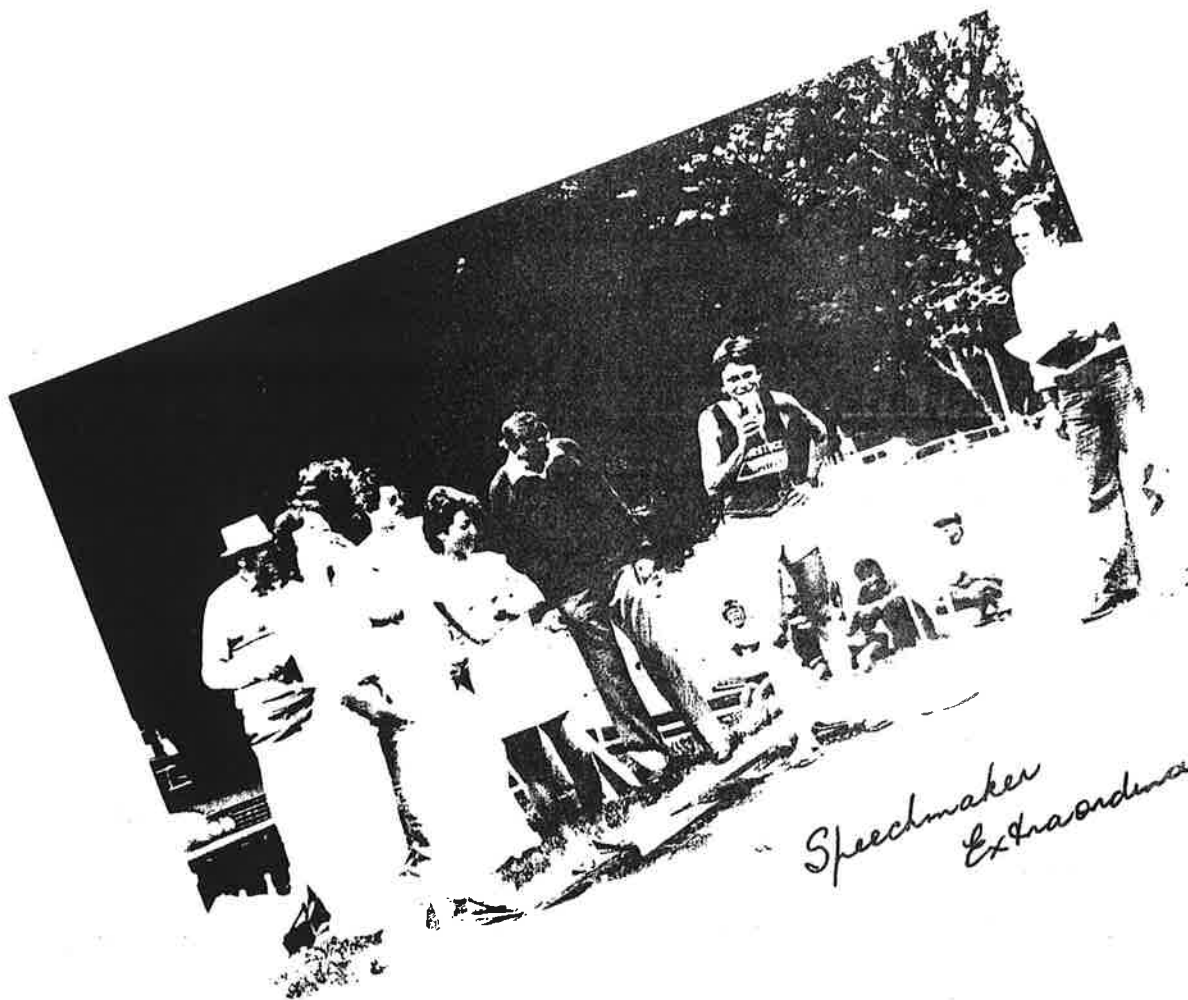


As diets go, it was rather drastic.

QUOTABLE QUOTE

"Goodness knows what time you could have done if the weather had been better".

De Castella to Steve Jones after the latter had run a world best marathon in Chicago in wet and windy conditions.



*Speechmaker
Extraordinaire*



Simon & Gary



Elle
Many times winner