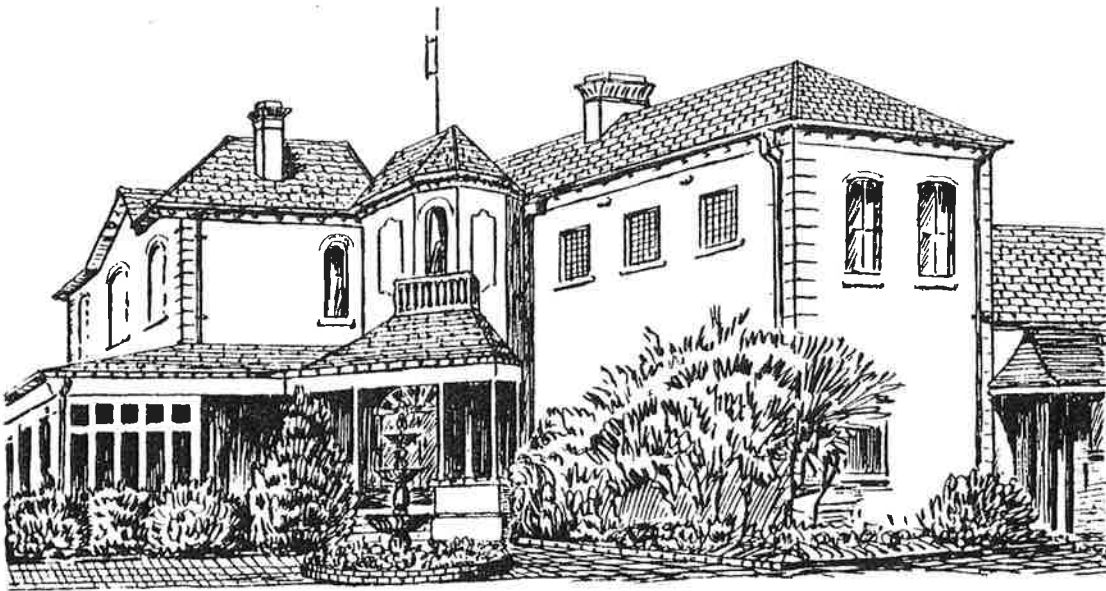


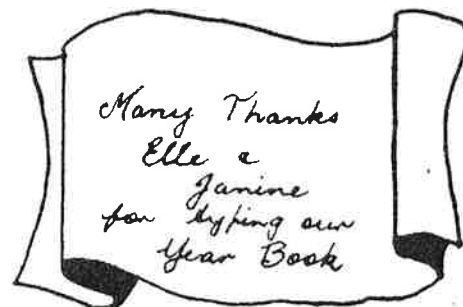


**YEAR BOOK**

**1985**



*'Woodstock'*



Many Thanks  
Elle &  
Janine  
for typing our  
Year Book

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### HISTORY OF WOODSTOCK COMMUNITY CENTRE

Since 1873 when it was the family home of the Penfold family, Woodstock has undergone many changes - in 1942 it was Army Divisional Headquarters; from 1945 to 1949 it remained vacant; through to 1974 it was used as a migrant hostel and was left vacant once again until 1977.

In that year, the Burwood Senior Citizens Centre was opened on the site of the former hostel dining room.

The Governor General at the time, Sir Zelman Cowen, officially opened Woodstock as the centre of the community on 11th November, 1979.

In 1984 the Woodstock Community Centre won the annual Tidy Towns award for the "Best Presented Community Facility Wholly Maintained by Local Government". At the time of going to press in 1985, the Centre has already been awarded a monthly award.

The 100 square mansion set in the spacious grounds has a membership of 4,300 with 1600 individual members, the remainder being members of affiliated groups.

In 1985 there were 6,500 meetings and activities held with an estimated 75,000 persons involved. As well, many thousands take advantage of the playground, tennis court and barbecue facilities available to the public. The local radio station 2RDJ-FM broadcasts from the first floor of the Centre.

---ooOoo---

The Runners wish to express their thanks and appreciation to Burwood Council and especially Reg Seagrave for the help and assistance afforded us during the year, particularly at the time of the Fun Run.

WOODSTOCK COMMUNITY CENTRE

CHURCH STREET, BURWOOD.

TELEPHONE: 745 3555

POSTAL ADDRESS: P.O. BOX 265,  
BURWOOD, 2134.

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

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

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

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

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



Founded in 1980.

### HISTORY OF WOODSTOCK RUNNERS TO 1985

On 22nd August, 1980, Woodstock Runners came into being when Steve Briscoe, Rohan and Kerry Bray, Reg Seagrave representing Woodstock, David Holland from the Department of Sport and Recreation and two others met at the Community Centre and decided to commence a jogging group.

The 1.7km course through historic Appian Way was the first route taken on Tuesday, 26th August. During the first 12 months we progressed gradually through the Council's 3.3km Fun and Fitness course, the 5.5km Burwood Park Run to the 10km Concord Run. On many occasions there were 3 to 5 participants. Sylvia and Neil Watsford were regular members in those days.

1982 saw Michael Bayles, Peter Ostrowski, Michael Donnelly, Robyn Nash, Chris Siepen, Dorothy Siepmann, Tony Murphy, Barry Crisp, Derrick Titmus and Eleanor Cody join our ranks. We commenced entering Fun Runs that year with some team entries where we had sufficient numbers.

Membership was boosted in 1983 by the arrival of Derek White, Norm Hams, Joy and Ian Hood, Bob Davidson, Joan Baynes, John Jessup, Bob Burford, Phil Clarke, Sharon Butler and John Webster.

Marathon fever overtook the group that year with fifteen Woodstockians covering the 42.2km. Many Fun Runs were entered and we organised our first internal City to Surf team competition. Sprint training was commenced at Campbell Athletic Field in March with floodlighting being used throughout the winter months.

A number of social events were held and our first large scale Christmas barbecue and presentation complete with entertainment and awards took place. The launching of the first Woodstock Year Book occurred that evening.

"Breaking new ground" was the major thrust in 1984 with our first Australia Day Run from Chris', initial ordering of official t-shirts and singlets. Our maiden Annual



General Meeting, a lecture night at the Institute of Sports Medicine, Sharon's previously untried Alternative City to Surf, Toby's birth and our virginal run over our suggested Fun Run course devised by Joy.

Numbers were increased as we were joined by the Morans, Alan Tully, Gary Shoesmith, Jak Carroll, Chris Fisher, Peter Manchester, David Coe, Terry Croft, Bill White, Sandra England, Mary Henderson, Jeanette White, Jaye and Anthony Hoolahan, Phil Pascoe, Janine and Jim Burrows, Pat McCarthy and Mark Miller.

Our club came into prominence during the year with many individual runs as well as team successes and a great write-up in the December/January Australian Runner. Word spread that we would be holding a Fun Run in 1985 and once again our Christmas gathering was superb, due largely to the efforts of Chris Siepen and Paul Bray. Year Book No. 2 was distributed on the night.

Award winners for 1984 were:-

MOST IMPROVED: JAMES MORAN

ROOKIE OF THE YEAR: ALAN TULLY

MOST OUTSTANDING

PERSONAL ACHIEVEMENT: ELEANOR CODY - 7TH IN THE NSW AAA CROSS COUNTRY CHAMPIONSHIPS

ENCOURAGEMENT AWARD: SIMON MORAN

RUNNER OF THE YEAR: BARRY CRISP

Marathon awards were presented to David Coe, Scott Lawrence, Gary Shoesmith, Bill White and John Moran, while Derek White, Ian Hood and John and Simon Moran



received Triathlon badges. Derrick Titmus was awarded a 20,000km club badge.

As we concluded 1984 with its many "firsts", numerous successes and inovations, we looked to our greatest challenge - a top Fun Run organised by us and full of confidence that we could achieve it.

LET'S CHECK THE DIARY FOR 1985:-

JANUARY - With the first day of the new year heing a Tuesday, we followed a Strathfield 10km run with a relaxed barbecue at Woodstock.

It was the 3rd when Sydney Strider, Trevor Marsden, came over to Campbell preparing for the Wang Marathon where he ran a 3hr 34mins. On the 8th, three members of the Murray family made it to Woodstock - Ken, John and Peter. With almost 50 Fun Runs between them, they have covered much ground. First family at the Auburn Hospital Run was a great result for them in August, while John's improvement was rewarded with 2nd outright in the Meadowbank 6km in October and a member of the victorious Fishers Ghost Men's Team.

Terry Bailey ran in on the 8th as well, and continued to show good form through the year; especially his 3hrs 38mins in the Wang. Frank Berlouis dropped in from around the corner on the 22nd, took part in 11 Fun Runs and was a member of the first male team at the Auburn Hospital Run. Mark Miller brought along his sister Alison on the 29th.

Another great Australia Day run from Chris' on the 27th with a number covering a 10km distance and others 20km. Breakfast was most enjoyable - thanks Chris.

The ever popular Palm Beach to Manly 30km was run by Ian Hood and Phil Clarke on the 5th. Ian also travelled to Canberra for the A.C.T.

Triathlon. Dorothy was running around Thredbo and the first "Festival 10" Run was held in Sydney with the Murrays and Terry Bailey taking part.



#### FEBRUARY:

Talays Twosome Relay took place on the 3rd in Centennial Park. A large contingent from Woodstock were there for this really FUN event. With fifty percent of the field there to cheer on the other half running, it augurs well for a run with a great deal of spirit and good will. Success on the day came to Robyn and Steve - 1st mixed team, Mary and Phil - 3rd age category, Chris and James 1st mother and child and Derek and Barry - 1st age category.

Members were part of the Striders Internal Half Marathon at Iron Cove and the Mittagong Dahlia Dash 8km on the 10th and the Sydney Marathon Clinic's Half



Marathon at Smithfield on the 17th. Award winners at these Runs were Dorothy, Robyn, Elle, James and Chris Moran. Tony Murphy entered the Oatley Aquathon swimming 800m and running 5km in 38mins 14secs.

Roy Norman, who ran the Comrades Ultra-marathon, joined us on the 5th but we haven't seen him much since then. On the 12th we welcomed along Daniel Franco - bike rider as well as runner; Warren Skinner - getting faster each week and being a member of the constabulary was a Fun Run marshal with much experience; and Stephen (son of Frank) Berlouis who managed longer distances as the year progressed.

2DAY-FM, compliments of Bill White, gave us our first mention on Radio on the 12th.

The Annual General Meeting took place on the 13th at Woodstock and was attended by 24 members and two visitors. There were six apologies. Elections took place and much business was discussed and finalised. Derek White presented a magnificent perpetual trophy to the Committee, designed and made by him for an award to be decided. Supper was enjoyed at the conclusion.

#### MARCH:

Woodstock Runners expanded when we commenced a third running day per week by choosing to run the Bay, from Brett Park each Saturday at 8.00 a.m. Our first day, the 9th, saw a good roll-up of regular members along with newcomers Robert Hartcher, Pat Mahony, Ken O'Connor and Sharon and Helen Lane. Pat and Sharon have become very enthusiastic members and this has been borne out by their times as the months progressed. Pat ran her first Half Marathon in the City of Sydney event, while Sharon has been placed in a number of teams as well as 3rd lady in the Balmain Hospital Run.

Andrew Ward and Sandra England returned after a break - Andrew to record a 3hrs 30mins in the Wang and Sandra to be part of the gold winning ladies over 40's team in the City to Surf.



We contested eleven Fun Runs during the month including the Ryde Apex 9.3km on an extremely warm morning when Elle scored her first of many wins for the year. Twelve members were represented. Ian completed the Sydney Triathlon. Other events contested were the Talays Twosome - West, Knights of St George Charity Run, Striders Internal Handicap Half Marathon, Harbour Bridge Relay (Kerry did the last two within a few hours), Ryde

Eastwood League Fun Run and the ever popular, always challenging (ask Chris Moran) National Panasonic Half Marathon, where 19 of us battled with the course - Phil Clarke and Pat McCarthy achieved P.B.'s.

Our veterans enjoyed success in the N.S.W. Veterans' Championships when Bob Burford was placed 1st in the 100m, 200m and 400m and Derek won gold in the steeplechase, silver in the 10,000 and bronze for the 5,000m.

#### APRIL:

It was a quiet six Fun Runs stockians.

to the Central Surf to City

Terrigal to

second and the weather was cool enough for Jessica Bayles to model her Woodstock Runners sloppy joe for the first time.



month with only attracting Wood-Eighteen travelled Coast for the 2GO 11km run from

Gosford. Elle was

Other runs were the Pier One Celebrity 10km, Nike Marathon, West Sydney Rotary Run and the Penrith Credit Union 4km in which Jak was 3rd outright and the 11km where Elle was 1st lady.



#### **THE WEST SYDNEY ROTARY RUN**

Kevin McDonald came along on the

4th, but we've seen little of him since. Jim Burrows and Sue Stirling arrived on the scene on the 16th.

Jim, returning after injury, came back with a vengeance recording many great times. He also became a Dad when Janine gave birth to Ashley on 27 October and spent many hours designing and making four magnificent trophies for our Fun Run. Even though Sue moved from the area later in the year, she was our Chief Marshal on the 10th November.

MAY:

With eleven runs during the month, it was an active one for members. The first City of Sydney Half Marathon attracted 15 of us, while eight ran the distance in the Sutherland Half. Fourteen contested the Kogarah Leader "10" with the Chris and James Moran taking out the family category and Elle placed 2nd among the ladies.

Conrad James came along on the 2nd and a few weeks later joined Ken and John Murray and Sharon Butler in the Kiwanis Bridge to Balmoral - a hilly experience.



Six Woodstock Runners entered the N.S.W. Road Running Championships organised by Eastern Suburbs A.A.C. James was placed 4th in the u/16 3km and Elle's 6th in the 10km gave her a place in the State Team.



Steve, Robyn, Alan, Peter (Manchester), Jak and Tony (Murphy) took part in the 6 x 7km relay from Wollongong to Kiama. Dorothy was first lady in the Triple O 10km Run while Trevor was 2nd in his age category and Warren - 3rd in his.

Mark De Courcey ran with us a few times from the 7th; while on the 14th we were joined by Judy and Ashley Younie and Daniel Ostrowski.

The 11th was a great surprise for Derrick when a number of us waited in the dark for his arrival and greeted him with "Happy Birthday". It was a most enjoyable evening at Chris' as we were joined by a number of Derrick's friends from Western Districts Joggers and Harriers.

All were deeply saddened on the 14th to learn of the passing of Bob Burford, our most senior member. Bob was an inspiration to many of us and a most loyal Club member. We shall miss him greatly.

### JUNE:

We were well into the "thick" of the Fun Run season with our Runners going along to 17 runs in the month. Largest representations were in the Wang Marathon (9), YMCA 11.5km Run (25), Manly Giant Jog (11) and the Sutherland Shire Runs (9).



Alan, Jim, Chris and Barry combined to take out the Men's team at the Nepean Southlands 11km; while Barry, Alan and Bill (White) were the 3rd team in the Woodford to Glenbrook 25km. James gained a place in the State Team with a fine run in the N.S.W. Schools 4km Cross Country and Steve won the Kuringai 6km cross country outright, Rob was 2nd lady.

Undoubtedly the most successful run for us was the YMCA with Elle 1st, Rob 3rd, Sharon, Chris and Dorothy winning their age categories and the ladies placed 1st and 2nd in the teams.

New members included Adam Summons on the 8th, Christopher White (Leigh and Bill's son) born on the 12th, Charlie Topfer - 13th, Terry Mundy - 15th, Colleen and David Drew - 18th, Alan Clarke - 21st, Colin Townsend - 24th.

Adam competed well outside Sydney in the Woy Woy 6km Run and the Lake Macquarie Triathlon. Charlie also competed successfully in the triathlons, winning the

Hawkesbury Junior u/16 event. He was also 3rd outright at Springwood Fun Run. Terry Mundy, a beginner when arriving at Woodstock, ran some great times in the Sutherland to Surf, 20W Birkenhead Run and the Interclub Challenge. Terry and his wife Gladey rendered a great deal of assistance for the Fun Run. We met Colleen and David at the YMCA Run. Soon after Colleen left for overseas and just made it back in time to run our Run. David entered a few runs with a pleasing 58.53 in the Alternative City to Surf and then a P.B. of 57.40 in the Big One itself. Alan Clarke contested a couple of Ride 'n' Strides, the Noosa Triathlon and was a member of the men's winning team at Riverstone in October. Colin Townsend ran a P.B. in the City to Surf, 3.31 in the Big M and a superb 3.18 in the Ikea to give him 3rd place in the u/20's.

On the 9th of the month, eight members measured the Fun Run course and marked kilometre positions, etc. It was very tiring - taking



almost four hours and the two wheels showed the course to be some 300 metres short. The wheels were checked on the 10th and shown to be measuring incorrectly. Allowing for the corrections, the exact distance of our Fun Run is 9.991km.



JULY - What a start to the month! Kerry, Michael and Chris had a meeting on the 3rd with David Loring of Metropolitan Credit Union who gave sponsorship of \$1,200 plus a banner for the Fun Run. We accepted with much appreciation.

Some very popular runs attracted us during the month - altogether sixteen events in four weeks. Harbord Diggers 14 km Scenic Run, Sutherland to Surf, Mini Mosmarathon, Haberfield Rowing Club Bay Run, 8 km Heart Run and Sharon and Jenny's second Alternative City to Surf were the best patronised races.



Always a well organised run, Harbord Diggers 1985 event was no exception. It was also a most successful one for our Club. Elle was 2nd, Dorothy 1st over 40, the Ladies' Teams placed first and third and the Men's - third.



Thirty two members were thrilled at Sutherland to see Elle take out the lady's first prize and our female team coming in as winners. Twelve of the group survived the hilly Mosman course, while eleven of us saw Elle slash a massive 4 minutes 20 seconds off the record in winning the Haberfield Rowing Club's Fun Run. The Alternative

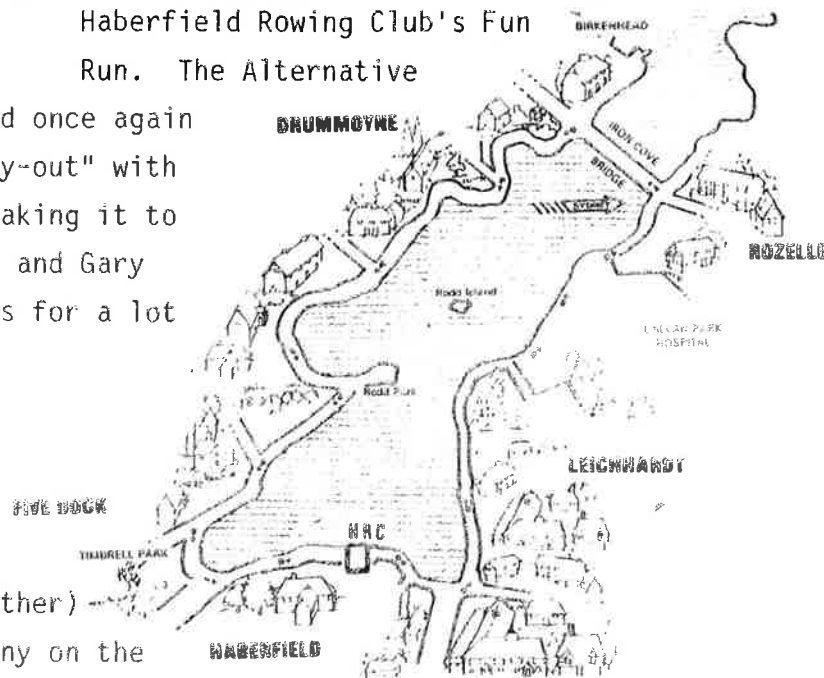
City to Surf proved once again a most popular "day-out" with 23 Woodstockians making it to Bondi, and Dorothy and Gary enjoying themselves for a lot longer.

Not too many new recruits this month - Brian

Murphy (Tony's brother) came along with Tony on the

16th, and Tim Dein arrived on the

30th and ran his first City to Surf in August, while on the 23rd we welcomed back Anthony Hoolahan after a break since his marriage to Jaye.





AUGUST:

The biggest Fun Run month of the year commenced on

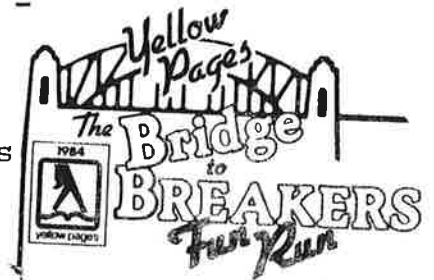
the 4th with  
in which 46  
road. Many  
including  
and James' -  
Robyn and



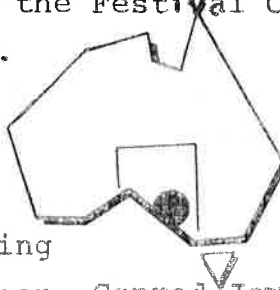
the 15th City to Surf  
members took to the  
successes came our way  
Elle's 3rd lady, Chris  
1st Mother and Son, Elle  
Sharon's 1st team over

20 and Dorothy, Sandra and Kerry's 1st team over 40.  
The winners of our Internal Teams contest were Chris  
(Siepen), Barry Crisp and Ken Murray.

Elle broke the record by 2mins 47secs., in the  
Wollongong College to Coast 10km and the Auburn  
Hospital 8km brought us a number of honours, including  
1st men's team - Michael (Bayles), Frank and Derek,  
1st over 50 - Derek and 1st family -  
Ken, John and Peter Murray. Pitt  
Town (17) and Bridge to Breakers  
(19) were popular runs with members  
and our runners took part in three  
marathons - Western Districts,  
Ikea and the Festival City in  
Adelaide.



We  
the 2nd  
advertising



Colin Green, Conrad James and Daniel Franco came along  
during the month. Lemmy ran a 3.41 in the Ikea; Colin  
did the 14km Bridge to Breakers, 9.5km GIO Run at  
Parramatta, Liverpool 10km, 8km Carnivale and 3.47 in  
the Big M; Daniel Franco took part in the City to Surf.

picked up the banner on  
provided by Metropolitan  
our Fun Run. Lemmy Moore,

**'CARNIVALE'**

PARRAMATTA PARK

Sunday, 22nd September, 1985

On the 13th, John Jeston of the Road Runners Assoc., joined us to run our Fun Run course with a view to including it in his book "Runners' Guide to Sydney".

The following Saturday was the celebration for Woodstock Runners 5th birthday. With the Blue Pine Restaurant, Burwood, tastefully decorated in blue and white; a delicious Lebanese three course meal; our birthday cake; dancing and entertainment provided on occasions by our own members - it was a great night - ask Dorothy!

#### SEPTEMBER:

Woodstockians travelled far and wide to Runs during the month - Wollongong, Lake Macquarie, Noosa, Bowral, Springwood and Bathurst. The most popular events were the 9.5km GIO Run at Parramatta where Elle and Dorothy were 1st and 2nd lady, Barry - 3rd outright and Chris, Barry and Elle the first team; the Liverpool 10km where Robyn was 1st lady and Derek 3rd in his age category; Kellyville 7.5km - Elle 1st lady, Charlie - 3rd in his age group; the 12.2km Tulip Time Twelve - Elle 1st lady, Chris (Moran) 1st in her category; and the Earlwood Sports Centre's 6km where 16 of us mastered the hills to bring home 1st lady trophy with a record run - Elle, 3rd lady - Robyn, age category awards, Kerry and James and 1st ladies team - Chris, Robyn and Elle.

The high point of September was the incorporation of a relay competition with the Wollongong to Sydney ultra-marathon. Our enthusiastic members entered two male and one female team, each team comprising five runners to cover approximately 17km each. Our Club Captain put in a great deal of effort to organise the teams including Saturday night's accommodation in Wollongong, then he, together with Robyn and Jak, "drew the short straw" and ran the 18.5km leg which

included Mt Ousley. All teams performed extremely well with the ladies' team of Robyn, Sharon, Chris, Dorothy and Elle arriving in Sydney the victors among the females.

Only one new member this month - Shirley Udall who has done very little running, but on her very first visit on the 10th impressed us all when she covered the 10km Fun Run course with ease. We hope Shirley joins in some Fun Runs next year with the Club.



OCTOBER - Canberra was the venue chosen for the forth World Cup Athletics from 4th - 6th. While major successes escaped the Australian athletes, a number of Woodstock Runners who travelled down (no! they didn't compete) were treated to some fine performances including two world records.

Well attended Fun Runs during the month included the 2UW Birkenhead Run of 7.5 km with Robyn crossing the line 2nd to Mora Main and winning her age category; the Big M Marathon with six Woodstockians and Dorothy recording a 3.17 in her last Marathon (so she says); fourteen represented the Club into the Interclub Challenge and our 8th placing was a good result considering the small number of us - the ladies, Lesley Lear, Pat Mahony and Chris Moran, achieved many points for the Club; in the Riverstone 9 km Challenge, our five representatives were all rewarded with Success - Robyn was 1st lady and Barry, Steve, Mark (Miller) and Alan (Clark) won the men's team award.



On the 1st we had a southern visitor when John Oliver from Melbourne had a run with us. Louise Prentice came along on the same day and hopes to build up her distance by regular running with us. Her help was invaluable at the Fun Run (we even have proof on photo). Although she has not run a great deal, Louise's friend, Eva, ran a comfortable 10 km when she joined us on the 3rd. She is a very strong runner and should achieve a great deal if she continues. Though only being with us a very short time, Eva volunteered to assist on the 10th November.

Lloyd Barwell arrived on the 8th with his completed entry form for the Fun Run - this being our first entry. His only request being that he not be number 1. Lloyd did well in our Run and two days later joined us officially. Also on the 8th Fun Run excitement grew as we received a request from New Zealand for an entry form. Thelma and Les Murray enjoyed running with us on a couple of occasions, as Les arranged the photography set-up for our run.

On the 12th we were part of the very first Burwood Festival. Traffic was closed in Burwood Road for some ten hours and stalls lined the street as the parade moved off at noon from the top end to Burwood Park. Number 8 in the procession was Woodstock Runners - approximately a dozen of us following Robyn holding our identifying number, Terry and Derek supporting our banner aloft and all carrying extra large bunches of our "Fun Run balloons". Toby, complete with Minties for distribution, probably achieved a 10 km training run as he handed out the sweets to all the police, SES, St John Ambulance, children and all deserving cases. Don't forget to ask our resident clown about the Boy Scouts!

As a dress rehearsal-of-sorts, for the 10th November, we held our Internal Fun Run on the 20th. Thirty five participants ran the course in a "Run to Time" competition with Derek White, Peter Manchester and Terry Mundy being rewarded with trophies for well judged pacing. Chris organised a great breakfast after and Jim Burrows supervised the unveiling of the 1st female perpetual trophy which he designed and sculptured. Many members availed themselves of the bargains for sale at Woodstock's Market Day which sprung up while we were on the run.

NOVEMBER -



## WOODSTOCK RUNNERS COMMUNITY FUN RUN

This month was a most significant one for Fun Runs with the year's best, the Woodstock Runners Community Fun Run, being held on the 10th. "Year's Best" were the words used by

Andrew Lloyd and Jamie Harrison.

Other great runs well attended by our members were Fishers Ghost on the 3rd and Blackheath Rhododendron Festival

Run on the 17th.

Fishers Ghost, one of the most competitive runs on the calendar, was the scene of some great successes by our club.



Elle was 1st lady in 46.12 and Robyn 4th (50.31). Our Men's Team of Barry, Steve, Chris and John (Murray) took out the first team award from 24 teams. The Ladies' Team of Elle, Rob, Chris and Joy were just pipped for first place.

Blackheath was also successful with Elle 2nd lady, Derek 3rd o/55 and the Mixed Team of Chris, Barry, Rob and Elle gaining 1st place for the 3rd successive year.

Eleanor also took out the Wholly Magnetic Fun Run on the 24th and was 3rd in the State 10,000m Championship at the Sydney Athletic Field - her first 10 km on the track.

A first for Woodstock was Derek White's honour of crossing the finish line first outright in the South Strathfield Interact 8km (which turned out to be 9.6 km) on the 3rd. Even though it was not the best organised or most patronised run, Derek still got there first. Probably another first for Woodstock also occurred that weekend when in the Rozelle Hospital Fete Run of 9.3 km our club had the oldest female competitor - yes! Kerry! did you realise she was that old?

Following our Fun Run, we had an influx of runners on the 12th when Chris Geddes, Laurie and Michael Grealish, Tony Duroux, Michael Webb and Joe Ayoub all came along - four of them having taken part in our Run. Two days later Chris Geddes brought along his friend, John. On the 19th we welcomed Peter Glass, Angela White (daughter of Jeanette and Derek) and Chris Mathews from Striders and on the 26th it was Beryl Hynes, (friend of Louise) and Lesley Williams who came along on a damp evening.

1985 has shown Woodstock Runners to be a dedicated, energetic, enthusiastic, capable, mature and successful club. All members are to be congratulated on their efforts in training, racing, support for fellow members and assistance in the organisation of the Fun Run. We hope there are many fine moments for our club in 1986.



STOP PRESS.....

AS WE GO TO PRESS OUR MOST RECENT NEWCOMERS ARE.....

30th NOV. TANIA CLARK AND MARLY KINDLEY

3rd DEC. CINDY FORRE, JOANNA AND MARGARET WHITE  
AND TIRO FERRARO.

WE WELCOME THEM ALL

R. I. P.

On 14th May 1985, we lost a very dear friend when our most senior member, Bob Burford, passed away.

Bob was not only an inspiration to many of us but a provider of a wealth of knowledge gained from years of experience.

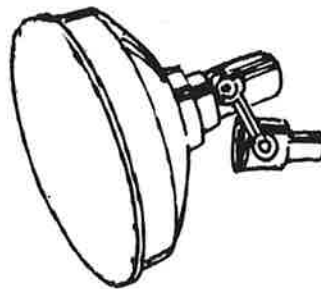
He was a talented athlete gaining first place in the 100m, 200m and 400m in the State Veterans' Championships. Because of a slight injury he by-passed the Australian Championships to prepare for the World titles in Rome.

Bob was not to make it to Rome. After an afternoon's training run, still in his running gear, in the serenity of his home of many years with Mary, his wife, close by, he breathed his last.

We extend our deepest sympathy to Mary and their family.

In memory of Bob, Derek White donated the Bob Burford Memorial Trophy to be competed for in our Fun Run each year and awarded to the winning husband and wife. This year we were honoured to have Mary present it to Julie and William Clifton.

"SPOTLIGHT ON"



OUTSTANDING RUNNING EVENTS OF 1985

Ron Grant ran 400km across the Simpson Desert in January.



On 20th April, Carlos Lopes ran a sensational 2.07.11 to set a new world best in the Rotterdam Marathon.

In London the following day, Ingrid Kristiansen ran the women's best time of 2.21.06, while Steve Jones set a race record of 2.08.16.



In only five days, 5 hrs 7 mins, Yiannis Kouros of Greece established himself as possibly the greatest ultramarathoner ever, when he won the Sydney to Melbourne event. Eleanor Adams of the U.K. became the first female to finish the course. Her time of 8.00.29 gave her 7th

place overall.



On 17th July, Steve Cram ran a magnificent world record of 3.29.67 in the 1500m in France. Five weeks later, Said Aouita took the record for himself in 3.29.45.

Ten days later, Cram was at it again, this time in the mile where he recorded 3.46.31 to break Coe's four year old world mark. Cram included the 2000m record in his tally with a 4.51.39 for the distance.

Said Aouita of Morocco ran a sensational world best of 13.00.40 to take the record in the 5000m.

Ingrid Kristiansen of Norway set a new world mark of 30.59.42 for the 10,000m, but lost her 5000m record when she ran 2nd to Zola Budd, who recorded 14.48.07 at Crystal Palace.

In Zurich, Mary Decker-Staney broke the world mile record with a time of 4.17.44.

World records  
Australia  
Cup in Canberra  
set a new mark  
and the East German ladies ran 41.37 in the 4 x 100m relay.



were also set in  
when, at the World  
in October, Marita Koch  
of 47.60 in the 400m  
and the East German ladies ran 41.37 in the 4 x 100m relay.

---

THE ONLY TROUBLE ABOUT BEING A GOOD SPORT IS  
THAT YOU HAVE TO BE THE LOSER TO PROVE IT.

- ANON.

### INSPIRATION

We all need inspiration no matter how motivated one might be.

Several events have given me great inspiration this year:-

1. The Westfield Sydney to Melbourne Ultramarathon, watching Yannis Kouros in the flesh in Canberra at 3.00 p.m. on the Saturday following the start on Friday morning. At this stage he had been running for approximately 29 hours almost non-stop and looked so fresh. Robyn and I timed Kouros over a 1km uphill stretch 5min 43secs - quite amazing what a mind and body can do.
2. The comradeship of the Wollongong to Sydney Relay and the wonderful effort by the Woodstock teams especially our ladies team.
3. Carlos Lopes - at 39 the world's best marathon time at Rotterdam and his second consecutive World Cross Country title. This proves what perserverence can achieve at any age.
4. Steve Jones in the Chicago Marathon - a bold and courageous attempt to break the world record. His pace was almost suicidal and running much of the race on his own.
5. Robyn Nash - a lot of bias here. She is a superb trainer and deserves all the success that comes her way. Bob gives me great encouragement and motivation.
6. A T.V. programme titled "International Youth Year - It's Everyone's Dream to Win a Medal". This programme gave an excellent coverage of the recent Disabled Games held in Sydney. One particular participant, a Cerebral Palsy sufferer entered both

the 100m dash and the 50m breaststroke swim, which he completed in 6 minutes. Although the times were ridiculously slow by our standards the main theme was in competing (not in winning). The joy shown on this athlete's face was a sight to behold and despite his incredible handicap he can still find enjoyment in his athletics pursuit.

STEVE BRISCOE

#### TEAM TENSION

The Wollongong to Sydney relay team was a truly superlative "team" effort. True, I am deeply biased, having been a member of that team, but it stands out as a highlight of all the team events I have participated in throughout this year. Each of the team members did her utmost and extended herself to the limit of her abilities. Each team member's time was one of her best for a comparable distance.

Not in any other teams event have I seen so much going to the toilet, gnashing of teeth, tearing out of hair, wringing of hands and chewing of fingernails. The atmosphere in our support car was electrifying - how could anyone of us not have done her best?

Ask me if I will take part in this event again and I'll probably reply " Yes, if I can stand it".

DOROTHY STEPMANN

THE LONG AND WINDING ROAD

One of the most memorable events for me on the running calendar this year was the Wollongong to Sydney relay.

My feelings about this run were different to other runs I have been involved in this year. There was a comradeship between the runners that is sometimes hard to feel in a normal fun run. In the Wollongong relay one was given the opportunity to appreciate each runner for their own running ability.

I began the first leg of the relay - the never ending trek up Mt Ousley. This I will never forget! It was so quiet and peaceful when we left Wollongong. An eeriness pervaded as we slowly pulled ourselves upwards. The night was still with only the moon to guide us and the lights from Mt Ousley beckoning. It was a strange sensation running hills without really seeing them, in a way this was luck! Suddenly, about half way the weather conditions changed dramatically. It became windy, cold and drizzly. Finally I reached the end of this challenging run and my feelings of satisfaction have not been rivalled in any other event this year.

The second leg of the relay was run by Sharon Lane. Sharon had pressure placed upon her to maintain the lead we held over Lake Gillawarna. She handled this pressure extremely well considering she was still a novice runner and new to the running game. Sharon proved, through her ability not to crumble under pressure, what potential she possesses.

Chris Moran ran the 3rd leg. What an inspiring run by Chris. Pat Marshall was only 2 minutes behind.

This would make any female runner feel weak at the knees, but Chris gritted her teeth and with a determination that has become her trademark, she dug her heels in and maintained the 2 minute lead. Chris' mental strength during this race was admirable and left Charlie Topfler in awe.

Dorothy fought on gallantly in the 4th leg, with a consistency and a reliability that Dorothy is famous for, she too hung in there and kept our lead of 2 minutes. She was still carrying fatigue from the S.A. Marathon only a week before.

The final leg was to be run by Elle Cody. Thank goodness this leg was left to Elle, with her fighting spirit and determination, it gave us confidence as the competition was becoming fierce. Fiona Whelan was Elle's competition. Both Elle and Fiona had run in the Australian Cross Country Championships only the afternoon before with Elle placing ahead of Fiona by only a few seconds. The distance between Elle and Fiona in this race had narrowed to 1 minute 58 seconds, then 1 minute 57 seconds. This was a great race to watch. Unfortunately, it was marred by the traffic. Elle was so bent on victory that she nearly risked her life when she almost had a collision with a car. To watch Elle in the final stages of this run was to appreciate what a great runner she is. By this stage of the race she must have been running on memory as she had give her all in the Cross Country Championships. The finish of the race was the icing on the cake for such an incredible morning. Feelings of happiness friendship and jubilation were apparent.

Other highlights of the run were the encouragement that was shown by our own Woodstock teams and other teams competing - the good spirit that was shown between the two female teams - the unselfishness and unexhaustible energy of Charlie Topfler.

Even though one felt exhausted at the finish of the day, you were left with a feeling of warmth and happiness that you could be a part of such an unforgettable event.

ROBYN NASH

THANK YOU TO WOODSTOCK RUNNERS

I HAD THIS LITTLE NOTION,  
I WISHED TO GET IN SHAPE.  
I WOULD PUT THE WHEELS IN MOTION,  
THERE WAS NO TIME TO WAIT.

THE SOLUTION CAME - THE WOODSTOCK GROUP!  
IT SURELY WAS THE WAY,  
I FOUND MY FINGER DIALING  
THE NUMBER OF KERRY BRAY.

HER CHEERFUL VOICE WAS ASSURING;  
"THERE IS A SPOT FOR YOU,  
OUR ABILITIES ARE VARIED  
ALONG WITH OUR AGES TOO."

I SAID "AH HA! IT MUST BE FATE,  
I'M SURE TO FIND A NICHE.  
IT SEEMS THAT WOODSTOCK RUNNERS  
IS THE ANSWER TO MY WISH!"

WELL, OFF WE GO THE "ULTRA SLOWS",  
I RAN LIKE I'D HAD A FRIGHT,  
THROUGH STRATHFIELD AND BACK AGAIN,  
ACCOMPANIED BY DEREK WHITE.

HE IS A FRIEND TO THOSE WHO START -  
A VERY PATIENT MAN,  
HIS CONVERSATIONS TAKE YOU FROM THE PAIN,  
I'M SURE THAT IS HIS PLAN.

THANKYOU CHRIS AND ALL THE REST,  
FOR HELPING FOLK LIKE ME,  
I'M SURE I FEEL THE BENEFIT  
AND I ENJOY THE COMPANY.

- LOUISE PRENTICE

"FROZEN MOMENTS"

No! This is not the name of a new delight from Streets, Peters or Pauls; nor is it a dissertation upon the effects of such cold confectionery on a runner's internal organs if consumed immediately after a race.

It is an explanation of a little-appreciated accident factor in road running. To misquote a contemporary advert for Michelin tyres, - "It won't save you any money but it could save your life!"

You are running along a road and you wish to cross it. It's relatively easy to be sure of a clear opportunity ahead of you, but HOW DO YOU CHECK BEHIND YOU? The normal, human way is to glance back over the shoulder, - ONCE.

I have estimated that the total time taken is about 1.5 seconds, IN WHICH ONLY ABOUT 0.2 to 0.5 SEC. CONSISTS OF THE EYES ACTUALLY SEARCHING THE ROAD BEHIND. Now here is the danger - at 0.2 to 0.5 sec. A MOVING VEHICLE APPROACHING END-ON IS "FROZEN". This is made even more likely by the fact that the runner's eyes are moving in three dimensions due to the motion of the body. A runner may well see the vehicle as stopped or parked, especially if it is close to the kerb. The sad fact is that you don't get a monumental kick up the backside from a stationary car!

So do take my advice and have TWO, GOOD Looks before venturing out onto the carriageway - "It could save your life!"

DEREK WHITE

# WOODSTOCK RUNNERS PROFILE

Michael Bayles - Not so easily recognised without his spare tyre, has a delight in improving his 10 km times at Lake Gillawarna. He used to be the only Woodstock Runner in the first aid tent after his fun runs, usually flat on his back.

Kerry Bray - I couldn't find words in the Dictionary to describe this lovely lady. An inspiration to us all. I am still waiting for her husband Paul to get fed up with her.

Steve Briscoe - The Tom Gibbons of Woodstock, now and again he actually finishes a run. Woodstocks own hypocondriac, we're thinking of giving him a free transfer to the Portuguese Runners.

Sharon Butler - It's worth having an injury to be treated by Sharon at the Lewisham Sports Clinic. She's also an excellent Fun Run Organiser (she told me if I said that, she would put a category in especially for me in her Alternate City to Surf). Although I am not sure what the senile category really means.

Phil Clark - Were thinking of entering Phil at Wentworth Park on Saturday night, with those looks and speed, I'm sure he would beat the rabbit.

Eleanor Cody - Every club has to have one I guess, but we only let the Flying Kiwi in on the proviso that she gets placed in every race. I can't describe her looks as I only ever see her from the back, but can tell you that's not a bad sight!



Barry Crisp - That well known mop of hair always seen ahead of us, known as the quiet achiever.

Mike Donnelly - He won't improve your times if you run with him, but he'll improve your smiles with the latest jokes going around.

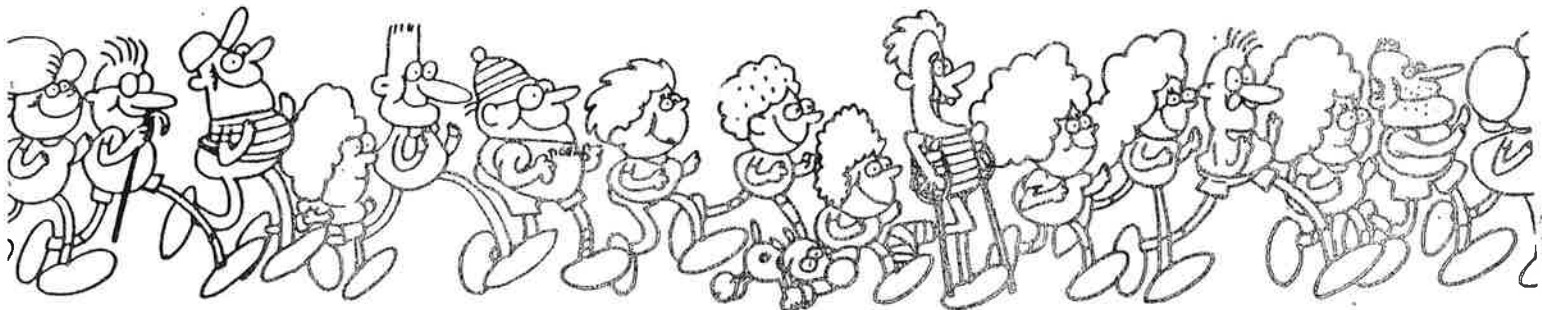
Joy Hood - Word of warning - don't ever go on a training run with this lady unless you're on a par with Barry Crisp, or you want to finish on your knees. What would she be like if she gave up swimming and concentrated on running.

Sharon Lane - Or 'Legs' as she's affectionately named. I have heard Sharon has lovely eyes, ears, and lips, but I can only vouch for the area from the waist down.

Lesley Lear - Could be a great runner but she likes to concentrate on Aerobics with a bloke called 'Oxford Jim' she reckons it is better for the figure than running, but as I told her you can't improve on perfection.

Pat Mahoney - Easily recognised from the horizontal position, Pat is the girl who keeps falling over and swears she never touches a drop. The club is going to use the soles of Pats shoes to advertise our next Fun Run.

Trevor Marsden & Mark Miller - The male 'Cagney and Lacey' of Woodstock, or our Super Cops, as we're going to have to call them, if they improve the way they're doing. Of course they would do even better times if they didn't keep stopping to help old ladies across the road - keep it up lads.



Christine Moran - We wouldn't call her a Trophy Hunter, but you will see this lady in fun runs all over the state, and holds the course record at the Galarganbone 10 km also impressive wins at Badgery's Creek, and one day we hear she's even going to run in Sydney.

Robyn Nash - Well known friend of Steve Briscoe, we heard Robyn was bitten by a dog on a training run not long ago, but are very pleased to report the dog is recovering nicely, luckily it was only a Peckinese and the scar on her knee is healing quickly.

Chris Siepen - Mr Woodstock, always remembered for sending a whole crowd of spectators asleep during a speech given at Blackheath's Rhodo run. Makes Titmus seem like a mute; often mistaken for Derrick's son.

Dorothy Siepmann - Our only runner who could get lost going round Campbell Field, this girl is incredible, she puts so much concentration into her running effort, there's none left for direction. We are very proud to have this lady as a Woodstock Runner.

Charles Topfer - We are a bit worried about Charles, he's at the age where he should be looking at girls but shows very little interest; he's probably too intent on improving his running career.

Derek White - Likes spectacular finishes in his races and is known for his 'all over' the road style.

DERRICK TITMUS

C H A M P

It was 7th December 1982, when we first met a young lady named Eleanor Cody. She ran along with the group and being quietly spoken, very few of us realised the ability of this fine athlete.

A brief period in hospital in March 1983 did not deter Elle, she bounced back and competed in 30 runs that year gaining six first places, as well as age category awards and team prizes. She was Woodstock's Runner of the Year.

Her record in the 1984 Fun Run season was even more sensational - 33 runs for 13 firsts and numerous age and team successes. During the twelve months Elle competed in Melbourne twice as well as New Zealand and Hawaii. At the Woodstock Presentation, Elle took out the award for "Most Outstanding Personal Achievement", for her superb run in the State Cross Country Championships.

However, 1985 was to be Elle's year with 33 runs for 14 firsts and many category awards. Some of her major wins were the Sutherland to Surf, the second largest run in Sydney, Bowral Tulip Time Run, Fishers Ghost, as well as the Haberfield Rowing Club Run and Wollongong College to Coast where she shattered the record in both.

A third in the City to Surf, second in the Travel Industry 10 km in London, places in the State Championships, selection in the State Team and a bronze medal in the recent State 10,000m Championship demonstrated the calibre of the athlete.

The table below is evidence of the progress Elle has made in just three years:-

	1983	1984	1985
City to Surf	57.01	56.02	51.17
Blackheath	49.00	48.54	46.52
Fishers Ghost	48.52	47.13	46.12
Sutherland to Surf	41.50	39.40	39.02
Harbord Diggers	56.09	55.07	53.10

On account of late working hours we don't see much of Elle on Tuesdays and Thursdays. Nevertheless she is a very devoted and loyal member of the Club - always willing to lend a hand (guess who did most of the Year Book typing), offer advice and encouragement and be part of a team. She has been a part of nine winning teams this year.

Those of us who finish closer to last than to first are very often given a lift some few hundred metres from the finish line when Elle appears on the scene with moral support and accompanies one to the line. Eleanor's slowest time this year by some 2 minutes per kilometer was run in the Sydney Marathon Clinic's 21.1 km - the reason being she ran the whole way with yours truly. Her slowest ever Marathon was Wang 1984, when she covered the whole 42.2 km with me, more than an hour slower than she had recorded in 1983.

It's that sort of dedication that makes our Club unique and we all consider it an honour to run alongside you, Elle, and to be part of the same Club.

We wish you every success in all you attempt in 1986.

Thanks for everything!



KERRY

© RAY FARMER, advertising manager at The Glebe and Western Weekly, presents Eleanor Cody (25) of Drumnoyne with the shield and trophy after she slashed the women's record by more than four minutes.

HAIL THE "BOSS"

Forget about Bruce Springsteen - we've got our own "BOSS" and she was "Born in O-STRAL-YA"!

Kerry Bray is a phenomenal person. Club secretary and race director is quite a handful, but add a seven member family, mice and birds, a five day a week job at St Thomas' Lewisham, which involves her in endless academic and sporting committees, and you get one very busy lady.

Kerry is an enormous inspiration and just one thought of her can spur us on when we start to feel that things may begin to get on top of us.

Our "Boss" is a "giver" - she gives herself. We're so lucky to have her at Woodstock. Even during a severe bout of glandular fever earlier this year, Kerry still maintained her deep involvement. Just look at this sample of what she does, and has done, during the year:-

Compiles the Woodstock results book; sends weekly written reports to the Courier, Glebe, 2RDJ-FM, handles most correspondence with run organisers, other running clubs and sporting groups; is the editor and compiler of the Woodstock Year Book; walked miles and spent hours seeking sponsorship for our Fun Run; liaised constantly with Burwood Council, Burwood Police, the S.E.S., St John Ambulance; approached all the running magazines, running calenders, radio stations; takes minutes and writes the report on all our meetings; and runs messages here and there and everywhere.

All these activities are enormously time consuming, yet she does them, plus all the other innumerable

smaller tasks associated with our club. Then she has to go and get on with the rest of her daily activities. Makes me feel tired just writing about it! But no - there's Kerry's smiling face, I've got to keep writing!

Despite her deep involvement in so many activities, Kerry has never lost the most important elements which stand her apart from most - she always smiles, spares time for a chat and does what she can to offer help and advice if needed.

Kerry might not be able to break Bruce Springsteen's previous box office record in Sydney (nor Dire Strait's new record), but with all her admirers and affiliations she'd sell out the Sydney Entertainment Centre at least a few times over.....  
 .....and that raises a thought.

Maybe we should investigate the possibility of hiring the Entertainment Centre for next year's Presentation Night. You can just imagine Paul Bray happily cooking snags on one side of the stage.....  
 .....Yeah, I'll have to speak to Kerry.....

CHRIS SIEPEN

---oooOooo---

.....AND KERRY STILL WONDERS....."IS CHRIS  
 OLD ENOUGH YET?.....

P.S. IF YOU WISH TO DE-CODE, SEE KERRY!!

---oooOooo---

## Woodstock Runners

EIGHTEEN-year-old John Murray of Concord ran a three minute personal best time of 82 mins 6 secs in last week's Southland Shire Half Marathon.

John joined the Woodstock Runners only this year and has shown vast improvement during his few months of competitive running.

Dorothy Siepmann with a time of 88 mins 51 secs gained first place in her age category.

Other good performances were from Colin Towns, Alan Clarke and Terry.

Runners

Our club, Woodstock Runners, is certainly going from strength to strength.

A great strength of the club is the number of runners who are going to the Courier.

John McCarthy, Steve Briscoe, Alan Tully, Country Char, the Woodstock flying high at the

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Courier 29.5.85

## Woodstock runners

AT the Sydney Mar Clinic's 16 km run Robyn Nash of Woodstock Runners took the hon among the ladies, finishing in 66 mins 26 secs.

Barry Crisp (57.07), Steve Briscoe (58.07) and the line for

Woodstock Runners

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## RUNNERS:

Burwood's Woodstock Runners Club both shared success in the Mar. Eight Woodstock

the 42.2km course through the school teacher Andrew W

recorded 3hr 30min and finished Woodstock Runner

David Coe was Woodstock excellent time of 2hr

recorded 3hr 3min. Earl

Vale Hilly 10km R among its runners.

Davidson's 38.15sec. These runners can cover the kilomet

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## Woodstock impresses

young runners from continue to impress efforts. This

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## LETTERS TO THE EDITOR

### Woodstock Runners

SIR — Our club, Woodstock Runners, is certainly going from strength to strength.

A great strength of the club is the number of runners who are going to the Courier.

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Woodstock Runners

Woodstock Runners wishes to express its appreciation to The Western Suburbs Courier and The Glebe and Western Weekly for the many articles published throughout the year. The publicity served us well in introducing new members and increasing interest in the Fun Run.

THANKS SO MUCH!

## ATHLETICS

men's team of Chris Siepmann and Allan Tully was placed Southlands Fun Run over 11.

came Chris' way when he also won since joining Woodstock Runners as

knocked 14min and 54sec off his time last year. In the local 6.5km Fun

Blacktown 10.2km run. Eleanor Cody was 11th in 24min 12sec. Woodstock's top

Sieman was first woman to record a

all Marathon, recording a

Woodstock Runners

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A P E E

(A Training Programme to go Bananas over!)

INTRODUCTION

APEE, an acronym for AIM / PLAN / EXECUTE / EVALUATE, is an attempt by the staff at the Enfield Institute of Sport to define some basic training guidelines. (Donations can be sent to 2 Maria Street, Enfield and are fully deductible - from your bank balance).

AIM

The basis of this programme is to have an aim, to try for something you would like to achieve. As a notorious Australian once said, "Life wasn't meant to be aimless." However, be realistic about what you aim for. Don't choose something impossibly hard, or too easy, but instead choose something sufficiently challenging to give you a sense of achievement if you are successful. Remember, "It is better to have aimed than never to have aimed at all". (This also applies when having "a pee", hence the name of this programme.)

Finally, be specific. Choose your event, the level you would like to achieve and, if possible, the day you would like to achieve it.

PLAN

It is important that your training has relevance to the event for which you are aiming, otherwise your efforts will be misdirected and wasted. The following basic guidelines should be incorporated in your training programme:-

- i Do some of your training at race pace.
- ii Do some shorter running at faster than race pace - whether it be on the track, or on a marked section of road, or wherever. Importantly, make sure you control your form when doing this type of training.



- iii Do some relaxed runs that are longer in distance than your planned event.
- iv Specialised training. If your chosen event has some special requirement, such as hill strength, an explosive start, or even the ability to perform well early in the morning, then occasionally supplement your training by running hills, or doing starts, or running early to cater for these requirements.
- v Try to alternate hard days with easy days. Listen to your body as it will tell you when you've had a hard day - it certainly does when you've had a hard night!
- vi Monitor your progress by either racing, or doing time trials over set courses to check your progression. There is no substitute for race fitness!

#### EXECUTE

- \* Try to keep the time prior to your chosen race free of distractions, e.g. wife, kids, car accidents.
- \* Have your gear and transportation prepared well in advance.
- \* Fulfill your input and output requirements a comfortable time before the race.
- \* Be positive. Know in your mind what you have to do and how you have to do it.
- \* Once the race has started, put into practice all the things you have been preparing for in training.
- \* Finally, never give up. You don't know when you might get a second wind (or when the runners in front might take a wrong turn).

#### EVALUATE

If you achieve your goal, go out and celebrate. Afterwards, analyse how you achieved it and how you could improve further. Your self-confidence and self-esteem should improve as a result of achieving your goal - all the hard work and commitment seems well worth it. If you fail to achieve your goal, dwell on these words from Percy Cerrutty and then get back out there and try again:-

"Thought is born from failure! Only when the person's actions fail to satisfy his basic needs is there grounds for serious thought. The greater the failure, the more soul-searching that is needed for success in the future." Keep persevering, even through the tough times. If you give up you'll hate yourself or it....

"THAT CHAMPIONSHIP QUALITY"

I could write pages on the achievements of Eleanor Cody. However, this article focuses on one special quality unique to Elle. It is not a biased article. It is written by a runner who has enormous respect for a fellow runner.

Elle has something special. An enormous competitive drive? A determined outlook? An iron will? An ability to perform at the right time? All of these? It's hard to define exactly Elle's unique quality, but it is the type of quality that makes a champion.

Elle has a gift that consistent training and knowledgeable guidance (from coach Steve Poulton) transformed into a succession of achievements that even she could not imagine at the start of 1985.

Elle's efforts in 1983 (when she was crowned Woodstock Runner of the Year), and in 1984 pale into insignificance in the light of her great 1985 results.

Yes there is something special about this lady. She rises to the occasion. She has those indefinable championship qualities. She is an enormous inspiration to us all and I'm sure such qualities will come even more to the fore in 1986.

AN ADMIRER

DID YOU KNOW?

The first ever Woodstock team comprised:-

Steve Briscoe

Michael Bayles

Rohan Bray

Noel Watsford

and competed in the 1981 Sutherland to Surf 11km.

THE TALE OF TWO SPEEDSTERS- BARRY CRISP AND STEVE BRISCOE

FLASH! ..... what was that?! Another  
flash!.....who, what, where!

Regaining one's senses it becomes evident that the flashes are generated by intense friction of fast moving manly objects through an otherwise still atmosphere. On closer investigation, one realises that one of the flashes is a rugged, bespectled, bearded, tenacious looking type. The other a bit taller and lean with sleek features (and probably the sexiest legs at Woodstock - sorry girls!).

For Barry Crisp and Steve Briscoe are our own "supermen" often moving faster than the proverbial "speeding bullet".

Former track runner Steve Briscoe has brought his fluent style to road running. Plagued by injuries over the past five years Steve hasn't reached his true potential. But if a gold medal was to be awarded for determination, patience and courage, Steve would win it hands down.

Yet 1985 still saw some top performances by Steve. A sensible slow fitness build up brought just rewards for Steve as he ran to attain goals which brought him into direct competition with the "great all-rounder" Barry Crisp.

Barry had the upper hand over Steve during February and March with 12 seconds and 48 seconds; separating the two in the Talays Twosome 7.6km Ryde Apex 9.3km respectively.

Fear of injury from too much, too soon, saw Steve sensibly choose his races. Barry on the otherhand kept training and competing at a crackerjack pace and posted a marvellous 78.22 in the tough Striders Half Marathon and a top 2.48.14 at Nike.

Then the big confrontation, this was Steve's chance:- April 28 and the "Terrigal to Gosford 11km." In a stirring struggle Steve posted the quickest time by any Woodstock Runner over the famous course - 38min 10secs. Barry's 38.32 was also superb, especially two weeks after a marathon.

After a great 76.03 in the Sydney Half Marathon, Barry took Steve on in a 16km Sydney Marathon Clinic road race. The great strength of Barry shone through over the longer terrain with a 2min 30sec gap favouring Barry at the end.

A slightly despondent Briscoe pulled himself together. Maybe next week?

.....And next week it was when he ran Woodstock's fastest 10km time of 32.34 in the "Kogarah Leader 10km Fun Run" on May 26. Barry lifted to a great personal best of 33.24, but had to acknowledge the lightening speed of Steve.

All looked set for more tight confrontations between the two. But those damn niggling injuries hit Steve again and it wasn't until August 18th, that the two clashed.

The Pitt Town 14km had Barry in front for a top 49.14 with a determined "P.B." of 50.31 from Steve.

Barry proved on September 21, at Kellyville that the shorter distance wouldn't always prove his undoing by beating Steve by 73 seconds over 7.5km.

Five weeks later brought the Riverstone 9km Challenge (Oct. 27). Barry got there in 31.38 - only 5secs. over Steve.

Although the gap widened to 69secs., over the slightly longer 12km "Fishers Ghost", recent 3km track times run separately by Barry and Steve of 10.51 and 10.55 respectively, indicate that more classic races are on the way.

I "tips me haß" to these two great competitors. With youngsters like James Moran and John Murray hot on their heel, I feel sure that both will lift themselves to even greater heights in running and have many great contests in the years ahead.

CHRIS SIEPEN



IT TAKES THE CAKE:- AUSTRALIAN TRACK AND FIELD COACH DR JOHN DALY RETURNED FROM OLYMPIC CITY, SEOUL, WITH THE NEWS OF A COMMUNICATION PROBLEM. AS IS ALWAYS THE CASE, A MASS ORDER OF SPONGES WAS MADE FOR THE RUNNING OF THE MARATHON. BUT, UNFORTUNATELY, WHEN THEY ARRIVED THE ATHLETES HAD ALREADY DONE THEIR CARBOHYDRATE-LOADING. THEY WERE SPONGE CAKES AND NOT WATER SPONGES!! I SUPPOSE YOU CAN'T HAVE YOUR CAKE AND EAT IT TOO.

SUBMITTED BY STEVE BRISCOE

MISSION PREPOSTEROUS!

(Code-name RUN - Relay Uniting Nuts)

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MISSION: "Hello Chris, your mission, should you decide to accept it, is to assemble a body, or bodies (parts and assembly instructions in the mail) of men and women capable of covering the concrete terrain from Wollongong to Sydney."

"The journey must commence by 0500 hours on Sunday, September 1. The purpose of this mission to prove that the beginning of Spring does cause people to do mad things! This tape will self-destruct in 30 seconds. Good luck Chris."

PLANNING: After cleaning up the mess, Commander Siepen chooses fourteen of his most elite, fleet and neat (why not!) troops to accompany him on this most preposterous mission. As always, he will bring along his trusty companion, Charlie, to act as scout, errand boy and general shit-kicker.

SATURDAY, 24 AUGUST - 1400 HRS: The chosen troops assemble at Commander Siepen's headquarters for briefing (contrary to rumour, there was no de-briefing). Because of the inherent danger in the mission the troops are divided into three teams of five, in case any of them should fail. Charlie is given charge of the female team, a team which came to be known as Charlie's Angels.

1400 - 1700 HRS: Commander Siepen conducts the briefing including:-

- a brief outline of enemy terrain (i.e. map of course)
- a brief account of equipment required (i.e. sorbent, oxygen for early runners)
- brief details of provisions required (i.e. kit-kats, McDonalds' vouchers)
- a brief description of transportation logistics (i.e. how to get there)
- a brief explanation of the planned waves of attack (i.e. order of running)

- a brief note on the rendezvous point  
(i.e. point of rendezvous)

At the end of the briefing, Commander Siepen spoke these stirring words which are sure to go down in the annals of history:-

"Let us therefore brace ourselves to our duties and so bear ourselves that if the Woodstock empire and its runners last for a thousand years, men will still say "this was their maddest run".

Never, in the field of human locomotion, are so few running so far, for so little (reason)!

Etc, etc, etc,....."

1700 HRS: Troops awakened and then dismissed.

EXECUTION - SATURDAY, 31 AUGUST, 1700 HRS: Rendezvous at Commander Siepen's for final review of troops, prior to departure.

1730 - 1800 HRS: Staggered departure times in case of any enemy spies, e.g. Sydney Striders, Sydney Marathon Clinic, Cliff Young, etc.

1930 HRS: The last of the forward troops sail into the Boatharbour Motel (as part of his contingency plan, Commander Siepen had some reserves on standby in Sydney).

2030 - 2300 HRS: Commander Siepen takes his eleven running disciples to their last supper before the journey. While he was offering them bread (garlic, or herb) and wine (or orange juice) a traitor appeared in their midst. Judas Lawrence, unbeknown to the others, had some spy on his former mentor and plot his downfall.

The troops wined and dined with great gusto, filling their reserves with fillet of beef and fillet of chicken (due to copyright laws fillet of fish was unavailable). But alas,

one of their number was having his doubts and was a shipwrecked figure at the meals conclusion. Still, every leader has his cross to bear!

2300 HRS: Troops baton down hatches for the night.

SUNDAY, 1 SEPTEMBER, 0400 HRS: Awaken from slumber and make last minute preparations for the journey ahead.

As tension fills the air, the troops split up into three teams and close ranks (careful not to expose their flanks).

0500 HRS: The team leaders - Commander Siepen, Captain Jak and Robyn of Eastwood Forest - set off to the cheers of their team-mates (who were cheering because they did not have to run this most treacherous leg).

0500 - 1200 HRS: As always, Commander Siepen leads by example and soon forges ahead of his compatriots, being the first member of the Woodstock Regiment to make it to the top of Bulli Pass. Captain Jak, despite dropping anchor on Mt Ousley, struggles in next, followed shortly afterwards by Robyn of Eastwood, the first woman up the mountain.

At this stage, Sergeant Shoesmith, Colonel Clarke (Al) and Sharon of the fast lane, take over and continue on to Helensburgh. The order is still the same with Charlie GHIA-ing up Sharon to maintain the lead in the women's section (which she does).

From Helensburgh it is Major Murphy, Friar Tully and Little Chris who forge ahead to Engadine. Charlie is still closely monitoring his Angels, who remain ahead.



Once at Engadine, Brigadier Briscoe, Corporal Clarke (Phil), and Darling Dorothy continue on the trek to Blakehurst.

With the final changeover at Blakehurst, Bomber Barry, Big Bob and Maid Eleanor set off for the finish. By this stage the tension is starting to catch up with Charlie as his Angels are only a short margin ahead and the Sheriff of Marathon is out to wheel'em in!

Marching on to the Town Hall, Bomber Barry blitzes his way to the finish, to lead the first Woodstock team home (and the eighth overall). Big Bob likewise completes the journey for the second team and, showing tremendous determination, Maid Eleanor hangs on to her position as Charlie's Angels are triumphant in the women's section.

CONCLUSION: With the mission complete, Charlie collapses in exhaustion, as Cliff Young offers his congratulations!

JAK CARROLL

NAME DROPPING

ADAM	-	Earth Man (Hebrew)
ALAN	-	Harmony (Celtic)
ANN	-	Grace (Hebrew)
ANTHONY	-	Worthy of Praise (Latin)
ANDREW	-	Manly (Greek)
BARRY	-	Spear (Irish)
BOB	-	Bright in Fame (German)
CHRISTINE	-	Belonging to Christ (Latin)
CHRISTOPHER	-	The Christ Bearer (Greek)
CHARLES	-	Noble Spirited (German)
COLIN	-	A Peasant (Old English) or Victory of the People (Greek)

CONRAD	-	Wise in Council (German)
DAMEN	-	The Tamer (Greek)
DAVID	-	Beloved (Hebrew)
DEIDRE	-	Name of a Maiden in Celtic Mythology
DANIEL	-	God is my Judge (Hebrew)
DERRICK	-	Powerful among the people (German)
DOROTHY	-	Gift of God (Greek)
ELEANOR	-	Form of Helen - Light (Greek)
ELLEN	-	Form of Helen - Light (Greek)
FRANK	-	Free (German)
GEORGE	-	Hand Holder (Greek)
IAN	-	Greek form of John
JOY	-	Joy (English)
JANINE	-	Gift of God (Hebrew)
JEANNETTE	-	Gift of God (Hebrew)
KENNETH	-	Handsome Leader (Celtic)
MARGARET	-	Pearl (Greek)
MARK	-	A Hammer (Latin)
MARTIN	-	War Like (Latin)
MICHAEL	-	Like unto the Lord (Hebrew)
NORMAN	-	Northman (German)
PETER	-	A Rock (Greek)
PHILIP	-	A Lover of Horses (Greek)
PATRICIA	-	Patrician (Latin)
ROBYN	-	Form of Roberta - Bright in Fame (German)
SIMON	-	Obedient (Hebrew)
SUZANNE	-	A Lily (Hebrew)
STEPHEN	-	A Crown (Greek)
TERRY	-	Tender (Latin)
WILLIAM	-	Defender (German)
JOHN & JACK	-	Jehovah has favoured (Hebrew)
LESLEY	-	Lessee or Place Name (Old English)
MARY	-	Bitterness (Hebrew)

To anyone whose name is not here, I apologise, not all names were in the book.

### JUST REWARDS - NICE ATTITUDES

Amongst all the marvellous team highlights of running 1985, the attitude of three people stands out in my mind as Club Captain.

Sharon Lane set out in the 15th Annual City to Surf with all the good training she needed to run in the low 60's, but disaster struck soon after conquering of 'heartbreak' hill. Severe dehydration leading to blackout and collapse beset her. Despite official attempts to pull her out of the run, she battled gamely on - her only thought was to finish and not let down her team mates Robyn Nash and Eleanor Cody.

For all the post-race tears and three weeks of getting over the dehydration, Sharon was very deservedly rewarded with the knowledge that her game effort had brought a gold medal each to herself, Robyn and Elle.

Jak Carroll "The Jak", a guy who's enthusiasm has brought so much good to Woodstock this year, was one of our members to compete in the Western District Joggers and Harriers 1985 "Interclub Challenge". Talking to me later, our ace Fun Run Recording Chief general helper and article writer, disclosed that the "last thing I wanted to do was a tough 10km at this time of the year....but I wouldn't have missed turning out for the club for anything". Jak was rewarded with a personally satisfying 37.21 for the ten. Just rewards for a fine person and fine competitor.

Going from the tall to the small, Robyn Nash, the "atom bomb" who explodes into top gear in Fun Runs (as once described by Christine Moran) felt a delay in the bomb's timing mechanism in the 1985 Blackheath

Rhodo 12km. The fuse took a while to ignite and at one stage "the Rob" felt well and truly like pulling out. But she went on with one thing in mind - she had to finish for the team. Rob's reward was helping her team mates Barry Crisp, Eleanor Cody and myself pull off a team hat-trick of wins in the mixed team category - 1983, 1984 and 1985.

I never want anyone to force themselves to compete against their will, or defy illness. However, the attitude displayed by these three people, and I have no doubt similar attitudes are displayed by all our runners, helps to make Woodstock Runners a very special club. My reward - having people like Sharon, Jak and Robyn running for Woodstock Runners.

CHRIS SIEPEN

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#### DID YOU KNOW?

Woodstock Runners competed in 126 Fun Runs this year covering a total of 10,052 kms. With triathlons included, the distance would be even greater. Last year's statistics were 100 Runs over a distance of 6,992 kms.

A total of 769 entrants took part in these runs with the largest representation in the City to Surf (46), our Internal Fun Run (35), Sutherland to Surf (32), Y.M.C.A. 11.5 km (25), Alternative City to Surf (23), Fishers Ghost (19), Bridge to Breakers (19) and National Panasonic Half Marathon (19).

"WE'RE AN AMBITIOUS LOT, AREN'T WE"

If one was to approach the average person in the street and ask about goals, aims or ambitions for next year, one would expect to be confronted by a blank stare. Not so, if one puts the question to a Woodstock Runner. Every single one that I quizzed has his or her sights firmly on a challenge.

"Beat Elle over 10km" says Bob Davidson. A good time in the Striders Half for John Murray, Mary Henderson and Chris Siepen, while Chris adds a good effort in the Talays Twosome and perhaps something bigger later in the year. Andrew Ward - "2.29 in the Wang, sorry I mean 3.29" (it's certainly good to aim high, Andrew).

The desires for success are as varied as the people themselves. Charlie wants to cram much running into the months before school opens, so that he can concentrate on his H.S.C.; Ian Hood suggests maybe a small triathlon and to continue variation in training; Pat McCarthy - "to run 4hrs at Nike if it kills me"; "to be really active in running" came from Mark Miller, while Michael Bayles is desperate to break 40 at the Lake and 60 in the City to Surf.

When returning from injury, these ambitions sometimes seem like a fantasy, but let's hope it's real for Alan Tully who just wants to get back the incredible motivation which pushed him to 3rd place in Western Districts' handicap this year; Dorothy who desperately wants to run at Thredbo; just to break 50 consistently for 10km and a P.B. in the 1986 City to Surf is all 'yours truly' wants.

Lloyd merely wants to make the starting line in next year's City to Surf, (he had a cold this year and was

unable to run) on second thoughts he would also like to break 60. If determination is a guide to success, Terry Mundy will achieve his goal to run his first half marathon, while Lesley will run the marathon she didn't run in 1985.

Australian representative in the World Marathon Championships in Japan, Steve Poulton, has assisted a number of members in formulating aims and hopefully accomplishing them with his training programme in operation. Sharon is hoping for a sub 95 in the City of Sydney Half Marathon, a sub 40 for 10km and to remember finishing the City to Surf. Derrick let on that we will see a "new man" in the 1986 Fun Runs after "training with Steve". He also hopes not to lope too many trees on the weekend of next year's Fun Run. Elle hopes Steve's advice will enable her to reduce her 10km time, achieve success in the State titles and maybe something more later in the year.

Thanks so much Steve, for all your time, your wealth of experience and interesting words on running and runners. We do appreciate it.

Colin Green has the marathon bug and will possibly run both Wang and Adelaide, while the amazing Derek White hopes to do the Anzac 42.2 as well as contest the Veteran's 5,000, 10,000 and steeplechase, even though looking forward to the next age category in only a couple of years. While the above two gentlemen will be pounding the roads, Robyn, Steve and Jak are enthusiastically flying around the track at Rotary and hoping to improve their speed over the shorter distances.

Joy wants to build up her swimming and run when she feels like it. John Moran hopes to run well in a

family team in the City to Surf while Chris will be doing two long ones per week hoping to improve her 10km time and a good marathon in three years (is that for the Bicentenary, Chris?).

To be more consistent in running and enter some Fun Runs is Shirley's aim. We wish you well, Shirley, as we're sure you'll be most successful. Pat Mahony's hopes for 1986 lie in her job prospects and she will be endeavouring to fit in as much running as possible around her new venture.

Wherever your hopes lie for 1986, I wish you the very best - always keep in mind that we need lots of quality not merely quantity and remember the words of Bob Burford (Woodstock Runners Year Book 1984).

"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."

KERRY BRAY

WOODSTOCK RUNNERS COMMITTEE

President	-	Steve Briscoe
Secretary	-	Kerry Bray
Treasurer	-	Joy Hood
Club Captain	-	Chris Seipen
Committee	-	Michael Donnelly

FUN RUN COMMITTEE

Steve Briscoe	Kerry Bray
Chris Siepen	Alan Tully
Derek White	Michael Donnelly
Christine Moran	

## 2RDJ-FM COMMUNITY RADIO

*Broadcasting to the municipalities of:*

Ashfield, Burwood, Concord, Drummoyne & Strathfield

Do you tune in each week to catch up on Woodstock Runners' news and results?

If not, try 2RDJ - 88.1 on the FM band  
i.e. first station on FM.

Dorothy, David, Jonathan and others are always interested in broadcasting our results and forthcoming Runs etc.



Tune in at 7.30 am each Saturday and Sunday and 7.35 pm every day including Saturday and Sunday for the Sports Report.

Woodstock's report goes to air at 7.35 pm each Saturday night while Jonathan fires the gun to start our Saturday morning Bay Run at 8.00 am sharp.

We thank all at 2RDJ for the advertising they gave our Fun Run and for their involvement on the day. (Jonathan was the gentleman running around with the microphone).



*I'm not warning you again, Dobson, you do your jogging in your own time.*



SOME PERSONAL HIGHLIGHTS IN A YEAR IN THE LIFE OF  
A FUN JOGGER

The Harbour Bridge relay is in three weeks and I am in a team. Time to come out of summer retirement and start training. What an incentive, with a crash training programme. With that run complete, big plans for my first half marathon for the year two months later. Two fun runs in the meantime and I should be ready. Mike Donnelly is in superb form and as long as he is chasing me it will be quite an achievement. New shoes two weeks beforehand and problems with the orthotics moving to the front of the shoe had me worried, but I felt that they will settle in their compact spot. So to the tune of "Chariots of Fire" the Sydney Half Marathon was underway. The first six and a half kilometers slipped by then at the 7km mark I felt the orthotic move and sure enough to the top of the shoe it moved - still 14km to go.

I had to work much harder now. The half-way mark came and I was very tired but we were on the way back. Centennial Park can we keep going? I have not seen Michael so perhaps he is behind me. Got to keep going. Chris Siepen was there to cheer us on at the 20km mark having finished earlier. He looked worried when he saw my face. Into the final lap and I could see the finish line very blurry - I made it.

Ten minutes later, Chris and company were offering me moral support from the first aid room. However, I knew that I had to get to the bottom of the problem and a visit and talk to Cumberland College Health Sciences helped a lot.

Kograh Leader just before and YMCA just after - no problems - so the big test. Palm Beach to Manly Giant Jog. Was it cold at the start! Even after 10km we were still cold, then going up the hill at Newport I could feel it, a slight twinge of cramp. I knew I had

to be careful and nurse the leg but after a while, it settled down. My splits were slightly fast, but I felt good. It was a great feeling running onto the Corso crossing the line for 30km in 2hrs 23.05 secs. I felt tired but good.

The next big race was the Sutherland to Surf and a good start enabled a new P.B. after five years of 45mins 24sec. It was time to prepare for the City to Surf. The Randwick 22km and Christine Moran kept me honest in the second half. I knew she was ready for a good City to Surf.

Barry Crisp came back to run in with me at Georges' River but my time was down on last year. I knew I was not as well prepared. After a two hour wait at the start the Hardie Ferado of jogging the City to Surf was underway. The start was very crowded and I could not get my pacing right. Double Bay hill seemed ever so steep this year. I had never noticed it before. How was I going to manage Heartbreak? A drink station but only an empty cup! At 10km I found I had to run the last 4km in 16mins to break 60 - impossible, but press on. Into Campbell Parade and someone sang out "You can break the Hour!" Kidding - some spectators expect you to sprint in at Carl Lewis' pace or something. Around the corner and I could hear the PA - 30 seconds to go to break the hour. I started sprinting, 20 seconds, 10 seconds, 9,8,7,6,5 I could not go any faster, the line was getting so close 4,3,2,1 I was near it, but not enough. Sixty minutes and 3 seconds.

Congratulations Christine - she was seven seconds on the right side. Two weeks later revenge was sweet 58.52 in the 14km Bridge to Breakers. 1986 City to Surf lookout. The Auburn fun run and my first ever medal for the teams category. Thank you Frank Berlouis and Derek White and thank you everyone else, including Mary my wife and Jessica. Up there for Woodstock.

COPING WITH A DOWNER

All runners dread the thought of a low period - very few of us can avoid one, or more.

Emotional and work problems, niggling injuries, lack of sleep, over training, just plain going mentally stale - all of these factors, plus many others can affect our running performance. Our training goes off. We find it increasingly hard to train. When we do train, it becomes a burden - we could use any excuse to skip it. We then compete - but the times are slower. You then worry, you try to train harder, but it only gets even more burdensome. Your times then get even slower and you find yourself in a vicious circle.

What do you do? Well, there's no easy answer. But here are a few hints from one who knows what it's like to lose the 'urge':-

SELF EXAMINATION: Get away by yourself and work out WHY your running has gone downhill.

LOOK FOR SOLUTIONS: When you know what's wrong, try to resolve the problems, of course, this is easier 'said than done', especially if they are emotionally or work induced. Physical problems on the otherhand, can often be dealt with more concretely.

In all cases, don't be afraid to seek help and guidance from friends and experts. And most importantly learn to ADAPT and be FLEXIBLE.

ADAPTATION AND FLEXIBILITY: Simply be gentle with yourself and adapt your training to your unique circumstances. If your problem is physical, either ease up on your running, do some other physical activity less irritating to your injury, or simply rest (but watch your food intake).

If, for example, you are working long hours, just fit in a run when you can. Don't worry if you miss a training run. Running is to be enjoyed - not to be another "job" to be done.

With emotional problems, still try to train a little - hopefully you'll pull yourself through the situation and often some physical activity can refresh your mind and assist you to cope with the problems. Even when adapting your training, try and be consistent.

CONSISTENCY: Being consistent in your training conflicts with adaptation? Not really. Set yourself a programme. Attempt to stick to it. But if circumstances mean you miss, e.g., a hill run on a Tuesday, DON'T WORRY. Don't try and pick it up. Just go on with the next stage of your schedule. Remember we're not training for the Olympics! You're trying to pull through a low. Obsession could lead you right back to square one.

GOAL SETTING NO. 1: In the early stages of a comeback the setting of a goal can act as an inducement. But don't set too high a goal. Aim to climb one step at a time and to climb the next step could be your next goal.

PATIENCE: When implementing the previous steps try and be patient. You do not run out of a low overnight. Give yourself time.

BELIEVE: Believe that you WILL get back to your best. Believe that you WILL one day get better.

Half fill a glass of water. Look at it. Is it half empty, or half full? A winner sees it as half full.

USE THE MIND'S EYE POSITIVELY: See yourself running well again. Dream of that time you want to break - see yourself doing it.

POSITIVE REINFORCEMENT: Adding to the last two paragraphs above, don't dwell on bad training runs. Try to think only of the good training runs - even if they are few and far between. Pick out the good points of your efforts - try and build on the strengths. Always continue to 'believe' in yourself and 'see' yourself achieving.

.....

As is often said, time is the best healer. Well, hopefully, by being patient and following the above steps you will recover from a low point. You can if you want to. When you do, then implement the following:-

GOAL SETTING NO. 2: You're now feeling quite pleased and relaxed with your running. So where to now? You may have ambitions but these aren't enough. Set a goal and to set a goal you need a target - a date on which you will achieve your goal.

Train consistently towards that goal. You will often find an amazing commitment within yourself that you never know existed. The goal will keep you going - keep you alert.

But be careful! What happens if that goal is not achieved? Will you fall back down in the heap that you've gradually pulled yourself out over months, even years? No, be philosophical. As you train towards your goal you'll achieve improving, and often personal best results along the way. Enjoy them.

Realise that even if things don't work out on "target" day, all is not lost. In fact, the only thing lost is maybe that one run. Sure, you'll be let down. But pull yourself together. There are endless more goals that you can strive to achieve and you will achieve many; and have a good time getting there.

To those who achieve their goal - enjoy the self satisfaction. After all the hard effort you may need a rest. Fine, but try and keep some easy training up. For you know what, there's always that next goal.

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This article is not a panacea. The ideas listed have simply evolved out of personal experience. I hope that no-one experiences a "down" period, but if you do believe in yourself that you will come through it - AND YOU WILL.

CHRIS SIEPEN



*You'll find we're great believers in carrot juice here, Mr. Thompson.*

FORWARD TO THE FUTURE

The year is 1994 and the setting is an air conditioned office on the 3rd floor of the fully licenced Woodstock Runners clubhouse. Woodstock Runners Inc. is now a Public Company listed on the stock exchange with Kerry Bray and Chris Siepen as joint managing directors. The conversation runs something like this:-

"Well, it looks like we'll get around 50,000 competitors for our 10th anniversary Fun Run this year."

"Thank God we've limited the field by making the rule that anyone who runs in the City to Surf is ineligible for our run."

"Have you spoken to OTC yet about the satellite coverage?"

"Yes I have, and they say there's no problems unless more than 50 countries want the live rights, but I think it should be OK as only about 28 have applied so far."

"Good. The computer for compiling the results is arriving from IBM tomorrow and they'll be installing it on the 3rd and 4th floors like we agreed."

"I just hope that won't interfere with our indoor cricket competition too much."

"It should be alright, speaking of sporting competitions, I've just heard an unofficial whisper about our application to hold the next World Cup athletics meet in our Burford Stadium. It appears we'll get the go ahead as long as we expand the capacity from 90 to 100 thousand."

"No problems! I've spoken to the PM about a Government grant for the extensions and he promised that as long as we can resolve the clash of the Fun Run with his planned election the money is ours."

"Umm. Well we can't change the date again as we've already moved it once so as not to clash with the Coronation of King Charles. I know, perhaps we could include a section on the entry form where people could register their vote."

"Yes that's it. And also include some new categories for the first voter from each party to finish."

"While we're on about voting I guess we'll have to book the Town Hall again for our AGM."

"Yes, and with a bit of luck the monorail extension from Woodstock to the City will be complete by then."

"OK. Now what's next on the agenda?"

"Item 15. A new compere for the Woodstock Wide World of Sports TV show following Derek's retirement....."

#### FOOTNOTE:

Do you think this story is unbelievable?

Well, in August 1980 no-one would have envisaged the events of November 10, 1985.

It's people of vision and drive like Kerry and Chris who make dreams become realities.

Where would the World be without such people?!

JAK CARROLL



MICHAEL DANCES, BILL REJOICES, JIM SINGSWHILE ALAN SWINGS.....

Reflecting on the words of Bob Davidson, Woodstock isn't really about winning - its about trying; about the struggle to achieve. It's about the Michael Bayles', Alan Tullys', Jim Burrows' and Bill Whites', and although winning isn't everything, it was still so heartening to see the joy in those runners' faces when they did receive something tangible this year to reward all their efforts. They were also happy for in each instance they were part of a team effort:-

Alan and Jim - members of the winning men's team in the Southlands Nepean 11km Fun Run in June.

Bill as a member of the Woodstock team placed 3rd later that month in the Woodford to Glenbrook Challenge over 25km and Michael, who in August lead home the men's team in the Auburn District Hospital 8km Fun Run.

Congratulations to these great Woodstock members! Regardless of the prizes they received and will receive in the future, these runners, like all our runners, WIN each time they put on a pair of running shoes.

CHRIS SIEPEN



IF YOU THINK YOU ARE BEATEN, YOU ARE,  
 IF YOU THINK YOU DARE NOT, YOU DON'T,  
 IF YOU LIKE TO WIN, BUT YOU THINK YOU CAN'T  
 IT IS ALMOST CERTAIN YOU WON'T.  
 IF YOU THINK YOU'LL LOOSE YOU'RE LOST,  
 FOR OUT OF THE WORLD WE FIND  
 SUCCESS BEGINS WITH A FELLOWS WILL  
 IT'S ALL IN THE STATE OF MIND.  
 IF YOU THINK YOU ARE OUTCLASSED, YOU ARE,  
 YOU'VE GOT TO THINK HIGH TO RISE,  
 YOU'VE GOT TO BE SURE OF YOURSELF BEFORE  
 YOU CAN EVER WIN A PRIZE.  
 "LIFE'S BATTLES DON'T ALWAYS GO  
 TO THE STRONGER OR FASTER MAN,  
 BUT SOON OR LATE THE MAN WHO WINS  
 IS THE MAN WHO THINKS HE CAN!

SUBMITTED BY CHRIS SIEPEN

### WOODSTOCK RUNNERS

This is a fast growing club of runners who have done  
 themselves and Woodstock proud in many Fun Runs  
 throughout the year. The Club's greatest achievement  
 to date was the staging of a run through Burwood which  
 attracted 500 entrants and 250 spectators. It was  
 voted one of the best runs by the competitors.

.....

Phillip Taylor, Mayor of Burwood in his annual report  
 at the Annual General Meeting of the Woodstock  
 Community Centre, 3 December, 1985.

TEAMS REPORTTEAM WORK AND TEAM SPIRIT - REAL WINNERS

Running is essentially an individual activity - you can do it anywhere at anytime. While recognising, encouraging and applauding individual goals and achievements, Woodstock Runners tries to promote a sense of belonging - a feeling of being an important part of the whole. Team events are one of the most important avenues to this end; as is the wearing of the club colours both as team members and individuals.

Because of the rules of many Fun Runs, not all of our members can make a team for a particular run. Also, most runs base results on the first 3,4 or 5 team runners to finish.

Our policy, which the Club regards as the only fair one, is to select runners, who make themselves available for a particular event, based on their current form. Those who have competed in a successful team event the previous year, have the first option of running in that same team event the following year.

Overall, we would love to always enter an unlimited number of our runners in teams, but this is not often permitted. Still, Woodstock encourages EVERYMEMBER to run in teams, and the Club is proud of everyone who does represent us. It's nice to win, but it doesn't matter if we don't. Just to turn out together as a one is what really counts.

To be part of a team is important in most areas of life. Giving that little bit extra for the team, not only encourages team spirit and team work, but can also improve individual performance.

In 1985, Woodstock Runners entered 54 different team categories over 25 events. We were fortunate to gain 17 first placings, 10 second placings and 5 third placings.

Forty nine of our runners took part in at least one team event. Here is a list of those runners and the number of team appearances (NOTE:- apologies if any team appearances not counted):-

LLOYD BARWELL	1	PETER MANCHESTER	5
TERRY BAILEY	2	PAT MCCARTHY	3
MICHAEL BAYLES	7	MARK MILLER	2
FRANK BERLOUIS	6	CHRISTINE MORAN	9
KERRY BRAY	5	JAMES MORAN	9
STEVE BRISCOE	11	JOHN MORAN	2
JAMES BURROWS	5	TERRY MUNDY	3
SHARON BUTLER	1	TONY MURPHY	9
JAK CARROLL	6	JOHN MURRAY	9
ALAN CLARK	3	KEN MURRAY	2
PHIL CLARKE	10	ROBYN NASH	13
ELEANOR CODY	15	PHILIP PASCOE	5
BARRY CRISP	18	GARY SHOESMITH	4
BOB DAVIDSON	7	CHRIS SIEPEN	15
MICHAEL DONNELLY	1	DOROTHY SIEPMANN	9
DAVID DREW	3	SUZANNE STIRLING	3
SANDRA ENGLAND	1	ADAM SUMMONS	1
COLIN GREEN	1	DERRICK TITMUS	1
NORM HAMS	1	CHARLIE TOPFER	6
MARY HENDERSON	1	COLIN TOWNSEND	1
JOY HOOD	3	ALAN TULLY	14
IAN HOOD	2	JOHN WEBSTER	1
LESLIE LEAR	2	BILL WHITE	3
SHARON LANE	8	DEREK WHITE	4
PATRICIA MAHONY	7		

Congratulations to all our team members and in particular a special thank you to our members whose team representations reached double figures - Phil Clarke, Barry Crisp, Robyn Nash, Alan Tully, Eleanor Cody and Chris Siepen.

Although all team efforts were great, the following, for me personally, highlight a great 1985:-

02.6.85 - Southlands Nepean, 11km:- 1st Men's team -  
Barry Crisp, Alan Tully, Jim Burrows, Chris Siepen.

07.7.85 - Harbord Diggers Scenic, 14km:- 1st Ladies team -  
Elle Cody, Robyn Nash, Dorothy Siepmann. (The Club brought up a hat trick - 1983/84 and '85).

14.7.85 - Sutherland to Surf, 11km:- 2nd Ladies team -  
Elle Cody, Robyn Nash, Dorothy Siepmann, Chris Moran, Sharon Lane.

04.8.85 - City to Surf, 14km:- 1st Ladies team - 40yrs and over - Kerry Bray, Sandra England, Dorothy Siepmann.

18.8.85 - Auburn District Hospital:- 1st Men's team -  
Derek White, Frank Berlouis, Michael Bayles.

01.9.85 - Wollongong to Sydney Relay, 80KM:- 1st Ladies team - Elle Cody, Robyn Nash, Sharon Lane, Chris Moran, Dorothy Siepmann.

03.11.85 - Fishers Ghost, 12km:- 1st Open Team -  
Steve Briscoe, Barry Crisp, Chris Siepen, John Murray.

17.11.85 - Blackheath Rhodo Run, 12km:- 1st Mixed team -  
Barry Crisp, Robyn Nash, Elle Cody, Chris Siepen.

Thank you all for the support you gave Woodstock Runners in 1985. The team spirit, friendship and team work was wonderful.

Looking forward to an equally, if not more, successful 1986.

CHRIS SIEPEN



## SOCIAL REPORT

A parade and an Internal Fun Run were both new features to our social calendar in 1985.

On Saturday, 5 October, twelve slightly hesitant Woodstockians lined up behind the Squashlands Aerobic float for the inaugural "Burwood Festival Parade". Off we marched with Charlie "Baby" Topfer having to be pulled back to us as he wandered off mesmerized by the beautiful blonde in black leotards aerobically ahead of us.

Not to be outdone "The Jak" ran and presented personally a balloon to a bikinied lady in a solarium on the back of another health club float. During all this, Toby and partner, Damon Bray, presented approximately 800 minties to onlookers (including throwing minties at the feet of scouts, which twice broke their march); with the Salvation Army, Police, S.E.S., the Westpac Queen and a poor chair outside the "pub" all coming in for the Toby treatment.

There was only one complaint - everyone who marched wished it had been longer. We all had a fun time.

Our Internal Fun Run and breakfast proved a great success. The weather favoured us on Sunday, 20 October, as 33 runners set off at 8.00 a.m. (well really a little after, but they didn't have their watches!). Everyone relaxed with a nice breakfast afterwards in the sun and shade of beautiful Woodstock. They warmly congratulated the award winners, Derek White, Peter Manchester, Terry Mundy, John Murray, Mark Miller and Phil Pascoe.

These two new happenings ably supported our successful "Australia Day Training Run and Breakfast" on Sunday, 27 January 1985; Jenny Bellmore's and Sharon Butler's

excellently organised "Alternative City to Surf" and post-party on Sunday, 28 July 1985; and our 5th Birthday celebration on Saturday, 17 August at the "Blue Pine Restaurant" in Burwood.

Derrick Titmus' surprise birthday party in May; Pat Mahony's evening out at Roman Scandals; the City to Surf and Wollongong to Sydney Presentations; Sydney Striders Cabarita Connection and breakfast on Sunday, 13 October; plus our many get-togethers for picnics and barbeques after Fun Runs, made for a successful year socially for Woodstock Runners.

At time of writing, our 'BIG' Christmas Barbeque and Presentation night on 12 December, 1985 is again shaping as a wonderful night of excitement for both young and old. This night celebrates a truly magnificent and successful 1985.

We try to provide social activities to which any age can attend. Woodstock is a club of friends, of families. With this theme in mind and noting that most of this year's major socials will again happen at approximately the same time in 1986, the Club would greatly appreciate any suggestions.

Thank you socially much,

CHRIS AND KERRY



# WOODSTOCK RUNNERS COMMUNITY

## FUN RUN

Proudly sponsored by

**METROPOLITAN CREDIT UNION**

10k — Sunday, November 10, 1985 at 8 a.m.

START AND FINISH BURWOOD COMMUNITY CENTRE,  
CHURCH STREET, BURWOOD

ALL AGES CATERED FOR

SCHOOL AND AGE CATEGORIES

NUMEROUS LUCKY DIP PRIZES

ASK HERE FOR ENTRY FORMS



## WOODSTOCK RUNNERS COMMUNITY FUN RUN

proudly sponsored by  
**METROPOLITAN CREDIT UNION**  
**10 KILOMETRES**

**Sunday, 10th November, 1985**  
**8.00 am**

START & FINISH at the Woodstock Community Centre — Church St., Burwood. (only 400m up from Burwood Station).

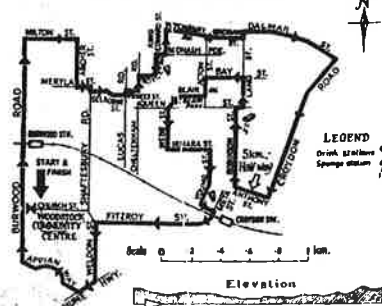
Be part of the Community Centre's 6th birthday celebrations & see many of the historic homes of Burwood & Croydon along the scenic route.

OUR THANKS TO  
Burwood Council  
Burwood & Enfield Police  
St. John Ambulance Brigade  
State Emergency Service  
All our Helpers



*Our Fun Run 10-11-85*

MAP OF THE COURSE



## Woodstock Runners Community Fun Run

Founded in 1980

Proudly sponsored by **METROPOLITAN CREDIT UNION**

### Certificate of Achievement

Awarded to

for successfully completing the 10 km course in mins. secs.

*Heve Briscoe (President)*  
10th November 1985

Promoting health, fitness  
and the Community Spirit





# WOODSTOCK FUN RUN - 1985

## LEADING FINISHERS

MALE		FEMALE	
1) JAMIE HARRISON	30:44	1) MARGARET HOWE	40:03
2) KIERAN TAYLOR	31:29	2) JACKLYNN WILMOTT	40:42
3) ANDREW LLOYD	31:38	3) KATHY GIFFIN	41:09
4) MARK VASSALLO	31:42	4) ANGELA DEAKIN	41:26
5) STEVE MONTAGUE	31:58	5) LOUISE BENNET	41:88
6) GRAEME HEAPE	32:05	6) PATRICIA GOLDSMITH	42:08
7) PETER WHEATLEY	32:07	7) JUNE MASON	43:45
8) STEPHEN PEHM	32:19	8) LYN WARWICK	43:55
9) BILL RAIMOND	32:23	9) JULIE CLIFTON	44:23
10) MICHAEL FISCHER	33:22	10) JUDY YOUNIE	44:53

## NUMBER OF FINISHERS

CATEGORY	MALES	FEMALES	TOTAL
12 & UNDER	42	13	55
13 - 17	58	9	67
18 - 23	22	7	29
24 - 29	38	7	45
30 - 39	96	19	115
40 - 49	54	9	63
50 - 59	14	2	16
60 & OVER	14	1	15
	338	67	405

## FINISHERS BY TIME

TIME	% OF MALES*	% OF FEMALES*
30:00 - 34:59	6 (20)	0 (0)
35:00 - 39:59	24 (79)	0 (0)
40:00 - 44:59	26 (88)	16 (11)
45:00 - 49:59	18 (62)	12 (8)
50:00 - 54:59	13 (45)	27 (18)
55:00 - 59:59	3 (11)	15 (10)
60:00 - 64:59	4 (14)	16 (11)
65:00 - 69:59	3 (10)	6 (4)
70:00 - 74:59	2 (6)	3 (2)
75:00 -	1 (3)	5 (3)

FIRST FINISHER - 30:44

LAST FINISHER - 86:26

\*NUMBER OF FINISHERS IN BRACKETS

OFFICIAL NUMBER OF ENTRANTS - 500

SOME REMARKS TO US ON THE FUN RUN  
(VIA REPORTS, LETTERS, PHONE CALLS AND WORD-OF-MOUTH)

"Congratulations to the Directors and Committee for a job well done which was, in my opinion, a wonderful achievement for your first ever Fun Run".

Brian Siepen

"The friendliness and effectiveness of your officials was unmatched in any Fun Run I have been in".

Dorothy Flanagan  
 Sec. Sydney Striders

"A much smaller vehicle would suffice for putting up the signs".

Derrick  
 The Tree surgeon

"The Committee and helpers deserve the thanks of the Community".

Michael Maher  
 Federal Member for Lowe

"Best run I've been in this year".

Jamie Harrison (1st)  
 Andrew Lloyd (3rd)

"Thanks for the opportunity and privilege of serving on the Committee - it was great fun as well as hard work"

Derek

"It was the best run I've ever been in".

Richard Ryszkowski (75yrs)  
 Oldest finisher in 86.26

"The satisfaction of achieving the challenge we set ourselves and confidence in tackling probably a bigger 1986 Run were the high points for me".

Kerry

"Everything was just right - the beautiful start / finish area; the efficient processing of entry forms; the drink and sponge stations; putting names on certificates; even colour co-ordinated carnations for the ladies".

Wendy & David Wheatley

"I am confident this event will be highly placed in the joggers' calendar".

Paul Zammit  
State Member for Burwood  
and a competitor.

#### "IT WASN'T ALL PLAIN SAILING"

The Fun Run - whose idea was that? Answer - Chris.  
Yes! he's the culprit.

When he first mentioned it to me I was sure he was joking. Imagine us, a small club trying to organise a Fun Run of some magnitude. With a most positive attitude and his faith in the loyalty of members, he convinced me we could accomplish it.

Scepticism remained with me until our Fun Run Committee was formed and met for the first time. I then realised it was highly possible to achieve our goal with the enthusiasm of the Committee Members and we jumped in boots 'n' all.

Brevity of meetings was not a strong point with us, in fact very few gatherings concluded prior to midnight. Supper was always delicious and most welcome. Our ten meetings achieved much and as the months progressed, we observed all the loose strings coming together.

By the time 8.00 am on the 10th November passed, then 8.30 and 44 seconds, when Jamie Harrison crossed the finish line, 9.26 and 26 seconds as the last finisher completed the course and finally 10.00 am and 11.00 am as the lucky draw and presentations drew to a close, it seemed everything had progressed smoothly. That was not quite true.

Would you believe Chris and Kerry finished up in a wedding photo on 9th November searching for a Stanley knife around the fountain - even the bride and groom joined in the search.

Where did the 4" rails get to when the Start / Finish banner was to be put into place? They were out on the course in the truck.

How about the keys to the office for the photocopier? Answer as above, but not in the truck, in Chris' pocket.

It's just as well our Club Captain runs swiftly as he had to beat Jamie Harrison to the finish line as Chris was holding the tape.

There was the case of the mislaid sponges for the finish - they turned up eventually with the foodstuffs and they weren't the eating type sponges. The lost Jamington biscuits continue to remain a mystery - they have not been located nor has Kerry's chopping board.

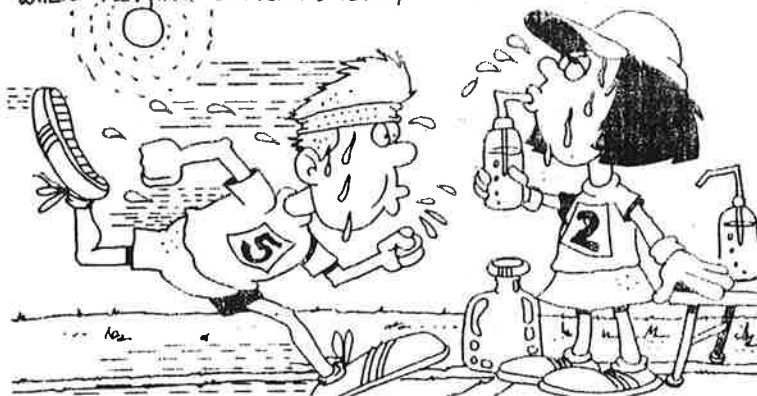
We all knew some of the trees needed lopping along the course, but Derrick, you don't use the truck to carry out the operation. Our truck didn't survive the course as well as most of our runners but Derek, Derrick and Paul administered the necessary first aid.

It sure was a great day and we think we may do it again next year - thanks to each and every one of you.

P.S. If anyone finds a Stanley knife near the fountain - it belongs to Chris.

KERRY

MAKE SURE YOU ALWAYS HAVE PLENTY OF WATER TO DRINK  
WHEN PLAYING OR EXERCISING IN THE HEAT.



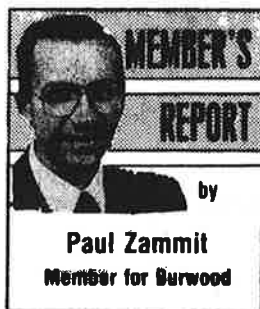
Woodstock  
even had  
champagne  
at one station.

# THE STORY OF THE FUN RUN AS TOLD BY THE LOCAL PAPERS

**WOODSTOCK RUNNERS:** The inaugural Woodstock Runners' Community Fun Run was held in Burwood recently. Sponsored by Metropolitan Credit Union the 10km event proved popular, as more than 500 competitors attempted the course. Participants were aged from eight to 75 years and a large number of teams entered. All finishers received a certificate of achievement. Burwood MP Paul Zammit entered the race, which wound its way through Burwood and Croydon before finishing back at Woodstock's Community Centre. The winner was Jamie Harrison in 30min 44sec, ahead of Keiron Taylor and twice-winner of the City to Surf, Andrew Lloyd. First woman home was Margaret Howe, followed by Jacklynn Wilmott and Kathy Griffin.

The Glebe and Western Weekly

20.11.85.



★ ★ ★  
On Sunday morning, I competed in the inaugural Woodstock Runners 10 kilometre Fun Run around the streets of Burwood and Ashfield.

It was probably the most enjoyable run I have had because of the excellent route chosen by the organisers and because of the very professional arrangements.

More than 500 runners competed and the standard was very high, everyone finishing in less than 90 minutes.

Congratulations to the Woodstock Runners, especially Kerry Bray, who first canvassed the idea with me about 12 months ago.

I am confident this event will be highly placed in the joggers' calendar.

★ ★ ★  
Western Suburbs Courier

20.11.85.

## 500 STARTERS FOR FUN RUN

**FIVE** hundred runners turned out for the first annual Woodstock Runners Community Fun Run, sponsored by Metropolitan Credit Union.

Members of the Woodstock Runners group began working at 4 on Sunday to transform the community centre into a bustling scene of runners, supporters and workers, with the Woodstock Runners' flag, blue and white balloons and streamers.

Koala Bill from Metropolitan Credit Union fired the gun at 8 am to send the runners on their way down Church Street into Burwood Road on the 10 kilometre course through the streets of Burwood and Croydon.

Spectators at Woodstock were kept informed of the competitors' positions via the State Emergency Services' radios on the course, which enabled announcer, Derek White, to relay the progress and the names of leading runners.

The wait was not long.

After only 30 mins 44 secs Jamie Harrison crossed the finish line 45 secs ahead of Kieran Taylor, with the 1983 and 1984 City to Surf victor, Andrew Lloyd, 9 secs behind in third place.

Margaret Howe in 40 mins 3 secs led home the ladies, followed closely by Jacklynn Wilmott (40.42) and Kathy Giffin (41.09).

Many running clubs were represented including Dorriga (NSW) and Auckland, NZ.

The president of Woodstock Runners, Steve Briscoe, thanks all who contributed to the success of the fun run, especially Metropolitan Credit Union, major sponsor of the run, represented by Mr David Loring; the many local businesses which donated prizes; Burwood Police, Burwood Council, St John Ambulance, State Emergency Services, all members of Woodstock Runners, their friends and relatives and the nearby residents who gave their support.

Results:

Division 1, open, male: Jamie Harrison, 30.44, 1; Kieran Taylor 31.29, 2; Andrew Lloyd, 31.38, 3; Female: Margaret Howe, 40.03, 1; Jacklynn Wilmott, 40.42, 2; Kathy Giffin, 41.09, 3. Division 2, first local resident: Russell Stokes, 35.13. Division 3, age categories, 12 and under: Shayne Nicholson, 41.55 (male); Carmelina Pantano, 50.30 (female). 13 to 17 years: Mark Vassallo, 31.42; Ann Binasis, 45.08. 18 to 23 years: Stephen Phem, 32.19; Louise Bennet, 41.38. 24 to 29 years:

Brendan Smith, 34.08; Lyn Warwick, 43.55. 30 to 39 years: Steve Montague, 31.58; Judy Younie, 44.53. 40 to 49 years: Bill Raimond, 32.23; Angela Deakin, 41.26. 50 to 59 years: Fred Howe, 36.19; Dorothy Flanagan, 53.41. 60 and over: George Land, 41.04; Merle Wheeler, 67.29.

Teams results, male: Buttercup Liverpool, Steve Montague, Peter Wheatley, Neville Burley, 98.27. Female: Earlwood Sports, Jacklynn Wilmott, Patricia Goldsmith, Ann Binasis, 127.58. Primary schoolboys, Liverpool primary: Shane Nicholson, Shane Whittingham, Shane Narayan, 131.14. Primary schoolgirls, Liverpool primary: Andrea Varga, Tina Demertjis, Alison Coleman, 174.25. Secondary schoolboys: Patrician Bros, Fairfield; Anthony Bruce, Jason Lapinski, Danny Mancoira, 114.46. Secondary schoolgirls: OLMC, Epping, Leonora Esposito, Jenny Lester, Katrina Stanley, 159.44. Husband and wife: The Cliftons, Julie Clifton, William Clifton, 86.37. Mixed, Qantas mixed, Steve Ruston, Phil Johnston, Marca Foley, 130.51.

Western Suburbs

Courier 20.11.85.

"THE SIGN POSTERS"

(Memories of 5.00 to 7.00 a.m. 10th November, 1985)

NOTE: If you like singing, these verses can be sung to the tune of "Good King Wenceslaus", good practice for the Christmas Season.

WOODSTOCK STALWARTS FOUR WENT OUT,  
ON THE FUN RUN MORNING,  
IN THE VAN SO LARGE AND STOUT,  
'ERE THE DAY WAS DAWNING,

'C' CLASS TITMUS AT THE WHEEL,  
DONNELLY WITH THE LADDER,  
WHITE WITH HAMMER AND I FEEL,  
A FAR FROM EMPTY BLADDER!

BAYLES HAD THE LOCATION SHEETS,  
SIGNS WERE STACKED IN ORDER,  
SEARCHING THROUGH THE DARKENED STREETS,  
TO THE BURWOOD BORDER.

MANY TIMES THEY STOPPED AND PROPPED,  
CLIMBED AND NAILED THE SIGNS UP,  
SLEEPY CROYDON RESIDENTS POPPED  
OUT OF BED AND BLINDS UPPED.

SOMETIMES WHEN HE CURBED THE VAN,  
ROADSIDE FLORA HIT US,  
SO WE CALLED THAT SMILING MAN  
"CONSERVATION TITMUS"!

SO AS THEY BRUSHED 'NEATH LEAFY BOUGHS,  
THEY CHECKED THE TIME AND WONDERED,  
HOW MANY ENTRIES IN BY NOW, -  
FOUR? FIVE? SIX? SEVEN HUNDRED?

FROM CROYDON ROAD TO APPIAN WAY,  
DOGS GREETED THEM WITH BARKING,  
THE SUN ROSE ON A PERFECT DAY, -  
SHONE ON THEIR FREQUENT PARKING.

IT BATHED BLAIR PARK IN GOLDEN LIGHT,  
THE POOLS OF MOISTURE GILDING,  
OLD WHITE FOULD BLEST RELIEF AT LAST,  
BEHIND A SMALL BRICK BUILDING!

BY SEVEN O'CLOCK THEIR WORK COMPLETE,  
ALL FIFTY SIGNS WERE POSTED,  
AND THIRTY FLAGS IN LINES SO NEAT,  
"A FIRST CLASS JOB" THEY BOASTED.

THERE'S AYE A SNAG TO EVERYTHING,  
BUT THERE'S NO USE TO FROWN,  
THE TWO "Ds" TOURED AROUND AGAIN,  
TO TAKE THE B.....S DOWN!

DEREK WHITE

A VISION FULFILLED

It's great getting up early! But, 2.45 a.m. on a Sunday morning? Well, El and I dragged ourselves into action at that hour on November 10, 1985.

Last minute packing, coffee and special "K" and then off to Woodstock - a few cars around most probably coming home as we were going out!

Opening the front door of Woodstock, I raced to the office to notify security, but no power on the Commander S Switchboard! No lights! Panic! Shit!! (One of my favourite words in a crisis - especially when I miss a sponge, or drink in a run!). However, as resourceful as ever and proving that behind every great man....well, every man, there is a great woman, Elle found a master electrical switch and everything worked. Security was notified and just as well - the patrol was just arriving to bring us in!

Two nights earlier, I awoke in a bad dream - the fun run day had rain; cars were zooming up and down Church Street, dodging runners as they were finishing; and there were no chutes. But this wasn't going to happen today!

Soon after 4.00 a.m. the troops began to arrive. Boss Bray, Toby, the Micke's, Derrick and Derek, Charlie (Chuck) Baby (who only went to bed at 2.00 a.m.!), Dr Chris, Jolly Jak, Sexy Steve, Big Al, Rockin Robyn, Terry the Terror and Smiling Peter were first to appear.

All systems go! All the preparation and planning was finally being put into effect. It was out of Kerry's and my hands - 5.30 a.m. and up went the Australian and Woodstock flags on a breathless morning as the east ignited with fire .....(or in other words "no bloody wind as the sun rose!"). And rise it did to shine on a wonderfully successful day.

Most areas were well covered. So many things could have gone wrong, but didn't. All our members and helpers were great - they happened to always be in the right place at the right time.

What problems there were, weren't too major. I had gone out on the course to check if everything was o.k. (Interesting to turn into Robinson Street and see the "Mob" having water fights at the sponge station. Drawing closer I saw that Rohan Bray and his compatriots were well prepared - champagne was flowing and corks were popping!).

Arriving back at Woodstock PANIC - I had taken the Woodstock keys with me which Kerry and Elle needed to photostat a numerical list of entrants to give to Derek for commentary. No sooner had that been cleared up when Derek announced that Jamie Harrison was nearing the finish. What about the finishing tape! I picked up the nearest length of blue streamer and raced like Darren Clark to the finishing line. All's well! But then Rockin Rob raced down - the sponges for the finish were missing. We eventually found them - and much to the finishers delight.

But these were minor crises. Overall, the feedback from competitors was highly positive. Andrew Lloyd and Jamie Harrison placed our run amongst the best organised they'd been in this year. President of Western District Joggers, Kevin Mason, was full of praise as was Sydney Striders organiser Dorothy Flanagan.

It was a marvellous team effort on the day by all concerned. What had been a distant vision two years earlier, had now been fulfilled. It took quite a few days for me to comprehend that it had come and been done. Now is the time to reflect; to enjoy our success



but not become complacent. There are many areas which will be improved on next year. Our aim will be to stage a Fun Run which will go even further in satisfying the needs of our fellow runners. Echoing Kerry, its "all systems go for 1986".

CHRIS

"WOODSTOCK - "THE CARING CLUB"

- A BIG " THANK YOU" FROM DEREK WHITE

This is the perfect opportunity to thank you all for that splendid card you sent me when I was so ill in April-May this year. It was especially difficult for me because it was so unusual, I have never been so unwell before and was having such a good year until I keeled over in Canberra. Your support has done such a lot to hasten my recovery which, nevertheless has taken six months. The job on the Woodstock Fun Run Committee offered me the means to put "Thank you's" into actions and it was a pleasure to do so.

For many years past I have had the desire to establish a distance running event in my area. I first favoured the paths along the Cook's River banks, but that course has since become somewhat the preserve of our friends from Earlwood. This year I was able to stop dreaming and help found a new run which, I feel sure, has already ARRIVED in a BIG way! Thank you particularly for the wonderful climax to our efforts; 10th Novéber -

WHAT A DAY!

SOME OF THE "BIG" 1986 RUNS

JAN 04 - Harbord Diggers Palr Beach to Manly, 30km.  
 26 - Australia Day, 10km.  
 FEB 02 - Chris' Woodstock Australia Day Run (tentative).  
 MAR 23 - Striders' Royal Life Half Marathon.  
 APR 13 - Nike Marathon, Canberra.  
 MAY 04 - City of Sydney Half Marathon.  
 JUN 08 - Wang Marathon (tentative)  
 JUL 06 - 15th Annual Harbord Diggers Scenic, 14km.  
 13 - Sutherland to Surf (tentative)  
 24-02 AUG - Commonwealth Games, Edinburgh.  
 AUG 10 - City to Surf  
 17 - Pitt Town, 14km (tentative)  
 31 - Festival City Marathon, Adelaide.  
 NOV 02 - Fishers Ghost, 12km (tentative)  
 09 - Woodstock Runners Community Fun Run, 10km,  
 (tentative).  
 16 - Blackheath Rhodo Run, 12km (tentative).



JAMIE HARRISON