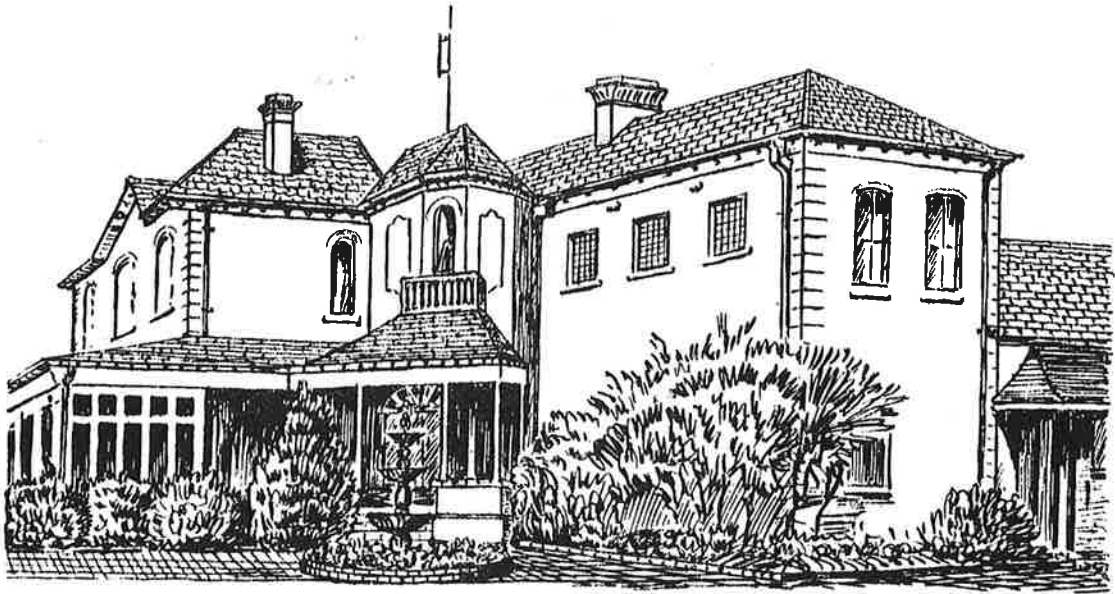


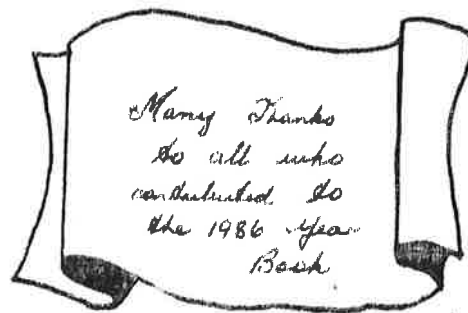


**YEAR BOOK**

**1986**



*'Woods Lock'*



# index

HISTORY OF THE WOODSTOCK COMMUNITY CENTRE	3
ADDRESS OF CENTRE	4
HISTORY OF WOODSTOCK RUNNERS TO 1986	5
1986 DIARY	7
PRESIDENT'S YEAR ..... Derek White	23
FROM THE ARCHIVES	27
THANK YOU ..... Chris Siepen	28
IT'S ALL IN THE STATE OF MIND ..... Michael Bayles	31
ENTRANCE EXAM FOR NEW MEMBERS ..... Jak Carroll	34
WOODSTOCK RUNNERS COMMITTEE	35
FUN RUN COMMITTEE	35
NEVER AGAIN ..... David Mathers	37
THANKS TO SWAN EXPORT LAGER ..... Chris Siepen	38
A BLAST FROM THE PAST	39
MY WIN ..... Anonymous	41
THE A to Z OF HEALTH AND FITNESS	43
WHAT THE L'S APPENING AT WOODSTOCK ..... Lerrick Litmus	45
THE CASE FOR TRACK RUNNERS ..... Jak Carroll	46
"THE" RELAY ..... Adam Summons	47
MAINTAINING WOODSTOCK TRADITIONS - MELBOURNE ..... Norm Hams	49
THE OTHER WOODSTOCKS ..... Derek White	50
SUPERMAN ..... Kerry Bray	51
TEAMS REPORT ..... Chris Siepen	53
A YEAR TO REFLECT ON ..... Colin Townsend	56

..... continued .....

HOW DO YOU GET DEEK'S LEGS?.....	Derek White	57
THE REAL WOODSTOCK SPIRIT .....	Kerry Bray	59
2RDJ-FM COMMUNITY RADIO		62
THE BEST OF THE CARROLL REPORT .....	Chris Siepen	63
REASSESSING VALUES .....	Chris Siepen	67
AN ARTICLE FROM THE COMPLETE RUNNER'S DAY-BY-DAY LOG BOOK		67
THE GREAT TRAIN [PAIN] RACE .....	Tony Murphy	70
ESCAPE .....	Michael Bayles	71
LOOSE ENDS .....	Jak Carroll	72
DEEK'S MEALS FOR A DAY		73
R.R.A. AWARDS - 1986		74
GOLF - A NEW FORM OF RUNNING .....	Jak Carroll	75
VETERANS' ATHLETICS - 1987		77
A GUIDE TO THE BEST PLACES TO RUN IN CANBERRA .....	Jak Carroll	78
OUR FUN RUN		79
RESULTS		80
KEEP ON 'TRUCKIN' .....	Chris Siepen	83
A PEAK BEHIND THE SCENES .....	Chris Siepen	86
OUR 1986 FUN RUN .....	Kerry Bray	90
MEMBERS' ADDRESSES AND TELEPHONE NUMBERS		94
SOME 1987 FUN RUN DATES		94

.....oooOooo.....

### HISTORY OF THE WOODSTOCK COMMUNITY CENTRE.

Woodstock - our Community Centre was built in 1873 as the Penfold's (tobacco merchants) family home. From 1942-45 it was used as Army Divisional Headquarters and remained vacant for the following four years. For the next twenty-five years it was a home for British migrants.

In 1977 the Burwood Senior Citizens Centre was opened on the former hostel dining-room site.

Following extensive efforts by Burwood Council, Woodstock, as we know it today, was officially opened on the 11th November, 1979, by the then Governor-General Sir Zelman Cowen.

Since that time the Centre has won a number of awards in the Tidy Towns Competition. In February this year Woodstock was judged the Best Presented Community Facility in the N.S.W. Metropolitan Area (i.e. Newcastle, Sydney and Wollongong) for 1985 by the Keep Australia Beautiful Council. This is the second such win in succession. Currently, as a monthly winner during 1986, Woodstock is a finalist when the awards are handed down in February 1987.

The mansion of 100 squares set in spacious grounds has a membership of 4,963 with 1,615 individual members, the remainder being members of affiliated groups.

With many thousands of meetings, classes and activities held throughout the year an estimated 85,000 persons were involved in the centre which is almost at saturation point. In addition, many thousands take advantage of the playground, tennis court, barbeque facilities and market days.

The local radio station 2RDU-FM broadcasts from its studios on the first floor of the Centre.

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"



Woodstock Runners wish to express their thanks and  
appreciation to Burwood Council, especially Reg Seagrave  
and the staff at Woodstock for their assistance given us  
during the year, particularly at Fun Run time.

## HISTORY OF WOODSTOCK RUNNERS TO 1986

Woodstock Runners was born at the Community Centre when Steve Briscoe, Rohan and Kerry Bray, Reg Seagrame representing Woodstock, David Mollard from the Dept. of Sport and Recreation and two others met on 22nd August 1980 and decided to commence running each Tuesdays and Thursdays.

The 26th August now our first run over the 1.7k course through the Appian Way, some weeks later the Council's 3.3k Fun and Fitness course, graduating to the 5.5k Burwood Park Run and finally our very first 10k course, the Concord Run. Many nights saw 3 to 5 participants.

Many of our most dedicated members joined in 1982, among them Chris Siepen, Eleanor Cody, Robyn Nash, Dorothy Siepmann, Derrick Titmus, Tony Murphy, Michael Bayles, and Barry Crisp. We entered a few Fun Runs that year with team entries if we had the numbers.

An influx of enthusiasts joined the ranks in 1983. These included Derek White, Joy and Ian Hood, Phil Clarke, Bob Davidson, Bob Burford and Norm Hams. It was the Marathon Year with 15 members contesting the event. We held our first Internal Team competition in the City to Surf and spring training commenced at Campbell Field with flood-lighting during winter months.

Social events were held during the year culminating in our first large scale Christmas barbecue, entertainment and presentation of awards. The first Woodstock Year Book was launched during the evening.

Our first official singlets, T-shirts and sloppy joes were ordered in 1984 and Chris organised his Australia Day Run. Other firsts included an A.G.M., a lecture night at the Lewisham Institute of Sports Medicine, Sharon Butler's Alternative City to Surf, Toby's debut and our initial run over Joy's suggested Fun Run course.

We were joined that year by Alan Tully, Jak Carroll, Jeanette White, Mark Miller, Pat McCarthy, Bill White, Gary Shoesmith, Peter Manchester, Chris Fisher, Mary Henderson, Pat McCarthy, the Burrows and Morans.

The year climaxed with a most professional Presentation Night and the distribution of our second Year Book.

1985 was Fun Run Year for all members, especially the Fun Run Committee headed by Chris and Kerry as co-Race Directors. Special mention should also be made to Derek White, Jim Burrows and Terry Mundy together with his wife, Glad, for their untiring efforts for the Run.

At our A.G.M. we received a trophy designed, made and donated by Derek, which the Committee chose to award as a perpetual trophy for the "Champion Person".

We commenced our Saturday morning Bay Run in March; took part in the first Burwood Festival Parade; contested the first Wollongong to Sydney Relay with three (3) teams - the ladies team gaining a first place, altered the Fun Run course and spent many hours measuring same; sought sponsors for the Big Day and were most fortunate in gaining \$1,200 plus a banner from Metropolitan Credit Union; held our initial Internal Run to Time Fun Run.

On the 14th May we were saddened by the loss of Bob Burford our most senior runner. Derek donated an award as a memorial to Bob for the winning Husband and Wife in our Fun Run. Jim made a superb trophy which was presented on the day by Bob's widow, Mary.

It was a long list of new members joining in 1985 who are still with us - the Murray Family, Terry Bailey, Frank and Stephen Berlouis, Pat Mahory and Sharon Lane who were both at our first Bay Run, Adam Summons, Charlie Topfer, Terry Mundy, Alan Clark, Colin Townsend, Joanna and Angela White and as a result of our Fun Run - Lesley Williams and Lloyd Barwell.

Entrepreneur, Mr Siepen and Chef, Mr Bray, gave us once again an exceptional night out at our Annual Christmas Barbecue, Show and Presentation of Awards.

Recipients for 1985 were:-

Marathon Badges to Terry Bailey, Colin Green, Alan Tully, Pat McCarthy, Peter Ostrowski, Colin Townsend, Trevor Maroden, Andrew Ward, Mary Henderson and Dan Gray.

Triathlon Badges to Adam Summons, Charlie Topfer and Alan Clark.

Most Improved: Pat McCarthy

Rookie of the Year: John Murray

Most Outstanding Personal Achievement: Eleanor Cody for her 3rd place in the City to Surf.



Encouragement Award: Sue Stirling

Runner of the Year: Eleanor Cody

Champion Person Award: Derek White, Jim Burrows and Terry Mundy.

Champion Team: First Mens Team at Fishers Ghost - Steve Briscoe, Chris Siepen, Barry Crisp and John Murray.

First Life Membership: Kerry Bray

The year was a great challenge for the Club in breaking new ground as organisers of a Fun Run. With confidence, enthusiasm and lots of hard work, we met this challenge and presented runners with a top event - the Woodstock Runners Community Fun Run.

#### LET'S CHECK THE DIARY FOR 1986

##### January:

We commenced the year with some fresh blood into the Club, welcoming David Dunlop, top school-boy footballer, on the 12th who seconded some excellent times in Fun Runs before football took over and who used his artistic talents on signs for our Fun Run; Kaser Munsell and Frances Bailey on the 21st who stayed with us a short time; and one of our great improvers of the year - Michael Oakley who came along on the 28th. Michael competed in 26 runs and recorded an excellent 29mins 50secs for the Gillawarna 10k at the Interclub Challenge. He was also the provider of the drink station in the Internal Fun Run.

Most Sunday mornings approx. 10 to 12 of us took off from Woodstock for a 20k run with a couple of shorter options. Our appreciation goes to Derek for designing the courses and providing the necessary maps. We hope to do the same again next year.

John Murray completed his first triathlon covering the 1k swim, 30k cycle and 10k run in the 2 DAY FM event in 2hrs 27mins. Kevin McDonal did 3hrs 11mins and also took part in an aquathon as did Tony Murphy, Alan Clark, Ian Hood and Charlie Topper.

The first Fun Run of the year was the Palm Beach to Manly 30k on the 4th - not everyone's "cup of tea" so early in the season but Phil Clarke managed a great 2hrs 3mins 16secs for the hilly course.

Twenty one members celebrated Australia Day with the 10k Run from the Showground. Ken, John and Peter Murray each ran PB's while Shirley Udall took 1st in her age category.

#### February:

Woodstock Runners have a reputation for lateness and this month was no exception when we held Chris' Australia Day Run on the 2nd. Even though a week late, it was a great morning with delicious breakfast and the day finished off with some enjoyable videos - thanks to Chris and Elle and also to Derrick for the movies.

New recruits this month included a member of triathletes, among them Peter Staunton and Dean Patterson who competed in seven (7) of the challenging events between them, as well as Michael Wilson who left us in the middle of the year to take up a position in New Guinea. Ron Maher had his first run with us on the 11th and Ian Cuthbertson came along on the 18th.

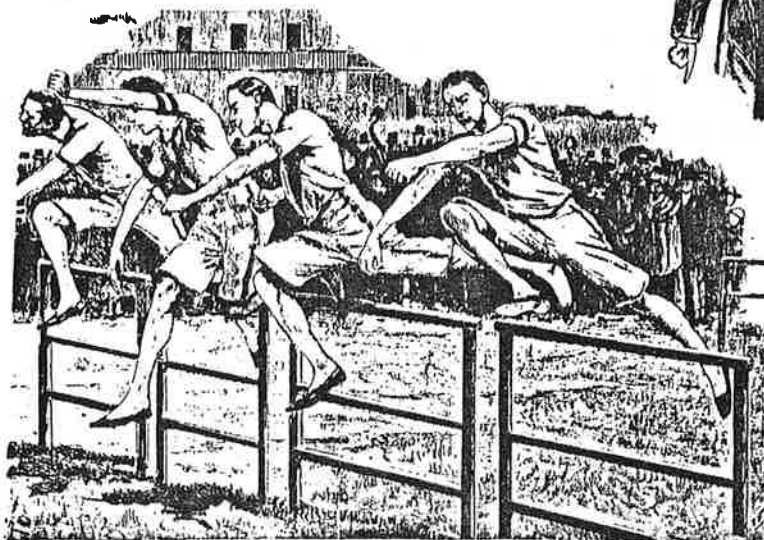
It was an eventful month for our Club Captain when a number of us did a training run from June and Kevin Mason's place at Epping on the 9th and Chris took 3 3/4 hrs for his 25k. He certainly wasn't running that slowly hence we suggest it was his first marathon. Again, getting lost was par for the course when Chris spent part of the evening of the 26th around the parks in Balmain with a torch. It was really an orienteering event organised by Bill White and comfortably won by John Murray.



Bill also organised a guided tour over the studios of 2 DAY FM. Chris didn't get lost on that one.

Talays Twosome Relay on the 16th proved popular with members once again when eight teams of two took part. Robyn and Steve; Shirley and Derek gained 2nd places with Dorothy and Barry taking a 3rd.

Our A.G.M. was held on the 12th February at Woodstock.



### March:

Members took part in 14 events this month although the season is not yet into full swing. A number of these were Triathlons including the Sydney Tri of 2.1k swim, 56k cycle and 21.1k run where we had five (5) members competing including Andrew Ward in his first multi sport event.



Among the runs that attracted us were the Harbour Bridge Relay in its 5th year, the Glossodia 10.5k where Elle registered her first win for 1986, the Holroyd Family Festival 10k and the Striders

Royal Life Half Marathon where Ken Murray and Terry Mundy covered the 21.2k for the first time.

New members joining during March were Mathew Hewson on the 9th who entered 16 Fun Runs with a top effort of 27mins 48secs for the Grace Bros. Charity Run around the Bay and who improved his Blackheath Rhododerdron Run time by 9mins on last year; Mathew's sister, Nadine, joined a little later in the year and she improved her Blackheath time by 14mins to take her age category for the 2nd successive year; Jenny Clarke joined the beginners on the 18th and keeps on improving - Jenny also brought along her sister Lynette in May.



Campbell Field became an Oasis of light on the 27th when the floodlights were turned on for the new season and we commenced a programme of time trials over distances from 200m - 3000m with relays every few weeks over 100m.

We kept the best till last - on the final day of the month, Easter Monday, Pat Malony organised a "Crazy Run" in Centennial Park for members, families and friends. In rain, we set out in pairs to cover the 6k distance and answer some 30 questions. Even though the Ranger nearly shot the 20th couple to ask him the colour of his dog, we all completed the course Chris and Elle taking the top prize. Had a barbecue lunch and played cricket all afternoon - Colin Green being awarded "Man of the Match".

"Match of the Day" belonged to Robyn and Steve who announced their engagement to us. Officially they had become engaged on Saturday night. We wish them both the very best for their future. All in all it was a great day - thanks Pat!

#### April:

The first weekend of April saw heat-wave conditions especially the Saturday afternoon when ten of us took part in the Fairfield City Games 8k Fun Run. The Murray Clan was 3rd family, Kerry won her age category and Christine Murray and Pat Mahony were placed 3rd in theirs. A number of the madder ones fronted up to the Ryde Eastwood Leagues 9.3k Run the following day. Lesley Lear ran a top race to finish 2nd lady outright. Pat and Kerry won their age categories.



Terry Bailey ran a great 3hrs 21mins in the Nike Marathon. Elle recorded her 2nd win of the year in the Heritage Week 10k at Windsor. Elle was also first lady in the Drummoyne Public School Centenary Fun Run with Chris Moran victorious in her age group and Phil Clarke was first home for

Woodstock; Derek White and Colin Green survived the dirty water at the drink stations to complete the Anzac Marathon; and the best news of the month was Tony Murphy winning a trip to the USA from a draw of those runners who beat Puffing Billy at the Great Train Race in Melbourne. Pat Mahony, Norm Hams also covered the challenging 13.5k course.

It was a good night for the Club on the 15th as we welcomed both Leonie Calleja and Bronwyn Bickford. Leonie endeared herself to us very swiftly when she volunteered to join the Fun Run Committee. She was a valued member and a great asset on the Big Day. She ran in 14 runs and just at the time she was running so superbly she unfortunately suffered a stress fracture - we wish her well and know that in 1987 she will do even better than her best in 1986 - the Birkenhead 7.5k in 37.09 and the Kirkbride Classic of 9.3k in 46.45.

Bronwyn had a great year with 12 runs since joining us. Her successes included first lady on three (3) occasions - the Great Nosh 15k, Carnivale 8.5k and the Kirkbride Classic 9.3k where she smashed the race record. She was 2nd lady in the Tooheys Bridge to Manly 14k and 3rd in the



Sutherland to Surf 11k and the Birkenhead Run. As well she achieved numerous successes while competing with her school Pennant Hills High. She topped off a great year by being awarded the Road Runners Association's Junior Female Athlete of the Year - we congratulate you Bronwyn.

On the 19th we welcomed Sue and Jenny Phibbs who ran very regularly with us appreciating the change in scenery having recently arrived here from Adelaide. They even brought along the 3rd and canine member of the family - Simone on the 17th May (she even did the Southlands Run at Penrith).

Injury has slowed their progress - it was good to see them at our Fun Run and we hope to see them back running very soon.

On the 17th of the month we received our Share Certificate for our contribution towards sending the Aussie Team to Edinburgh for the Commonwealth Games.

### May:

The Fun Run season blossomed this month with 20 members contesting the City to Sydney Half Marathon, 11 in the Sutherland Half and 15 in the Leader 10 at Kogarah as well

### **LEADER '10'** **FUN RUN FOR ALL THE FAMILY**

as smaller numbers in  
the Parramatta Open,

West Sydney Rotary Run, Sport  
Aid 10 and Western Districts 10k.

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

Successes included Elle's 3rd in the Sutherland Half and Leader 10, Robyn's 2nd in the Sutherland 10k, Nadine Hewson's 2nd age in the Lake Gillawarna 3k and Derek's 3rd age in the Mt Pritchard Half Marathon.

Sue Lambert and Carolyn Bond ran with us for the first time on the 6th and between their physiotherapy studies managed a few training runs. They were among the 700 participants in our Run.

Rob Roberts came along on the 13th and had some good runs including 26mins 20secs in the Haberfield Rowing Club 7.3k Run; 55mins at Harbord and 35mins in the Ryde Hospital 9.4k. Ken Inglesole was a regular Thursday nighter for a few months after his first run on the 13th.

On the 20th we were joined by Mary McGill, Peter Kelly and Robert Dawking returning after a long absence. Mary took part in 8 runs, before taking off overseas in August, hoping to return in January. Peter had some top runs in the five he contested including 40mins in the Ryde Hospital 9.4k and 71 in the Tooheys Harbour to Manly. Towards the end of the year Peter's time was divided between tennis and running.

## GOURMET GALLOP

The Ryde Hospital and  
Ryde-Hunters Hill Area Health Service

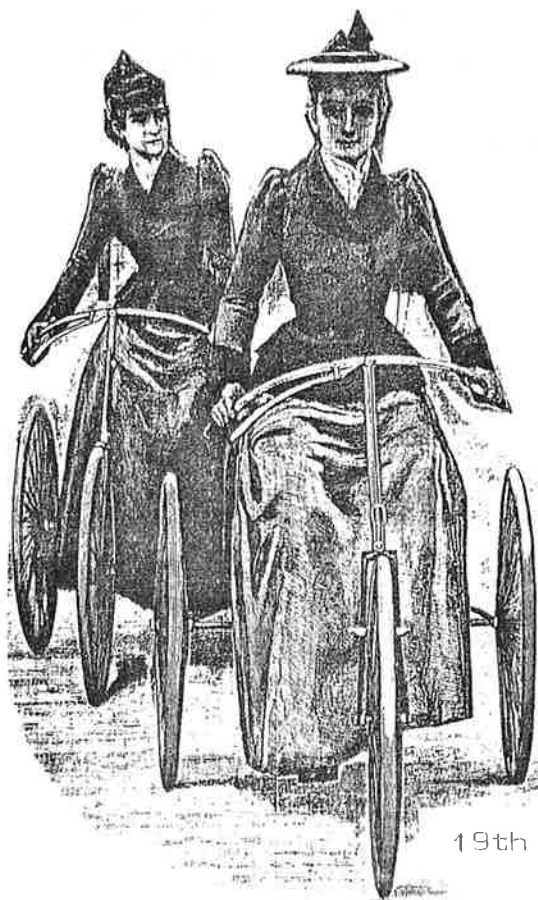
Chris, Elle and Kerry went along to the Annual Meeting and Presentation of Awards for the St. John Ambulance Brigade, W.S. Branch on the 23rd. During the evening they

The Order of St. John in Australia

**The St. John Ambulance Brigade**

presented a cheque for \$500 to the group for the purchase of a

mannakin - this being a donation from the proceeds of our 1985 Fun Run.



19th century triathletes, perhaps?



JUNE:

Popular runs during the month included the Blacktown Advocate 10k with 21 reps., Westleigh 10k with 11, 24 at the YMCA 11.5k, 12 at Southlands and 14 at the Sutherland Shire runs.

Notable performances were the 1st ladies' team and 3rd men's team at both Blacktown and the YMCA Run; Colin Green's 3hrs 4mins in the Budget Marathon; the entire Murray family running PB's at Westleigh; the Moran family's team win at Grose Vale (photo in Fun runner Oct/Nov); and Elle's 5th in the NSW Road C'ships.

## YMCA FUN RUN

Dennis Telford and David Ralston-Smith both joined us in a run on the 19th. Both continued to be regulars taking part in a number of Fun Runs. Dennis introduced his 6yr old daughter, Kathy, to the Club and in Sept. she ran the 4.4k Macquarie Towns Run taking 1st place in her age category, beating the boys too.

On Thurs. 26th Chris Siepen, Bill White, Terry Mundy, Michael Wilson, Tim Dein and Kerry Bray met with Philip Taylor, Mayor of Burwood, and received a cheque for the



Aust. Cancer Research Foundation and were to run into town with the Army relay runners. However their timing was out and they had gone through Burwood an hour earlier. The cheque had to be delivered so we ran on regardless, met the Army on the corner of King and George

Sts. and ran with them to Martin Plaza where we handed over the donation. The relay continued right around Australia finishing in Sydney at the S.C.G. during half-time on Grand Final Day.

JULY:

There were many runs well attended by members this month, the two largest, "Woodstock-wise", being Harbord Diggers 14k with 26 representatives and 27 contested the 11k Sutherland to Surf. As well, members patronised the Lini Mosmarathon 10k (12), Hunters Hill Asthma Committee's 8k (12) and Grace Bros. Charity Run 7.8k (8).



HARBORD DIGGERS RUNNING CLUB

**13th ANNUAL SCENIC RUN****HUNTERS HILL ASTHMA COMMITTEE****POINT TO POINT FUN RUN**

Some excellent performances were Bronwyn's 4th lady and 1st age category in the Gosford to Terrigal 11k; Sharon Lane 3rd lady, John Murray 1st for Reserve Bank and Tanya Clarke 3rd for National Bank in the Chubb Cup 9k cross-country; Woodstock's trifecta at Harbord - 1st, 2nd and 3rd in the Ladies Team; Elle and Bronwyn - 2nd and 3rd lady at Sutherland; Chris Moran's 1st lady and Terry Mundy 2nd in his age category in the Randwick Rugby 22k; Robyn was 3rd lady at Hunters Hill; Bronwyn was 6th and a member of the winning team in the Aust.



Schools cross country C'ships in

Victoria in the U/19 6k and Elle was 6th in the Aust. Road C'ships in A.C.T., 1st for N.S.W. and led in the winning State Team.

Only one "new" person came along during the month and stayed on - Otto Stichter who introduced his brother Hans to us in November. The Qantas Cities Marathon saw Otto run a great 3hrs.33mins.

AUGUST:

City to Surf month is always a busy one for us. We commenced early with a surprise party for Robyn and Steve at Chris and Elle's on the 2nd. The night was well attended

and enjoyed by all.

On Sat. morning the 16th, Pat Mahony organised a run to raise money for underprivileged children through ICARE. We ran the Bay and then feasted on a delicious breakfast - a great effort, Pat.

Robyn and Steve were married <sup>at</sup> Woolwich on the 22nd. We congratulate them and wish them every happiness.

Twelve Woodstockians entered the Haberfield Rowing Club's Bay Run, 15 went to the Auburn Hospital Run, 10 to the Ryde Hospital Gourmet Gallop, 11 to Pitt Town and a massive 46 to the City to Surf.

Notable performances were registered by Phil Clarke and Alan Clark, both 24mins, Adam Summons (28mins) and Mathew Hewson (29mins) in the Bay Run. The Men's Team of Steve,

**Auburn District Hospital**

## **FUN RUN**



Barry and Tony were first at Auburn with Steve and Barry 2nd and 3rd outright; Derek took his age category for the 4th succes-

five year and Peter Murray was a member of the winning school team from Christian Brothers High School, Lewisham.

Some excellent performances in the City to Surf came from Michael Bayles, 56mins, Michael Oakley, 59, Chris, Phil and Barry all 51, Terry Hundy, 65, Frank Berlouis, 61, Jim Burrows, 55, and Bob Davidson, 53. Team awards went to the Moran Family - John, Chris and Jane (1st), Peter Manchester, Tony Murphy and Jak Carroll - 2nd team under 30 and Dot, Kerry and Angela Deakin - 2nd team over 40.

The Internal Team competition conducted on the City to

Surf was won by Pat Mahony, John Murray and Norm Hams.

Dot registered a win in the 6.4k run at Pitt Town in 27mins and Pat McCarthy recorded a PB in running 4hrs 27mins in the Qantas Cities Marathon.



Richard Tout (N.Z.) ran the Bay with us on the 23rd and the following day won the Sydney to Wollongong. The Ladies' Team of Dot, Bronwyn, Elle and Sharon took out a courageous 2nd placing in the relay section with only the 4 runners, as Chris Moran took ill and was unable to run.

#### SEPTEMBER:

Dot left for Apia in Western Samoa to take part in the South Pacific Veteran Games where she won 5 awards. Michael Craig joined us early in the month, following Kiowa, his son, to Woodstock. Both have recorded some excellent performances, including 46mins for Michael in the Kirkbride Classic 9.3k, 44mins in the Interclub Challenge 10k and 53mins at Fishers Ghost. Kiowa ran 52mins in the Interclub Challenge - his first attempt at 10k and followed with a 61mins at Fishers Ghost over the 12k.

Vivian Pool, Frank's niece, has been a regular member of the beginners' group since making the break on the 9th. Deborah Mayrhofer and David Mathers came along on the 23rd. Deborah helped us out on Fun Run Day and then ran an excellent 64mins 20secs in the Fishers Ghost 12k. David took part in the Internal Fun Run, clocking a smart 45mins but beat that time by a minute in the REAL ONE on the 2nd Nov. (See his article further on in the book)

We celebrated our 6th birthday at BJ's Restaurant at

Glebe, taking over the top floor. Naturally we were the last to leave and as the staff turned out the lights and went home we were still talking in Glebe Point Rd. - it was a good night. The following day about a dozen of us took part in the Parade of the 2nd Burwood Festival.

Margaret White was first lady in the Miss Sun Alliance 4k Run in Centennial Park, while Derek was 2nd outright in the 8k and first in his age category. In the Sydney Marathon Clinic's Half Marathon, Barry Crisp and John Murray were 2nd in their age categories and Derek 3rd in his and the guys took out the 1st team award.



Chris and Elle went to Melbourne for the Superun.



Sixteen runners took part in the Tooheys Harbour to Manly 14k, where Bronwyn was 2nd lady and the same number went along to the Earlwood Sports Centre's 6k Run, where Elle was 2nd lady and Tom, Kerry and James won their age categories. Elle,

Leonie and Lesley won 1st Ladies' Team. Fifteen of us went to the Carnivale 8.5k event at Parramatta Park.

Bronwyn was first lady and Dot and Chris Moran won their categories, while Peter Murray's school team won.

**PARRAMATTA CARNIVALE '86**

**'CARNIVALE'**

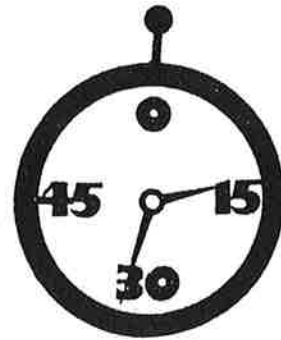
**PARRAMATTA PARK**



"Jogger? What jogger?"

OCTOBER:

The "biggest" run this month was our Internal "Run to Time" event on the 12th with 37 participants. Twenty-seven went to the Birkenhead Run, 11 to the Sth. Strathfield's Interact 9k, 20 to the Kirkbride Classic and 25 flew the Club's colours at the Interclub Challenge.



Elle and Bronwyn were 2nd and 3rd ladies at Birkenhead, while at Sth. Strathfield John Murray was 3rd outright, Elle - 1st lady, Kerry - 1st age and John, Elle and Chris made up the winning team; Frank Berlouis ran an excellent 3 hrs 31 mins in the Melbourne Marathon at his first attempt at the distance; Elle won the 10k Travel Industry Run in Melbourne; Derek was 1st in his age at the Sydney Marathon Clinic's Half Marathon; Bronwyn won the first female in the Kirkbride Classic and Tom, Robyn and Chris (Moran) took their age categories.



Lesley Lear won the handicap section of our Internal Fun. Run and thanks go to Michael Bayles for the work involved in determining the handicaps. We hope to offer additional prizes in this section next year. Michael then ran a well judged race to win the Run to Time section by coming in one second away from his estimated time. Other winners were Dorothy, Robyn, Derek, Jim, Michael (Oakley) and James Moran. Alan Tully may not be the best judge of time (estimated 62 mins) but ran a good 47 mins 51 secs - he didn't win a prize. The trophies awarded that day were made by Jim and included our own Woodstock Runners inserts.

We were placed 7th in the Interclub Challenge over 10k at Lake Gillawarna from 12 clubs - an improvement of one place

on 1985. Thanks to those 25 members who competed in a large field, endeavouring to score points for the club.

New people included Anne Manchester (sister of Peter) who came along on the 4th and then ran 51 mins in our Fun Run; Marlene Berlouis (wife of Frank) brand new to running, who came for the first time on the 14th; and also on the 14th, Sue Condon who has been a regular and ran 53 mins in our Fun Run and also competed at Fishers Ghost. Julie Brown was a "newie" this month, having headed north-east from Adelaide; she ran 50.29 in the Woodstock Run and a great 57.26 at Fishers Ghost. She's also shown a great deal of speed on the track at Campbell.

#### NOVEMBER:

What a great month for the club - on the 2nd, our second Woodstock Runners Community Fun Run was a great success and a week later we were awarded the Road Runners Association Award for the Top Fun Run of 1986, that being for our '85 Run, as the year extends from Sept. '85 to Aug. '86. More about these two significant events later in the Book.

Fishers Ghost 12k Run was attended by 23 members on the 9th. Chris (Moran) was 3rd in her age group, while the ladies team of Chris, Dot, Elle, Christine (Murray) and Deborah took first place. Barry (42.11) was first home for Woodstock, followed by Phil Clarke (43.40) and Tom Gillis (44.00).



The third great Run this month was the Blackheath Rhododendron 12k with 17 Woodstockians entering. Once again it was Barry who led the club home in 44.54, with Bob Davidson (47.30) and Tom Gillis (49.18) following. Elle (50.42) and Nadine Hewson (62.30) won their age categories,

with the latter running a 14 minute (yes minute) PB. Dorothy (54.14) was 3rd in her age. Mathew Hewson ran a brilliant 50 mins 40 secs (a 9 min PB - it runs in the family - no pun intended) and appreciates the help and encouragement from Chris, Elle and Tony Murphy, who ran with him.

Our new people for the month were Hans Stichter (brother of Otto) who came along on the 4th and Mike Gatenby and Danny Hunter who ran with us on the 25th, when he "tried out" a new run - the 9.8k Strathfield Stride.

As this report goes to press we have circulated invitations to our Christmas Barbecue and Presentation on 11th Dec, as well as nomination forms for our Awards. Members will be attending the AGM of the Woodstock Community Centre on the 2nd Dec.

The year has been a very gratifying one for most of our members, with good friendships being formed, lots of friendly training runs, many excellent performances including a wealth of PB's and the culmination - a wonderful and most successful Fun Run, followed by a Top Award for our '85 Run.

These qualities and successes for our club are achieved through the support and encouragement of all members and we look ahead to a continuation of these great efforts.





PRESIDENT'S YEAR

On 12th February 1986 - my fifty eighth birthday - you did me the honour of electing me as your President. I was reluctant at first because I had so much to do already that I doubted whether I could contribute enough to the operation of our wonderful Club. Towards the end of the year however, I can now thank you all sincerely and hope I have justified your trust.

So in February, speed gave way to wrinkles! This is the appropriate moment to personally thank Steve Briscoe for his service as President; he led us in our important, formative years, which are always so critical in small organisations. Our maturity as an organisation surely dates from that wonderful day in November 1985 when our first annual Fun Run was completed with such success.

This is also an appropriate time to pay tribute to the enormous contribution of those two tireless workers, Kerry and Chris. It is a great pleasure to work with them in a team; one always feels that almost anything can be achieved. What a pity we don't run a business venture!

The first thing that came my way as President was the great delight of compiling, mapping and conducting a summer series of Sunday morning runs. Chris had, as usual, given us his annual New Year Holiday jaunt around the interesting streets of Balmain, followed by his customary hospitality. This is one of my favourite events; as an "old bloke" I enjoy the challenge of trying to keep up with the younger people on all those hills.

This year everybody was so enthusiastic that it was decided to meet on otherwise blank Sundays to run

twenty kilometres with shorter options. At first the venue was flexible but settled down to the ideally situated "Woodstock". We went to the City, Wiley Park, Homebush, Earlwood and always had a nice-sized group which stayed together until the final homeward-bound slog. The pattern generally followed that Colin Green and I led off. At about two-thirds distance, Chris led a fast bunch home while I acted as sweeper, going back to check on the tail of the group. This gave me plenty of distance and sometimes plenty of hills. Elle, Kerry and Chris still provided generous refreshments. If you are a new member or haven't tried these runs, do join us this summer. We start at about 7 a.m. and water stops are usually generous. On the Homebush outing, after passing through the Sports Centre, our group was delighted to see on the lower level road, a large flock of sheep complete with shepherd. On the Easter holiday run, as we ran down the service lane behind Pratten Park, Ashfield, what should appear before us but a real live Easter Bunny! He was a large specimen who hopped along in the lead before veering off into a back garden.

In March I was nearly hit by a flying dog! I was cycling south on Herring Road, North Ryde, when suddenly a young boy appeared from nowhere, followed by a dog who was airborne at handlebar height. We missed collision by a mere fraction.

Also in March, on a Sunday run, we passed through Yeo Park. I was running with Dorothy and I pointed out to her the clock tower with its dud timepieces which have been broken for years. While looking at the tower, she unfortunately trod in something soft and foul-smelling. After that I took more care when pointing out the interesting sights!

As some of you know, I deliver about half my Christmas cards on the run and instead of a postage stamp I draw a little "stickman" in running pose on the envelope. I had occasion to deliver a voting slip for the Australian Institute of Cartographers at a Kingsgrove address. Some-time later the recipient told a colleague of mine "That fellow White is a bit of a nut! - He sent his voting slip through the post without a stamp and with a ridiculous little figure in the corner of the envelope. It wasn't postmarked and I don't know how it got through!"

By April I was back to weeks of over 107 kilometres and my illness of 1985 had faded like a bad dream. I was so conscious of the encouragement of you all and what a difference it made to the speed of recovery. On 9th April I ran home during the eclipse of the sun. I had a perfect view as I crossed Ryde bridge just as the clouds parted to reveal the majestic disc with the big "bite" out of it. Since it was close to sunset it was quite safe to look at it briefly. Another striking moment was when I ran over the ridge just after dawn in Tallangatta and the wraiths of mist parted to reveal the heights of the Northern side towering above the valley of the Mitta Mitta.

May to July brought some pleasurable half-marathons and other runs in which Woodstock Runners' members were prominent. The City to Surf provided its usual good weather, testing run and for me, the hard jog back to the start.

Shortly after that, the Veterans State Championships 25km Road Race brought me a pleasing 35 secs P.B. but only a fourth place in category. More Fun Runs and another half-marathon in September were followed by a return to Bundanoon. Walking and running in Norton National Park is always a delight. The benefits of clean air exercise

are probably offset by the consumption of the excellent German food at the Gasthof Old Heidelberg.

On 7th September I had a great thrill by being a member of the first Woodstock team to win an award for a half-marathon. We were pleasantly surprised to win the open mens' team trophies, with the ages of John Murray, Frank Berlouis and myself adding up to 117 years; hence it may also be the oldest successful Woodstock team. While on this subject I'd like to thank our Club Captain, Chris Siepen, for his major share of liaising teams and to others who have helped in this regard, including John Murray and Michael Bayles.

We expected our Community Fun Run to be the greatest event of the year and it was indeed a great day, with weather to "special order!" However, the fantastic reward we received at Campbelltown on Sunday 9th November topped it all off. My personal congratulations go to Kerry for being the most worthy winner of the Secretary of the Year; to Bronwyn Bickford and James Moran for taking out the awards for performance in competition and TO YOU ALL for the "Best Open Race of the Year" for 1985. I hope that:-

- i) You all realise that, in our very first year, we were honoured before the Sun City to Surf, the Sutherland to Surf, the Sydney Striders' Half Marathon, the Nike Canberra Marathon and every other event on the calendar!
- ii) That every single member won this award. The Directors and other Committee members, who did the bulk of the preparation work, had to depend on the day upon all of you to carry it through, which you did magnificently.

"Woodstock Runners" is a unique Club. I have belonged to

many organisations in my time and in all the others the work was done by a few stalwarts while the rest of the crowd just paid their fees and contributed nothing else. On our case there are plenty of willing hands and minds, giving generously of their different talents. Well done everybody!

The constant association with you, the members of the Club, has been a major source of pleasure throughout, both athletically and socially.

A very Happy Christmas to you all and a successful year 1987.

DEREK WHITE

---

FROM THE ARCHIVES

FUN RUNNER OCT/NOV 1983



THANKS FOR THE TIP

*Dear Sir,*

After reading about them in Frank's 'On the Run' column (*FR*, June/July 1982), I went along to meet the Woodstock Runners at Burwood, just over a mile from my home. Since then I have joined them as often as time and other commitments have allowed.

I had long noticed the lack of an active and progressive club for all levels of runners in the district, especially for those who don't wish to travel to distant venues when they could be running locally. 'Woodstock' is it! For anyone living between Concord and Campsie, Strathfield and Ashfield, the venues are within easy to reasonable running distance—or ride your bike. No more worry over petrol strikes.

A small but growing and friendly crowd of men and women of all ages and speeds. An attractive club singlet is now available. 'Woodstock' is just what was needed.

DEREK WHITE  
Croydon Park, NSW.

THANK YOU

This is my thank you. Someone may be left out, but please rest assured it would only be an oversight. I deeply appreciate and thank warmly:-

TONY MURPHY and ADAM SUMMONS who consistantly help me set up and pack up on Tuesdays, plus the assistance of COLIN GREEN, NADINE AND MATHEW HEWSON, FRANK and STEVEN BERLOUIS, TERRY MUNDY, JOHN MURRAY, who regularly carry gear and bring out the tables.

All the runners who have made themselves available for teams (please see separate "Teams Report"), especially the Sydney to Wollongong Relay (Aug. 24th) and Interclub Challenge (Oct. 26th).

All the runners who consistantly turn out in club gear at Fun Runs; so important in providing a united front and giving everyone a sense of belonging.

Everyone who helped in some small way to making the Club's 1986 Fun Run a roaring success (a special thank you card to be distributed). The Club's run is at the top because of you, our valued club member, and through the help of our friends and relatives.

PAT MAHONY for her Easter Monday "Crazy Run" and Special Bay Training Run for I.C.A.R.E., plus breakfast on Saturday August 16th.

Everyone who attended and supported Pat's events, plus all the Club's social and/or run special occasions:-

2 FEB: "Australia Day" Training Run and breakfast at Chris and Elle's.

- 12 FEB: Woodstock Runners Annual General Meeting at Woodstock.
- 18 JUN: Bill White's 2-DAY F.M. tour and his Balmain orienteering runs (many thanks Bill!).
- 26 JUN: The run from Burwood to Martin Place to deliver Burwood Council's cheque in support of the Australian Cancer Foundation's "4 X Around Aust. Relay marathon."
- 02 AUG: Rob and Steve's pre-wedding surprise at Chris and Elle's (and thanks to the Guru from Woodstock-land who delivered the marriage ceremony).
- 20 SEP: Tom Gillis' Sydney to Wollongong Presentation.
- 26 SEP: The 6th Annual Woodstock Runners Birthday dinner at B.J.'s.
- 27 SEP: The Burwood Festival Parade.
- 12 OCT: The Internal Run to Time and Handicap, plus breakfast at Woodstock.
- 11 DEC: The Woodstock Runners Annual Barbeque and Presentation night.

All the members and friends who provided assistance in organising and staging the above social/running occasions.

LLOYD BARWELL for processing the names and address list; TED BICKFORD for art work and printing Fun Run Thank You Card; LESLEY WILLIAMS for washing, ironing and hemming 700 race numbers; and special thanks to GARY "TOBY" SHOESMITH.

COLIN TOWNSEND for very special efforts throughout 1986; especially at the Fun Run and Internal run.

DOROTHY SIEPMANN our Treasurer, LEONIE CALLEIJA, COLIN TOWNSEND, ELEANOR CODY, KERRY BRAY (Secretary) and DEREK WHITE (il Presidento) - the people who join me on the Club and Fun Run Committees.

DEREK WHITE - a special thank you for everything including the Fun Run, summer series of long runs, sponsorship work, design work and support and encouragement to "the beginners".

- To all our travelled runners who have sent cards,  
 including PHIL CLARKE and MARY HENDERSON, DOROTHY SIEPMANN,  
 ROBYN AND STEVE BRISCOE, BILL WHITE, MICHAEL WILSON,  
 TONY MURPHY, MARGARET and JOANNA WHITE, MICHAEL, MARY and  
 JESSICA BAYLES.
- NORM HAMS - thanks for the Melbourne connection.
- JAK CARROLL - the "Carroll Report" is a real winner. Your  
 connection with the Club and enthusiasm although based  
 in Canberra is a real inspiration - champion qualities!
- ELLE CODY and PAUL BRAY - thank you for sticking by Kerry  
 and I (don't turn around and run off together, you hear!).
- KERRY BRAY - you're my dear friend, you're the Club's best  
 friend! Without you there wouldn't be the great Club we've  
 got. You are the very best, Number One - the Greatest  
 Champion Person of All Time.

Thank you all,  
 Your friend,  
 CHRIS SIEPEN



"... and I'd like to see a pair of shin splints."



IT'S ALL IN THE STATE OF MIND

"YOU HAVE GOT TO THINK HIGH TO RISE, YOU HAVE GOT TO BE SURE OF YOURSELF BEFORE YOU CAN EVER WIN A PRIZE"

---

These words written by Chris Siepen in the 1985 Woodstock Year Book inspired me to achieve the three goals I set for myself this year.

The first goal was to see if I could win a prize in the summer handicap series at Lake Gillawarna. This took place over six races from September 1985 to February 1986. The first two races - September and October - put me in a position where I could consider the series seriously. I ran a course P.B. in September of 40.55 and was only one second off that in October. November handicap was the day before Fishers Ghost and I managed to get the time down to 40.31 which was five seconds off my course personal best set the previous week in the Interclub Challenge. My effort at Fishers Ghost suffered as a result when I "blew a sandshoe" at 5km and struggled onto the finish. I could not race at that pace on two consecutive days.

December handicap left the field with myself, Paul Webb and Ernie Hatton as the main contenders amongst the men. My time for December was 40.36 and that put me only two points off the lead; so January would be the one to count.

I knew I had to finish in front of Paul, who really had the pressure on him now. Waiting at the starting line was very nerve wracking and I was suffering from a severe attack of the butterflies. I started by myself as there was no-one off on my time, so I had no-one to pace me; I had to judge that purely by myself. At 2km I felt really weak. I think that was due to the adrenalin. I did not

start feeling good until the hills at 4km and I really pushed myself, finally finishing in a course P.B. of 40.12. I was actually placed 8th fastest time that day. Paul had a bad run with breathing problems and that left me on my own 30 points clear of second.

I only had to run a reasonable handicap in February to win. About a week before the handicap I started to get the butterflies about being so close and something going wrong. I rang Chris and asked if anyone could come down to support me in that run. My handicap time dropped to 14 minutes; the highest it has been since I have been to the Lake. The run started and I pushed myself - was feeling tired at about 7km, however, Elle Cody was there and gave me some support just when I most needed it. Thanks Elle - I finished in 40.28 which was good enough to take it out. Thanks for all the support from everyone at Woodstock.

The second goal was to break 40 minutes in a 10km fun run somewhere. I did not think I would be ready to achieve it until June, but the magic day was 13th April at the Windsor Rotary Fun Run. Chris asked if I was going to break 40 minutes, but I did not feel that I was ready. The course was an out and back course, the first half km downhill, the rest of the course flat with an uphill finish.

The race started and I knew at 2km I was going well because I could still see Chris and John Murray not that far in front of me. At the turn Elle shouted some encouragement to me on the way back and I kept going. The hill was so hard and finally the finish line - 38.51. I could not believe it - surely it was a short course - but it wasn't. It was a fantastic feeling after six years. Other sub 40 min 10km runs came later on Kogarah, Grose Vale, Liverpool and finally Lake Gillawarna - June handicap - but none as good as that day at Windsor.

The third goal was the magic hour at the City to Surf. I missed out by three seconds last year, but my running had been so much better since then. I had a brilliant run at Harboard 14km doing 56.10. It was simply a matter of getting a good start and getting it altogether on the day. The day came - conditions were perfect - and the race went according to plan. To see the clock showing 56 minutes 27 seconds was great.

The secret is to set your goals, train accordingly putting the preparation in to achieve it and remember:-

"THE MAN WHO WINS, IS THE MAN WHO THINKS HE CAN"

MICHAEL BAYLES

---

#### DID YOU KNOW?

Woodstock Runners took part in 127 Fun Runs during 1986, covering a total of 10,845 kms. Last year's figures were 126 Runs over 10,052 kms.

A total of 869 entrants competed in these events with the largest participation in the City to Surf [46], our Internal Fun Run [37], Sutherland to Surf [27], Birkenhead Point [27], Harbord Diggers [26], Interclub Challenge [25], and Y.M.C.A. [24].

# WOODSTOCK RUNNERS

## ENTRANCE EXAM FOR NEW MEMBERS

Time allowed: 51 weeks plus 1 week reading time.

N.B This test can only be attempted once every year.

Instructions: Answer your favourite TWO questions (marks will be deducted if they are not your favourites).  
Do not write on more than two sides of the paper.  
Use a sharp pencil for the oral section.

## QUESTIONS

1. When Jamie Harrison won the 1986 Woodstock Fun Run who was the first male finisher?
2. From what is a gold medal made?
3. Spell the following: (a) Fun (b) Run (c) Time.
4. Who of the following is the best runner to come out of N.Z.?  
(a) Olsen Filipaina (b) Ellie Cody (c) Joh Bjelke-Petersen.
5. Approx. how many events are there in a triathlon?
6. How long is a 1500 metre race?
7. Give the surname of one of the members of the popular running family the Murrays.
8. Write down your favourite finishing position (marks will be awarded for originality).
9. In the World Cross Country Trials, how many were found guilty?
10. How far from the finish is the halfway mark of a 10 kilometre race? (If unsure, give the distance from the start instead.)
11. Who is the odd man out?  
(a) Herb Elliot (b) Ron Clarke (c) Chris Siepen (d) Rob De Castella
12. Who is the odd woman out?  
(a) Pat Mahoney (b) Chris Moran (c) Derek Titmus (d) Sharon Lane
13. Name every runner in the 1986 City to Surf or write your name in block letters.
14. Who designed Jak's Strathfield run?  
(a) Derek White (b) Jak (c) Ben Lexcen (d) Who the hell's Jak?
15. Do you understand the term anaerobic threshold? (Answer YES or NO)

16. Who was the groom at the wedding of Robyn Nash and Steve Briscoe?
17. How many AID Stations were there in the Oxford Street Biathlon?
18. Does Barry Crisp's form fluctuate more or less than the Australian dollar?
19. Does Murphy's law state?
  - (a) Anything that can go wrong, will go wrong.
  - (b) Anyone who doesn't drink with Tony is a wimp.
  - (c) You can never have too many holidays.
  - (d) All of the above.
20. How many times a year is the annual Woodstock Runners Community Fun Run held?

Acknowledgement: This idea was "borrowed" from a similar exam published in a North Canberra Athletics Club newsletter.

JAK CARROLL

---

WOODSTOCK RUNNERS COMMITTEE

President	-	Derek White
Secretary	-	Kerry Bray
Treasurer	-	Dorothy Siepmann
Club Captain	-	Chris Siepen

FUN RUN COMMITTEE

Derek White	Colin Townsend
Chris Siepen	Leonie Calleija
Eleanor Cody	Kerry Bray

## Woodstock well to fore

WOODSTOCK Runners were well to the fore in the 11 km Sutherland to Surf.

Twenty-seven members were among the 6000 runners who took part in the race to W Beach.

Eleanor C. Bick...

to St Anthony's Children's Home, Croydon.

There are prizes galore with one category for the first local resident home and 47 awards in age, school and team categories.

Courier 18.6.86

## VETERAN ON FORM

WOODSTOCK runner, Colin Green, 44, of Homebush ran his second fastest marathon in the Budget Australian Marathon Championships, covering the 42.2 km in 3 hrs 4 mins.

Colin ran his best marathon 21 years ago.

Despite a nine year lay-off from running, this top veteran returned to the roads in 1975 and continued to improve every day.

## A star of the track

ONE of the driving forces behind the success of the Woodstock Runners is the dynamic club captain, Chris Siepen.

Chris, 20, lives at Drummoynes and is an employee of Telecom, a committee member of the running club and director of its...

## Local runner for US trip

WOODSTOCK runner, Tony Murphy of Strathfield, will travel to the USA later this year to compete in a number of runs.

The trip was a draw from Puffing Bill Great T. Bourne H. 3/1

ably in the Northern High while Wilkins High Ken Murray, was 1 in his School's event. Eleanor C. took

## SPORT

## Woodstock Runners travel to Terrigal

WOODSTOCK Runners travelled to Terrigal, Blacktown and Parramatta for fun runs last week. New members, Mary McGill and ... covered the 11 km from Terrigal while Jim Bur...

Our Club wishes to thank The Western Suburbs Courier for the many articles it published during the year. We are especially grateful for the coverage of the Fun Run and the Road Runners Association Awards. The publicity has assisted in spreading news of the Club and Promoting interest in our Fun Run.

## Robyn Nash stars for Woodstock

WOODSTOCK's Robyn Nash has been demonstrating her winning form recently. She took out the Lakes 8km cross country in the West Metropolitan competition. Robyn was also placed 1st in the 5000 series, conducted over 13 races.

Thirteen-year-old Bronwyn Bickford won the under 18 series at Roxborough Park. Steve Triscoe was placed 4th in the series. Woodstock's very strong 18 5k team was Chris Siepen in 10 mins 46 secs with good partners also from Gary and Bill White (11:24).

## Good result in aquathlon

SEVENTEEN-year-old John ... of Concord, put in a superb run and swim of 13h outright in the recent Oakley ... 17 mins 57 ... 15 ... please ring Chris ... 819 7264 (h) or Kerry Bray 74 9835 (h), 569 9428 (w).

Courier 16.7.86

Courier

Courier 19.2.86

NEVER AGAIN

Pounding Croydon Road.....powder-blue shorts bounce on neat little buttocks just up ahead. They've been just up ahead for too long.....my short term goal. People setting their sights on my blue denims are having more success. I can't understand how people who pass me like that can be behind in the first place.

I was going to write this up, but five kilometres have just slipped by in a blur of bouncing bodies. My mind is too preoccupied with pushing on to capture impressions along the way.

Blue shorts slip astern. I look out another lissom lass to lure me up Anthony Street.

Half time call. If I'm going to beat my last time, I'd better get going.

Back into the Croydon convolutions. What a course to train on. Was there any corner where you weren't tempted to nick up a side street and cut out a couple of kilometres?

Over the bridge and down the hill. Great coloured crocodile crawling up the other side. Woodstock's just in there.....as you swing away for another mile and a bloody big hill up to Hume Highway.

Into Appian Way. Time call. That must be one kilometre out. Go man.....you've got nothing to save it for now.

Burwood Road and a bit of a kid in bright red gear goes by. Get after him. He keeps me firing when I need it most.

Into Church Street, Lanes, Time, Sponges, bloody hell

that feels good. P.B. by about a minute - Bewdy.

And why "Never Again"? After that I joined the Club,  
so I can't!!

DAVID MATHERS

---

"THANKS TO SWAN EXPORT LAGER"

We've sung for Australia II and its crew, for Keith and  
his Hamilton Island Resort, Darryl Somers and Greg Norman -  
now THIS ONE IS FOR YOU:-

VERSE 1: They said we'd never make it, a Fun Run's  
just a dream, Burwood's no place to have it  
but our eyes still showed their gleam.

VERSE 2: They said we'd never make it, but we went  
and proved them wrong, our run is now at the  
top - it's lookin mighty strong.

VERSE 3: They said we'd never make it, but we finally  
came through, for all of you who made it,  
this song is for you -

CHORUS: MADE FOR YOU  
WOODSTOCK!  
NUMBER ONE  
WE'VE GONE AND WON  
WE'RE UP AT NUMBER ONE.



A BLAST FROM THE PAST (TITMUS HAS BEEN READING HIS HISTORY)

1880: Was the year Walter George of England ran a world record mile in 4 minutes 12.75 seconds. In training he never ran more than two miles in any day, never trained in the rain and a typical day's training consisted of a "1,000 yard medium pace" run in the morning and "350 yards fast, twice" in the afternoon. He always competed in a black silk vest and black silk running pants that reached below the knee.

1888: George Littlewood of England set the world record for a six day indoor track race, finishing with "burst blisters on his feet, blood gushing against raw flesh and the skin on his little toes bursting away from the skeleton underneath, the flesh flapping in pools of blood and the bones chapping against his shoes". He covered 623.75 miles and won 3,974 pounds which equalled eight years wages. The newspapers of the day called him a persistant chap.

1896: Olympic Marathon History began at 2 p.m. on April 10th. Twenty five competitors toed the line for the start of the 24.9 mile course, there was also an interloper huddled among them, a Greek woman named Melopene, who ran the marathon unofficially in 4 hours 30 minutes. The event was won by Spiridon Louis a Greek shepherd in the time of 2 hours fifty eight minutes 50 seconds. Second place was Greece's Harilaos Vasilakos in 3.06.35. Hungary's Gyula Kellner was third after the third man over the line was disqualified for an irregularity (Greek Spiridon Belokas hitched a ride in a horse drawn cart during the race - most irregular!).

1897: The World's longest running long run got underway on April 19th. It was the first Boston Marathon with a field of 15 runners and won by John McDermott in 2.55.10. The distance was 24.5 miles.

1924: Clarence De Mar, or Mr De Marathon as he was known, won his 4th Boston Marathon, it was told he never stopped for anything, and when a dog got in his way during the 1924 event, he drop kicked it out of sight and went on to win in 2.29.40. He was 35 years of age at the time.

1925: Chuck Mellor won the Boston Marathon in 2.33 running with a copy of the Boston Times tucked in his singlet in case he got bored, and running the whole race chewing away on a plug of tobacco.

1926: Was the year Violet Piercy of England became the first woman to run a marathon of 26.2 miles hitting the tape in 3.40.22.

1928: The Olympic Games of Amsterdam, Holland. This year was the first to allow women to compete in athletics, Elizabeth Robinson of the U.S.A. winning the 100m in 12.2 seconds, the Canadians winning the 4 x 100m relay in 48.4 seconds and Helena Konopacka of Poland winning the discus with a throw of 129 feet one and three quarter inches. On the death of Helena Konopacka, it was discovered she was a man, which probably accounted for a discus throw that bettered the two previous Olympics. Also, the 1928 Olympics was the first to award Gold Medals for 1st placings instead of the previous Olympics silver medals.

1983: Derrick Titmus of London England ran the Australian Marathon in 3.47.09; beating Dorothy Siepmann by four seconds. He wore a matching outfit of green and gold and had a copy of the Sydney Morning Herald (Saturdays) tucked in his shorts in case there was no-one to talk to. He also ran the whole race chewing on a bar of Nestles Chocolate.

"MY WIN"

Wow...What a crowd! It's great to see Woodstockers' smiling faces at these Fun Runs. I wave to Chris, Derek, Kerry, Robyn, Steve and Lesley.

Today's the day! I can feel it in my bones.... I am going to win my first Fun Run.

It's getting nearer to the starting time and the tensions mounting. As I look around I see the familiar ritual of runners anointing armpits and thighs with vaseline and dencorub on soon to be tested muscles; trees resisting attempts by runners to push them over and nervous last minute stretching and running on the spot.

I begin edging my way to the front of the pack..... every little bit helps!

The gun shatters the silence galvanising the runners into a kaleidoscope of bobbing, dodging, sprinting, colourful humanity.

Within minutes my legs have fallen into a smooth, rhythmic gait and I begin to pass familiar faces..... "Looking good, Derek", "keep it up Dot", "Hi Robyn". Great, there's Elle in front of me; I change to 'overdrive' as I float past her.

All my hard work is finally paying off; all those Tuesday night runs in rain, cold, heat ..... the bone-grinding, teeth-gritting speed sessions at Campbell Field on Thursdays and the early morning runs around the Bay, after a late Friday night .... they have all helped to make me strong for today's event.

I am jarred out of my reverie by the sound of cheering and clapping. The finish line is just 100m ahead. I bite on the bullet and with a final surge I pass the leading woman.

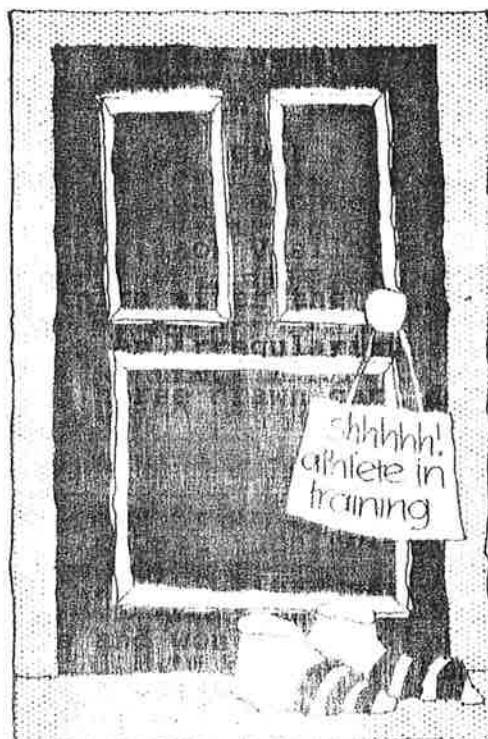
50m..... I've got it in the bag. Now I can't hear anything louder than the hammering of my heart.....

I wake up to find myself bathed in sweat, heart pounding and with the realisation that I've only been dreaming!

Closing my eyes I feel a sense of growing excitement replacing the dejection. I can make this dream into REALITY.....

AND I WILL!!!!

ANONYMOUS



THE A TO Z OF HEALTH AND FITNESS (a summary of a book  
by Keith Dunston)

THE A TO Z OF STRETCHING, SWEATING, JIGGING AND JOGGING

- AMATEUR: Athlete who does it for nothing except that he earns \$150,000 a year doing T.V. commercials.
- ATHLETE: One who owns three pairs of jogging shoes.
- BLISTERS: High badge of honour of the marathon runner. There is a sensible scientific cure - staying in bed in the mornings.
- BREATHING: Almost as dangerous as sugar, salt, coffee and hamburgers. Likely to cause lung cancer.
- CELLULITE: Expensive way of spelling fat.
- COACH: He's a little rotund now, and gone in the knees. On cold mornings, as you run he doesn't open the electric windows of his Mercedes.
- DAWN: Unnerving hour when one's sleep needs to be protected. It can be upset by the sound of panting joggers thrashing past your window.
- EXERCISE: Pushing, panting, perspiring, pounding, palpatating, suffering in the hope that you will get more time on this earth so that you can do more suffering.
- FANATIC: One who wears a helmet when riding an exercise bike.
- FIBRE: Recent invention for running breakfast.
- HIGH: There is a saying amongst joggers and marathon runners that if you keep running long enough, say 15-25km, you reach a plateau, a marvellous state of Nirvana, a high, where you want to go on forever. In the old days we got it more simply and with less effort by having a whisky on the rocks.
- INSTRUCTOR: One with enough muscle to look good in leotards.
- JOGGERS: Grubby footgear which are now correct for wearing at parties, the office and church, for getting married in and for almost all formal occasions, except possibly jogging.
- LIVING: A health hazard.
- MARATHON: Hanging in there on a diet for six whole days.

- MUSCLE-BOUND: Falling into the arms of a female weight-lifter.
- MATRIMONIAL  
BLISS: He leaves the bed before dawn. He is asleep at 8 p.m. On the track 10 hours of training for a triathlon. She doesn't have to feed him, he is on a poultry-carbohydrate diet provided by a health food store. He is developing admirable muscles, but for what reason she is unsure.
- NIBBLES: The quick 1,000 calories you sock in at a cocktail party when you think you are not eating.
- OFFICE: Place where you take a nap and gather strength for the late afternoon training.
- PANALYSIS: That state when every muscle shrieks, when you are personally acquainted with every fibre in your calves, thighs, back and neck. You can't get out of your chair. Yesterday you ran in a Fun Run.
- RUNNING: A type of locomotion that can be performed more efficiently by all other bipeds and quadrupeds and every known machine.
- SLIM: One who is a centimetre less around the waist than you are.
- SOLARIUM: A place where you pay big money to look as if you have been outside when you haven't.
- STRETCH: Reaching right across the table for hot rolls and garlic bread.
- TALK: The prime piece of jogging upmanship is to get your colleague on a hill, wait until he is gasping then ask him for the story of his life.
- UNFIT: When you start to pant while working the typewriter.
- WALKING: A little bit humiliating for the devoted jogger. When I'm on a long hill, I always look round to see who is watching.
- WORK: Bad for one's health and ability to relax. Besides it interferes with the time available for track work and training.
- YOGHURT: Health nuts eat it as a sort of penance.
- ZEN: Mystic Asian philosophy which, you hope, might explain why you do all these things.

### WHAT THE L'S APPENING AT WOODSTOCK

First there was LANOR then LESLY then another LESLIE followed by LEONIE, where will it all end, I ask. Will we be a club for 'L' runners only? Who said by looking at the way Titmus runs, people could be forgiven for thinking that (you'll get yours Cody).

Seriously though, its got to be something more than a coincidence, and I have obtained evidence to prove its a conspiracy! Yes folks, a conspiracy to form the "Loodstock Lunnners". I've heard that some strong arm tactics are going to be used (two of the 'L' runners have been doing weight training strictly for this purpose). Robyn has been made an offer she can't refuse and will in future be known as Lucy, next in line for the heavy treatment is Bronwyn who will be known as Lorraine. It won't stop there folks, they really mean business, even young Nadine, or should I say Lana, won't be safe.

Yours truly was going to remain nameless, as the dynamic duo from the gym will probably rip my bloody legs off, but someone has to make a stand and fellow Woodstockians the day we see Lo Lita Bray in one of our ladies teams you'll know all is lost, and we might as well call the remainder of us the Woodstock Weepers.

Beware, you have been warned.

LERRICK LITMUS



### THE CASE FOR TRACK RUNNERS

Earlier this year I had a conversation with a fellow runner about my running intentions for the upcoming year. When I indicated that I would be concentrating on track running the comment was passed, "Oh, you're taking it easy are you," or words to that effect.

I thought that this was a rather unfair assessment of track running, and track runners in particular, and decided that road runners need to be enlightened as to "the facts" about track runners.

So, after much research of the relevant scientific, medical and physiological literature, let me present the completely objective "case for track runners".

#### THE FACTS

- \* Track runners train greater than their race distance every session - road runners do not.
- \* Track runners train at faster than their race pace every session - road runners do not.
- \* Track runners train just as long, or even longer, than road runners - warm-ups, drills and technique refinement for track running is very time consuming.
- \* Track runners compete more often than road runners, often competing in 3 or 4 events on competition days.
- \* Track runners are more versatile than road runners - most track runners do some road running; fewer road runners do any track running.
- \* Track runners are healthier-looking, stronger and more flexible than road runners.
- \* Track runners have a higher level of pain tolerance than road runners.
- \* Track runners are psychologically better adjusted than road runners.
- \* Track runners not only can keep it up longer than road runners they can do it faster.





- \* Track running is much more entertaining and relevant to modern society than road running - witness the Olympics at which there are numerous track races but only one road race (and even that race starts and finishes on the track).

#### CONCLUSION

In his well-known tribute to track runners, Rudyard Kipling summed up the benefits of track running with these words:

"If you can fill the unforgiving minute  
 With sixty seconds' worth of distance run,  
 Yours is the Earth and everything that's in it,  
 And - which is more - you'll be a Man, my son!"

JAK CARROLL

#### "THE" RELAY

The 1986 Sydney to Wollongong 50 Mile Relay is a race that will long stick in my memory. Where else can you witness 15 hardy souls arriving at Chris' (where else but Chris'?) at a quarter to four in the morning, driving into the city on deserted roads (who wants to travel at 4 a.m. on a Sunday morning apart from us?), driving and running in the rain and dark and to see some of the amazing efforts of Woodstock team runners.

Gutsy achievements were seen all day, but the ones that stick out to me are the efforts of the ladies team who had to complete the 50 miles with four members instead of five. Seeing Elle running (very fast) past the first change-over point and into the far away distance was unbelievable and it wasn't until half-way into the second leg that she finally handed on to Dorothy who also doubled up; running 7km and then running the tough last leg. Congratulations to the ladies on a fine effort.

The run of the day, however, was put in (or should I say, put "down") by Frank Berlouis. After I handed on to Frank at Mt Ousley, he ran off into the distance. After getting into the car and changing, we took off in pursuit. After 7km (of not seeing Frank) we knew something was wrong. Frank, however, was half-way down Bulli pass, at this stage, after being directed the wrong way. Wondering where the heck we were, I suppose, and where his drink was.

After fruitless attempts to find him on the course proper, we began driving down the only turnoff.....Bulli Road.

Finding poor Frank at the bottom of the hill in someone's car (Frank hitched a lift), he returned to the start and ran the rest of the race, completing the 18.5km distance in 84 minutes. It was only then we realised that "BULLI" Berlouis had either used the 5km Bulli decent as a warm-up, or to try to take a shortcut home to beat the ladies (we don't call him "the burglar" for nothing). He also has Bulli down as a holiday "possibility" as he has discovered a "love" for hill running and wants some extensive training in the future. It was a great run by Frank, even if he did end up running an extra five kilometres on top of the tough Mt Ousley leg.

The great team spirit that emphasizes "Woodstock" was also in evidence - with other team members encouraging you on, how could you not give it your best?

# MAINTAINING WOODSTOCK TRADITIONS - MELBOURNE

19 FEBRUARY, 1986 following an all night rail trip from Sydney, I decided to compete in my first Melbourne Fun Run - the V.M.C. (Victorian Marathon Club) 10km Two Bridges Run.

After being held up at work I jogged at a brisk pace to where I thought was the start only to find it devoid of runners. Staring into the distance along the Yarra I saw a large group approximately 1km away. Six twenty five p.m. for a six thirty start; being a true Woodstockian I thinks - plenty of time! Three hundred metres from the start, the gun goes - 6.30 precisely.

I sprint to the start and fortunately there's a second group. "Thirty seconds", the starter says. It's only a small group - but who cares. "How many laps?" - I ask. "Just one", he says - "this is the 2km event - 10 seconds."

Off they go into the distance. I pass a few one legged 10km entrants and beat home one 100kg pensioner in a time of 7 minutes 15 seconds.

NOT AN AUSPICIOUS VICTORIAN DEBUT - BUT TRUE TO MY CLUB.



NORM HAMS

"THE OTHER WOODSTOCKS"

Many of us would know about the Woodstock in England, fifteen kilometres northwest of Oxford, which appears to be the place of origin of our Burwood Community Centre name and its tree symbol. There must also be Woodstocks throughout the English speaking world and it is interesting to learn that there are six places of that name in Australia, - two in Victoria and one in New South Wales, Queensland, Tasmania and Western Australia. There is also a Woodstock West in Victoria and in various states there are a bore, a creek, a hill, a monument, or marker, a tank and no less than seventeen homesteads. There must be many more because those quoted are only those listed in the gazetteer of one series (1:250,000 scale) maps of Australia.

Concentrating on the Woodstock in this State, it is situated 20km northeast of Cowra, just south of the Great Western Highway, 294km from Sydney, about four hours drive. There appears to be a Post Office, but no hotel, or motel, offering accommodation; Conowindra, 30km or Cowra, have good choices however. Wyangala Dam is only 29km south and since the area features many rivers, the countryside must be fertile and scenic. The Abercrombie and Lacklan are the principal streams. I've been along the highway, but never seen Woodstock.

Next year I'll probably go there, run and walk in the district with some of the family and bring back some photos from which to paint.

I'll let you know if the place lives up to its name!

DEREK WHITE

SUPERMAN

I attended a lecture some months back where we looked at the ideal composition of a committee/organisation/group. It was shown how various characteristics of individual members blend together to enhance a group's effectiveness.

Some of the roles which individuals fulfil within these organisations are INSPIRER, ORGANISER, DOER, COMPLEPETER, CREATIVE THINKER and EVALUATOR.

At the Conference we did not even touch on the unlikely possibility of ONE person fulfilling all roles. But then they had not heard of Chris.

Born out of his creative thinking we have staged two most successful Fun Runs, had Australia Day Runs, Internal Fun Runs, noticeboards, decorations, our very own flag and brilliant Presentation Nights.

As Club Captain, he inspires members to run for the Club, take part in teams, assist with the Fun Run and generally support Woodstock. The Inspirer even motivated his Dad to rise at 3.00am on Sunday, 2nd November, to commence work at Woodstock at four.

His organising qualities are prominent when one sees the number of teams which the Club enters in Fun Runs; drinks are always available after each run; agendas are prepared for meetings; and as Co-director of the Fun Run his organisational skills are unmatched.

We see the "doer" most days, as Chris is never one to stand back and watch others work. He is always first to attack the task ahead, whether it's blowing up balloons, travelling half way round Sydney to pick up bunting, sloppy joes, singlets or sound equipment for Presentation Night.

The "completer" Chris is seen continually as no jobs are ever left unfinished and his evaluating qualities are evident when he is consistently seeking ways of improving seemingly most successful ventures such as the Fun Run.

Chris' great vitality has allowed him to take part in 26 Fun Runs this year with excellent performances in the Striders Half Marathon (82.34), Sutherland to Surf (39.18), and City to Surf (51.43). As well, he has accepted a promotion with Telecom, encompassing it's share of problems. He has also been required to attend a number of courses. Chris has a home, garden and a dog to care for as well.

We are always grateful to this dynamo, but may we never lose sight of the fact that every human being has limitations and Chris does appreciate any assistance which can be offered.

1982 sure was a "Good Year" - it was the year Chris came to Woodstock.

Thanks for Everything, Chris.

KERRY

SYDNEY MORNING HERALD  
19th Sept

### Start running

SIR: S. Moss's comment (Letters, September 17) that rifle and pistol shooting is the only sport that has any association with Australia's defence is untenable when one considers the state of Australia's defences. The Government is aware of this and has been working subtly to improve our survival chances.

That is why the only sport that can be associated realistically with our defences is the one at which we are Commonwealth champions - long-distance running.

S. Thompson,  
Thompson Street,  
Drummoyne.

TEAMS REPORT 1986

Congratulations to each club member who made themselves available for team events this year. Win, or lose, Woodstock Runners is proud of each and everyone of you.

To run as a team, to turn out together as a one is of ultimate importance to achieving a vital goal of our Club - the provision to our members of a true sense of belonging.

May I here say that whether a member is officially entered in a Fun Run team category, or not, they are ALWAYS part of the ultimate team - the Club of Woodstock Runners. Each time a member pulls on the club colours either as a team member, or individual, they become an important part of the whole. Giving that little bit extra for the team and Club, not only encourages club spirit and team work, but invariably will also improve individual performance.

What follows is a brief overview of the teams organised for events in 1986.

This year Woodstock Runners entered 72 teams into 46 different team categories; encompassing 24 events. Our Club was fortunate enough to gain 9 first placings, 13 second placings and 7 third placings.

Fifty one of our runners took part in at least one team event. A list follows of those runners and the number of team appearances (NOTE: apologies if any team appearances not counted):-

TERRY BAILEY	3	PETER MANCHESTER	3
FRANK BERLOUIS	5	DEBRA MAYRHOFFER	1
MICHAEL BAYLES	14	CHRISTINE MORAN	8
BRONWYN BICKFORD	3	JAMES MORAN	6
KERRY BRAY	12	JOHN MORAN	2

STEVE BRISCOE	5	TERRY MUNDY	4
JIM BURROWS	4	TONY MURPHY	14
LEONIE CALLEIJA	5	CHRISTINE MURRAY	6
JAK CARROLL	4	JOHN MURRAY	14
ALAN CLARK	1	KEN MURRAY	7
PHIL CLARKE	4	PETER MURRAY	5
ELEANOR CODY	15	ROBYN BRISCOE (NEE NASH)	6
KIOWA CRAIG	1	MICHAEL OAKLEY	8
MICHAEL CRAIG	1	DEAN PATTERSON	1
BARRY CRISP	10	DAVID RALSTON-SMITH	1
BOB DAVIDSON	5	ROB ROBERTS	1
TIM DEIN	2	GARY SHOESMITH	2
TOM GILLIS	6	CHRIS SIEPEN	17
COLIN GREEN	7	DOROTHY SIEPMANN	10
NORM HAMS	2	PETER STAUNTON	1
MATHEW HEWSON	1	ADAM SUMMONS	4
PETER KELLY	2	DERRICK TITMUS	2
EVA KONKOLOWICZ	2	ALAN TULLY	2
SHARON LANE	5	SHIRLEY UDALL	2
LESLEY LEAR	6	DEREK WHITE	6
PATRICIA MAHONY	6		

Also a number of non-financial members helped our teams when numbers fell short. A special thanks to the following Mary Henderson, Mary McGill, Angela Deakin, David Dunlop, Ellen Bray, Denis Telford, Scott Lawrence and Stephen Hall.

Again congratulations to all our team members and in particular a special thank you to our members whose team representations reached double figures - Michael Bayles, Kerry Bray, Eleanor Cody, Barry Crisp, Tony Murphy, John Murray, Chris Siepen and Dorothy Siepmann.

Although all team efforts were great, the following for me personally highlight a great 1986:-



16.2.86 TALAYS TWOSOME- 5TH outright team (2nd age) out of 70 entries - Robyn Nash, Steve Briscoe (these two later formed a permanent team!).

15.6.86 YMCA FUN RUN 11.5K 3RD mens team - Colin Green, Derek White, Chris Siepen, Mike Oakley, Tony Murphy, Tom Gillis, Jim Burrows, John Murray.

6.7.86 HARBORD DIGGERS SCENIC 14K 1ST ladies team (4th year in a row) Eleanor Cody, Robyn Nash, Dorothy Siepmann.

13.7.86 SUTHERLAND TO SURF 11K FOOTRACE 2ND ladies team, Bronwyn Bickford, Christine Moran, Sharon Lane, Kerry Bray, Eleanor Cody.

10.8.86 16TH ANNUAL CITY TO SURF 14K 2ND mens team 21-29 yrs Peter Manchester, Jak Carroll, Tony Murphy.

24.4.86 SYDNEY TO WOLLONGONG 50 MILE RELAY 2ND girls team - Eleanor Cody, Sharon Lane, Bronwyn Bickford, Dorothy Siepmann.

9th mens team - Peter Manchester, John Murray, Tony Murphy, James Moran, Chris Siepen.

23rd mens team - Michael Oakley, Alan Tully, Michael Bayles, Adam Summons, Frank "Bulli" Berlouis.

2nd mixed team - Lesley Lear, Gary Shoesmith, Pat Mahony, Leonie Calleija, Terry Mundy.

7.9.86 SYDNEY MARATHON CLINIC HALF MARATHON - 1st mens team Frank Berlouis, John Murray, Derek White.

Thank you for a great team's 1986. The team spirit, friendship and team work was, and is, wonderful.

Onward to a great 1987!

CHRIS SIEPEN

A YEAR TO REFLECT ON

Seventy kilometres - some runners may have run that far in one day - others may have run that distance in a week, still others may have taken a month. I've estimated that in the last eleven months, I've run less than seventy kilometres.

Prior to December 1985, I had heard many things about something called "shin-splints". I assumed that it was only the elite runners who got such an injury. I certainly wasn't elite, therefore I must be immune from "shin-splints".

WRONG!!

On 15 December 1985 I felt some sharp pains in my shins, no big problem, I thought. I'll just see the Doctor as a precaution. After seeing the x-rays, he advised ?? that I had shin-splints. At first I thought he was trying to be humorous, but then I thought "maybe you don't have to be elite afterall".

What has followed has been a year of frustration and disappointment. Frustration at not being able to use running as a release of stress buildup. Disappointment at not being able to attempt 54 minutes for the City to Surf (see Chris about that one).

On the positive side, I've been able to realise how incredibly fortunate I am just being able to walk, let alone run.

Being on the Fun Run Committee, I was able to see the 2-6 year old kids at St Anthony's, Burwood. Each one of the 12 kids had a handicap far worse than my shin-splints yet it didn't worry them at all.

During the Budget Australian Marathon, I was able to cycle alongside three of the wheelies. Even though they couldn't walk, it wasn't going to stop them setting and achieving their own personal goals.

My main personal goal for next year is to be back on the road wearing nothing less than a Woodstock singlet. I'd like to thank the other runners who have repeatedly encouraged me this year. I'm looking forward to being able to repay those words of encouragement with some P.B. times.

COLIN TOWNSEND

---

#### HOW DO YOU GET DEEK'S LEGS?

That well known build, spare shoulders and narrowish, deep chest, arms not very muscular, but LEGS of massive proportions - all hard muscle and healthy bone. How does one come to have legs like Robert de Castella? Of course, the women would prefer a little less muscle bulk and no hair! The major factor is obviously heredity. I have had the pleasure of meeting Robert's charming parents; his father is a small, compact man with good leg muscle. I didn't examine Mrs de Castella's legs! I guess both parents had straight, healthy limbs and Robert was born with the same.

The second factor is, I believe, the exercise which muscles receive during the years when a person is developing into adulthood. Robert was a very active school athlete and thus fulfilled this requirement.

In later life it appears that we can improve the tone of our muscles by regular exercise, but not significantly develop their size. The terrible affliction, Muscular Dystrophy, in which muscles waste away because the brain fails to activate them, is the extreme example of disuse. So it is logical that use (exercise) will at least maintain them in good shape if only develop them slightly.

Robert has said that he deliberately cultivates his build, shunning any exercise which would increase muscle bulk anywhere except in the legs. As he is fully matured physically now, his legs will not increase their muscle bulk appreciably but his training ensures that tone is maintained at the highest level.

Nothing (except an operation) could cure bandy legs; nothing could change mature, skinny legs into bulky ones. Yet, look how many top runners have bandy and skinny legs. This leads to the conclusion that the quality (tone) of muscle is more important than mere bulk; and that we should therefore keep at our training, making the most of what we have, rather than bothering about outward appearances, - a comforting thought, especially for bandy old blokes like me!!

DEREK WHITE

If you take the "R" from Derek's name - what is left?.....

So maybe you don't need that op. after all.

### THE REAL WOODSTOCK SPIRIT

Colin Green has shown us all this year the real meaning of a fighting spirit and a "never say die" attitude.

The "Leader of the Pack" has bounced back before in his athletics career and 1986 was a fine and courageous example of this.

Col commenced running as a school-boy, aged 10, in 1952 and joined Western Suburbs Athletics Club upon leaving school. While at Wests, at the age of 23, he travelled to Ballarat with Frank McCaffrey and a group of young runners and ran a superb 2.49 for the Victorian Country Marathon.

In 1971 in the first City to Surf, Colin ran 59.43 coming in the first 300 finishers - there were just over 2,000 starters that year. After running his second City to Surf in 1975, Col "retired" from running.

After nine years, July 1984 saw a return to the road for Colin and he ran three marathons - 3.27, 3.31 and 3.47. In August 1985, he first came to Woodstock and immediately became a very devoted and enthusiastic member. He gained his Marathon patch at the 1985 Presentation for the Big M Marathon in October.

This year was to be Colin's big year for Marathons, maybe the Wang (Budget) and Adelaide as reported in the 1985 Year Book. The 8th June was to see Woodstock's fastest marathoner for 1986, Colin Green, record his 2nd best ever in the remarkable time of 3.04 (remembering his best was recorded at the age of 23 - he is now 44).

While still on a 'high' Col ran a good time at the Y.M.C.A.

the following week and seven days later lined up for the start of the Southlands 10.5k run. As the gun fired and a few hundred runners surged forward, Colin was to fall badly. As Derrick and I weaved our way through the runners to him, we found him in much pain and bleeding from a number of wounds on his hands, arm and upper body. The officials were most caring and took him to Nepean Hospital.

Surgery was avoided and a plaster cast was applied on a break below the thumb; a number of stitches needed to be inserted as well. This did not keep Colin down, he came along to Fun Runs to cheer us on and had a few runs complete with plaster. He was back to do Sutherland to Surf and the Mini Mosmarathon by the end of July, but wisely did not attempt the Adelaide Marathon.

A few days later we were shocked to receive a telephone call from Mrs Green to let us know Colin had undergone surgery to repair a tendon which had been severed over the weeks by the splintered bone sawing at it. The convalescent period was difficult as Colin was forced to take off a number of weeks from work.

This popular member came back with a vengeance completing twelve Fun Runs since September; including three Half Marathons and the Melbourne Budget 42.2k in 3.20 - his third fastest ever Marathon.

Colin most generously donated a magnificent perpetual trophy designed and made by Jim Burrows for the winning Female Team at our Fun Run in appreciation of all Woodstock has done for him.

I well remember one Saturday morning, having offered Colin a lift back to Burwood after the Bay run, my car broke

down in Five Dock and Colin insisted on waiting with me firstly for the N.R.M.A., then for the tow truck. The wait was considerable and he then accompanied me in the Tow Truck to the service station, then walked back to my place, had a cuppa and I dropped him home at 12.45 p.m. A late finish to a Saturday run.

A member like Colin makes our Club a better place for us all and we commend him for his dedication, courage and great performances.

We wish you well in your goals for 1987 - one or two marathons, a sub 39 for 10k and the World Veteran Games in Melbourne in November/December.

Good Luck, Colin and Thanks.

KERRY

---

'BODY STORY' (EXTRACT FROM SINGAPORE AIRLINES STAFF MAGAZINE)

This is a story about four persons named Everybody, Somebody, Anybody and Nobody.

There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did it.

Somebody got angry about that, because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realised that Everybody wouldn't do it.

It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done!

## RDJ-FM COMMUNITY RADIO CO-OP LTD.



DO YOU  
KNOW?



- \*2RDJ is your local radio station
- \*2RDJ is first on the FM band
- \*2RDJ can be found on 88.1 on the FM band
- \*2RDJ broadcasts to Ashfield, Burwood, Concord, Drummoyn & Strathfield but may be heard throughout Sydney
- \*2RDJ is run entirely by volunteers
- \*2RDJ is available for you or your group to produce programmes
- \*2RDJ is open today for your inspection

2RDJ broadcasts the Woodstock Runners Report each Saturday morning between 7.35 and 8.00.

Woodstock Runners wishes to thank 2RDJ for the pre-Race publicity given to our Fun Run, as well as their commitment on the day.



### THE BEST OF THE CARROLL REPORT

In 1986 one of our most valued and versatile members headed south-west to Canberra to undertake full-time studies in sports administration. But, it wouldn't be the last we'd hear from our Fun Run Chief Recorder. As well as frequent visits to Woodstock the Club was circularized the monthly "Carroll Report" - written, produced, directed and acted by Jak "The Jak" Carroll. What follows is some of the best from the Carroll Reports.

#### HOME LIFE:

- o Stable (i.e. the place is about as tidy as a barn) - March 1986.
- o A new person moved in this month. This person is different from the other three persons in the house (nudge, nudge, wink, wink). We also got a T.V. and video this month - though we had to swap the fridge and washing machine for them, but who needs those (May 1986).
- o Best month to-date. Not surprising since over half of it spent in Sydney (July 1986).
- o Steve going - overseas for a while. Amanda going to get kicked out, I hope. Danny gone! (August 1986).
- o Seventeen good days/ thirteen bad days - (Amanda moved out on the 13th) (September 1986).

#### STUDY

- o Lecture Attendance Summary (1st semester) -  
Lectures set down 32

Less lectures didn't attend	11
Less lectures arrived late	6
Less lectures left early	4
Less lectures arrived late and left early	3
Less lectures fell asleep	7
	<hr/>

Gives lectures attended and awake for entire time	1
	<hr/>

(The one lecture was the first lecture after break)  
(May 1986).

My exams went okay and I'm fairly confident I passed everything (just in case, I'm going to Church this Sunday - that's if its open?). (June 1986).

Got H.D. passes in all my subjects, i.e. Highly Debatable (running around that Church a dozen times must have worked). (July 1986).

#### SPORT:

Was a member of the team which won the A.C.T. section of the Open 4 x 400m relay at the A.C.T. titles, despite strong opposition ..... (none) ..... (Jan/Feb 1986).

Started introductory gym classes as part of course. Next day started visiting Chiropractor (March 1986).

Took part in the "Race Against Time" - you would have seen me on T.V. I was the bloke in white singlet and shorts running past Parliament House in the F.O.G. (May '86).

Was going well until I went to Sydney and brought back the Wog. Unfortunately this wog seemed to thrive in the below zero temperatures I was training in, and we spent a good deal of time in bed together till the wog decided to emigrate. (June '86).

The word "SPORT" is derived from "DISPORT" which seems to divert as amuse. My efforts this month were that amusing, I've diverted my attention elsewhere (i.e. the BAR!) (Aug '86).

Decided after my distance running "EFFORTS" during winter to concentrate on what I do best - as soon as I work out what that is. (Sept. '86).

SOCIAL ACTIVITY:

Much celebrating was done -

- a) When Amanda announced she was moving out.
- b) When Amanda moved out.
- c) When Amanda was finally gone (Sept '86).

MARITAL STATUS:

SINGLE (for ever and a day) - (all Reports).

BANK BALANCE:

Falling - Jan. to June reports.

Help - July and August.

Jak didn't mention any more from September onwards!

COMING EVENTS:

13.4.86 - NIKE MARATHON "I might run half then head back" (Mar. '86).

OTHER:

My timetable worked out brilliantly with the main features being:-

- 1. No classes before 10.30 a.m.
- 2. No class after 4.30 p.m.
- 3. Last class Friday finishes 2.30 p.m. (I don't know what I'll do after that). (Jan/Feb '86).

Worked as a barman at a party one night - it felt quite strange to be behind the bar instead of under it!

MURPHY'S CORNER: First time I had to ride home from college at night I forgot my bike light. This wouldn't have been so bad except all the streetlights were turned off so people could see Halley's bloody comet!! (Apr. '86).

Quit my part-time job after about six weeks of working. I

think I now see a pattern in my working career. First job - 6 years; next two jobs - 6 months; next job - 6 weeks; next job - ? (May '86).

Work experience at the ABC went well - I lasted about 6 hours including a 1½ hour lunch break and all this after turning up a week late.

Thanks Jak - look forward to the 1987 Reports.

CHRIS SIEPEN

P.S. Try and write early to Uncle Bob Hawke next year and mention we'll be supplying a free keg to all our Fun Run finishers.



QUOTE OF THE YEAR:-

"NO WAY!"

Sharon Dalton to Elle Cody as Sharon re-overtook Elle in the Harbord Diggers Scenic 14km.....an indication that maybe Sharon was a wee bit concerned?

REASSESSING VALUES:

Chris Siepen leave Woodstock Runners?

..... Well, probably not that drastic, but there was a period this year (don't tell Kerry) when I felt that I could give it nearly all away - the training, the organising, the general involvement with this top Club.

Why? It had something to do with where my values were being placed. Briefly, following a promotion and shift from North Sydney to St Leonards Telecom Business Office, I was thrown into the busiest, the most complex, disorganised section in the office. Many a supervisor had gone onto this section and not survived!

For two weeks I felt like resigning, but I guess like a lousy run I hung in. In fact, I grit my teeth and thought "Stuff this, I always seem to be the one thrown to the wolves. I don't like it, but I'm gonna make this damn section function properly anyway." (I can just see management gleefully rubbing their hands together).

I suppose that's when work took over. Long unpaid extra hours meant Woodstock became a chore, my girlfriend had to make an appointment to see me, our dog, Jake, lost his walking partner, running took a back seat and I became tense, irritable, tired and unfit. (Cadbury Dairy milk chunky bars began to do a roaring trade). But I was a good little TELECOM SOLDIER!!

People began to notice that I was different - in fact, Terry Mundy wondered what had struck him at our 6th Birthday dinner.....

.....but I had to succeed.

It was my job. "I have my career", I bellowed at Elle.

It's my future!"

.....What future? A future working my butt off for an organisation which, like any other organisation, would find someone else if an ulcer burst, or I collapsed through exhaustion. A future of high stress at work and bringing the results of this stress home. .

And then I saw the light. I'm not sure when, or how, but one Saturday morning Kerry noticed a resemblance of the old me - bright, enthusiastic, awake. I guess it dawned on me that the quest to succeed, to be promoted higher and higher, is often a false and hollow goal. Please don't get me wrong. Ambition is important as is the desire to succeed - we do it all the time in running, but nothing should overwhelm us to the point where our "real" loves, both human and non-human are pushed into a dim, dark background.

So try and live a balanced life. Of course, work hard and strive to succeed in whatever your chosen field. But also give time to your loved ones, your friends, and your special interests.

I still feel the pressures of work. I still want to succeed, however, I now know what my true values are.

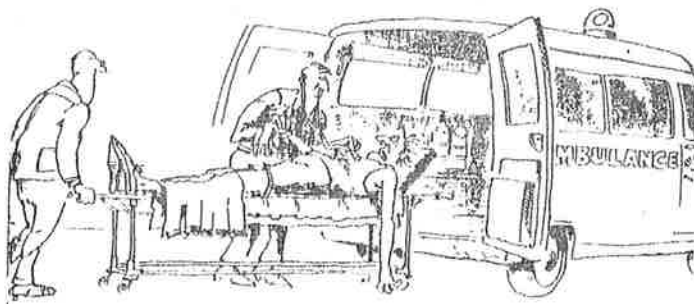
CHRIS STIEPEN



AN ARTICLE TAKEN FROM THE COMPLETE RUNNER'S DAY-BY-DAY LOG  
BOOK - WRITTEN BY JOHN JEROME

---

- Growing older doesn't mean you should necessarily run less. It's your purpose in running that counts.
- Pain past is pleasure.
- "No doubt a brain and some shoes are essential for marathon success although if it comes down to a choice, pick the shoes. More people finish marathons with no brains than with no shoes." DON KARDONG.
- "The deep impulse to run and rove upon the wild earth cannot be given up so easily." N. SCOTT MOMADAY.
- Studies have shown fit people are better adjusted, more clear-minded, less prone to anger, confusion, depression and anxiety and better able to cope with stress than unfit people.
- Elementary, but often forgotten; do not go for a run without identification and an emergency telephone number.
- "There is no greater glory for a man as long as he lives than that which he wins by his own arms and legs." HOMER.
- "I don't run to set world records, I don't even run to win. I run because I like it." 1984 OLYMPIC MEN'S MARATHON WINNER - CARLOS LOPES.
- A muscle that has been stressed takes 48 hours to repair.
- A candy bar before the race for quick energy? A clinical study found that pre-exercise sugar snacks make you tire more quickly.
- For injuries remember RICE: Rest, Ice, Compression, Elevation.
- "This has been a full rich year. I have left no strange or delightful thing undone that I wanted to do." EVERETT RUESS.



"My mind told my body to keep going."

"THE GREAT TRAIN (PAIN) RACE" (OR NORM HAMS REVISITED)

"You must be crazy", was my reply when Pat Mahony suggested that we go to Melbourne for the weekend to run in the Great Train Race. Fortunately for her, we have a compatibility rating of 100% when it comes to doing crazy things.

Before I knew what I was doing, we found ourselves at the Greyhound Bus Terminal eagerly awaiting 12 hours of excruciating pain in a typical seat built for a typical pygmy. At approximately 7.30 a.m. on the Friday morning Pat and I arrived in beautiful downtown Melbourne and as usual beautiful downtown Melbourne was cold and raining. Then like a ray of sunshine in this bleak weather, the face of Norm Hams appeared to welcome us. Norm had moved down to Melbourne to take up a new job with Telecom a few months beforehand. Well, that was his explanation, but really I think the only reason you would go to live in Melbourne voluntarily would be to do penance for such a wicked and wasted life. But it was good to see Norm again and Norm was so pleased to see us he tossed his job in a few months later and returned home to Sydney.

On Saturday after being rudely awoken at some un-godly hour (6.00 a.m. to be precise), we went down to the Mornington Peninsula and spent a pleasant morning grape-picking. The winery was owned by some of Norm's friends who then put on a barbeque for lunch and we got to sample some of the wines afterwards.

Sunday, the big day arrives and we are again awoken at some un-godly hour to drive up to the start of the race at Belgrave in the Dandenongs (training ground of some of Australia's greatest runners - Ron Clarke, Robert de Castella, Norm Hams, etc). The race was through some of



the most beautiful bushland, but there is hardly any time to appreciate this as the presence of the Steam Train "Puffing Billy" kept everybody's mind on the race. After 13.4k of very hilly terrain we finished just three minutes ahead of the train and Norm after a hard fought struggle, just missed by one minute. Pat also missed out by one minute on beating the women's train.

This run has to be one of the most enjoyable races I have been in and would recommend anyone going down there for a great weekend (but then again, I'm biased after winning a trip to the Boston Marathon).

TONY MURPHY

---

### ESCAPE

When you are under a lot of pressure at work or with personal problems and the whole world appears to be caving in on you, there is only one thing to do. By putting on your running shoes, shorts and singlet it can all be left behind for a short while. The freedom as you leave the hassles for the changing scenery and only your shoes between you and the ground, as you stride out feeling the cool air around your face, your body in harmony with nature. No dependence on any machine - just you in an exhilarating feeling of life and freedom. You can go as hard, or as easy, as you want - for you are in control. You tune into your body, breathing heartbeat you become at one with yourself. All the hassles and problems can fall into perspective. It is a great feeling, a feeling that all runners know and experience and non-runners cannot comprehend.

MICHAEL BAYLES

LOOSE ENDSNew Balls Please!

In a short segment on the Ray Martin Show earlier this year it was reported that the constant jolting from jogging can shrink the testicles.

If you happen to find yourself affected by this affliction let me suggest that you try your hand at tennis or else join the Australian Ballet!

The Race is in the (sleeping) Bag.

A decidedly seedy "athlete" was woken up by his house-mate one morning and asked, "Do you still intend going in that race this morning?"

"Only if they intend running it in my bedroom," came the blunt reply.

The "athlete" then went back to sleep.

An Attitude Problem.

Ambrose Bierce once defined an abstainer as "a weak person who yields to the temptation of denying himself a pleasure".

So what does that make the distance runner?

It Sure Hurts - But I Love It!

After he had won the 1500 metre freestyle gold medal at the recent Commonwealth games, Jason Plummer was quoted as saying:\*

"At the 1200m I thought what's three minutes in your life and all I wanted to do was hurt."

I wonder what Ambrose would say to that ...

\* From the Canberra Times, Friday August 1, 1986.

Ill Winds.

The most irritating things when riding a pushbike are wind - the wind of Mother Nature when it blows fiercely in your face; and the wind of human nature when it blows fiercely out of your orifice (it nearly rhymes).

Both of these types of wind require a "heads down, bums up" approach to combat their effects.

### The Long Road Home.

One day, while down at the AIS' warm-up track, I happened to notice a well-known distance runner going through his paces.

Following a loosener road run, he put in quite an intense track work-out before concluding the session with another road run.

He then hopped into his car and drove the 800 metres or so back to the AIS residences!

JAK CARROLL

---

### DEEK'S MEALS FOR A DAY

#### BREAKFAST:

A big bowl of cereal (corn or rice) with non or low-fat yoghurt. A couple of cups of weak tea or coffee with a little skimmed milk. No sweeteners.

#### LUNCH:

Deek's main meal of the day. Fish a couple of times a week, steamed or grilled. Vegetables lightly cooked, or a big salad with non or low-calorie dressing. Some rice crackers, with cottage cheese and pepper. No dessert (sorry Mr Titmus!!).

#### DINNER:

A soup or a salad or some rice crackers with a bit of fresh fruit or cottage cheese. A cup of decaffeinated coffee, or a light beer - "the alcohol doesn't worry me, it's the calories." (You see, Tom Gillis had it right all along!!).

## ROAD RUNNERS ASSOCIATION AWARDS

1986



## SPORT

# Woodstock athletics score a great plus

**WHEN the NSW Road Runners Association announced its awards on November 9, the local running club, Woodstock Runners, was very much to the fore.**

The year extends from September 1985 to August 1986.

It was the 1985 Woodstock Runners Community Fun Run, sponsored by Metropolitan Credit Union, which took out the top award, for the best run over all distances.

Club member, Bronwyn Bickford, 14, of Cherrybrook, was named junior female runner of the year for her excellent performances in the fun runs and State championships, as well as her successes while representing her school, Penrith Hills High.

The club took the double when James Moran, 15, of Strathfield, won the junior male runner award for his consistent efforts in fun runs and carnivals.

Later that day at St Patrick's College, Strathfield, speech night James was awarded the prize for the school's best performance in athletics for his 4mins 23sec for 1500m in the Combined Christian Brothers carnival in Canberra.

Secretary of the club, Kerry Bray, was presented with a gold medal as running club secretary of the year.

It was a fine effort for the club.

No other club has taken out four awards in any year, and it was a fitting final to the year following the successful staging of the 1986 Woodstock Run, as reported in last week's Courier.



**BRONWYN Bickford, junior female athlete of the year with John Fletcher, president of the NSW Road Runners Association.**

It was a great day for the Club and also for Bronwyn, James and Kerry.

We thank the Courier for telling the story.

GOLF - A NEW FORM OF RUNNING!

I'd like to tell you about a new form of running training I have developed which I call golf (this is not an acronym for anything, though in another context, it could stand for Game of Little Fitness).

Golf training involves running a number of repetitions over pre-determined distances (each repetition being a 'hole') in as close to a target time as possible (these times being the 'par' for the hole). Consequently, if your actual time for a hole is less than the target time, you are said to be under par, and vice versa. For example, if you aim to run a hole of 400 metres in 72 seconds and actually run it in 70 seconds, you are two under par for that hole. By keeping a running total of your score at each hole, in relation to par, you can make a game of your training.

Golf is best played on a marked surface such as an athletic track, though an accurately measured section of road, pathway or park will suffice. It can be played on an infinite variety of 'courses' with the number of holes and the distances for each hole being matters of personal preference. However, I recommend that the distance for each hole be in the range of 200 to 1,000 metres and that you play at least four, but no more than 12, holes.

The pars you set for each hole should be based on your own requirements and abilities, and importantly, be realistic when setting your pars. The major aim of golf is to learn pace judgement and this means that running under par is as undesirable as running over par. Therefore, if you are repeatedly running nowhere near par, you either lack pace judgement or the pars you have set are unrealistically high or low.

A few more general notes on this form of golf are as follows:-

- o Golf can be played with any number of partners though caddies are not allowed.
- o Golf is not recommended for (shot) putters.
- o Keep out of bunkers unless you are a long or triple jumper.
- o To avoid ending up in the trees or rough, go to the toilet before you start playing.
- o A hole-in-one is not a good thing; generally referring to the condition of your socks.
- o Irons are useless except for uncreasing your running gear.
- o Balls are also useless but should not be discarded.
- o If you can feel a birdie coming on, put her out of your mind until you've finished playing.
- o If you feel a bogey coming on, blow your nose on your running singlet.

Finally, if you get in the way of a runner going around a track and he, or she, yells 'fore' you should be able to guess what type of training they are doing.

P.S. My favourite golf course consists of alternating three holes of 400 metres with three holes of 200 metres, with a 200 metre jog between each hole.

JAK CARROLL



"If you want a race, run 100m. If you want an experience, run a marathon."

EMIL ZATOPEK

# VETERANS' ATHLETICS - 1987

Are you a lady 28 & over, or a gentleman 35 & over?

If so, you may join the Veterans' Athletics Association, cost \$10.00, and take part in the State [March] and Australian Championships [Easter], both of which will be held in Sydney.

All events, both track and field, are covered, so why not give it some thought.



From 28th Nov. - 6th Dec. the World Veterans' Games will be held in Melbourne. Eligibility for these Games will be - Women 35 & over, Men 40 & over.



There are no qualifying standards for any events at the Games.

Details will soon be available at Woodstock.



# A GUIDE TO THE BEST PLACES TO RUN IN CANBERRA.

- For Parliament - easy paced, well paid lifestyle.
- For cover - when it starts raining or snowing.
- For help - when being assaulted by protesters.
- Indoors generally - it might take 160 laps of your living room to the mile but at least it's warm and you can watch the TV while you run.
- Around the AIS - if you wear fancy enough gear you might get your photo taken by a tourist who mistakes you for an Institute athlete (however, remember to smile while you're running, even if you're going flat-out, so that it looks like you're just warming up).
- Deek's Drive - then you can tell your friends you've run in Deek's footsteps!
- By night - if you're a Midnight Oil fan and like nocturnal marathons.
- To the toilet - when suffering from diarrhoea.
- Away - to somewhere with a better climate!

Footnote: For anyone seriously considering running in Canberra the use of some form of warm-up liniment is highly recommended - it won't keep your exterior very warm but if you drink a glass or two before you run at least you'll feel warm inside!

JAK CARROLL

## Four days to finish race

NEW YORK, Friday: When Gianni Poli crossed the finishing line to win the New York City marathon in just over two hours, and Robert de Castella struggled into third place, Bob Wieland was just getting started.

Wieland, a 40-year-old Vietnam veteran who lost both legs in the war, pulled himself across the line on gloved hands yesterday to become the last official finisher and the most determined marathoner ever.

He arrived in Central Park 98hr 48min 17s after setting out. He was still making his way along pavements on the course long after 724 non-finishers had resumed their normal lives, and despite the fact that officials had forgotten him.

Wieland is no stranger to long stretches on the road.


Last year he finished a 4,480km Walk for Hunger across the United States, raising more than \$A468,750 for charity.

It took him 3½ years.

SYDNEY MORNING HERALD


8th Nov. 1986.







**WOODSTOCK RUNNERS  
COMMUNITY FUN RUN**  
proudly sponsored by  
**METROPOLITAN CREDIT UNION**  
**10 KILOMETRES**  
**Sunday, 2nd November, 1986**  
**8.00 am**

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

 **SINGAPORE AIRLINES**  
A trip to Singapore drawn from first five male & first five female runners.


 **GREYHOUND**  
Return tickets to the Gold Coast for two with 7 nights accommodation at Surfers Paradise, drawn from all finishers.



OUR ENTRY FORM



HELPERS' BADGE



*We thank you for  
your valuable  
assistance 10-day.*

Please present this voucher  
for your complimentary  
**DRINK**, and do stay on for  
the **HELPERS' LUCKY DRAW**.

Community Fun Run  
1986

HELPERS' DRINK TICKET

*Our Fun Run 2-11-86*



**Woodstock Runners  
Community Fun Run**  
Proudly sponsored by **METROPOLITAN CREDIT UNION**

**Certificate of Achievement**

Awarded to \_\_\_\_\_  
for successfully completing the 10 km course in \_\_\_\_\_ mins \_\_\_\_\_ secs



(President) \_\_\_\_\_  
Promoting health, fitness  
and the Community Spirit

CERTIFICATE

## Results of 1986 Woodstock Runners Community Fun Run

Place	Time	Race No.	Name	Place	Time	Race No.	Name
1	30:10	1	HARRISON JAMIE	61	36:32	783	MASON KEVIN
2	30:46	288	VASSALLO MARK	62	36:46	387	THOMPSON EWEN
3	31:10	269	TODD MATTHEW	63	36:50	483	POTTER NEVILLE
4	31:23	292	DONGES GEOFF	64	36:51	910	HOWE FRED
5	31:40	417	GIBBONS TOM	65	36:58	380	McCLEAN STEPHEN
6	31:48	627	GUMIENIUK JOHN	66	36:58	388	WONG KEVIN
7	31:54	276	SMITH MURRAY	67	37:03	687	McQUARRIE BRIAN
8	32:00	508	MALLET GLYN	68	37:07	539	BENNETT STEVE
9	32:39	349	HUGHES MARK	69	37:09	1038	COBURN GARETH
10	32:58	378	McCLEAN GARY	70	37:22	465	RICARDO MARGARET
11	33:05	843	BOX JIM	71	37:22	530	THOMPSON KEVIN
12	33:13	839	GRAVES IAN	72	37:25	407	GOOLEY WAYNE
13	33:23	812	SCORZELLI FRANCESCO	73	37:26	846	JESSOP JOHN
14	33:24	668	OSTROWSKI KONRAD	74	37:29	403	BROWN GORDON
15	33:40	489	MRAKOVIC ANDREW	75	37:34	299	MURRAY WAYNE
16	33:51	427	SMITH BRENDEN	76	37:34	365	DREW ROBERT
17	33:56	174	STOKES RUSSELL	77	37:37	539	BENNETT STEVE
18	34:03	280	ABREV DAVID	78	37:40	838	OSTROWSKI P
19	34:08	858	RUSTON STEVE	79	37:43	129	DUNNE JASON
20	34:15	504	FLANNERY JONATHAN	80	37:44	471	BATMAN PAUL
21	34:23	661	BATY TOM	81	37:48	255	YOUNG JODIE
22	34:34	859	BOWERS JOHN	82	37:48	596	BATMAN CHRISTINE
23	34:41	377	CLARKE LAURIE	83	37:51	181	SEIXAS EDIMAR
24	34:59	493	PACHECO ARLINDO	84	37:52	805	McMAHON DAVID
25	35:00	492	NEWMAN HARRY	85	37:55	416	WILLIAMS MICHAEL
26	35:03	204	BANNERMAN DOMINIC	86	38:04	954	SPARKE COLIN
27	35:05	395	EADIE DOUGAL	87	38:08	651	AGOSTA PEDRO
28	35:07	639	BEARDSLEE BOB	88	38:09	404	POOLE DANNY
29	35:13	346	LINSAY MICHAEL	89	38:14	354	WORRAD DAVID
30	35:14	919	GRIBBLE RON	90	38:24	664	McGUIRK MICHAEL
31	35:16	636	MAHER RON	91	38:25	524	CREIGHTON ALAN
32	35:18	682	ROSS CRAIG	92	38:30	771	CALLAGHAN DES
33	35:22	547	STRATON PETER	93	38:30	825	GARROTT DUDLEY
34	35:25	352	THOMAS BRYAN	94	38:33	152	HURST MICHAEL
35	35:28	338	HINDMARSH KERRY	95	38:33	374	FRANCKEN PAUL
36	35:29	398	GISSING JEFFREY	96	38:33	487	McMAHON MICK
37	35:40	151	GIBBESON PAUL	97	38:36	157	GARROSCO FABIAN
38	35:42	334	MRAKOVIC BARBARA	98	38:40	860	NOAKES MICH
39	35:43	284	DA SILVA VALDEMAR	99	38:41	648	SHEARS JOHN
40	35:44	623	HUNTER NICK	100	38:47	286	BLACKBOURNE MARK
41	35:48	285	KALEY MATHEW	101	38:48	302	TZOUKOS PETE
42	35:52	686	ROCKS TONY	102	38:52	421	McCULLAGH TERRY
43	35:52	835	MILLAR BRUCE	103	38:55	401	DALEY WAYNE
44	35:54	488	GRIFFITHS LARRY	104	38:56	196	AYOUR BERNARD
45	35:56	683	SILL DAVID	105	38:56	462	HORN CAROL
46	35:58	876	ROBERTS MIKE	106	38:56	689	DEVAURNO RAY
47	36:00	500	WYLIE KEN	107	38:58	684	DYNAN STSVE
48	36:01	335	DOVEY MANDY	108	39:00	2	COSTA DAVID
49	36:03	407	BURKE RON	109	39:01	641	McKENNA WARREN
50	36:10	195	DA SILVA LUIS	110	39:07	482	MATSLIO NIHIL
51	36:10	773	DAVIDSON ALAI	111	39:07	790	GALLAGHER FRANK
52	36:11	294	VELLA SAM	112	39:10	478	GIBBONS GARRY
53	36:12	501	HALL STEPHEN	113	39:13	772	SIDEBOTTEM CEDRIC
54	36:18	119	WEGNER HELMUTH	114	39:16	411	WARD ALAN
55	36:20	908	VISALLI TONY	115	39:16	633	LAME KEN
56	36:22	379	WALKER IAN	116	39:17	883	MARSHALL PATRICIA
57	36:23	873	FARRELL ALAN	117	39:18	782	MARSHALL BRUCE
58	36:25	447	WALSH THERESE	118	39:20	544	SAHV-KHAN RASHEED
59	36:26	814	HILL THOMAS	119	39:21	340	HARRISON LISA
60	36:31	118	BRUCE ANTHONY	120	39:22	518	CAMPBELL TREVOR



Results of the Woodstock Runners Community Fun Run.  
2-11-86

Category	Male	Female
Open 1st	Jamie Harrison 30.10 (rec)	Kerryn Hindmarsh 35.28 (rec)
2nd	Mark Vassallo 30.46	Barbara Mrakoveic 35.42
3rd	Matthew Todd 31.10	Mandey Dovey 36.01
12 & under	David Costa 39.00 (rec)	Jacqueline Perry 42.59 (rec)
13 - 17	Russell Stokes 33.56	Jodie Young 37.48 (rec)
18 - 23	Geoff Donges 31.23 (rec)	Lisa Harrison 39.21 (rec)
24 - 29	Tom Gibbons 31.40 (rec)	Therese Walsh 36.25 (rec)
30 - 34	Glyn Mallett 32.00	Christine Batman 37.48
35 - 39	John Gumieniuk 31.48	Ingrid Friend 43.54
40 - 49	Jim Box 33.05	Pat Marshall 39.17 (rec)
50 - 59	Ron Gribble 35.14 (rec)	Mary McKinley 54.55
60 & over	Colin Sparke 38.04 (rec)	Thelma Davies 58.13 (rec)
Teams Open	Mt. Pritchard Joggers 103.57	Earlwood Sports 133.33
Mixed	O.L.M.C. Epping Staff 170.49	
Primary School	Liverpool Primary 135.27	Fairfield West Primary 158.37 <sup>(rec)</sup>
Secondary School	St Columba's, Springwood 114.09 <sup>(rec)</sup>	O.L.M.C. Epping 154.23 (rec)
Husbands & Wife 1st	Christine & Paul Batman 75.32	(rec)
2nd	Sue & Bryan Thomas 77.01	
3rd	Pat & Bruce Marshall 78.35	
Local Resident	Matthew Todd 31.10 (rec)	

COMMENTS ON THE FUN RUN

[VIA REPORTS, LETTERS, PHONE CALLS AND WORD-OF-MOUTH]

"We also would like to thank you for the Trip For Two to the Gold Coast, compliments of Greyhound Australia Tours, which we won".

Allan & Rosalinda Mohr  
Blacktown

"I just don't know how, but, the 1986 Fun Run was bigger and better than the first colossal effort in 1985".

Brian Siepen

"Just a little note to say thank you for a most enjoyable day at your second annual Fun Run".

Staff & Student Joggers  
O.L.M.C. Epping

"One of the good things about the Woodstock Run is that you don't have to queue up for anything".

A competitor  
to one of our helpers

"Thanks to all, especially Chris, and I look forward with confidence to Sunday, 1st November, 1987".

Kerry

"The best Run of the year".

Jamie Harrison (Winner)

"Wherever they go they promote Woodstock".

"We are proud of the Club's achievements".

Phillip Taylor  
Mayor of Burwood.

"The last time I was in a Run as good as this, was your Run last year".

A competitor to Kerry

KEEP ON 'TRUCKIN'

So you think hiring a two ton van from Uncle Bob Ansett's Budget a month in advance is easy? Well, certainly not for our 1986 Fun Run. Just check this out:-

FRIDAY, 31 OCT:- (two days before the Big Day). Four thirty p.m. Chris rings Elle who informs him that Kerry was advised by Budget that the truck was unavailable for pick-up at 1.00 p.m. Saturday.

4.35 P.M.: Chris rings Kerry - truck in Leeton and may not be back till 3.00 p.m. (if we're lucky). No other Budget trucks available. Kerry tries other truck rental firms but no go, except for "A-1 Truck Rental" at Dee Why.

As truck driver DIBSIE (Brian Siepen - breaka breaka ten four!) lives at Dee Why, I'll ring him.

4.45 P.M.: Brian doesn't answer.

4.50 P.M.: I ring Budget to leave booking open (just in case).

4.55 P.M.: I then ring A-1 and speak to a Mr Dardo. I book the truck - now we've got two booked!

5.00 P.M.: Brian Siepen informed.

5.05 P.M.: Brian rings Dardo to organise pickup for 1.00 <sup>p.m.</sup> Saturday, November 1st (return 6.00 p.m. Sunday 2nd). Truck would be delivered to DIBSIE's place.

SATURDAY, 1 NOV:- One day to go!

7.30 A.M.: Dardo rings Brian and confirms that truck would be delivered at 1.00 p.m.

12 MIDDAY: Kerry and myself, at Woodstock to supervise the setting up of the tent, are confronted by Peta Bray who has cycled up to inform us that the Budget truck had arrived three hours early and was ready for pickup!.... I then realised OOOOPS!! - I had forgotten to cancel Budget.

12.05 P.M.: I devise with Kerry a story and cancel Budget truck. No need to worry, A-1 will deliver truck to DIBSIE at 1.00 p.m.

1.00 P.M. - NO TRUCK!

1.10 P.M.: Still NO TRUCK!! Being a stickler to time, DIBSIE rings A-1 and complains only to be informed that truck filled with rubbish and has to go to tip.

2.00 P.M.: Truck arrives complete with a broom to clean out the back - a broom which the following day went mysteriously missing.

2.30 P.M.- 6.15 P.M. Pick up and deliveries made in truck — Chris' place, Kerry's; drink stations, P.A. hire, McDonalds. During the last hour BRAKE FLUID WARNING LIGHT IS RED!

6.30 P.M.: DIBSIE worried so rings Dardo but no answer.

8.31 P.M.: DIBSIE goes to Big Rooster for takeaways - but all in darkness - it closed at 8.30 p.m.

9.30 P.M.: After a number of tries DIBSIE gets answer at Dardo's place but is advised that Dardo is asleep. "Get him up!" asks DIBSIE politely to Dardo's father.

Dardo gets up and says "no worry - drive merrily on with red light staying on!"

SUNDAY, 2 NOV: THE BIG DAY.

4.00 A.M.: Truck arrives at Woodstock. Joining DIBSIE is Derek White, Michael Bayles who distribute signs and flags before run, and Colin Townsend provides welcome help to collect them at 12.00 noon.

12.30 P.M.- 4.45 P.M.: Truck does all its pickup and deliveries of Fun Run gear.

5.00 P.M.: Leaves final delivery point (Drummoyne).

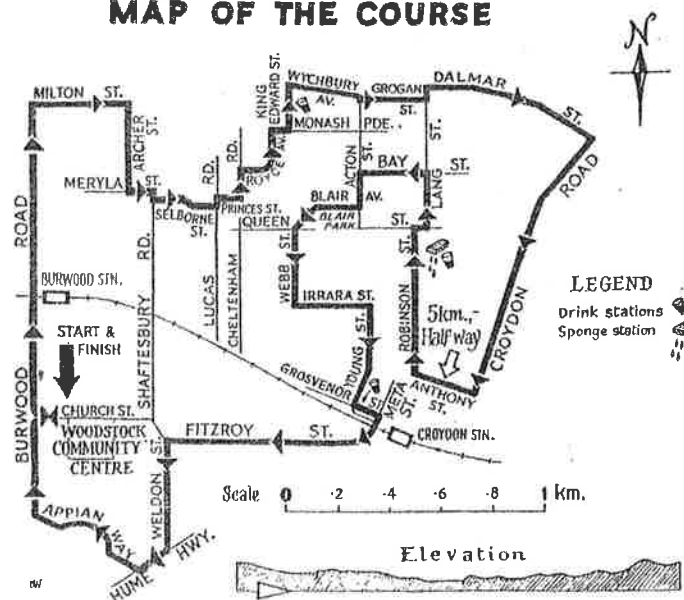
6.00 P.M.: Returned to A-1, cost \$114.40, but Dardo gave it to us for \$114.00 - BEAT THAT MR ANSETT!!

So ends the tale and times of renting a van and of DIBSIE, the man who gave up an accounting practice and egg yolk volvo to manoeuvre, at least for two days, a Mazda 2200 two-tonner with faulty brake fluid light....

.....at least until next year.

CHRIS SIEPEN

### MAP OF THE COURSE



THE STORY OF THE FUN RUN AS TOLD BY THE COURIER



DAVID Loring, the executive manager marketing for the Metropolitan Credit Union, starts the 1986 Woodstock Fun Run.

## Women runners beat record at Burwood

**THE Woodstock Runners Community Fun Run, sponsored by Metropolitan Credit Union established its place as one of Sydney's biggest and best organised Fun Runs.**

David Toning, Metropolitan executive manager marketing, fired the gun, which set 700 runners on the challenging 10km course through the streets of Burwood.

The leading males remained in a pack until around 4km, when last year's winner Jamie Harrison, broke away and held on to the lead to take the Gregorys Perpetual Trophy in 30 mins 10 secs — 34 sec faster than his 1985 time.

He was followed home 36 secs behind by Mark Vassallo with Matthew Todd third in 31 mins 10 secs.

All major winners received Metropolitan Credit Union accounts.

A highly competitive field of ladies fought out the major placings with Kerryn Hindmarsh smashing the 1985 record by 4½ mins. Barbara Mrakovcic

was second in 35.42 with Mandey Dovey third in 36.01.

The quality of the female competition was emphasised when the first 12 runners broke last year's record.

Oldest finisher for the second time was Richard Ryszkowski, 76, who completed the course in 87 mins. Richard is looking forward to next year's run on November 1, 1987.

A trip to Singapore, donated by Singapore Airlines, drawn from the first five male and first five female runners was won by Mark Vassallo, while Allan Mohr went home with a Gold Coast holiday for two, courtesy of Greyhound Australia, drawn from all finishers.

Results November 2: Open category (male): first: Jamie Harrison 30.10 (rec), second: Mark Vas-

sallo 30.46, third, Matthew Todd 31.10. Female: first, Kerryn Hindmarsh 35.28 (rec), second Barbara Mrakovcic, third Mandey Dovey 36.01. 12 and under (m) David Costa 39.00 (rec), (f) Jacqueline Perry 42.59 (rec), 13-17, (m) Rus-

● TO PAGE 31

### ● FROM PAGE 30

sell Stokes 33.56, (f) Jodie Young 37.48 (rec), 18-23 (m) Geoff Donges 31.23 (rec) (f) Lisa Harrison 39.21 (rec), 24-29 (m) Tom Gibbons 31.40 (rec) (f) Therese Walsh 36.25 (rec), 30-34 (m) Glyn Mallett 32.00 (f) Christine Batman 37.48, 35-39 (m) John Gumieniuk 31.48, (f) Ingrid Friend 43.54, 40-49 (m) Jim Box 33.05, (f) Pat Marshall 39.17 (rec), 50-59 (m) Ron Gribble 35.14 (rec), (f) Mary McKinley 54.55, 60 and over (m) Colin Sparke 30.04 (rec), (f) Thelma Davies 58-13

(rec). Teams open. Mt Pritchard joggers 103.57, Earlwood Sports 133-33, Mixed OLMC Epping Staff 170-49. (m) Primary School Liverpool 135-27, (f) Fairfield West Primary 158-37 (rec). (m) Secondary School St Columba's Springwood 114-09, (f) OLMC Epping 154-23 (rec). Husband and wife, first Christine and Paul Batman 75-32 (rec), second Sue and Bryan Thomas 77.01, third Pat and Bruce Marshall 78.35. Local resident Matthew Todd 31.10 (rec), Oldest finisher, Richard Ryszkowski 87 mins (76 years).





AND they're off ... the start of the recent 1986 Woodstock Fun Run at Burwood, sponsored by the Metropolitan Credit Union.



THE Metropolitan Credit Union's junior saver's mascot, Koala Bill, congratulates the first lady over the line in the credit union's recent Woodstock fun run, Kerry Hindmarsh.

OUR 1986 FUN RUN

With one hundred per cent attendance by ALL Committee Members at every one of our six meetings, we couldn't go wrong. I personally thank Chris, Leonie, Elle, *Colin and* Derek for their attendance and dedication. Leonie had been with the Club only a few weeks when she volunteered to join the Committee - a very brave act.

While much of the work had been accomplished in '85, there was a great deal to keep us occupied and a few changes were made for '86. These included an extra time chute with a timer and two scribes in each; an additional drink station at 5.5k; splitting the most popular age category into two i.e. 30-34 and 35-39; free tea, coffee and cake at the finish; additional certificate writers; a blue and white marquee on the lawn; a map of the facilities; and the Burwood Brass Band.

We were delighted to receive sponsorship from Metropolitan Credit Union for the second successive year and in addition a trip to Singapore, courtesy of Singapore Airlines and a weeks holiday to the Gold Coast donated by Greyhound Australia. Local businesses supported us well and Terry Mundy lived up to his reputation gaining lots of gifts from the North Sydney area and the tea and coffee from his firm. Therefore we were able to offer a superb range of gifts for award winners as well as lucky draw prizes.

The busy last weeks prior to the Run were well worth it when 700 entered the Event (200 up on last year). There seemed to be nothing but praise from the competitors.

Its success is due to the co-operation of members and their friends and much of this is brought about by the efforts of Co-Director, Chris, who had the unenviable task of chasing up people. The newsletters which were written by Chris kept members informed, and inspired people to join with us and help out. Chris held a number of meetings at his home; he organized the truck, chutes, marquee and decorations; wrote agendas; checked out the course at 7.55am on the Day; collected and sorted all pre-race entries; and among all the other jobs - the supreme one - he slept Saturday night in the tent. By the way - this year Chris lost his shifting spanner.

Colin Townsend talked and listened to running matters all year without being able to take part himself because of injury. Colin took the Fun Run results, put them into the computer and now we have a full list of placings. One very wet night on the way to Chris', my car, giving Colin a lift, decided it wanted to go no further about 2k short of College St. We walked there, with Colin giving me his umbrella, then phoned the NRMA. At midnight Derek drove us to the car to meet the mechanic and Colin stayed with me - (you don't have to read the next part) - \$5 worth of petrol helped us on our way.

Thanks Elle for organising the Singapore trip and the travel bags; for the cups of coffee, the photo display, the never-ending typing and all the help over the weekend of the Run. Congrats to you, Derek, on the Facilities Plan; the water colour of St Paul's Church, collection of entry forms from the printer, securing sponsorship from Gregorys, the PA job, putting up and taking down of signs and the many other "behind the scenes" chores.

We greatly appreciated Leonie posting out the entry forms to running clubs, co-ordinating the food and final drink station and arriving with \$23 worth of milk - we hope you're not scared off in your first year with the Club.

Jak, as Chief Recorder, maintained the high '85 standard he set, even though he operated out of Canberra. He worked with us until the early hours of Saturday morning, entering the pre-race competitors and came from a ball to arrive at 4am Sunday at Woodstock complete with dinner suit.

Our Chief Timekeeper, Ken Murray, carried out his "duties" with great precision - a must in this most important job. Chris Moran mingled with the flower-stall gentlemen very early on the Friday morning at Flemington Markets to pick up the carnations. Colin Green's donation of the Female Team Perpetual Trophy was a wonderful gesture and once again it was great to be able to call on Jim Burrows to design and bring it to life.

Brian Siepen did not lop as many trees as Derrick did last year in manouvering the two tonne truck through Drummoynes, Croydon, Burwood, Concord etc. over two days. Brian would have slept well Sunday night after hauling equipment on and off the truck for many hours that week-end. And what better Baggage Manager and Certificate Co-ordinator could we have than someone like Dot. Lesley Williams to pass some time while injured, washed, hemmed, ironed and put into numerical order all the numbers used on Fun Run Day. We must be almost ready for next Year's now. When it comes to the Chief Chef and also living with the Race Director through thick and thin - thanks to a top guy

- Paul.

On the 2nd, it was an hundred per cent effort from around 130 great people - members, families and friends. I hope you enjoyed the experience, we greatly appreciated your help and sincerely hope to see you on the 1st Nov. 1987.

Kerry



**"and ... while you're at it, can you retread an old jogger?"**



*"Now I know what a station wagon feels like when a sports car passes."*

SOME 1987 FUN RUN DATES

JAN 03 - Harbord Diggers Palm Beach to Manly, 30km.

26 - Australia Day Festival Fun Run, 10km.

FEB 15 - Talay's Twosome.

MAR 08 - Glossodia 10km (near Windsor).

15 - Royal National Park Triathlon.

22 - Sydney Striders Half Marathon.

APR 05 - Nike Marathon, Canberra.

25 - Anzac Day Marathon.

MAY 03 - City of Sydney Half Marathon.

JUN 07 - Budget Marathon, Sydney.

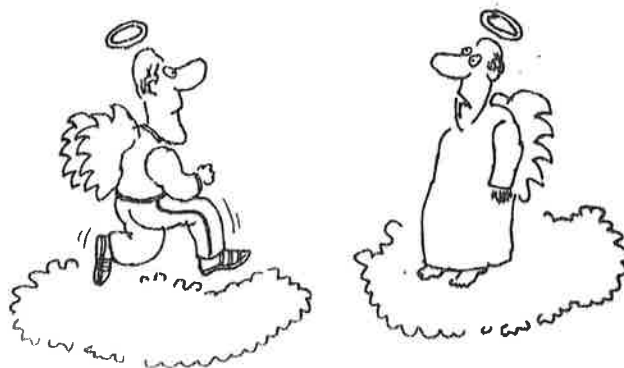
AUG 09 - City to Surf.

16 - Qantas "Cities" Marathon.

SEP 27 - Birkenhead Run.

NOV 01 - Woodstock Runners Community Fun Run.

08 - Fishers Ghost, 12km.



*"But, Foster, up here  
you don't have to suffer  
to stay healthy!"*

Sincere thanks to Elle for typing most of the contributions for the Year Book. We are grateful also to the White Family, Janine, Jak, Rohan and Kerry for their assistance in this task.