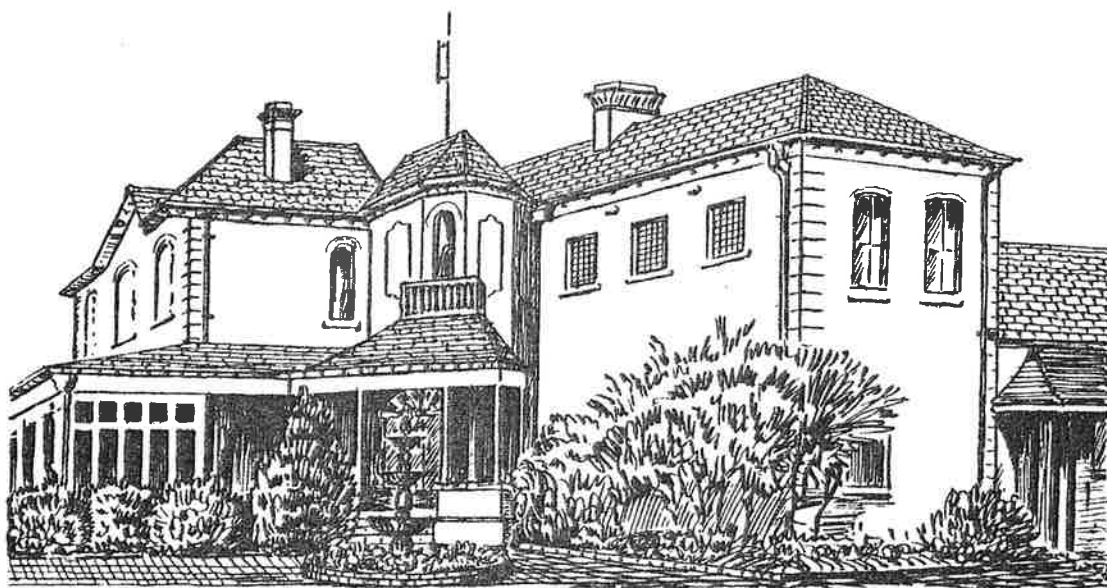


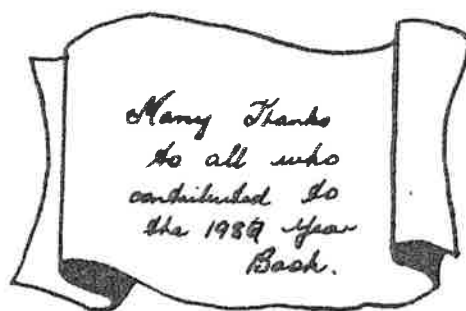


YEAR BOOK

1987



'Woodstock'



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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 1987.

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

The first run was over the 1.7K course through Appian Way on 26th August and we graduated slowly through the Council's 3.3K Fun and Fitness course, the 5.5K Burwood Park Run and the Concord Run - our first 10K course.

Through 1981 we often had 3 to 5 participants, but 1982 saw the arrival of Chris, Elle, Robyn, Dot, Derrick, Tony and Barry. Derek, Phil and Bob (Davidson) joined in '83, the year we held our first Internal Team Competition in the City to Surf; trained on Thursdays under floodlights at Campbell Field; enjoyed our first large scale Christmas barbecue and Presentation and launched the very first Woodstock Year Book.

"Firsts" in 1984 included official singlets, T-shirts and sloppy joes; Chris' annual Australia Day Run; a lecture night; alternative City to Surf; Toby's birth; and the tentative first steps over the Fun Run course.

The Moran Family joined that year along with Jak, Jim, Bill (White), Jeanette, Pat (McCarthy) and Peter (Manchester).

The first annual Woodstock Runners Community Fun Run was the climax of '85 and was to be awarded the 1986 N.S.W. Road Runners Assoc.'s "Best Fun Run of the Year".

Derek donated to the Club a perpetual trophy which he had

designed and made and which the Committee chose to award to the "Champion Person". In its first year it was presented to Derek, Jim and Terry (Mundy) for their valuable contribution to the Fun Run.

Our Saturday morning runs commenced in March '85 and we had our first march in the Burwood Festival Parade. We held our initial Internal Run to Time Fun Run for members in October.

New members that year included Colin Townsend, Alan Clark, Colin Green, Terry Bailey, the Murray Family, Frank Berlouis, Pat Mahony, Lesley Lear, Mark Miller, Adam Summons, Lesley Williams, Joanna, Margaret and Angela White.

Kerry received the award of first Life Membership at the Annual Presentation night.

Enthusiastic members who joined us in 1986 were Michael Oakley, Dean Patterson, Mathew and Nadine Hewson, Bronwyn Bickford, Sue and Jerry Phipps, Peter Kelly, David Mathers, Sue Condon (later Pinto).

During the year we presented St. John Ambulance Brigade (W.S. Branch) with a cheque for \$500 from our first Fun Run; we held regular Sunday morning runs in the Off Fun Run season; enjoyed a "Crazy Run" in Centennial Park on Easter Monday and a breakfast Run from Brett Park to raise money for I.C.A.R.E., both organized by Pat Mahony; and, of course, held a most successful 2nd annual Fun Run.





WOODSTOCK ALIVE WITH RUNNERS!
SECOND ANNUAL FUN RUN - NOVEMBER 1986

Chris, on the guitar and microphone, as well as slide projector this year, and Paul, on the barbecue, gave us a memorable Annual Presentation evening.

Award Winners for 1986 were:

AWARD WINNERS AT WOODSTOCK RUNNERS ANNUAL PRESENTATION
HELD 11TH DEC., 1986

Most Improved Runner of the Year - Michael Bayles
Novice of the Year - Jeanette White
Rookie of the Year - Mathew Hewson
Most Outstanding Individual Performance of the Year -
Eleanor Cody - 6th in Australian Road Championships
Encouragement Award - Colin Townsend
Club Champion - Female - Eleanor Cody
" " - Male - Barry Crisp
Runner of the Year - Chris Slepco
Most Outstanding Team Performance of the Year -
Ladies Team 2nd in the Sydney to Wollongong 50 mile

Relay (Eleanor Cody, Sharon Lane, Bronwyn Bickford and Dorothy Siepmann).

Most kilometres run with the Club in 1986 -

Chris Siepen 1384 kms, Kerry Bray 1384 kms, Colin Green 1009 kms, Derek White 924 kms, Terry Mundy 902 kms, Michael Oakley 893 kms, Michael Bayles 878 kms, Ken Murray 869 kms, Eleanor Cody 849 kms, John Murray 832 kms, Dorothy Siepmann 827 kms, Frank Berlouis 807 kms, Chris Moran 766 kms, Pat Mahony 731 kms, Steve Briscoe 692 kms, Robyn Nash-Briscoe 682 kms, Tony Murphy 655 kms, and beginner runners Jeanette White 204 kms, Margaret White 143 kms and Jenny Clark 99 kms.

Marathon Badge - Frank Berlouis

Triathlon " - John Murray, Dean Patterson, Peter Staunton, Eva Konkolowicz, Andrew Ward and Kevin McDonald.

Champion Person Award - Jak Carroll

It was a great year for the Club with a large increase in active members; many Fun Run successes including lots of team awards; the continuation of established events such as Chris' Australia Day Run and the birthday party and the introduction of new happenings already mentioned, as well as the Log Book for the first time.

The year concluded on a high note at the N.S.W. Road Runners Association's Awards Presentation when our '85 Fun Run took out the top award, Bronwyn and James won Junior Female and Male Athlete of the Year and Kerry won the Secretary's medal.



JAMES & BRONWYN

LET'S CHECK THE DIARY FOR 1987January:

First new member for the year and one of our most enthusiastic runners was Len Foulser, who came along on the 6th. Even though he had the misfortune to fall on his first run with us, Len continued to come along and has enjoyed quite a deal of success during the year. We are all very proud to have Len as our most senior member.

Other first-timers included Brad Hughes on the 6th, young Kevin Bolger on the 10th, and Maria Ulriksen who ran in on the 17th and a couple of months later joined the Fun Run Committee. Keith Jackson and son Steven [20th] and Kirk Purchase [27th] were joined by Trudy Kelly who made a welcome return to us on the 31st.

Each Sunday morning approximately 10-15 of us ran over distances between 10k and 20k through Bardwell Park, Beverley Hills, Wiley Park, Campsie, Concord, Flemington and most places in between. Thanks so much to Derek for organising the courses and maps.

A few members took part in Triathlons, Biathlons and Aquathons with Christine Murray and Christine Moran gaining age category prizes. Dorothy enjoyed the Running Week in Thredbo once again and Michael Oakley won his age category at Lake Conjola.



three of us enjoyed the Australia Day 10k and
 lled at the Presentation when Bronwyn Bickford
 d 1986 Azmak
 of the Year
 best performed
 in the 4 events
 d during 1986
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tart to the month with Chris' wonderful
 Day Run on the 1st. We all appreciated the
 ty afforded us by Chris and Elle!

popular Talays Twosome attracted 22
 ians to Centennial Park on the 15th with
 nd John [Murray] teaming to win their age
 as did Dot and Derek! As well there were a
 triathlons!

ley arrived on the 3rd and has shown good
 throughout the year. Chris Doyle came along
 Hughes on the 10th!

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Each month a number of members
 contest distances from 21.1k to
 30k organised by the Sydney
 Marathon Clinic.



Melbourne Ultra in which he was placed 3rd.

April:

New members included Val Hooper and Sandra Cohen on the 7th and the 11th brought along Max Hall as well as Virginia Clark, a real enthusiast who after a number of successes has stepped up her training with the intention of running the 1988 Anzac Marathon. Good luck, Virginia! Maryann and John Busteed from Canberra joined us for a couple of runs this month.

Elle went to Canberra where she came 3rd in the C.C.C. Womens 6k. She won the Windsor Rotary Heritage Week 10k and Bronwyn was 2nd. Dot was 3rd in the Holroyd Family Festival 10k and Robyn won the 4k Credit Union Canter. In the Australian Veterans Championships Dorothy gained two seconds and Len a 2nd and a 3rd. At the Portuguese Runners 7k cross country event in Centennial Park in pouring rain, Club Members "scooped the pool".

Michael Oakley and Colin Green gained 1st and 2nd place medals respectively for their age categories as N.S.W. Vets. in the Anzac Marathon. The high point of the month came 3 days after the Marathon when Michael presented the Club with the Marathon Trophy - has to be seen to be believed.

May:

Michael Hogan and Jason Furnell came along on the 5th - two young runners who will achieve much if they stay with it. Michael took out his age category in the Harbord Diggers Scenic Run this year. Jo Welfare and Graciela Rosales joined in on the 27th and took part in a few Fun Runs.

July

The month was "light on" for new members but very "big" on Fun Runs. The inaugural Westfield 30k and 11k Runs were popular, although the organisation was not to standard. Ken and Christine Murray were 1st father and daughter with Christine taking out 1st lady U/19.



The rain drenched Harbord Diggers Scenic Run on the 5th attracted 15 members and once again demonstrated great organisation and hospitality. We gained 2nd and 3rd place in the ladies' team and 2nd in the mens'. Michael Hogan won his age category.

Gosford to Terrigal 11k, Harbour to Manly 14k and the Great Nosh treacherous 15k attracted Woodstock



people with 10 entering the inaugural RRA Award winning Combination Marathon and Half Marathon organised by



Western Districts Joggers and Harriers and Campbelltown Joggers.

As in previous years we had a large contingent contest the Sutherland to Surf on the 26th with Steve Briscoe, first Club Member home in 37.12 closely followed by Barry in 37.44. Not so close to home, the Gold Coast Half Marathon enticed 8 members, most of whom travelled by Greyhound coach with a package deal organised by Lesley. The Run proved to be a great Event and we expect



more to enter in '88. Tony Murphy's (80.53) and John Murray's (78.05) were top efforts.

August

The month commenced on a high note for the Club when we took to the water on the 2nd to celebrate our 7th birthday. The Harbour Cruise, superbly organised by Pat Mahony gave about 70 members and their relatives a most enjoyable afternoon including great food and drink, dancing, birthday cake and wonderful company all around. Thanks Pat !



Maryanne Busteed ran with us on the 4th and Reed McNaughton, Eva's husband, on the 6th. The 11th saw Glen Hughes and Andrew Doyle, brothers of Brad and Chris respectively came along for a run and we all chased Scot and Janet Swanson, along the Ashbury Run when they first ran with us on the 25th. Janet went on to record a number of successes including first lady in the Woodstock Run.

The Haberfield Rowing Club 7.3k Run was a favoured Event attracting 27 members. Robyn, Elle, Nadine and Mathew (Green) each took out awards. The Pitt Town 14k and 6.4k Runs gave the Club a Mixed Team win in each one - Alan (Clark), Barry and Elle in the longer distance and Colin (Townsend), Dot and Bronwyn in the other. Elle and Bronwyn were 1st lady in each respectively. Elle was also placed 1st female airline employee in the World Airline Road Race held in Sydney on the 30th.



The biggest one of all - the City to Surf took 55



Woodstock people to Bondi on the 9th. Fastest there were Alan Clark (50.15), Peter Manchester (50.22), Barry Crisp (49.56), Phil Clarke (50.44), Jim Burrows (53.35) and the ladies Chris Moran (61.24), Dot (61.45 and Maryanne Busteed (54.18). Peter and Barry teamed with Tanya to take a bronze medal in the Mixed Team, the Morans took gold in the Family category and Dot, Angela Deakin and Kerry - silver

in the over 40 Ladies.

Is this really Michael Bayles in the medical pavilion? Michael paid a surprise visit to Sydney and the Race but it was not altogether surprising that he finished where he did - he has done it before, a number of times. Nevertheless, it was good to see him along with Mary and Jessica.



September

In September, we welcomed Timothy Novice and Andrew Heath on the 1st and Adam Cockburn on the 15th, all of whom have continued to run with us, some have entered Fun Runs and all helped out only 6 weeks later at our Fun Run. Adam merely 11 years of age is a very busy young man not just training and competing in Fun Runs but currently appearing on stage at the Theatre Royal in "Rasputin".

The 17th was a sad night for a few of us when, owing to lack of interest, we had our last session at Campbell Field. Altogether 38 people ran with us at some stage but usually we had a mere 6-10 runners. Records for this year were as follows:

200m	James Moran	26.05 secs
800m	Alan Clark } Adam Summers }	2mins 31secs
1000m	Steven Briscoe	3mins 4secs
1500m	Alan Clark	5mins 6secs
1mile	Steve Briscoe	5mins 15secs
2000m	James Moran	7mins 2secs



Chris offered some assistance to the Sydney to Wollongong Ultramarathon and Relay and finished up as Race Director and "Jack of All Trades". This, of course meant a great deal of work for him but also guaranteed an excellently organised Event. Keith Jackson ran the entire 83k in 8 hrs 1 min 49 secs with Chris (Moran), Robyn, Elle, Bronwyn and Dot gained 3rd in the Ladies Team category.

Nineteen members ran over the **Bondi Diggers** hilly 10k course of the first **Road Runners Club** Bondi Diggers Fun Run. We gained 1st Men's Team and 1st and 2nd Ladies' Team.

Alan Tully, holidaying overseas, was sending us back reports of his runs in the Bolton Marathon, (3.45) Sale Half Marathon (92.05) and Glasgow Marathon (3.38).



The Liverpool Hospital 10k Run on the 19th, Birkenhead the following day, NSW Uni. Heart Run, Macquarie Towns 10k and the Sydney Marathon Clinics Half Marathons were all popular and successful Runs for the Club.



October

Our only newcomer this month was Ron Maher who had run with Woodstock a year or so previously. Ron joined officially after our Run and was first Woodstock member home at Fishers Ghost in 42.45.

We had small numbers at Fun Runs this month including Frank and Terry who each registered PB's in the Melbourne Marathon - 3.07 and 3.09 respectively. Others travelled to Picton and Springwood with Nadine gaining a 2nd age placing at Picton, Chris Moran 2nd lady in the Springwood 10k, Colin Townsend a 1st and Adam Summons a 3rd in the 3.3k at Springwood.



On the 11th, 34 participants set off from Woodstock at 8.00am for the members' Internal "Run to Time". Jim Burrows, only 2 secs off his estimated time took home one of his beautifully made trophies. Other prize winners were Chris Moran, Bill White, Nadine Hewson, Denis Telford, Dorothy Siepman, Steve Briscoe, John Murray and Michael Oakley.

Thanks so much to Chris and Elle for organising the scrumptious breakfast.

November

Was there anything else taking place this month apart from the Best Fun Run in NSW ? Woodstock Runners certainly gave 100% effort to ensure a Wonderful Event for 712 entrants, on the 1st.

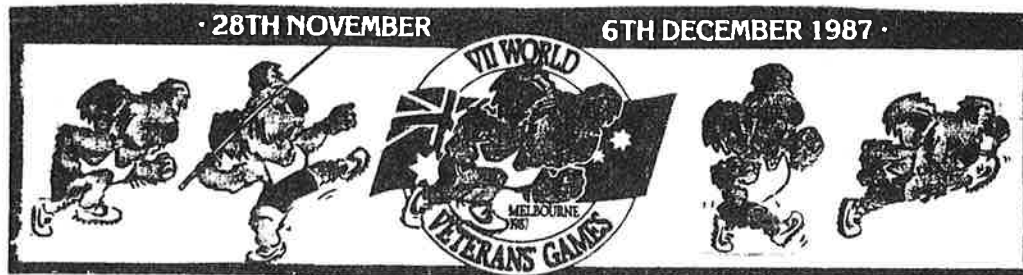
On the same day at the NSW Road Runners Association Awards the Club was once again very successful. Details of the above two happenings appear later in the Year Book.

We had an influx of "new" people after the Fun Run, most of whom had competed in the Event. Steve Norditch and Michael Watson came along on the 3rd, Margaret Robinson, Pat Flanagan, John Wilson, John Walton, Graeme Gaggin and Donna Silvestro (an age category winner in the Woodstock Run) fronted up on the 10th and Col Bertram on the 14th.

Twenty three members contested Fishers Ghost 12k Run on the 8th with Ron Maher, Barry Crisp and John Murray first home for Woodstock. Dot was 2nd in her age category, Blackheath, a week later, was a successful day out in the Rhodo Run with Nadine winning her age and Derek 3rd in his and Sue Pinto, David Mathers, Mathew and Nadine Hewson being placed 1st Mixed Team.



On the 6th, some 20 of us celebrated John Murray's 21st birthday at Fongs Restaurant, Burwood (one of our Fun Run sponsors). Although it was a late celebration, we all had a great night and thank Colin Townsend for co-ordinating the evening.



During the last week of the month we farwelled Dot, Len and Colin (Green) who left for Melbourne and the World Veterans' Games. Terry Bailey, not long returned from a holiday in the U.S. is journeying south to cheer on the Woodstock Team. We wish them well and now that Carlos Lopes is not competing in the Marathon, Colin and Len may stand a chance. Lopes will contest the 10,000m and the cross country.

As we go to press we offer good wishes all round to those competing in triathlons, biathlons, aquathons and runs over the next couple of months.

With our Christmas Barbecue Entertainment Plus Presentation of Awards on the 10th, we look forward to a wonderful evening at Woodstock.

The year has been a great one for the Club, with a core of loyal members of some years standing being joined by a large number of very enthusiastic new members. Even though the Club continues to grow, we still pride ourselves in keeping it as a very personal organisation and this is a quality for which we will always strive.

We have had many successes on the Fun Run scene, but, more importantly, we have enjoyed our running; many have clocked up a number of PBs; have formed friendships; kept fit; and as the year drew to a close, pulled together to give runners the best Run of the year.

DID YOU KNOW?

Club Members, this year, took part in 155 Events, with a total of 891 entrants. Corresponding figures for 1986 were 127 and 869.

The City to Surf attracted 55 members. Next highest representations were Sutherland Shire Events (36), Internal Fun Run (34), Haberfield Rowing Club (27) and Sutherland to Surf (26).

The Events were spread far and wide and the Club could boast "we've been everywhere, man". Places visited include Ulladulla, Lake Conjola, Glasgow, Taree, Manchester, Thredbo, Barmedman, Canberra, Bolton, Foster, Melbourne, Megalong Valley, Bundaberg, Tasmania, Bathurst, Gold Coast, Kangaroo Valley and Moreton Bay.

Some of the Events were a little different from the usual Fun Run. There were many Biathlons, Triathlons and Aquathons; in Veterans competition we took part in State, Australian and World Championships; and there was one person who ran for 24hrs and also the 83km from Sydney to Wollongong - 19 took part in the Relay, organised so capably by our own Club Captain.

CAN YOU IDENTIFY THIS RUNNER ? Photo taken
a few years ago. The subject is the boy in the middle
of the picture and there are no awards for correct
answers. By the way, yes! - the lad on the right is
picking his nose!



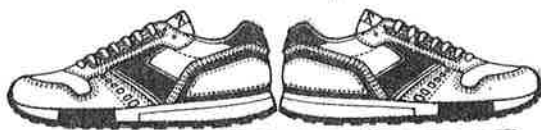
THE PRESIDENT'S YEAR

Once again you entrusted me with this office and I renew my thanks and pride in serving Woodstock Runners. Despite the temptations of World Veterans Games in Melbourne and Australian and State Titles in Sydney in 1987, I had already decided to compete in relatively few events,- only those taking place early on Sunday mornings. I had so many urgent tasks here at home.

I had started in the S.M.C. Series races in November '86, with Terry Mundy and Colin Green. We were joined later by Barry Crisp, Bob Davidson, Phil Clarke; later by Frank Berlouis, Terry Bailey and Michael Oakley. Most of us wore our Woodstock singlets and we were a happy band, especially when homeward bound in the car, listening to cassettes and engaging in lively conversation and race "post mortems".

It was good to receive the February-March issue of "Fun Runner" magazine in which Woodstock was treated to so much excellent coverage,- photographically and in text. Early in the year we resumed our Summer Sunday Training Group runs. The established courses were used again; this was easy because Chris had kept clean copies of all my maps from '86 and all I had to do was to run off and colour new ones. The roll-ups were excellent and as previously, the maintaining of the group in one body until well on the way home was a pleasant feature. Join us on these happy mornings in 1987; there must be about ten in the set if one counts the Hyde Park jaunt and Chris' splendid Balmain "bash". This is a good way of keeping your hand,- or rather your foot,- in during the latter part of the summer.

In late February I received from a friend in Miami an entry form and t-shirt for "The Love Run". This gave rise to what must rate as "The Saying of The Year". I was showing the t-shirt to David Mathers. "That's



an interesting title" he said. "Yes" I replied,- 'The Love Run',- makes you wonder what else you have to do besides running ten kilometres!" "PERHAPS IT'S A KIND OF BIATHLON" was his classic reply! For the record, the "love" was for children,- a charity. I subsequently received the results in the Miami "Herald" and it was interesting to see that the standards at all ages were just about the same as here but with many more categories. Some U.S. runs award trophies up to fifth place in every age category!

My first team event for the year was "Talay's Twosome" in which a brave Dorothy ran on an injury, finishing limping but triumphant. This has been a lucky race for me; I have run in all four, three times with Woodstock partners, for three firsts and one second.

As autumn came in and the number of events increased there were disturbing signs of the entry fees tending to rise. I think this is a bad thing. Five dollars for races up to half-marathon, ten dollars for a marathon and perhaps fifteen for a triathlon are quite high enough. Most people do not stop to analyse the situation but fun-runners really make their own entertainment. Organisers have the task of bringing the runners together, providing basic facilities and compiling the results. Sure, it's a lot of work but they do not have to provide expensive performers such as professional musicians, buildings with hundreds or even thousands of seats and pay royalties for use of music. No entertainment tax is involved and the show is "one-off",- not lasting for weeks, months or even years, several days a week. We have proved here at Woodstock that a top run can be put on without charging high entry fees. This year triathlon fees went up to well over a hundred dollars in at least one case. I do so hope this is not indicative of a trend towards high fees, small, elite fields of entrants trying to recoup their expenses, television coverage and everyone else doing a "Norm"

instead of competing.

Some of our regular long distance enthusiasts joined me in April on some 35 to 38 km training runs. These outings were principally for the Anzac Day Marathon and when that day came, all five of our fellows did a great job, the average being about 3h. 12m., with Michael Oakley's first marathon performance being the biggest surprise. April also featured some notable runs by our veterans in the State and National titles. I was waiting for July to attempt my twentieth marathon.

Michael also put in a top performance at Mt. Pritchard in May, only eclipsed by Barry Crisp who came 7th. outright and won his age. A fine event in good weather. The Marathon Clinic series ended with "Race number nine" in June; this was the race for the smorgasbord food at the presentation night! Jeanette and I won it because we had arrived a little late and were seated next to the food tables.

The next highlight was the Sutherland Shire Half-marathon at the end of June. Every member put in their best effort and there was a big roll-up of the blue-and-white. Our Men's over 35 Team was surprised and delighted to win, with two P.B.s for the distance. Also outstanding was Peter Manchester's 7 minute P.B.! Unfortunately none of the team could wait for the presentation, which was still going on 2½ hours after most of us had finished. I would like to thank Colin Townsend who stayed for it and collected the four boxes on our behalf,- nice drinking glasses,- then lugged them back.

July was for me a great month because in the middle of it Joanna, Margaret and I went to Bathurst where, despite strong winds, I enjoyed a most comfortable marathon and won a nice travel bag for "First over Fifty". Tuesday evenings in mid-winter presented me with some serious problems with very young children. It proved



impossible to keep an eye on all of them in the dark streets, with dazzling car lights blinding one occasionally. They also tended to separate (like some older runners!), take wrong turns, rush ahead, swing around poles, stop suddenly, walk and sprint alternately and stand in gutters instead of on the footpath when waiting to cross roads. I felt uncomfortably responsible, especially for the Club, which carries no insurance and depends upon the alertness and goodwill of its members to avoid any situation in which an accident claim could arise. I feel that any child under twelve who is unable to run with the Slow Group and/or unwilling to stay in a close group of "Beginners", should be accompanied by a parent or guardian.

I have already cited David's "Saying of the Year". Another, definitely in contention for the title was given by one of the juniors who often accompanied me on Tuesday nights. Young people are certainly good at deflating egos. - "You know Derek" he said, "You're almost fast enough for the Slow Group" !

August started with fickle weather and a remarkable little patch of fine conditions for the Seventh Birthday Harbour Cruise. Our thanks must go particularly to Pat Mahoney for organising this excellent social event. "City to Surf" time usually means a long wait for me, near the front of the mob with my veterans' 50-59 team. This year, one of us having passed sixty, the team broke up and Margaret (my middle daughter) and I started just behind the 90 minute sign. What a contrast! No pushing or shoving, plenty of elbow room. Margaret was delighted with a cool and comfortable run in 99 minutes, followed by a walk to Bondi Junction. It was great to hear that eighteen "Woodstock" P.B.s had resulted from top efforts in ideal conditions. Indeed, we were puzzled by the number of bodies on stretchers and other "keel overs" on such a relatively cool day. They must have tried too hard for their capabilities. Margaret's pleasure was

greatly enhanced by being in the winning Internal Team and receiving a fine trophy,- a real encouragement to continue entering fun runs. Several of us were sorry to hear that the Auburn Hospital Fun Run was deleted from the calendar. Contrary to rumour, it fizzled because no competent organisers came forward,- not because the locals were fed up with seeing "Woodstock" people walk off with several category and team prizes! Earlwood Sports Run suffered a like fate for a different reason. The latter was more surprising because it had been put on by runners. There's a moral here for us,- our Fun Run Committee must always be replaceable,- never indispensable. Subsequently, yet another run "crashed" at the last minute;- three in our area in 1987!

September opened with the Sydney-Wollongong Classic. It was fun to be in a (mixed) team. It had certainly not been fun years ago when I staggered all the way! A big "Thank you" to Michael Oakley who was our "non-playing skipper" and who allowed me to put my 'bike on his car roof. The ride home from Engadine was cold and wet but could not spoil the exhilaration of the run. One of the last things I saw before quitting Engadine was Adam, grinning from behind a monstrous piece of McDonalds produce. His strength and stamina, no doubt derived from that famous health food, was further tested a week later when he had to carry the banner down Burwood Road in the festival. (Judging by his growth in 1987, we are wasting our time putting poop on the rhubarb,- we should be feeding it Big Macs!) We really need more than five people, a drum, a Labrador dog and a car, who marched this year. See if you can turn out in '88.

• In September at the Liverpool Apex run, a warm morning did not deny our members some good times but the highlight for me was the sportsmanship of a Woodstock Runner who should have been out of breath but shouted encouragement to others,- great stuff! The S.M.C. Half-marathon was

even warmer but there were no collapses and our members won several awards.

October brought the Internal Run to Time,- great fun. I really enjoyed running about six of the ten with Mathew Hewson, who has shown consistent improvement throughout the year. On holidays at the end of that week I kept my word and visited Woodstock (near Canowindra N.S.W.) on a glorious evening. It is a very pretty little village and before the sun went down behind the hills, Jeanette and I took some photographs which I will show you later.

Our third annual Fun Run needs no account by me,- only thanks to you all for a great day. Blackheath, last event for '87 was "good arithmetic",- five entries for two wins but for the second time this year there was no women's team entered. An award not contested can result in the subsequent deletion of a category.

I now look forward to presentation night and next year. I'd like to close with an invitation. Next February I'll reach sixty years of age. In recognition of the role that Woodstock Runners have played in making me feel more like half that old, I would like to invite all paid-up, fair dinkum, regulars of our Club to join me in a little party at "Woodstock" in February (Sunday date to be fixed). I intend to complete six circuits of our Fun Run course on the day, then treat you to a few eats and drinks. Don't worry,- I'll shower in between! I am hoping some of you will join me for a circuit or two of my sixty kilometre trot.

. Happy Christmas and happy running in 1988.

Derek



ROUTINE STRETCHES

ARROWS INDICATE MUSCLE/S BEING STRETCHED

NOTE: NEVER BOUNCE WHEN STRETCHING

Hamstrings 	Hamstrings 	Quadriceps 	Hip Flexors (Iliopsoas)
Gluteals 	Gluteals <p>Hands under leg — Pull foot to opposite shoulder</p>	Calves (Gastrocnemius) <p>Toe up against wall. Gently push hips towards wall.</p>	Calves (Gastrocnemius)
Calves (Soleus) 	Trapezius Anterior <p>Good for shin splints.</p>	Triceps <p>Push arm down back.</p>	Bicep and Anterior Deltoid <p>FRONT</p> <p>Hold pole and twist away.</p>
Middle & Posterior Deltoid 	Lats/Lumbar Dorsi (Lats) 	Abdominals <p>Keep hips on floor. Push up with arms. Look up.</p>	Adductors
Adductors <p>Press down on knees with elbows while pulling up on toes with hands.</p>	Lower Back <p>Arms under legs. Gently pull down.</p>	Lower Back <p>Brace arm against opposite leg. Turn trunk towards side with bent leg.</p>	Upper Back <p>Lock hands together behind knees. Attempt to straighten knees while keeping trunk in same position.</p>
Upper Back <p>Angry cat stretch.</p>	Neck (Trapezius) 	Pectorals <p>Hold stick/towel etc. behind back. Try and move hands closer together.</p>	Forearms <p>Gently push hand forward then backward with other hand.</p> <p>Archies</p> <p>Stand on outside of feet. Stand on inside of feet.</p>
Warm-Up <p>5 minutes on exercise bike/mini logger, etc. or until sweat on forehead.</p>	Stretches <p>To be held for 6 - 10 seconds. (Injury prevention)</p>	Cool-Down <p>2 - 3 minutes on exercise bike at a low intensity.</p>	Stretches <p>To be held for 10 - 30 seconds. (Increase flexibility)</p>

* WHERE 2 OR MORE STRETCHES ARE GIVEN FOR ONE MUSCLE GROUP (EG: HAMSTRINGS) IT IS ONLY NECESSARY TO DO 1

THE LIFE STORY OF JAK CARROLL (PART 16)

(Yet another boring mini-series)

Tonight's episode follows the exploits of our hero(?) throughout another freezing Canberra winter.

Open with a shot of a calendar showing the date as May 31.

Cut to - interior/bedroom/night (no, this is not a sex scene)

(A handsome young man is kneeling by the bed praying)

JC Our sunshine that art in Sydney, hallowed by thy rays...

(The man stands up, puts on some pyjamas over his long-johns, puts on a track suit, a heavy woollen jacket, four pairs of socks, and a balaclava. He switches his electric blanket on to high, checks his hot water bottles, jumps into his sleeping bag, and pulls the five blankets and two doonas up until they nearly cover his face, Still shivering - cause he forgot to cover his body with heat balm/vaseline - he finally falls asleep.

Meanwhile an attractive guardian angel enters (look I told you this is not a sex scene).

GA Why do I always get the hopeless cases? Now what is it the big guy told me to do? Yeah, that's right, the ol' Rip van Winkle routine. I put a spell on this guy so that he cruises through the next three months on "automatic pilot", and when he finally comes to, he won't remember a thing about winter. Pretty neat, hey.

(The guardian angel picks up a dumb-bell which is lying on the floor, walks over to the bed, raises the dumb-bell and then lowers it several times - fairly innocuous stuff except that during each of the lowering phases it makes violent contact with JC's head.)

GA I think that's how he said to do it.

Fade out

Open with a shot of a calander showing the date as September 1.

Cut to - interior/bedroom/morning

(JC emerges from his bed, feels his ginger head gingerly, rubs his eyes, scratches his balls and pulls the curtains wide open. He shield his eyes against the sunlight and peers outside (so does the camera) where flowers are blooming and birds are singing.)

JC What's going on?

(GA appears)

GA I think this is my cue for the de-briefing.

JC ... off to work. It might take a while, this

JC Huh.

GA Look, three months ago I put a spell on you so you would go through the winter without remembering a thing about it. Well, today's the first of September and I bet you can't tell me a thing about the last three months.

JC It was cold and, and ...

GA And you can't remember a thing about it. Well, here's what you've been doing brother.

Firstly, your circle of friends fell by half when two of them left for overseas. Trish left during June for an indefinite tour of Europe, while Bettina (the utter bastard) left in August for her posting at the Tokyo embassy.

JC She always did have a slanted view of life.

GA You also had some interesting gastronomic experiences. During June you participated in the 40-hour famine and then in August you went to the other extreme when you took part in the ANU Iron-Gut event (for full details see attached stories).

JC But how did my exams go?

GA Good. Well, fair. Well - you passed everything. Probably due to the cheat session, er, study seminar you held at your place beforehand.

Oh yeah, you also got your level 1 coaching certificate for Touch, as in Touch Football, and sat for your level 1 in athletics.

JC Good stuff. What about the break? What did I do in the break?

GA You'd better brace yourself for this. Sit down. Relax. Take a deep breath. I've got some good news and some bad news about your break. First the good news. You went to Adelaide to compete in the winter intercollegiate sporting championships ...

JC What did I go in?

GA A bus.

JC I mean what sports did I play?

GA Actually you didn't play much sport at all, about three minutes of Touch and a bit less of volleyball, but you did have a great time driving the vans around.

JC What vans?

GA While you were in Adelaide your hired bus-drivers refused to ferry you around because of some trouble on the way to Adelaide. However, you and a few others overcame this problem by hiring some one-tonne vans to ferry people around in. In fact, you ferried quite a few people around in them. On one occasion you had about 27 people in your van when the police pulled you over ...

JC So that's the bad news.

GA Not exactly. The bad news was that you did a few days of work experience during the break.

(JC collapses)

JC Now I know this is all a joke.

GA But it wasn't all that bad, it was more "experience" than "work".

JC Phew. So what else happened?

GA A number of firsts. You saw your first basketball test when Australia played the Russians. You went to your first lunch with ASSA ...

JC Let me guess? My new Arab girlfriend.

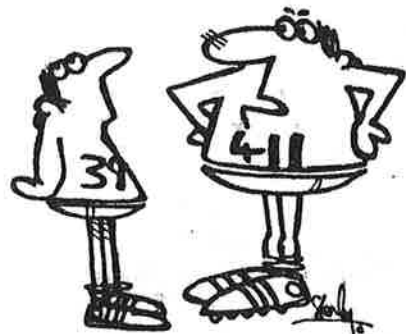
GA No, the Australian Society of Sports Administrators. And you had your first tyre puncture on your bike - but that's another story (see enclosed).

JC And I slept through all that. Thank God!

GA Well actually, thank me.

Fade out as scene ends.

I'M NOT ANNOYED...
I'M JUST A CROSS
COUNTRY RUNNER..



DID YOU KNOW?

MARY DECKER, in one, now famous, seven day stretch, as a 12yr old, competed in a Marathon, the 440, the 880, the mile and the 2 mile events. The next day, she had an emergency appendectomy, which her doctor said was the direct result of extreme stress.

WATCH OUT ALL 12yr OLDS!

AUSTRALIAN MARATHON HOPES IN SEOUL

Three Australian berths are available for the Marathon in Seoul in '88, with the main contenders for a place being Steve Moneghetti, Brad Camp, Danny Boltz and Rob De Castella (possibly also a Woodstock Runner or two).

Maneghetti's 4th in Rome, Beltz's National Marathon win this year and Camp's great 3rd placing in Beijing in October give them a chance of representing in Korea. However, one should not discount Deek on account of his failure in Rome.

De Castella has recently returned to Australia for 6 mths with the Olympic Marathon in mind. Clohessy said "he (Deek) is running one more marathon before Seoul next year - in Japan in February - and he'll be mentally tough for what is ahead". He went on to suggest "this is a challenge - and you know how much he likes that".

Let us hope that whoever is chosen to represent us next year will have a great run and possibly bring home an Olympic Marathon Medal.



Kerry.

OLYMPIC TRIVIA

Local Hero, Spiridon Louis, got more than a medal when he won the first Olympic Marathon.

Among his gifts were free hair-cuts and shaves for life, 2000lbs chocolate (eat your heart out, Derrick), a barrel of sweet wine and numerous sheep and goats.

THE MURRAYS

December 84' was a good month for the future of Woodstock Running Club. It was the month John Murray phoned Kerry Bray enquiring about the running club. The Murrays had recently moved to Sydney from the "Back Of Bourke". We are all keen runners and wanted to know more about the running environment of Sydney. Woodstock Runners was located at Burwood which is only 15 minutes from Concord West, so we thought it was a good club to contact.

Before joining Woodstock all the family were involved in sport. John was involved in a great deal of swimming and running. He was captain of the swimming team and Athlete of the year in his final year at school - 1984. He ran his first City to Surf in 83' in 72m 10secs (he has improved a lot since then). He also played rugby union, tennis and squash and excelled on the track. My favourite sport would have to be swimming. I swam in Metropolitan and State meets and was captain of the swimming team at school during my last 2 years - 84/85. I also enjoyed running and was first woman finished in our Bourke Fun Run for the 3 years we were there. I played hockey for school and Saturday morning competition tennis. Peter was and still is very involved in tennis. He started in Division 8 and is now playing at Division 1 standard. He was also in his school swimming team.

When we were in Bourke Mum and Dad (Catherine and Ken) organised the fun run each year. Catherine was secretary of the swimming club and did more than her share of work. Ken also helped out with the timekeeping and marshalling at swimming club. When Catherine was a University student she played hockey for the University of N.S.W. When Ken was living in Dubbo he played Rugby League for them.

Since joining the club we have had many individual and team successes. What has happened during 1987? Peter was not running this year, he was doing his H.S.C. He will be starting again now the exams are over.

Family team wins include:

Glossodia- 10.5km on 8/3/87;

Auburn Expo- 8km on 22/3/87;

University of N.S.W. Heart Fun Run- 8km on 20/9/87;

Macquarie Towns- 10km on 27/9/87.

Dad and I also won the Father/Daughter category of the Westfield City Trot 11km on 4/7/87.

Highlights of the year for John individually were : the 2 Day-Fm Champion of Sydney Biathlon - 1000m swim and 10km run in 55mins on 25/1/87; Harbour to Manly - best 14km in 48m 54secs on 12/7/87; City to Surf - course PB in 52m 08secs on 19/8/87; and Macquarie Towns run - 10km, placing 9th overall and time was 35m 35secs for the second year in a row on 27/9/87.

My personal highlights were the Richard Walker Memorial Aquathon - 800m swim and 5km run in 36m 34secs on 31/1/87 where I was first in my age group; Auburn Sports Expo - 8km where I finished first in my age category and second female in 36m 27secs on 22/3/87; and the Westfield City Trot - 11km in 48m 50secs (fastest time per km of the year) and was first in my age group on 4/7/87.

Kens best runs were: Kogarah Leader - 10km in 45m 10secs on 31/5/87; City of Sydney - $\frac{1}{2}$ marathon in 106mins on 3/5/87; and Harbour to Manly - 14km in 65m 08secs on 12/7/87.

One of our goals for the future as a family team would be to receive a place in the City to Surf (maybe when the Morans decide not to enter). John's personal goals include to break 50mins in the City to Surf and 78mins for a $\frac{1}{2}$ marathon. My personal goals include to attempt a Triathlon (the bike leg is the one that worries me) and get my 10km time under 43mins. Dad's goal is to break 45mins for 10km. Peter's goal is to get back into running and to break his previous best times.

These could all be met with a lot of determination and time, the latter often being the harder to find. If they are not met in the next year, I am sure we will attempt to do our

best as members of the Woodstock Running Club.

May 1988 be even more successful.

CHRISTINE MURRAY

HERE'S TO THE MURRAYS IN 1988!!!
BEST OF LUCK WITH YOUR BICENTENNIAL
PROJECT FROM ALL AT WOODSTOCK.



HISTORY OF ATHLETICS

Most people believe the sport of Athletics stems from the Greek Olympic Games. However, the earliest athletics-based sports festival was the Taliteann Games, an annual thirty day gathering held in County Meath, Ireland. Incorporating such events as foot racing and stone throwing, the Games are thought to have been established in 1829 BC and survived until the Norman Invasion in AD 1168.

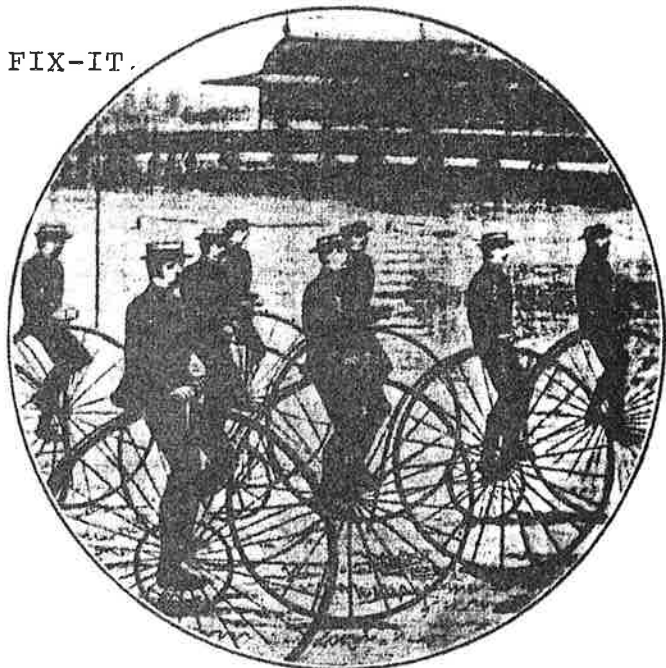
There is a great deal of argument surrounding the origins of the Olympic Games, but positive documentary evidence of their existence dates back to 776 BC. They were staged in a four-yearly cycle at Olympia in southern Greece and survived until AD 393, when the Roman Emperor Theodosius abolished them by decree.

The "amateur" Olympic ideal was not introduced until the modern version was founded towards the end of the nineteenth century: expensive gifts were awarded to the original Greek Olympic Champions.

A TALE OF TWO WHEELS

- Sun 7/6 Flat tyre on the way to training. Hitched the rest of the way.
- Mon 8/6 Late in the afternoon decided to repair the flat tyre - broke my only spanner trying to get the wheel off. Discontinued repairs.
- Tues 9/6 Secured lifts to and from college.
At night, put a new tube in tyre, pumped it up, and watched it quickly go flat again. Noticed I had put a hole in the tube while putting it back on the rim. Repaired tube, but it still wouldn't stay inflated. Noticed other hole in tube. Patched up this hole. Pumped up tyre and let it sit overnight.
- Wed 10/6 Put wheel, with "still-inflated" tyre, back on bike. Commenced riding to college. Half way to college ceased riding due to flat tyre. Walked with bike remaining distance to college. Secured a lift home for self and bike.
At home, put a new tube in tyre, pumped it up, let it sit overnight.
- Thur 11/6 Air still in tyre but casing not on rim properly (neither was tube). Took casing off and fixed problem.
Rode all the way to college in the rain!
- JUST CALL ME MR FIX-IT.

JAK AND FRIENDS ON
THEIR WAY TO TRAINING.



WOLLONGONG REVISITED

This year's Sydney to Wollongong run started at my place at 4:00 a.m. right on time. Five hand picked team members arrived on time in various states of consciousness and disbelief. Colin Green was the first to arrive on time a half hour early, knocking on my door in synch with my alarm clock. Colin's impeccable logic requires him to allow 50 min. for a 20 min. bike ride.

Next came Virginia Clark who disappeared into the loo with her make-up trunk and only emerged as we pulled out of the driveway. She looked a lot better though, I think.

Sue Pinto was next to arrive on her Pintomobile and woke the kids and neighbours when she proudly showed off the horn. By the time we got the scooter safely around the back, Sue forgot why she was here, so we gently put her in the car.

Then Derek White showed up on his bike also on time, but 10 min. late. His only problem was dropping the 6 apples he had brought. Either he fell off his bike, or he had put his rucksack on upside down. Nobody really knows.

Pat Mahony was right on time at 15 min. late. She was still at the night before and was more dazed and confused than usual, although no one could tell the difference.

We put Derek's bike on the roof rack so he could pedal home from Engadine, and then we drove off into the night right on time and only 25 min. late. It's great having a bike on your roof: all the creatures of the night and fringe-dwellers think you're a car load of tri-athletes. I just know that's what they think.

As we drove into the city at 4:30 a.m., I found myself thinking along philosophical lines. Fact: Runners are the lowest on the social scale. Nothing is lower than a runner. Therefore, a driver of the runners is better than any runner.

However, the driver *is* aiding and abetting the runner, and only exists because the runner exists... I didn't like the way this argument was going, so I pushed on in silence and refused to even think to myself.

At the start the runners had to memorize the rules: Run, then stop. Someone else runs, then stops. And so on. Colin started to panic because he was running last.

By 5:00 a.m. Virginia, the first runner, had pulled out several times. She calmed down when I threatened to reveal that she cheats in her running diary.

As the gun fired, these 5 confused and groggy people turned into disciplined runners. Virginia took off her at her race pace and maintained it for the full 16km. This was quite a feat considering she found herself in 2nd last place almost from the start and felt she was letting the team down.

Derek ran the 2nd leg and set out to put us back in the race, which he did by reeling in the team ahead of us. We got so excited in the car that I forgot to stop and keep Derek posted. *I* must have figured that if I drove faster, Derek would run faster. At the end of his hard run, we put Derek on his bike and sent him 20km. home. He was looking forward to the ride and saw it as no big deal. Quite a guy.

Sue ran third and tried to hold the lead that Derek had gained, but it wasn't long before she, too, felt disappointment as she was passed. It didn't change the way she ran though: she finished her 15 km. leg wet and alone and at her race pace in spite of some nasty long hills.

At one point, we warned a couple of ultra runners that they were headed the wrong way. One of them just waved and continued going the wrong way. Direction was the least of his problems.

Pat screamed as we pushed her out of the car for the 4th leg. By now we were well out of the competition, and enthusiasm was long gone, yet Pat pushed herself and ran the 17.5 km. at her race pace also. That's a lot to ask of someone whose goal was no longer attainable.

Colin was foaming at the mouth to get going. We cut him loose and did he go! The hills of Mt. Ousley made us wince in the car, and each time we stopped we thought we'd have to go back for him with a stretcher. But no! He ironed out those big hills and kicked it all the way to the finish. No problem.

Colin passed Keith Jackson about 10km. from the finish. Keith was doing the full distance and was able to joke with us even though he was in pain. How do these guys do it?

Runners tend to see only how many runners are ahead of them, and how much more there is to be achieved. It's fine to have goals and ambitions, but they should be balanced with a feeling of satisfaction. I was truly impressed with the way each runner ran his/her leg. Faced with utter defeat, they all gave their best, right through the bad weather and bitter disappointment. From where I sat (behind the Wheel), all 5 were far from the back of the pack. Already accomplished runners, they gave much more of themselves than they probably realise.

I thank them all for letting me drive them. It gave me the opportunity to see what kind of stuff runners are made of. I hope they can all feel proud of their effort and that a feeling of satisfaction is well deserved, because it is based on their effort, not the team's defeat.

TRIPLE P TRIATHLON
OR
PAT'S PIZZA & PUB RUN



Held on the day after Australia Day, the organiser's were disappointed with the turn-out for this traditional Australian event (proudly sponsored by Tooheys).

However a strong Woodstock contingent was in attendance and they achieved much success. Jak Carroll (18-25), Tony Murphy (26-30), Michael Oakley (31-35) and Pat Mahoney (35 ++) were the first 4 to finish, winning their respective age categories, and combining to also win the teams event.

The performance of Pat Mahoney was outstanding, considering she was the oldest competitor in the field, and at one stage while going up "breakwind" hill (Taverner's) she even led the race. Tony Murphy started slowly but managed to wind his way through the field (literally) to finish second overall, while Jak Carroll, despite getting the mid-race wobbles, showed his sprinting abilities at the start and again at the finish. Michael Oakley tried hard but suffered from spending too long at the drink stations, though he displayed good form on the pizza eating leg.

One most pleasing aspect of the event was the many drink stations provided along the way and the encouragement given by the many spectators at these vantage points.

The organisers are confidently expecting a much larger field for next year's event ... "

STATISTICS

<u>PUB</u>	<u>TIME SPENT</u> <u>IN PUB</u>	<u>DRINK FINISHING ORDER</u>			
		<u>PAT</u>	<u>MICHAEL</u>	<u>TONY</u>	<u>JAK</u>
Burwood	12:30	3	2	4	1
Fremasons	8:50	2	3	4	1
Bath Arms	8:40	3	2	4	1
Pine Inn	8:40	4	3	2	1
Illinois	5:00	2	3	4**	1
Lewisham	2:45	4	3	1	2
Elswick	2:20	3	4	1	2
The Imperial	3:25	1	4	2	3
The Clarence	3:40	3	4	1	2
Bald Face Stag	2:30	4	3	1	1
Overall	58:20	3	4	2	1
Running Time	49:53				
Grand Total	108:13				

** Denotes PIT stop.

"A THOUGHT"

"Sport is a pastime and a diversion," he said. "It is play - and play, according to the dictionary, is action for amusement, opposed to work. It is spontaneous, joyous, for recreation. The minute it becomes any more than this, it is business or work, not sport."

AVERY BRUNDAGE, then president of the International Olympic Committee, 1972.

SOME FUN RUN PROFILES

The name Clark(e) must lend itself to running, for our Club has 6, if we include Tanya's brother. The 4 who compete in Fun Runs have amassed 56 Runs among them this year. Tanya with 15 has 4 team placings, Virginia has 3 team placings from 15 Runs, Alan 3 from 6 outings while Phil has 2 age category awards from 20 starts of which 11 have been over the Half Marathon distance or more.

Jim Burrows, though injured earlier in the year, put together 15 great Runs, all under 4 mins/km and gained a 1st team placing in Bondi Diggers 10K with Barry and John - a formidable combination. Barry's 20 Events gave him 6 team placings and an age category 1st in the Mt Pritchard Half Marathon.

John Murray recorded the highest number of Fun Runs - 35. The Murray Family totalled 91 even though Peter in his HSC year competed a mere 3 times. Christine had a wonderful year gaining 9 individual and 8 team placings in 25 Runs, while John's tally was 2 individual and 7 team awards. Both Christine and John are superbly talented sports people competing as well in swimming and John cycles as well. Obviously much of the interest and talent (of course) comes from Ken who won 5 team placing in 28 starts.

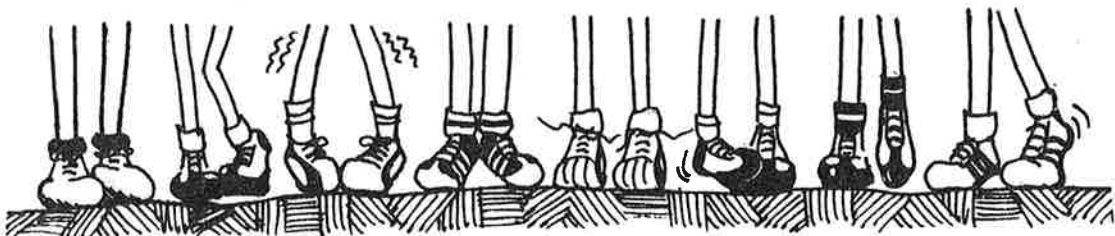
Sue Phipps with 2 team awards in 17 Runs and Gerry competing on 20 occasions have had an extra family member running along over the past few months - they are expecting a little Woodstock Runner next year. Even though Sue Pinto missed the Harbour to Manly Run, after attempting to start a week early, she still managed 24 Fun Runs this year. Michael Oakley ran a similar number and scored 3 age and 3 team prizes.

Some of the high flying ladies made their presence felt on the running scene. Browyn gained places in every one of the 17 Events she entered, including 4 first lady and 3 second lady awards. Elle also took part in 17 Runs and was placed in 14. Her successes over the past few years was instrumental in her winning the NSW Road Runners Association Award for Female Athlete of the Year. Ever consistent Chris Moran ran the same number as the previous two and gained a 2nd lady, 2 age and 4 team awards. Dot, with 31 Runs, scored 8 individual and 7 team placings. We hope she may add to her score in the World Vets Championships in Melbourne.

Also travelling to Melbourn and competing in the Marathon will be Colin Green who had 31 Runs to his credit before the Vet's Games. Len will also be in Melbourne after a very successful year here on the Fun Run scene. He competed 21 times and gained 8 age placings. Another of our top veterans - Lloyd Laing won 8 age placings and 1 team award from 13 starts.

Pat Mahony competed 19 times and gained 3 team prizes. David Mathers spent some time on the side-line following eye surgery but still took part in 28 Events with team placing.

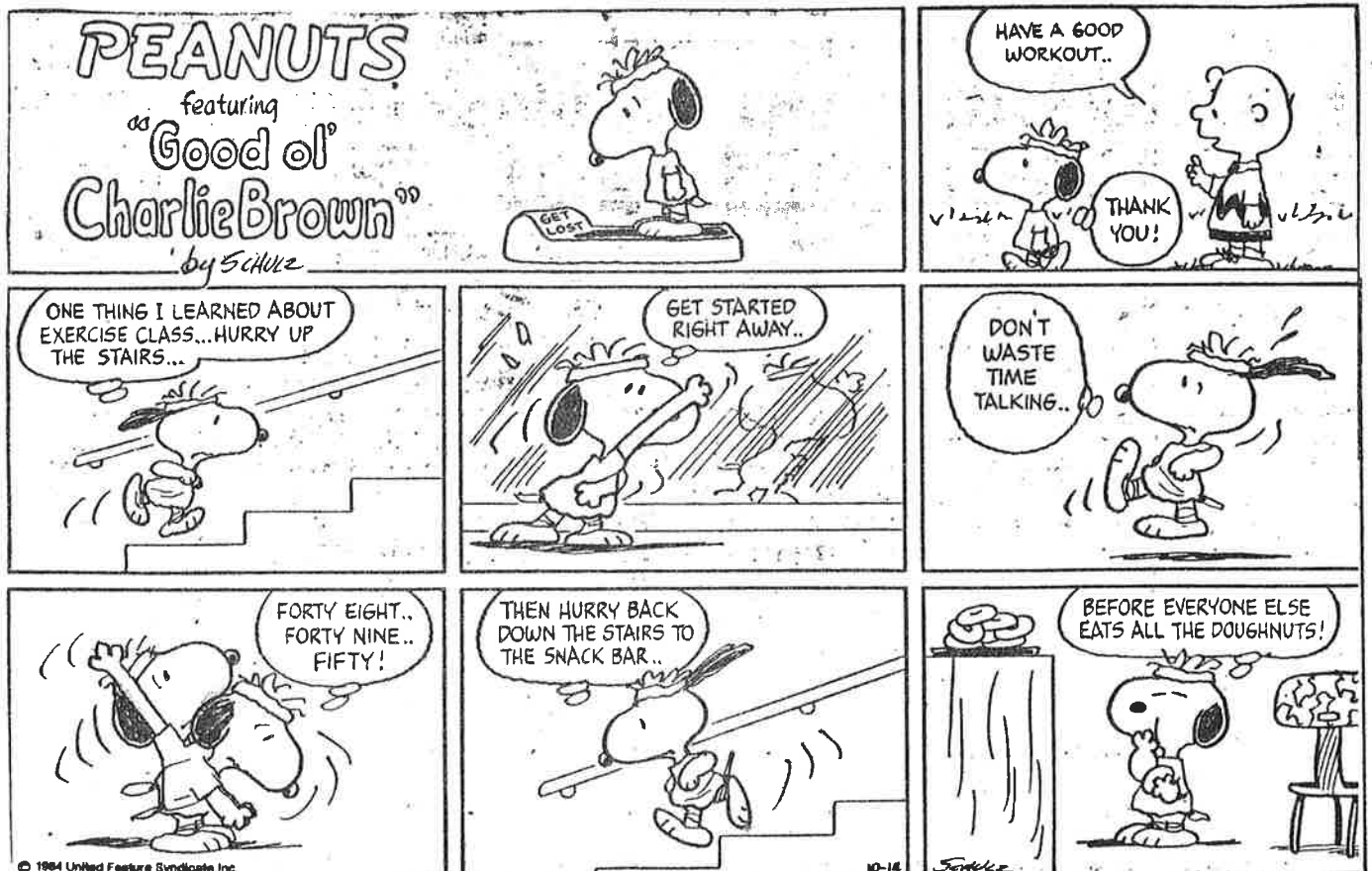
I believe it to be the Club's first Husband and Wife Award, certainly it was the Briscoe's first when they won at Grose Vale. Robyn's 13 Runs included 10 places among them 3 times 1st lady and second lady also 3 times. Steve had a 3rd outright in the 5k at Mt Pritchard among his 11 contests.



Derek, in his last year in the 50-59 age category, completed on 17 occasions for 6 age and 1 team placing. Mathew Hewson is looking to make it 20 Runs for the year but has found only 19 to date, however, Fishers Ghost was his 50th Fun Run since taking up running at age 9. This year he gained 2 age and 1 team prize, while Nadine's 8 Events gave her 4 age as well as a team award. Keith Jackson only 9 Events but amassed plenty of kilometres with the 24hr Run in May clocking up 153 Km and then the 83k of the Sydney to Wollongong Ultra.

Congrats to all on so many top performances.

Kerry.



FIRST YEAR EXPERIENCE

As a new member to the club, I would like to thank everyone for their encouragement during the past year. The opportunity to run in a club has been an enjoyable experience, which is much more satisfying than running by yourself.

There is not a lot I can say that probably has not already been covered, but I would like to mention how much I enjoyed the Sydney to Wollongong Relay Race held in September. Congratulations to Chris Siepen and all the other organisers for a job well done. Never before had I experienced such an event as this.

A few instances come to mind as I sit here thinking back. The first one was the 5 am start. Chris Moran and I were chosen (I elected myself) to run the first leg for our teams. We received many strange looks and questions from late night/early morning party goers on their way home, wondering what we were doing standing at the bottom of Town Hall steps in our jogging gear, amidst all the other anxious runners. We may have felt healthier than the curious onlookers, but I am sure no one felt sane in the environment we were in.

The second thought that jumps to mind which is worth a mention is the team spirit amongst everyone. Never before had I felt as 'high' as I felt that day. I remember while running my leg, that Adam, John and Terry seemed to be standing on every bend with a drink and words of encouragement. They later claimed they only stopped every 3-4 km (thanks guys).

Another instance I clearly remember was of Adam (known for his eating habits) who after finishing his race leg, which was coincidentally in front of a Macdonalds (well planned Adam) had ordered pancakes, quarter pounder, large fries and large coke and sat in the back of the car eating to his hearts content. Terry had to sit through the aroma knowing he could not even have one bite, as he still had to run 30 km. Thanks everyone and I hope to be involved next year.

TANYA CLARK

THE LETTERBOX DROP

As usual, the organization by our Champion Secretary was precise and trouble-free. Simple map sections were supplied; being rather a late-starter, I was fortunate to cover what might be called Central Enfield. The weather on 4th and 6th April was fine with above-average temperatures. I equipped myself with the map, a multi-colour pen, a plastic bag and the N.R.M.A. cards. I had already made up bundles of one hundred, in rubber bands and had also divided my total area into rough quarters. Choosing a shady spot to park the car, in the centre of the first quarter and having three bundles in the bag, I proceeded to deliver the cards, up one side of the streets and down the other, planning ahead to avoid covering the same ground twice, or indeed, worse still - delivering to the same box twice! When I had completed the quarter, I returned to the car, marked the map in a colour and counted the number of cards remaining in the last broken bundle to obtain the number distributed. I trotted between boxes, seldom able to reach real running speed. My ignition key was laced into my shoe in the same manner I use in the competition runs. The third "quarter" eventually worked out as the last half - covered in one outing between 11.00 a.m. and 1.15 p.m. on the second day.

The experiences divided naturally into:

1. The letter boxes.
2. The houses.
3. The humans, dogs and cats I met along the way.

The letter boxes of Enfield are of infinite variety. The dulllest and most common are faced with those ceramic slots with the curved top upon which is embossed the word LETTERS or MAIL: they are found in brick posts and

fences and are very limited in their ability to admit larger articles.

Almost as common but of entirely different character are the galvanised sheet metal boxes with hinged lids. These are the cheapest obtainable and their staying power depends largely upon the degree of skill of the owner in mounting them. Some are well painted and firmly secured, while others droop forlornly, held only by a sloppy nail or two. They look like dejected scarecrows. I even found one almost completely upside down. The home-made boxes are, naturally, the most varied, in materials, design and finish. One was clearly constructed from produce crates, another from sheet metal in the form of a cottage, painted with gaudy colours. In the more pretentious class there were castings, pebbles, slate, stone, concrete and "cedar" (red or simulated). A popular cast-metal design is the flattish, oriental one, invariably finished in white - "retter-boxes" one might call them! There was one giant that would have held a sack of mail. At the occasional block of flats or "town houses" I had to find the location of the row upon row of boxes, usually aluminium, which could be anywhere between the front fence and the entrance hall. Individual boxes were hidden in bushes, attached to side fences or only accessible by reaching through an ornamental grille in a wall. About three houses had no box at all.

Houses, naturally, varied between derelict and palatial. Most were well maintained. A good point was that nearly every one was clearly marked with their number - more than can be said for business premises, which so often are devoid of any.

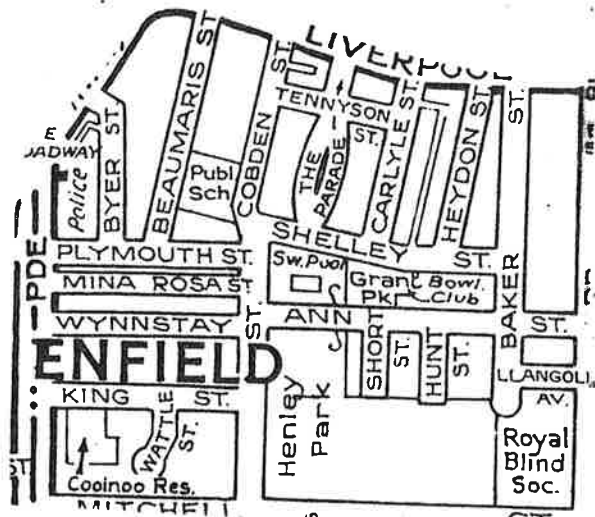
Even though it was a fine weekend, there were surprisingly few people about. Those who were, proved friendly, not one saying "We don't want your junk mail". I am particularly fond of dogs and encountered quite a few. The most beautiful was a young Great Dane whose smooth head I could have patted for ages. In one street I found a mystery. An old, black dog was keeping his master company. The man was working at a truck quite happily, but the poor hound was being driven mad by flies. Farther up the same street, another black dog was lying peacefully on the pavement without a fly in sight. How does a dog become fly repellent? Perhaps it could work for runners too!

There was one morose-looking man who happened to collect his mail just before I re-passed on my way back to the car. He had just thrown away the paper I'd put in his box, so I picked it up and used it around the corner. He was the only unpleasant person I encountered all weekend.

It was most gratifying to receive a hand-written note from Kerry, thanking me for doing the distribution - a typical Woodstock efficiency and courtesy.

.....

Punch Line: On the last day I had great difficulty in finding any room in most letterboxes; they were already blocked by copies of "THE OPEN ROAD"!



DEREK

THE CLUB WILL BE ORGANISING ANOTHER LETTER-BOX DROP IN JANUARY. SO GET YOUR WALKING SHOES READY.

DETAILS IN A FEW WEEKS.

DOING IT THE HARD WAY

Here was I, getting fast and fit
 When in the Kirkbride Classic a hole I hit,
 Alas I fell, yet I finished the run
 Quite well, I thought, but the mean deed was done

Down to the beach to lie in the sea
 And let the cool water flow over me,
 I gazed at my legs and to my despair,
 A swollen ankle was lying there

I looked at the sea and with every ripple
 I saw myself - a hopeless cripple,
 I pictured the runners flashing by
 But my running was finished, me-o-my

Well, the Sydney to Surf came and went
 While I stayed home to lament,
 The Bridge to Breakers and many another
 Left me at home, my gloom to smother

But with physio and many a cold pack
 I gradually got my ankle back
 Into place, where it could be
 Of a proper use to me

Now I am starting to run again,
 So watch out all you muscley men
 And women, I'll catch up with you,
 I'll add another running shoe.

Lesley (W) (with a little help
 from her friend).



GOLDCOAST '87

At 9.45pm on the 24th of July, six Woodstock Runners left Sydney on a Greyhound bus bound for Queensland to compete in the Gold Coast International Marathon and Half-Marathon. After what was a partly sleepless night, stopping every 2-2½ hours for the drivers compulsory breaks, we arrived in Grafton for breakfast. We eventually arrived in Surfers Paradise about 11.30am. The rest of the day was spent going on a short run up to the start and then a relaxing afternoon strolling through the shops. That night we dined at the "Tiara Tahiti" Restaurant (9 out of 10) at the Islander Quality Inn where we spent the night.

The morning of the 26th of July dawned a beautiful sunny day. Three other Woodstock Runners had ventured up earlier in the week (what a good idea!) and we met them at the start. The run was a truly professionally organised one. It entailed a straight out and back course (twice for the marathon runners) from Broadbeach to Seaworld and back, through the centre of Surfers Paradise. Our one marathon representative - Colin Green, had a slight upset stomach and did not complete the course. All the people doing the half-marathon excelled with most recording personal bests and for some it was their first run over that distance.

The times and places for all our runners out of the 1407 finishers were:-

	<u>Time</u>	<u>Place</u>
John Murray	78.06	69
Tony Murphy	80.52	114 (debut)
Terry Bailey	89.10	328
Lloyd Liang	94.30	533
Dorothy Siepmann	97.05	625
Max Hall	100.45	777 (debut)
Lesley Lear	105.28	947
Patricia Mahony	108.29	1027

Overall Results:Male:

1. Pat Carrol	62.51
2. Hiroki Okuma	63.45
3. Laurie Whitty	63.53

Female:

1. Mandy Dovey	78.15
2. Manuela Primavera	79.26
3. Jenny Lund	80.43

With the run over, our thirst satisfied, and a great massage we return to our accomodation and move our luggage to "The Resort" where we stayed the second night. The rest of the day was spent catching up with all the stories from some other runners, who came on the Greyhound bus with us.

On Monday, our group split up, some having a cheap day at "Seaworld" and others having a more expensive day at "Dreamworld". Colin Green and I had our first trip in a helicopter at Seaworld and we hired a black limousine for the trip back to Surfers. By 4.00pm, three great days in Surfers Paradise had come to an end and we boarded the bus back to Sydney. 11½ hours later, we arrived back to be welcomed not by sunshine, but rain.

Next year, anyone who wants to combine a few days in sunny Queensland and maybe a trip to Expo 88' with a flat, scenic run, note the 24th of July, 1988 in your diary.

Thanks, Lesley Lear for organising a great trip and thanks to Tony, Colin, Pat, Dorothy and Danny for being such good company during the weekend.

See you in Queensland in 1988!

JOHN MURRAY



AEROBICS AND THE HEART

Heart rate is the best way available at the present time to monitor how hard your heart is working.

To give your heart training or for cardio-vascular (heart-lung) fitness, aerobic activity is the best form of activity. Aerobic means "with air".

When the body is working at a steady rhythmic pace e.g. walking, jogging, skipping, cycling, dancing, the heart has to pump faster to supply fresh oxygen to the working muscles.

RESTING HEART RATE

It has been observed that the majority of individuals with high resting heart rates are either smokers, coffee-drinkers, overweight, out of shape or are exposed to constant anxiety situations. The resting heart rate has a normal range of 50 to 100 beats per minute, with the average resting rate being 70 beats per minute for males and 75 beats per minute for females. Variations in the resting rate could be a result of heredity, anxiety, fitness status and disease, among other things.

LOCATING YOUR PULSE

The pulse can be used to determine heart rate. The two locations to determine pulse rate employed most often are the wrist (radial pulse) and the neck (carotid pulse).

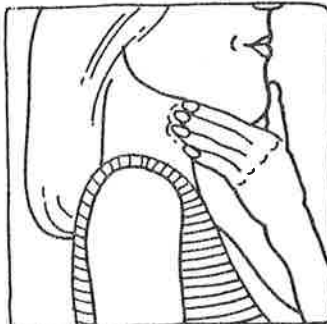


Radial Pulse Rate

Place the middle three fingers of one hand along the edge of the wrist just below the base of the thumb. Locate the radial pulse.

Carotid Pulse Rate

Placing the thumb on the chin, put the middle three fingers of one hand along the back of the pharynx (Adam's Apple) and locate the carotid pulse at the side of the neck. Press only hard enough to feel the pulse. Do not be overly vigorous in pressing. In addition, it is important that only one side of the neck is touched.



FACTORS AFFECTING HEART RATE

Age

Although the maximum heart rate decreases with advancing age, resting heart rate remains relatively stable.

Sex

Why is it that males generally have a lower heart rate than females? This is due to the reduced oxygen-carrying capacity of the females circulatory system.

Fitness

The higher the fitness status, the lower the resting heart rate. The well-conditioned athlete may have a resting heart rate of less than 50 beats per minute.

Fever

Heart rate increases approximately 20 beats per minute for every rise of 1°C above normal in body temperature.

Sleep

There is a progressive fall in heart rate during sleep.

Tobacco

Nicotine in small amounts causes an increase in heart rate. Smokers have higher average heart rates than non-smokers primarily because of the effects of carbon monoxide within the tobacco smoke.

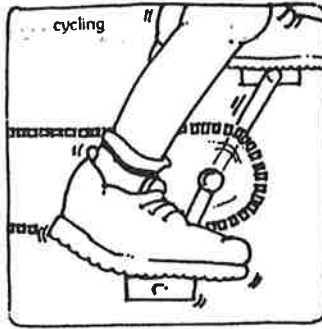
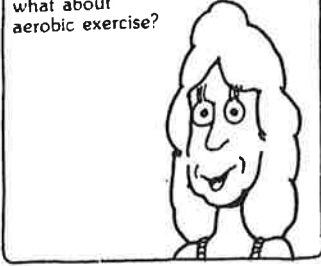
Coffee

Caffeine stimulates heart rate. Tea, cocoa and cola drinks also contain caffeine.

Weather

Increases in heat and/or humidity will cause an increase in normal or resting heart rate. Decreases in temperature alternatively will result in a lower heart rate.

So if you want to give your heart a better chance, what about aerobic exercise?



EXERCISE FOR THE HEART

Like every part of the body the heart needs exercise. Working the body to increase the heart rate for sustained periods of time is the best way to improve your cardiovascular fitness. Rhythmic and dynamic muscular activity (e.g. walking, jogging, swimming, dancing, cycling, skipping) stimulate significant increases in heart rate.



The Exercise Dosage

Four factors to consider:

1. The Intensity (How Hard).

To determine if you are exercising at the correct intensity stop your activity momentarily, take your pulse for 15 seconds and then multiply by 4. Check the chart and see if your pulse rate falls within the target zone. In the beginning keep your pulse rate near the lower limit. As you become fitter, your target heart rate can approach the upper

Age (YEARS)	Heart Rate Target Zone (BEATS PER MINUTE)
20	150 to 180
30	140 to 170
40	130 to 160
50	120 to 150
60	110 to 140
70	100 to 130

Upper Limit: 200 minus your age.
Lower Limit: 170 minus your age.

limit. It is important to begin taking your pulse rate within 5 seconds of stopping the exercise since the heart rate will decrease significantly after 15 seconds.

2. The Time (How Long).

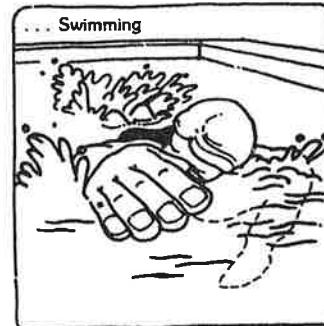
Generally 15-20 minutes during which the heart rate is kept in the target heart rate zone.

3. The Frequency (How Often).

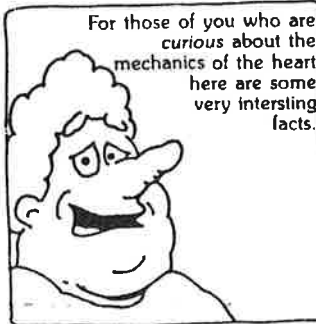
Research has shown that aerobic fitness can be maintained with regular workouts of 3-4 times per week.

4. The Type (How About...)

Walking, jogging, swimming, dancing, cycling, skipping are suitable aerobic activities.



Libby's Fresh Start To Life wishes to acknowledge A.C.H.P.E.R., Adelaide Sports Sciences Clinic and the Commonwealth Government for assistance in the preparation of this material.



For those of you who are curious about the mechanics of the heart here are some very interesting facts.

- The heart beats continuously on the average 70 times per minute with only one half-second of rest between beats.
- About 70 ml of blood is expelled from the heart with each beat at a pressure of 120 mm of mercury.
- During exercise the heart can increase its output six-fold to 30 litres of blood per ventricle per minute or about a bathful of blood (i.e. 26 gallons) every two minutes.
- In a lifetime, the heart beats over 2,500,000,000 times expelling about 170,000,000 litres of blood.



SUMMER SERIES LONG RUNS

(10,15 AND 20KM OPTIONS)

1. Ashfield-Dulwich Hill-Marrickville (The Warren)-Earlwood-Canterbury. (Suggested name: "THE COOKS RIVER CANTER").
2. Canterbury-Undercliffe-Turella-Bardwell Park-Clemton Park-Croydon Park. (name: "THE WOLLI CREEK WANDER").
3. Campsie-Kingsgrove-Beverly Hills-Belmore.
(name: "THE BEXLEY BASH").
4. Campsie-Belmore-Wiley Park-Belfield.
(name: "THE WILEY PARK WANDER").
5. Belfield-Punchbowl-Greenacre-Chullora-South Strathfield.
(name: "THE PUNCHBOWL PUSH").
6. South Strathfield-Chullora-Berala-Lidcombe-Strathfield West.
(name: "THE CHULLORA CHASE").
7. Homebush-Lidcombe-Strathfield West.
(name: "THE HOMEBUSH SHUFFLE").
8. From Rodd Point-Victoria Road-Pyrmont-Hyde Park-return via Leichhardt.
(name: "THE HYDE PARK STREAK"). (20KM OPTION ONLY)

DEREK AND CHRIS



R.R.A. AWARDS

The annual awards of the Road Runners Association were presented at our Fun Run on 1st November.

While we were pleased to have our Run chosen to host the Presentation, we apologise to all for the time taken in the handing over of the R.R.A. Awards. We had been informed it would take 20-30 mins and this would give us time to collate our results. We endeavoured on two occasions to request a speed-up in the proceedings.

However, on the positive side, it was a great day for Woodstock. Our successes were as follows:

Female Athlete of the Year - Elle.

Best Fun Run up to 15k - The 1986 Woodstock Runners Community Fun Run (the year extends from Sept '86 - Aug '87)

Best Running Club - Woodstock Runners.

In addition, our nomination for Male Athlete of the Year, Jamie Harrison, took out that Award.

Congratulations to Elle and to each and every member of the Club, all of whom made a contribution towards the other Awards - they are your successes.



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

The answer to life, the universe,
and everything

.....is 42.

If you didn't watch "The Hitchhiker's Guide to the Galaxy", don't panic. It was all a mistake, anyway. And the runners' big 42 (not forgetting that last, long 195 metres) only became 42 so the Royal Children could watch the start of the marathon at the London Olympics.

But me ----- I'm different. That I was 42 when the action of this tale takes place was no accident. I have it on good authority that my advent into this world was planned (which would make it the last thing in my life that did go to plan).

I celebrated my 42nd birthday in Brisbane. Had I been asked about running that night, I'd have said it was a good thing and one day

That one day arrived with the Harbour to Manly. Then Liverpool Apex. Carried along by the good feeling of it all, I turned up at Woodstock one night and said, "Can I come too?"

About that time I went to an optometrist and found that it wasn't my glasses I couldn't see through, it was my eye. So join the queue for a cornea and fast every morning till ten in case they call you. So I stop in on Sunday mornings while everybody else goes running. Come Christmas and the Eye Hospital shuts down, so I'm off the hook. I look around for a run. Sunrise Palm Beach to Manly. 30k. Too far. Too bad, you don't get a choice. So I jump in at the long end.

"Y'know", I said to myself one morning, "You've never

gone 30k in one hit before". So I set out to knock together 30k between Homebush and Iron Cove. Coming back from the bay, uneven ground upsets me. I feel like a drunk man. Back into Croydon I grind to a halt altogether. Litre of Coke. Straight down the hatch. Straight back out again. I crawl into bed to lick my wounds and contemplate the error of my ways. After that, things could only get better. The Sunrise run brought a few dreams closer to reality. It's only another 12k. Yeah, but what sort of 12k? I recall my home straight shuffle and wonder.

In February I escape to my old mountain retreat on the Queensland border. Here I'm enchanted by visions of a wood nymph flitting among the trees. She's training... marathons.....there's one on the coast in July....good for beginners....why dontcha?

At that moment, "might be ready for the Cities in August" became "better notch up one on my home ground before I go chasing wood nymphs round the Gold Coast". First chance Anzac Day. And there's a friend arriving from England that morning. Will I, won't I? "Wait me in the coffee lounge, I'll be as quick as I can". Friend not amused.

I emerge from my pre-race pit stop to find the toilets empty. Outside, everybody's standing still as the Last Post sounds. "Hey, how do you get out of here"? Someone indicates the gate onto the field and I try to sidle unobtrusively round to the start, torn between respect for the fallen (I'd just read "Anzacs") and anxiety to be at the start when the gun goes.

And we're away, circling the field with the big music and "Good luck, everybody" on the P.A.

Blue and white singlet ahead. "Go Woodstock". Pat's hand on my shoulder as we pass. And another. "Good luck, Col." Clumsy on-the-run handshake.

Down by Taren Point the euphoria fades and the hard work sets in. Clubmates lighten my homeward run when I need it most.....Terry running beside me in the tunnel..... Chris and Elle waiting with words of encouragement as I round the airport.

Now the body starts putting in its protests. A blur of dancing shapes up ahead refuses to gel into a runner. Are my legs taking blood from my brain? My little finger goes to sleep.

At last ---- athletic field on my right. I'm spent. All I can think of is crashing out on the grass and soaking up the sun. And Lesley's running alongside with an armful of forms. "Do you want an entry form for the Gold Coast Marathon"?

Then I discovered the really beaut thing about marathons: it's so good when you stop. And the really beaut thing about this one was the support from clubmates, both in the run and on the sidelines.

When the pain subsided, I said, "Moreton Bay Marathon in a month. That must be as good a time as any to go and see me ol' man".

So off to the State of Origin for a scenic smorgasbord of canefields, ti-tree swamp and sub-tropical beachfront in the Bundy Half, a week with family (what the hell do you do in Bundaberg?), and back to Brisbane for the marathon.

18k down and I'm going flat out. Wood nymph comes cruising up behind, chatting easily to a couple of mates. "Hi Dave". Big smile. I melt. Wow, this is tremendous. If only I can keep that magic little body in sight, I'll just float down to Redcliff and I won't feel a thing. So I hook my eyes into her shorts and give it everything I've got. To no avail. Last seen swimming off into the distance up past the 20k drink stand. So I don't float. And I do feel.

Eventually I make it, drenched by a sharp tropical downpour and somewhat the worse for wear.

I ignore my worn worseness long enough to run the Australian Marathon. This is not the smartest thing I ever did. I end up at Lewisham Clinic and cop a month on the sidelines.

While thus out of the running, my number comes up at the Eye Bank and I have to lead a quiet life for a while to let my new cornea settle in. The screed from the hospital was only specific on one thing: "Normal sexual activities may be resumed after six weeks".

Now, what's the stress equivalent of a 10k fun run in terms of normal sexual activity?

And so the bus for the Gold Coast Marathon left without me and I celebrated my 43rd birthday on the sidelines. Had I been asked about running, I'd have said it was a good thing, and one day.....

STOP PRESS:

Friend from England: I don't have that friend any more.

Wood nymph : Gold Coast Marathon 2:58:33.

me : 25 October, Toowoomba 3:26:41

(5 second PB!!)

ENDS

David Mathers



"Prince, if I've told you once,
I've told you a thousand times -
you've got to pace yourself!"

Woodstock in front again

July, Sunday 12, was a champagne winter's day with a choice of two of Sydney's classic distance races.

About 3500 starters lined up at Milsons Point for the Harbor to Manly run.

Eleven Woodstock runners made the journey, seven in personal best times.

Barry Crisp led them home in 47 min 52 sec.

For those willing to chance their ankle further there was a race (7 km).

Jr Bic

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Following

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Robyn

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37 min

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Runs, far and short distance

year a hard corps of distance runners line up for the 24-hour race for

Woodstock runners the ones to beat

Woodstock's Robyn Briscoe is emerging as the woman to beat over middle distance.

Following successes at Taren Point and Penrith, Robyn won the Mount Pritchard 5 km on May 24, 37 min.

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Woodstock athletes race the interstate champions

During Easter athletes from all States met in Sydney for the Australian Veterans running champ

Woodstock's Dorothy Siepmann won a silver medal in the 40-44 age group, 5 km and 10 km.

Courier 6-5-87

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Woodstock has big win

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Runners win at Gold Coast

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Woodstock run for fun

When runners have a couple of fun runs under their feet, many seek a longer distance to try themselves out.

At the most popular long half marathon, Woodstock

Eleanor Cody pulls off win

Eleanor Cody had a frustrating few weeks with the winner always just ahead.

At the Domain on Sunday, June 14, she lined up for the YMCA 11.5 km run with a cold and some daunting opposition.

8.5 km same time.

Robyn and Steve Briscoe again showed themselves to be a formidable team over a short haul.

She came second and he was sixth.

Courier 8-7-87

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Dean faced his first marathon

Woodstock Runners' Dean Patterson, of Annandale, has faced his first marathon — hard on the heels of a 3.8 km swim and a 180 km bike ride. These herculean tasks made up the Great Lakes Triathlon at Forster on March 27.

Dean came home in 12 hours 4 minutes. Closer to home, Eleanor Cody, of Drummoyne, teamed with swimmer Perry Lee Gammie to make the winning female team in the Ampol Biathlon — a 2 km swim off Birkenhead Point and an 8 km run round Iron Cove Bay.

The club welcomed New Zealander Richard Tout, who joined the Tuesday night run before starting in the Sydney to Melbourne Westfield Run. Woodstock congratulated him on a magnificent six day, 22 hour, 22 minute run and third place.

Eleanor teamed with Mahony, of Leichhardt, Maria Ulriksen, of Enfield, to win the ladies' team category. Courier 8-4-87

WOODSTOCK RUNNERS COMMITTEE

President - Derek White

Secretary - Kerry Bray

Club Captain - Chris Siepen

Treasurer - Dorothy Siepmann

Committee Members - Colin Townsend and Tony Murphy

FUN RUN COMMITTEE

Derek White, Chris Siepen, Colin Townsend,
Kerry Bray, Phio Clarke, Maria Ulricksen.

SPREADING THE WORD

At our Annual General Meeting held on 12th February, 1987, David Mathers and Adam Summons volunteered to take over the publicity for the Club.

David decided on The Western Suburbs Courier and Adam = The Glebe to which they would submit weekly articles.

The Courier responded well, printing David's "words of wisdom" most weeks, even though they insised on changing the title each time. However, The Glebe did not respond to Adam's articles and it became pointless to keep submitting work.

It was then that Adam, never one to be discouraged, decided to publicise a monthly newsletter for Club Members. It has become extremely popular and is enthusiastically read each month.

The Club is most appreciative of the time and effort which David and Adam have put into these ventures. We certainly enjoy reading about our fellow Members.

INJURIES - THEY CAN BE BEATEN

During the past year I have seen several friends (both here at Woodstock and elsewhere) come up against different injuries which either lowered their running ability or prevented them from running at all. After considering my running experiences during the past two years I felt that an opportunity was open for me to share my return to running so that it might be available to encourage those runners who are currently injured or unable to run to their full potential, and also those who are injured in the future and read this year book.

In early 1985 I took up running as training for the about-to-commence soccer season. Within a few weeks I had "retired" from soccer as I discovered running to be a more enjoyable sport and timewise a lot more flexible. The highlights for me that year were 38:08 mins in the 10km Minimosmarathon, 57:00 in the City to Surf, and 3:18:24 hours in the Ikea Cities marathon. Whilst I was enjoying my running I was only setting my goals on a year by year basis. I ran 3 marathons that year-the ultimate result being shin splints which prevented me from running properly for the next 14 months.

I have been able to run in about 8 or 9 races during 1987, the highlight being the Macquarie Towns 10km in 39:08 mins. Listed below are 4 aspects which helped me defeat my injury (so far) and to get back on the road.

1. SEEK MORE THAN ONE MEDICAL OPINION.

After seeing one group of doctors on and off for 13 months I was advised to seek another doctor's opinion. The subsequent advice was a different stretching exercise for the affected areas and the result has been an injury this year.

2. KEEP INVOLVED IN THE CLUB.

An important feature of a club like Woodstock is that as a member it is still possible to remain involved in running without being a runner. The encouragement I was given by people here at Woodstock helped maintain my desire and motivation to return as a runner and not remain as a spectator.

3. PLANNING.

The primary reason for my original injury was a lack of forward planning. By running 3 marathons in 1985 I was running for that year only and not considering what I would be doing in 1986. This year I have found it necessary to think and plan my running goals a year ahead. Each year is simply a stepping stone to the next and this should be considered when setting your running goals.

4. QUALITY NOT QUANTITY.

At the start of this year 10km was my total weekly running distance. Although my weekly distances were subsequently increasing by the 10% per week rule, I found that it was not necessary to run 50-60 km per week to break the 4 min per km barrier. By concentrating on quality and not quantity I found I was able to run a sub 40min 10km whilst training 30-35 km per week.

During the 14 months that I was out there were many times when I felt like giving up on running altogether - I'm now glad that I didn't. Looking back now that 14 months was one big learning experience with the above 4 points the main things I learnt.

Of great inspiration to me has been the comeback of Andrew Lloyd. After having his ankle crushed in a car accident he has shown to me that any injury can be overcome. For me, the satisfaction of beating my injury has been at least equal to any PB's that I've set.

To anyone battling injury-"Keep hanging in there!"

Woodstock Members

In The Sydney Morning Herald



Frank
is angry!

while

Alan



is puzzled!

CANINE BODY LANGUAGE (How to avoid getting bitten)

Courtesy of Enfield Veterinary Hospital



Everyone has been confronted by a snarling dog - some are nasty, but most are not. We would like to give you a few tips on what to do.

Dogs communicate by posture, sounds, facial expression and sceny marking. Direct eye contact is a warning to a dog or person to keep their distance. A dominant dog will try to "stare down" a submissive dog. Once a dog has lowered its eyes it will become nervous and if the staring continues it may bite through fear as it senses a continued threat. Staring may be reinforced by baring the teeth and snarling.

Stiffening of the legs, raising the hackles and holding the head and ears erect show increased aggression. The tail position of a threatening dog is usually ABOVE horizontal.

Friendly dogs hold the tail below horizontal and submissive ones between the legs. A threatening



dog may do one of two things. It may start to shift its weight backwards and adopt a lower, more submissive posture whilst increasing the level of barking and snarling. This dog will not bite you unless you continue to stare at it or back it into a corner. On the other hand, it may show increased aggression by leaning forward, showing more teeth, raising the hackles even higher and flattening the ears.

This dog means business! You may try to counter it by being more dominant yourself - staring, moving forward and



threatening; or you can attempt to escape. Thankfully, there are very few genuinely aggressive dogs. The key is to be confident until the dog shows signs of submission - watch that tail.

MOSES FALTERS AT HIS 123rd HURDLE

So read the Sporting Headlines in The Sydney Morning Herald, June 6, 1987, from Madrid.

Edwin Moses was beaten in the 400m hurdles. It was his first defeat for nearly 10 years and ended a sequence of 122 consecutive victories.

It says a great deal for the calibre of an athlete such as Moses, when, at any stage in their career, the only time they make headlines is on that rare occasion when they lose.

Moses won his 2nd World Championship Title when he took out the Event in Rome some two months after his loss in Madrid. He is now looking towards his third Olympic Gold Medal in Seoul next year.

WESTFIELD SYDNEY TO MELBOURNE RUN

Yiannis Kouros once again proved with his win, that he stands a long way above the rest of the ultra distance runners in ability.

Some results of the Event, held in March, 1987:

1st.....	Yiannis Kouros	5 days, 14 hrs, 47 mins
2nd.....	Patrick Macke	6 " 17 " 21 "
3rd.....	Richard tout	6 " 22 " 29 "

LADIES 1st and 8th overall

Cynthia Cameron	8	"	10	"	55	"
-----------------	---	---	----	---	----	---

2nd and 9th overall

Mary Hanudel	8	"	12	"	44	"
--------------	---	---	----	---	----	---



JOHN, SHARON, CHRIS AND JIM
AUSTRALIAN RUNNER 1987

BRILLIANT EFFORT BY YOUNGSTERS

At the N.S.W. RELAY CHAMPIONSHIPS held on the 21st November, Bronwyn, 15, competing for her Registered Club,, Reebok Kuringai, combined with Nicola Corbin, 14, Suzy Walsham, 15, and Julie Beckhaus, 13, to win the u/16 4 x 1500m relay in 19mins 20.68secs to break the u/16, u/18, u/20 and Open Australian Records.

TRULY, AN AMAZING EFFORT!

FROM THE EXPERTS.

During some seminars at the AIS this year Pat Clohessy and Dick Telford spoke about distance running.

Due to their different backgrounds, Dick deals with athletes in the lab while Pat deals with athletes out in the field, they seem to have different emphases: Dick's being performance and Pat's being enjoyment. Nevertheless, they both had many insightful comments to make, with the following being a brief summary.

Pat Clohessy

* Emphasised the following general points:

- fit your running in with your lifestyle.
- get involved with a group to develop the social aspect.
- consistency is important. For most people this would involve three training days plus one race day per week.

Consistency is also a longer term thing, i.e., year to year.

- tied in with consistency is the need for commitment.
- train at a level you can absorb, i.e., don't bash your guts out all the time.
- your overall programme should be a balanced one involving each of the following components:
 - 1) Long runs (up to 2 hours)
 - 2) Recovery runs
 - 3) Speed work (including hills)
 - 4) Racing



Dick Telford

- * Said a distance programme should include things like:
 - long slow runs.
 - a longish fast run, e.g. a fast 10 miles, but with easy days before and after.
 - 1 mile reps (at your 10k race pace).
 - speed work (but don't overdo this).
- * To improve you need to train hard then adapt (through recovery).
- * Talked of the concept of "positive training" as the best way to adapt to training. This concept involves:
 - rest and adequate sleep.
 - putting the right fuel into your body, e.g. Sustain.
 - putting your work and leisure time to good use, especially to take your mind off running.
 - proper training.
- * Mentioned the following as some indicators of overtraining:
 - bad sleep.
 - slow recovery from training.
 - problems coping with work or study.
 - higher blood pressure or resting heart rate than normal.



QUOTE:

"Putting on a Fun Run is like love;- the first time is unforgettable but with practice it gets better and better!"

RUNNING IS FUN
 SO I AM TOLD
 IT'S GOOD FOR THE YOUNG
 AND FOR THE OLD

YOU CAN START OFF SLOW
 AND PAUSE FOR A WHILE
 BUT NEVER FORGET
 TO CARRY A SMILE

THE PEOPLE AT WOODSTOCK
 ARE HELPFUL AND KIND
 A CLOSER GROUP OF FRIENDS
 I NEVER COULD FIND

THEY ALL SAY HELLO
 AND HOW DO YOU DO
 THEY'LL EVEN BEND OVER
 AND TIE UP YOUR SHOE

TO KERRY AND CHRIS
 AND THE REST OF THEM THERE
 LETS END OFF THIS YEAR
 WITH A YEAH YEAH YEAH

ANON



"I think the really fit person does have a higher quality life. He lives a fuller life and gets more for his time here than the unfit half-alive person".

JACK FOSTER

Dear Dr. Feelgood:

What are shinsplints? Where do I get them? I think I could use a pair for my shins. They hurt like the devil when I run on concrete.

In Pain

Dear In Pain:

Shinsplints are devices for protecting broken or aching shins. You can get them anywhere ace bandages are sold. Everyone who runs on concrete gets shinsplints.

Dear Dr. Feelgood:

What kind of shoes do you recommend for jogging? I'm just using ordinary brown loafers, and my feet hurt.

Feet Hurt

Dear Feet Hurt:

That is a puzzler, because ordinary brown loafers are my own favorites. Why don't you try black oxfords, and if the pain persists, give up jogging.

Dear Dr. Feelgood:

I have a problem. If I eat a big breakfast before I run in the morning, I get sick and throw up. If I eat a big breakfast after I run in the morning, I throw up on the bus. What should I do?

Stomach Problem

Dear Stomach Problem:

Stop taking the bus.

Dear Dr. Feelgood:

What do you recommend for a runner with a limp?

Lopsided

Dear Lopsided:

Earrings are nice. Or maybe an expensive black silk undergarment and a bottle of perfume.

Dear Dr. Feelgood:

Is it important to wear shorts while jogging?

Clothes Conscious

Dear Clothes Conscious:

It is if you don't want to be arrested.

Dear Dr. Feelgood:

I understand that excessive jogging can make you go blind. But I enjoy jogging so much I can't stop. What should I do?

Worried

Dear Worried:

Just jog until you need glasses.

Dear Dr. Feelgood:

Is it true that jogging is a good method of birth control? I need to know quickly.

Hot to Trot

Dear Hot To Trot:

Yes, it is true. No one has ever become pregnant while jogging.

Dear Dr. Feelgood:

Do runners get to be older than other people?

Longevity

Dear Longevity:

Yes, only sooner.

TEAMS REPORT = 1987

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.

The advent of our monthly newsletter initiated and edited by Adam Summons has allowed me to regularly highlight team performances throughout 1987. I'm pleased to announce this newsletter will continue in 1988. What follow is just a brief statistical breakdown of team results and participation in 1987.

Woodstock Runners this year entered 64 teams spread over 28 events. The Club was fortunate in gaining 18 first placings (9 in 1986), 6 second placings (13 in 1986) and 5 third placings (7 in 1986).

Forty-nine of our runners took part in at least one team event (including the "Internal City to Surf" team Event). A list follows of these runners and the number of team appearances.

(NOTE: Apologies if any team appearance is not counted)

JASON ACKLEY	1	RON MAHER	1
TERRY BAILEY	3	PATRICIA MAHONY	10
FRANK BERLOUIS	5	PETER MANCHESTER	4
BRONWYN BICKFORD	3	DAVID MATHERS	1
KERRY BRAY	6	CHRISTINE MORAN	8
ROBYN BRISCOE	4	JAMES MORAN	1
KEVIN BOLGER	3	JOHN MORAN	2
STEVE BRISCOE	3	TONY MURPHY	6
JIM BURROWS	7	CHRISTINE MURRAY	15
ALAN CLARK	4	JOHN MURRAY	19
TANYA CLARK	7	KEVIN MURRAY	11
VIRGINIA CLARK	6	MICHAEL OAKLEY	9
PHILIP CLARKE	4	DEAN PATTERSON	1
ELEANOR CODY	6	GERRY PHIPPS	3

MICHAEL CRAIG	1	SUE PHIPPS	4
BARRY CRISP	12	SUE PINTO	8
BOB DAVIDSON	1	CHRIS SIEPEN	2
LEN FOULSER	3	DOROTHY SIEPMANN	13
COLIN GREEN	11	ADAM SUMMONS	8
MATHEW HEWSON	3	COLIN TOWNSEND	3
NADINE HEWSON	3	MARIA ULRIKSEN	5
BRAD HUGHES	1	JOANNE WELFARE	2
PETER KELLY	1	DEREK WHITE	6
LLOYD LAING	1	MARGARET WHITE	1
LESLEY LEAR	4		

A number of our friends helped our teams when we were short. A special thanks to Angela Deakin, Sue Whiting, Mary McGill Sharon Butler and Norris Smith.

Congratulations to all our team members, and in particular a special thank you to our members whose team representations reached - BARRY CRISP, COLIN GREEN, PATRICIA MAHONY, CHRISTINE MURRAY, JOHN MURRAY, KEN MURRAY and DOROTHY SIEPMANN.

Although ALL team efforts were great, the following (in chronological order) were for me personally the "TOP FIVE" for 1987.

15.2.87 TALAYS TWOSOME - 4th outright team (1st age) out of 106 teams - Bronwyn Bickford and John Murray.

28.6.87 SUTHERLAND SHIRE HALF MARATHON - 1st Male team over 35yrs - Derek White, Colin Green, Alan Clark, Barry Crisp and Michael Oakley.

9.8.87 17th ANNUAL CITY TO SURF 14k - 3rd Mixed Team - Barry Crisp, Tanya Clark and Peter Manchester.

30.8.87 HCF CAREFLIGHT CHALLENGE 14k (Bridge to Manly) = 1st Ladies Team - Tanya Clark, Dorothy Siepmann and Christine Murray.

15.11.87 BLACKHEATH 12k RHODO RUN - 1st Mixed Team - Nadine Hewson, Sue Pinto, David Mathers, Mathew Hewson and Derek White.

Although I've personally selected the above five as high-lights of '87, each team, and each team member can be proud of themselves, because, whether they were placed or unplaced, each gave 110% effort for themselves, and hence, for their Club. Thank you all. The team spirit, team-work and friendships generated by team participation permeates the whole Club. Thank you again and let's look forward to a great Bicentennial Running Year.



CHRIS SIEPEN



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, Drummoyne & 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 RUNNER'S PRAYER LAMENT

(Sing these verses to the music of the late Janis Joplin hit "Oh Lord won't you buy me a Mercedes Benz".)

VERSE 1: Oh Lord won't you buy me some new running gear.
My shorts have a seat - that tangle 'round my feet.
I now must confess - I really look a mess.
So Lord won't you buy me some new running gear.

VERSE 2: Oh Lord won't you buy me some new running shoes.
The pair that I've got are worn out all through.
I can't run up hills - I can't run the track.
Please Lord won't you buy me some new running shoes.

VERSE 3: Oh Lord won't you give me a new pair of legs.
The runners pass by me - I feel pretty dead.
My breathing, my heart are good plus my head.
But Oh Lord, won't you give me a new pair of legs.

AMEN!

CHRIS

AUSTRALIANS AT THE WORLD CHAMPIONSHIPS

Debbie Flintoff, Kerry Saxby and Steve Moneghetti showed outstanding form in the 2nd World Track and Field Athletics Championships held in Rome in August / September.

Successes were sparse for Australia, but Debbie's silver medal in the 400m hurdles and Kerry's in the 10km walk stamped them as top performers in the world and possible medal chances next year in Seoul. Steve Moneghetti's 4th placing in the Marathon was a fine effort and gives him a great chance of taking one of the Marathon spots in the team for '88.

HISTORY OF WOODSTOCK COMMUNITY CENTRE.

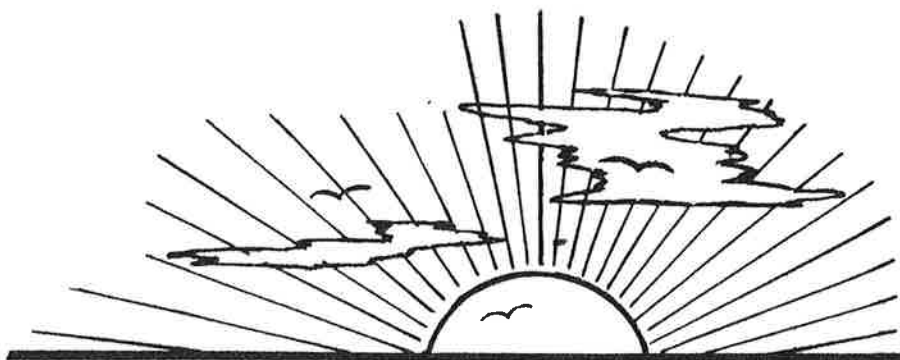
Woodstock was built in 1873 by Mr. Edwin Penfold - one of Australia's largest tobacco manufacturers. In 1914 it was sold to Mr. Keep, who renamed the mansion "Broughton". The Keep family resided there until 1941.

The property was then transferred to Burwood Council for a short time until it was acquired by the Commonwealth Government in 1942 for use as Army Divisional Headquarters. After the war, the property remained vacant until 1949 when it was used as a migrant hostel until 1974.

In 1976 Sir William McMahon arranged a long lease for Burwood Council on the property and the Council restored, renovated and converted it to the Community Centre it is today. It was officially opened by the Governor General, Sir Zelman Cowan, on November 11th, 1979.

Since then Woodstock has won many awards in the Tidy Towns Competition including Best Presented Community Facility in the N.S.W. Metropolitan Area on two occasions.

Woodstock is a home and meeting place where fun, enjoyment and goodwill exist; where individuals, families and community groups belong and share with others by engaging in a wide range of activities.



Record field in fun run at Woodstock

A record 714 starters lined up in Church Street, Burwood for the Third Woodstock Community Fun Run (10km) last Sunday morning.

Jamie Harrison completed a hat-trick, winning his third Woodstock Run in a record 29 min 45 secs.

Scottish visitor Janet Swanson was first female in 35:45.

Three new records were set in women's age categories.

Maryann Busteed's 39:18 took four minutes off the women's 35-39 record.

Shirly Redhead took eight minutes off the 50-59 women's record with 45:51.

Thelma Davies brought her own over-60 record down by six minutes to 52:05.

One hundred and thirty helpers including State Emergency Services, St John's Ambulance, Burwood Brass Band, Woodstock Runners and their families and friends contributed to the success of the day.

The Road Runners' Association held their annual presentation in conjunction with the race.

Woodstock's 1986 run was declared best run in NSW during the previous year.

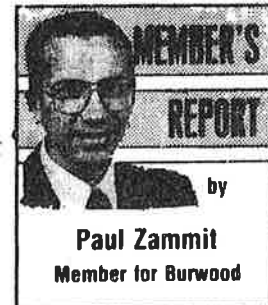
Woodstock again won the best club award.

Elle Cody took the award for best senior lady runner.

Woodstock's Bicentennial Fun Run takes off from Woodstock Community Centre at 8am on Sunday, October 31.



Our Fun Run 1-11-87



Prizes

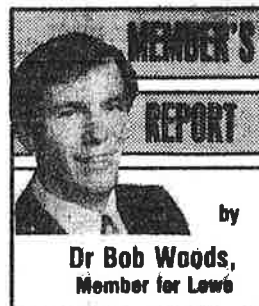
On Sunday morning, I attended the presentations of prizes for the winners of the different categories of the annual Fun Run, organised by the Woodstock Runners.

This event has grown in popularity from its inception three years ago at which I competed.

This year there were 714 competitors.

The overall winners were for the males: first place, Jamie Harrison; second, Lawrie Whitty and third, Horst Wegner.

For the females: first place, Janet Swanson; second, Mandey Davey and third, Mary Fien.



Fun Run

I attended the third annual Woodstock Fun Run held on Saturday, November 1.

Voted the best Fun Run in NSW, the 10 km trek through the streets of Burwood and Croydon was a real test of endurance.

Congratulations to Jamie Harrison, NSW male athlete of the year who led the field home and Janet Swanson the first female across the line.

About \$800 was raised and will be given to St John's Ambulance Western Division and St Anthony's Children's Home at Croydon.



as told in The Courier 4-11-87

QUOTE OF THE DAY FROM A RUNNER AT THE RECORDING TABLE:

"When will the applications be available for the 1988 Fun Run"



"RUNNING HIGH 3"

(The story of the Woodstock Runners Community Run Run)

The initial Woodstock Runners Community Fun Run in 1985 quickly established itself as one of the all-time successful runs, attracting over 500 to the opening session and receiving rave reviews from the critics as an "epic human drama". The inevitable sequels in 1986 and 1987 were even more successful at the box office, while the race Directors, Chris Siepen and Kerry Bray, have received formal recognition from industry peers, twice winning the N.S.W. Road Runners Association award for the best production up to 15km.

So what is it that makes this pedestrian piece de resistance so successful? The answer lies behind the scenes in the organisational skills of Chris and Kerry, the hours of preparation and effort by the 130 production staff, and in the desire to produce an efficient run that is also enjoyable for those involved.

The groundwork and planning for the run takes a full year, with this year's activities reaching a "Kerrifit Chriscendo" on the Friday before final shooting on Sunday, November 1.

Friday's activities begin at 5.30am when Chris purchases 21 dozen white carnations from the local markets. These carnations are later sprinkled with blue paint (Woodstock Runners' Official colours are blue and white) and given to each female performer who appears in the finishing line scene. The rest of Friday is spent checking production schedules, organising props and equipment, writing up signs and cue cards, and wrapping presents for the post-production presentations.

At 1.30am production halts.

Production recommences at 8.00am on Saturday. Around this time Kerry is out gathering more props, while shortly afterwards Chris can be found supervising the erection of a large marquee for use as outdoor dressing rooms.

The next major task is to collect the rental truck used for transporting equipment. Traditionally this has been a difficult task and this year was no exception. Apart from a temporary loss of the booking (made months earlier) the rental firm also sent the truck to the wrong depot, so that when Chris went to pick up the truck at Gladesville, as arranged, it was some 10 miles away at Homebush.

With this automotive drama resolved, Chris returned to the Woodstock studios where Kerry was busy overseeing the inflation of hundreds of blue and white balloons by the crew. Although a tedious job, it enabled the crew to release some hot air before Sunday's activity. The remainder of Saturday was spent unloading equipment and performing final checks, with Kerry finishing work at midnight and Chris getting an early mark at 11.00pm (though he did have to sleep on the set overnight).

By 3.00am on Sunday morning Chris is back at work. During the next hour he is joined by Kerry and some of the crew, with the rest of the crew arriving in staggered intervals.

Now all the preparatory matters are converted into energy as all bodily forces are directed towards carrying tables, filling drink cups, putting up signs, building finish chutes and generally constructing the set. Not even the dewy grass can short-circuit the electric atmosphere generated.

Chris and Kerry are like two generals directing their troops, though after two years, many of the crew do their part automatically. As Chris says, the good thing about this production is the way everyone supports each other. This teamwork means that by 6.30am the essential tasks are complete.

Nevertheless, some minor problems are encountered before the start of shooting at 8.00am. There are the postal entries that didn't make it through the mail, the person who entered twice and wanted to know if he had to run twice, and to cap it off the starting gun failed to fire.

Once shooting commences, the crew out on the course spring into action and communicate progress from along the course back to the studio. Meanwhile, the recording sheets are photocopied for use in the lucky draw announcements following the run. Predictably, the photocopying machine causes problems and the recording sheets are returned to the recorders just as the second-placed runner, Lawrie Whitty, finishes.

While Lawrie was one of the leading lights in this year's production, the undoubted star was Jamie Harrison. Although not the original choice for the part - Sylvester Stallone was busy filming "Rocky 14" - Jamie's lightfooted efforts have made him a star of the footlights, and seen him take the leading role in each of the last three productions.

The appearance of the leading performers means that the action at the studio becomes frenetic again.

Timekeepers, recorders, certificate writers, caterers, and baggage personnel are kept busy attending to the needs of the 700-strong cast. Once more a few problems surface: long queues at the certificate tables, the returning of chest numbers, and one rather unusual one, the taxi driver complaining that a runner smashed the "meter" on his cab. But these problems are soon resolved and by 10.15am most of the cast have reported in, the results are compiled, and the presentations are underway.

The area of post-production awards is where Chris and Kerry excel. Not only are there 27 awards for individual stars but also 10 awards for leading teams, as well as numerous lucky draw prizes for the rest of the cast. Then, when all these awards and prizes have been presented, there are more lucky draw prizes for the crew. Finally, at around midday, the formalities are complete.

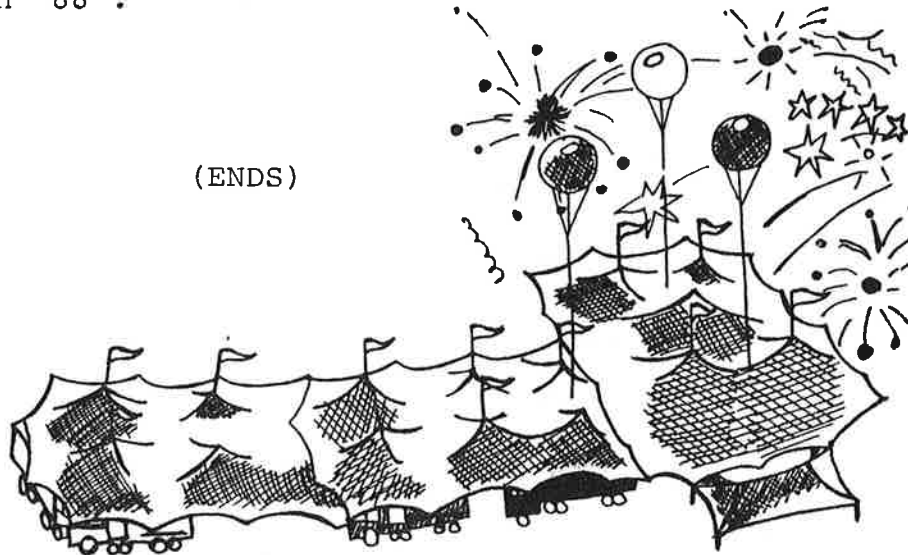
However, there is still work to be done. The equipment must be dismantled and packed away, and the Woodstock studio must be returned to its pre-production state. Like always, Chris and Kerry are in the thick of things, leading this operation by example.

The day concludes for Chris and Kerry around 7.30pm. By this time they have performed a preliminary "post-mortem" of problem areas and come up with some ideas for the next production. It is this planning and personal attention to mundane matters - Kerry puts the toilet rolls in the studio toilets, Chris sends out thank you cards to all the crew - which make Chris and Kerry such great Directors and the Woodstock Runners Community Fun

Run such a successful production.

And you can be sure that Chris and Kerry will soon
'be asking their crew to "c'mon, give us a hand and make
it great in '88".

(ENDS)



POSSIBLE WOODSTOCK MARQUEE
FOR 30th OCTOBER, 1988.

**WOODSTOCK RUNNERS
COMMUNITY**




FUN RUN

Proudly sponsored by
METROPOLITAN CREDIT UNION

10k — Sunday, 1st November, 1987 at 8 a.m.

START AND FINISH BURWOOD COMMUNITY CENTRE,
CHURCH STREET, BURWOOD



ASK HERE FOR ENTRY FORMS

ALL AGES CATERED FOR
SCHOOL AND AGE CATEGORIES
NUMEROUS LUCKY DRAW PRIZES



FUN RUN POSTER

WOODSTOCK RUNNERS COMMUNITY FUN RUN

1st NOVEMBER, 1987

RESULTS

		<u>MALE</u>		<u>FEMALE</u>	
<u>OPEN</u>	1st	JAMIE HARRISON	29.45 (record)	JANET SWANSON	35.45
	2nd	LAWRIE WHITTY	29.59	MANDEY DOVEY	36.38
	3rd	HORST WEGNER	31.39	MARY FIEN	37.13
<u>LOCAL</u>	1st	JASON DUNNE	36.10		
12 & under		JAMES LAYTON	40.39	SUZY HARRISON	44.13
13 - 17		ASHLEY HAWKINS	34.21	JODY YOUNG	40.27
18 - 23		KEVIN MOORE	33.40	CINDY DALTON	43.35
24 - 29		PAUL HUME	33.06	LOUISE BENNETT	39.52
30 - 34		DAVID LEWIS	32.35	DONNA SILVESTRO	43.40
35 - 39		MICHAEL O'MARA	35.32	MARYANNE BUSTEED	39.18 (record)
40 - 44		JIM BOX	32.43	JEANETTE KRISTENSEN	43.56
45 - 49		THOMAS HILL	36.13	ANGELA DEAKIN	40.40
50 - 59		BILL REDHEAD	35.38	SHIRLEY REDHEAD	45.51 (record)
60 & over		GEORGE LAND	41.09	THELMA DAVIES	52.05 (record)
<u>OPEN TEAMS</u>		MT. PRITCHARD JOGGERS		ST. GEORGE INSTITUTE	
<u>MIXED</u>		FEARLESS FIVE (DEAKIN FAMILY)			
<u>PRIMARY SCHOOL</u>		LIVERPOOL PRIMARY		LIVERPOOL PRIMARY	
<u>SECONDARY SCHOOL</u>		GREYSTANES FLYERS		O.L.M.C. EPPING	
<u>HUSBAND & WIFE</u>		LYN & NOEL BROWN			
		MAVIS & BOB CORDEROY			
		LYNNE & COLIN HARDY			



FUN RUN ENTRY FORM

Winner 1986 Road Runners Association
BEST FUN RUN OF THE YEAR.

WOODSTOCK RUNNERS
Founded in 1980.

**WOODSTOCK RUNNERS
COMMUNITY FUN RUN**
proudly sponsored by
METROPOLITAN CREDIT UNION
10 KILOMETRES
Sunday, 1st November, 1987
8.00 am

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

GREYHOUND

Return tickets to the Gold Coast for two with 7 nights accommodation at the Beachcomber Motel, Coolangubra, drawn from all finishers.

BEHIND THE SCENES

How many Fun Runs have the course checked out in the wee small hours of the morning? Woodstock's, of course, leaves nothing to chance.

At 2.45a.m. Colin and Adam set out from the overnight accommodation provided free of charge to helpers (that being the tent in the grounds of Woodstock), to run the Course. There was certainly no jostling at the Start, nor any problems with traffic, but Adam managed a few blisters. Needless to say, they were back in plenty of time to commence work at 3.45a.m. Chris did not wake at 2.45a.m. - am not sure whether it was his clear conscience, or the result of sheer hard work over the previous few weeks.

Incidentally, Chris or Kerry are currently taking bookings for similar overnight accommodation for Saturday, 29th October, 1988. Get in early to make your booking - no deposit required.

This year our balloon blowing took on a new dimension when Pat brought along a cyclinder of compressed air. She and Len managed to extricate it from the car and roll it into the craft-room - it was then plain sailing. Phil arrived then with a compressor, and a short time later the room was filled with 400 balloons. Thanks to all who helped out on the Saturday.

Chris didn't lose anything this year, although at one stage on the Saturday we thought he'd lost the two tonne truck. However, it was Budget who had misplaced it. The vehicle was at Homebush instead of Gladesville. We greatly appreciate the most valuable assistance given all week-end by our truck-driver - Brian Siepen.

Sunday's 4.00a.m. shift workers were all punctual and eager to get on with the job. Jak was not quite as well dressed as last year, but, nevertheless carried out his Chief Recording duties ever so efficiently. Two days earlier, he had come from Canberra and with Chris, Elle and Kerry worked on the entries until the early hours of Saturday morning. Thanks Jak!

Apart from a few minor hassles, such as the non-firing gun (ask Kerry about that), the Run was a great success, and appreciation goes out to all who helped in any way, especially area chiefs such as Timekeeper Ken, Catering Chris, Baggage Dot, Money-man Norm, Announcer Derek and Radio-man Bill.

The Committee of Chris, Colin, Maria, Phil, Derek and Kerry attended meetings regularly, making valuable contributions on those evenings and working tirelessly throughout the eight months or so.

Chris' dream of a first class Fun Run organised by our Club has been realised for the third time and due to a huge extent to his own initiative, thoughtfulness and sheer hard work. I appreciate greatly the enormous contribution that Chris has made, and look forward to working with him in '88.

Don't forget the Bicentennial Woodstock Run will take place at 8.00a.m., Sunday 30th October - please mark it in your diary.

KERRY BRAY



ANSWER: Derek White

THIRD ANNUAL WOODSTOCK RUNNERS COMMUNITY FUN RUN - 1st NOVEMBER, 1987.LEADING FINISHERS

<u>MALES</u>		<u>FEMALES</u>	
1.	JAMIE HARRISON 29.45	1.	JANET SWANSON 35.45
2.	LAWRIE WHITTY 29.59	2.	MANDEY DOVEY 36.38
3.	HORST WEGNER 31.39	3.	MARY FIEN 39.13
4.	DAVID LEWIS 32.35	4.	MARYANNE BUSTEED 39.18
5.	JIM BOX 32.43	5.	LOUISE BENNETT 39.52
6.	IAN GRAVES 32.54	6.	HELEN BEARD 40.14
7.	PAUL HUME 33.06	7.	JODIE YOUNG 40.27
8.	DAVID BARROW 33.08	8.	ANGELA DEAKIN 40.40
9.	SCOTT LAWRENCE 33.26	9.	JANET PIDSELY 41.40
10.	KEVIN MOORE 33.40	10.	HELEN STANGER 42.01

NUMBER OF ENTRANTS

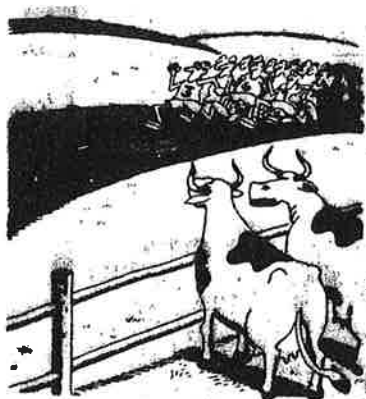
ONLY THOSE WHO RECORDED THEIR TIMES ARE INCLUDED - NUMBER OF FINISHERS IS SHOWN IN BRACKETS.

	<u>MALES</u>		<u>FEMALES</u>		<u>TOTAL</u>	
12 & UNDER	44	[38]	18	[18]	62	[56]
13 - 17	59	[42]	17	[11]	76	[53]
18 - 23	69	[49]	23	[17]	92	[66]
24 - 29	104	[82]	33	[30]	137	[112]
30 - 34	60	[42]	15	[14]	75	[56]
35 - 39	75	[54]	16	[13]	91	[67]
40 - 44	63	[53]	15	[12]	78	[65]
45 - 49	41	[32]	7	[7]	48	[39]
50 - 59	34	[26]	4	[3]	38	[29]
60 & OVER	13	[11]	2	[2]	15	[13]
	562	[429]	150	[127]	556	[712]

76% MALES (76% in 1986) AND 85% FEMALES (72% in 1986), WHO ENTERED, RECORDED THEIR TIMES, GIVING AN OVERALL 78%, AS COMPARED TO 75% IN 1986. THE DIFFERENCE CAN BE ATTRIBUTED SOLELY TO THE INCREASE IN THE FEMALE PERCENTAGE THIS YEAR.

SOME 1988 FUN RUN DATES

- JAN 02 - Palm Beach to Manly, 30k.
 09 - Soldiers Beach, 8.5k and 3.4k.
 17 - Sydney Marathon Clinic Half Marathon.
 26 - Australia Day Run, 10k and 4k, Centennial Park.
 FEB 14 - Talays Twosome, 2 x 4k Relay, Centennial Park.
 21 - Dahlia Dash, 8k, Mittagong.
 21 - Sydney Marathon Clinic, 25k.
 28 - Lower Mountains, Warrimo, 12k and 3k.
 MAR 06 - Birkenhead Biathlon.
 20 - Sydney Striders Half Marathon.
 20 - Festival Ten, Merrylands.
 APR 09 - Marathon Eve 10k, Canberra.
 10 - Nike Marathon, Canberra.
 21 - Cities Marathon.
 25 - Anzac Day Marathon.
 MAY 29 - 2GO Terrigal to Gosford, 11k.
 JUL 24 - Gold Coast Marathon and Half Marathon.
 AUG 14 - City to Surf, 14k.
 OCT 30 - Woodstock Runners Community Fun Run.
 NOV 06 - Fishers Ghost, 12k, Campbelltown.



*"I'd hate to be stuck in a
 gorge with those
 coming at me."*

Many thanks to all who contributed to the typing of this Year Book. We are most grateful to Lesley Williams, Len Foulser, Jeanette and Derek White, Eleanor Cody and Peta and Kerry Bray.

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