

Elle a Chris



YEAR BOOK

1989



Woodstock

*Many thanks to all who contributed to the
1989 Year Book, to Len & Derek for the typing, & to
Virginia & Michael for the collation.*

CONTENTS

WOODSTOCK'S DEVELOPMENT.....	3 - 5
HISTORY OF WOODSTOCK RUNNERS TO 1989.....	6 - 8
1989 DIARY.....	9 - 18
DID YOU KNOW ?.....	19
PRESIDENT'S REPORT - Kerry Bray.....	20
STRETCHING INCREASES PERFORMANCE.....	21 - 22
RUNNING WHERE - A Song - Michael Oakley.....	23 - 24
RUNNING AND BOREDOM - Derek White.....	25
STRETCHING PREVENTS INJURIES.....	26
SCENES FROM A SLOW YEAR - David Mathers.....	27 - 29
SIX FOOT TRACK WALK 1989 - Ross Keys.....	30 - 31
COMMONSENSE RULES FOR JOGGERS.....	32
THE CLUB WITH NO PEER - A Song - Derek White.....	33
A HILL IS A HILL IS A HILL - Ross Keys.....	34 - 35
PHOTO ALBUM.....	36
THE WOODSTOCK SONG - Michael Oakley.....	37 - 38
"H.S.C." - Derek White.....	39
THE WOODSTOCK "10".....	40 - 44
LOOK AT YOUR SHOES.....	45
UNCLASSIFIED ADS.....	46
COMMONWEALTH GAMES TALLY.....	47
MEMBERS ADDRESSES AND TELEPHONE NUMBERS.....	48 - 52

WOODSTOCK RUNNERS COMMITTEE

President	Kerry Bray
Secretary	Virginia Clark
Club Captain	Chris Siepen
Female Captain	Pat Mahony
Male Captain	John Murray
Treasurer	Tony Murphy

FUN RUN COMMITTEE

Colin Townsend, (Race Director), Max McGown, Pat Mahony
and Adam Summons.



Founded in 1980.

Woodstock Runners wishes to express its 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.

"WOODSTOCK'S DEVELOPMENT"

A BRIEF EARLY HISTORY

"Woodstock" was built by Mr ET Penfold in 1873, on six acres of land between Burwood Road and Shaftesbury Road, Burwood.

It was renamed "Broughton" by Mr Keep, who bought it in 1914.

It was acquired by the Commonwealth Government in 1941 and used as Army Intelligence Headquarters. A number of double storey huts were erected in the grounds.

Following World War II the property was used as an annexe of The Repatriation General Hospital, Concord. It later became a Migrant Hostel. With fewer immigrants to Australia it ceased to be used as a hostel in 1974.

In July, 1976 after several years of negotiations, Burwood Council was granted a lease of the property for 25 years with an option for a further 25 years.

DEVELOPMENT OF WOODSTOCK AS A COMMUNITY CENTRE

A public meeting was called by Council on 16th August 1976 at which 110 residents participated.

The Mayor, Ald. Philip Taylor, after considering the resolutions and submissions of the public meeting, presented a report to Council on 8th March, 1977 which was adopted. This report put forward the following recommendations:

- (a) The development of Woodstock grounds for passive and informal recreation.
- (b) The demolition of temporary buildings.
- (c) The conversion of the dining hall for a Senior Citizen's Centre.
- (d) The site revert to its original name of "Woodstock".
- (e) The formation of an establishment committee.
- (f) The appointment of an experienced community development worker to research the question of "Woodstock's" role in meeting community needs.

The "Woodstock" Establishment Committee was formed, consisting of The Mayor, (Philip Taylor), the Town Clerk (Ross Parsons), the Town Planner (Robert Davidson), the Municipal Health Surveyor (John Rath) and representatives of the community Frank Hayes (Director of Social Welfare at Milperra C.A.E.)

and Rev. Bruce Thornton (Sydney Rescue Work Society). This Committee met with and briefed Jillian Salz (Community Development Officer with North Sydney Council) who was seconded to carry out research into community needs. Jillian Salz was chosen because of her experience with the Kirribilli Neighbourhood Centre.

Submissions were called for on the 7th April, 1977 and Jillian Salz interviewed those who had made submissions. The Establishment Committee met with Jillian Salz on 3rd May, 1977 and submitted a report to the Welfare and Social Services Committee of Council. A number of recommendations were adopted at Council on the 31st May, 1977. The three major decisions taken by Council were:

1. The appointment of a Co-ordinator for Woodstock.
2. That an Architect be engaged.
3. That the remaining temporary buildings be demolished.

Meanwhile the dining hall was renovated and converted to the Burwood Senior Citizen's Centre at a cost of \$100,000 and opened on 26th April, 1977.

Demolition of temporary buildings was begun in May and completed in October, 1977.

Robert Lee was engaged as Architect on the 14th June, 1977 and began work on plans and specifications. He presented a report on the Conversion and Extension Proposal to the Plans Committee of Council on the 23rd August, 1977 which was adopted in principle by Council on 30th August, 1977.

The position of Community Development Officer (Co-ordinator of Woodstock) was advertised by Council in June and Reg Seagrave was appointed by Council on 12th July, 1977.

Reg Seagrave in his role as Co-ordinator of Woodstock was concerned to achieve a sense of "belonging" among all involved in the Centre and employed a participatory form of planning, development and ultimately management of the Centre.

To achieve this, "Management by Objectives" (M.B.O.) principles were applied.

To ascertain the needs, resources and restraints of the Community the following methods were employed:

Consultation with representatives of the Community to whom community needs are generally known: Clergy, Doctors and Social Workers.

Surveys were carried out in the Community and in Schools to allow potential users of the Centre the opportunity to express their needs and thoughts.

Experimental programs were operated in the Centre prior to renovations to gauge Community response and resident reactions.

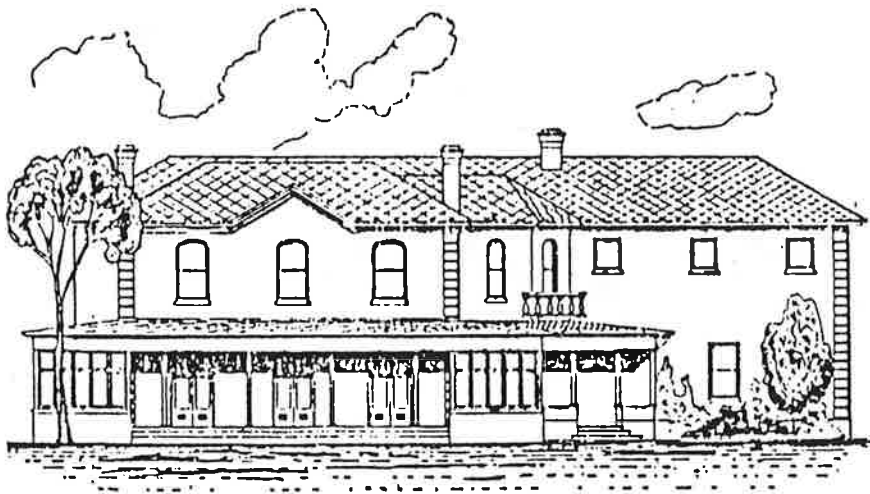
As a result of this the Interim Management Committee was able to formalise Woodstock's Mission (its purpose or reason for existence) and objectives and incorporate same into a constitution.

The constitution was adopted by Burwood Council on 26th April, 1978.

WOODSTOCK'S MISSION

"Woodstock" is a home where fun, enjoyment and goodwill exist; where individuals, families and community groups (irrespective of racial, religious or economic status) belong and share with others by engaging in a wide range of social, educational, cultural and recreational activities; thus achieving for themselves a sense of worth, purpose and togetherness, thereby creating a spirit of community.

The Mission and Objectives have guided the decision making, programming and development of Woodstock during its first decade as a Multigenerational Recreation and Leisure Centre.



HISTORY OF WOODSTOCK RUNNERS TO 1989



1980

22nd. August - meeting of interested people held at the Woodstock Community Centre.

26th. August - first run, 1.7 km through Appian Way.

Participants - Steve Briscoe, Rohan and Kerry Bray and two others.

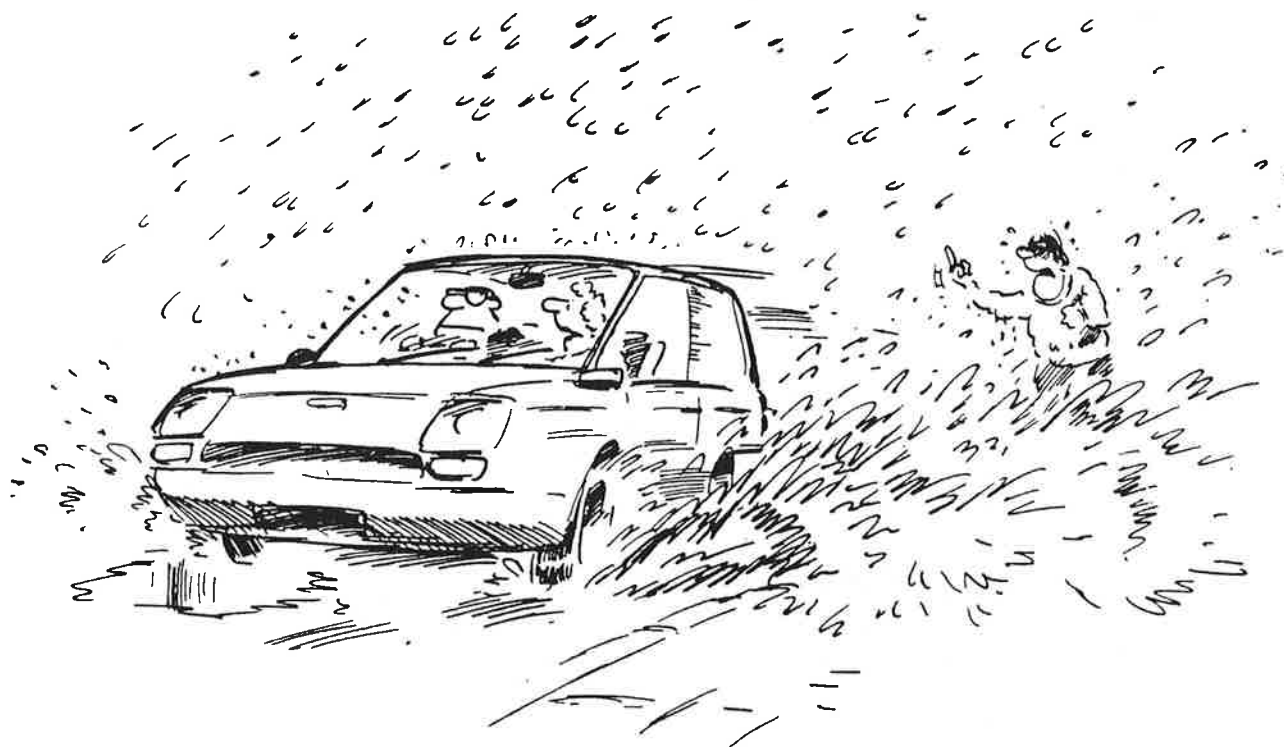
1981

First ever 10 km training run - the Concord Run.

Sutherland to Surf saw our first team in a run - Steve Briscoe, Michael Bayles and Rohan Bray.

1982

Elle and Chris Siepen, Robyn Nash (now Briscoe), Derrick Titmus, Tony Murphy and Barry Crisp joined.



1983

Bob Davidson, Phil Clarke and Derek White joined the Club.

We held an internal team competition on the City to Surf Race.

Our very first Christmas Presentation was held and the launch of the Year Book took place.

1984

The Moran Family, Jim Burrows, Bill White, Jak Carrol, Pat McCarthy and Peter Manchester signed up.

Inaugural Australia Day Run was held.

Vision of a Fun Run was born.

Official singlets, t-shirts and 'sloppy joes' first available.

"Champion Person" Trophy was designed, made and donated by Derek White.

1985

Commenced Saturday morning runs.

Initial participation in Burwood Festival Parade.

First Internal Run to Time.

The first Woodstock Runners Community Fun Run was held on 10th. November.

The Murray Family joined us, together with Pat Mahony, Adam Summons, Lesley Williams, Colin Green, Lesley Lear, Colin Townsend, Alan Clark, Terry Bailey and Frank Berlouis.

Kerry Bray was made the first Life Member.

1986

New Members included Dean Patterson, Michael Oakley, Sue and Gerry Phipps, Bronwyn Bickford, Sue Pinto (now Johnson Ham), and David Mathers.

Sunday morning runs, organised by Derek White, commenced.

1987

New members for this year were Adam Cockburn, Donna Silvestro, Colin Bertram, Jo Welfare, Virginia Clark, Max Hall, Len Foulser, Keith Jackson and Lloyd Laing.

The second Life Membership awarded to Chris Siepen.



1988

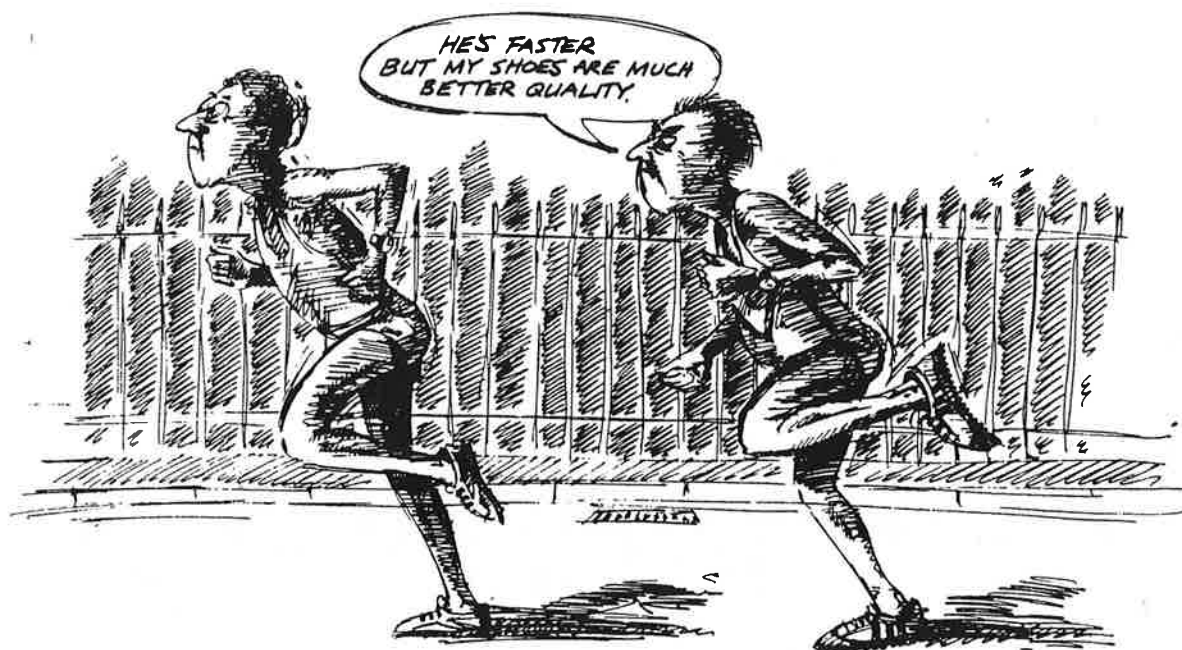
Seems like a 'Who's Who' of Running - our new recruits for the year were David Blair, Joe Ayoub, Victor Vera, Heidi Lee, Chris Trommestad, Vass Vassiliou, Julia Stenton, Mark Xenita, Carole Peacock, Patricia Scenna, Domenico Matruglio, Kevin Loucas, Ian Whitfield, Barry Cole, John Lay and Ray Moore.

Michael Oakley organised our first Marathon Relay.

Our Bicentennial Woodstock '10' attracted a record 1,149 entrants.

Winners at last year's Presentation Night were:-

Most Improved Runner.....	Adam Cockburn
Rookie of the Year.....	Max Hall
Encouragement Award.....	Terry Bailey
Novice of the Year.....	Chris Trommestad
Most Outstanding Individual Performance.	Domenico Matruglio
(Cities Marathon, 2h. 43m. 21s., 1st. in age category)	
Female Club Champion.....	Eleanor Siepen
Male Club Champion.....	John Murray
Champion People.....	Pat Mahony and David Mathers
Most outstanding Team Performance.....	Sydney to Wollongong
Relay, 1st. Mixed Team and Race Record .	Bronwyn Bickford, Eleanor Siepen, Andrew Heath, Domenico Matruglio, Seamus Maher.
Runner of The Year.....	Kerry Bray



1989 DIARY

Due to a very regular and most informative Newsletter put together by David Mathers, we have all been kept abreast of the comings and goings of members throughout the year.

The year commenced with a well attended Annual General Meeting and a most enjoyable Brekkie Bash, organised by the Siepens. Brian Phillips had started the year with us and we were soon to be joined by Vic Taylor, Jeff Newey and Ron Powell. While we were welcoming the new people, we were farewelling the Lee Family of Heidi, David and Christian as they left for Melbourne.

A time capsule was sealed by the Burwood Bicentennial Committee on 28th January. Contained within were photos, results, an entry form, poster and certificate from The Bicentennial Woodstock '10', as well as some historical facts about the Club.



JIM, ALAN, ADAM & FRANK ~ BREKKIE BASH '89



SUE, KEN, JOE, JOHN & VICTOR — BREKKIE BASH '89



KERRY, BRIAN, CHRIS, VASS & JIM — BREKKIE BASH '89

Frankie Hopkins, Lindy Hou, Ross Keys and Alex Malley came along in February and our Sunday Runs continued with leader Derek showing the way on the "Rhodes Ramble", "Lidcombe Lope", "Cooks River Canter", "The Bicentennial Boomerang" and others.

**EMU
DASH**



**1988 AUSTRALIAN
BLADDER
FOUNDATION**

55

FLUID RETENTION TRIALS

A True Blues Afternoon was held at Elle and Chris' in March and enjoyed by all. Soon after we held our first "Pack Run" in the hope that members would appreciate the importance of Tuesdays being training runs, not races. Ian Cockburn joined us around this time.

**MT PRITCHARD JOGGERS
7th ANNUAL**

Half Marathon

***Leader* '10'**
FUN RUN FOR ALL THE FAMILY



Pauline Tatum joined in May at the same time our Men and Ladies each took out the first team awards in the Terrigal to Gosford. The "big wet" at this stage caused a postponement of the Marathon Relay to a date to be fixed.

Geoff Hickie was next to arrive and a further arrival was a daughter for the McGown Family. Sue and Gerry organised a Sunday run and eats at Bondi and around this time Dorothy, Len and Jeff travelled to Oregon for the World Vets. titles; some members escaped Sydney's cold momentarily when they headed north for the Gold Coast Half Marathon.



August saw Woodstock achieve much success in the 19th City to Surf with 2 gold and 3 silver in team awards, as well as Bronwyn's 3rd in her age category and Derek and Max - 2nd and 3rd in theirs respectively. As well, there were 4 awards to teams in our Internal Competition. We had 52 participants in total.

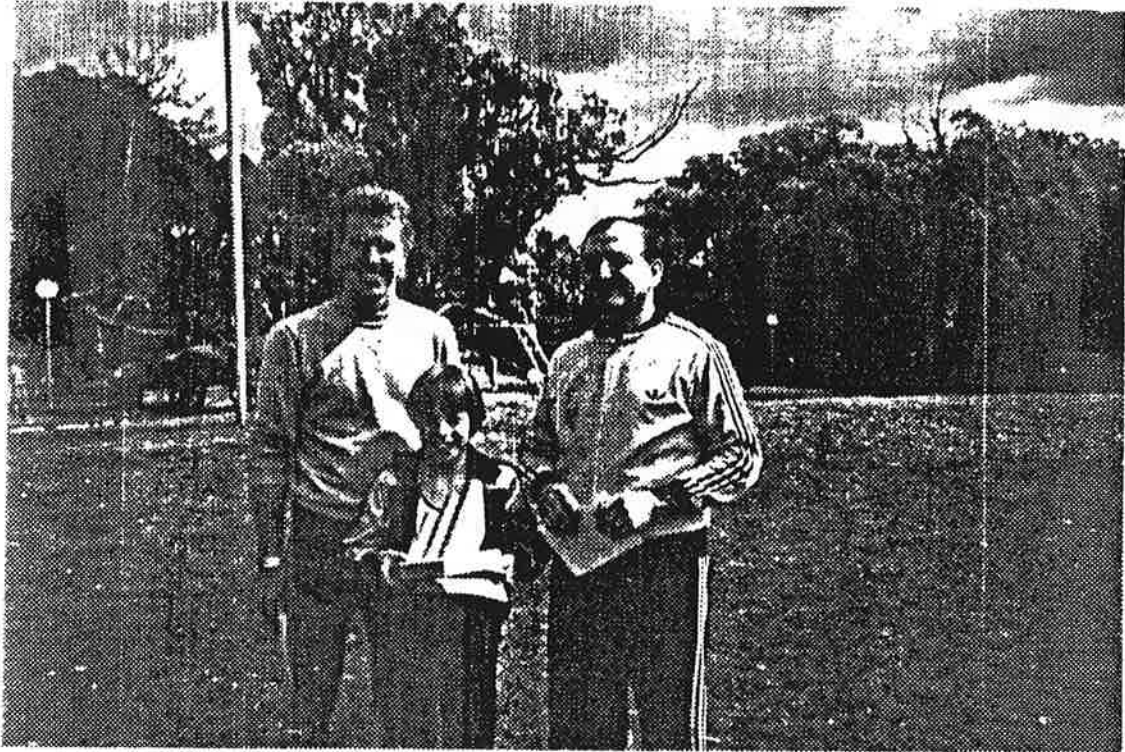
It's always a busy month, for we also celebrate the Club's birthday - "9" this year. Thanks Pat for organising a great night-out at the Niterider Restaurant on the 18th, and thanks also to all who came along on Tuesday 22nd for our birthday run and party.

Two weddings took place around this time. Patricia and Dominic, as well as Lesley and Lindsay were married. We wish both couples much happiness. Vilija Burnekis, Maureen Cummins and Neil Byrne were arrivals on the August scene.

THE SUN-HERALD



The 3rd September saw our inaugural Woodstock Relay. It is basically 2 loops of the Appian Way course with 3 members per team. Congrats. to Victor, Michael and Adam who took out the coveted award. We see this as an annual Event.

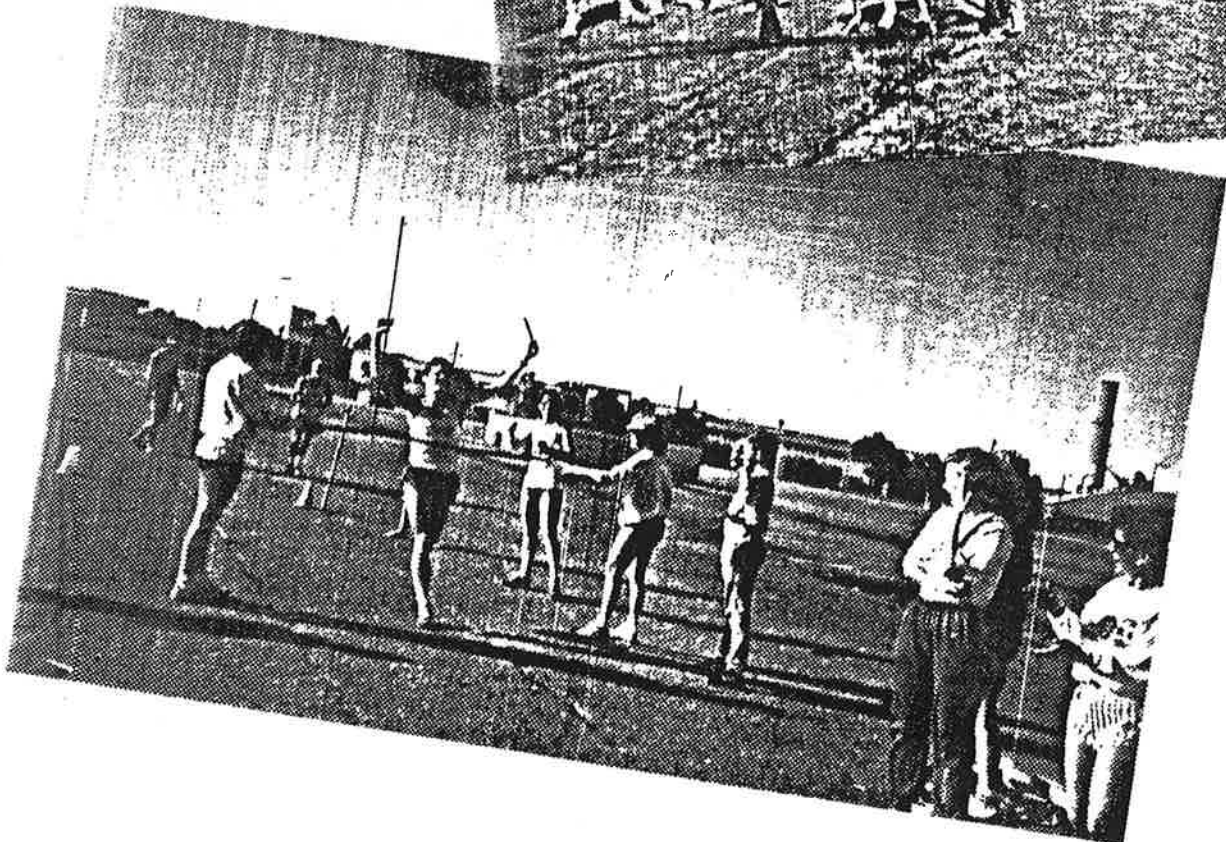
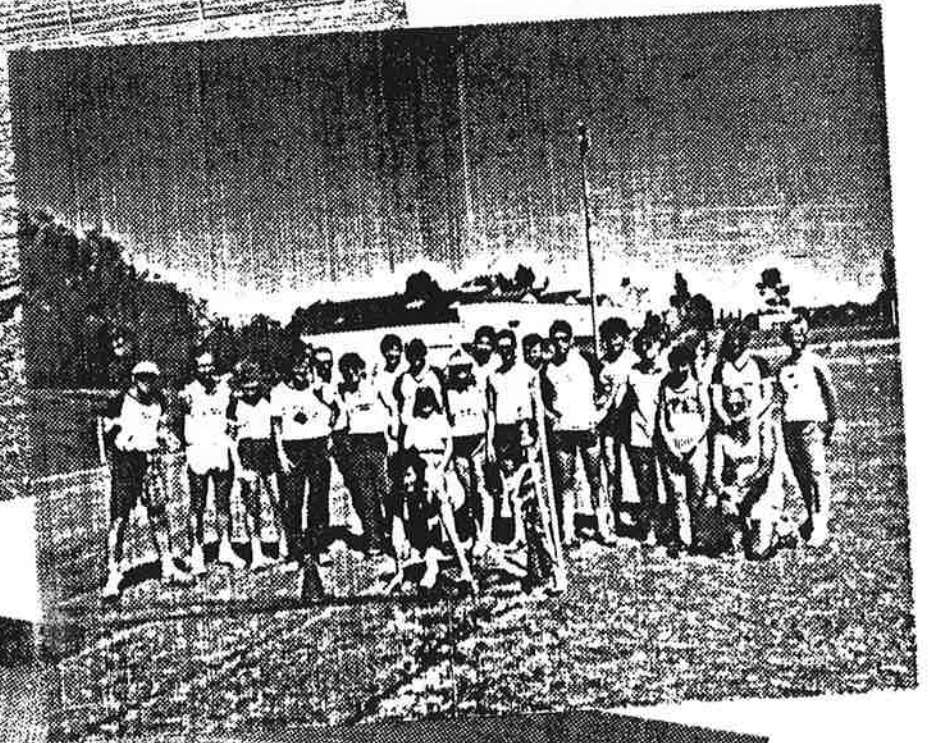
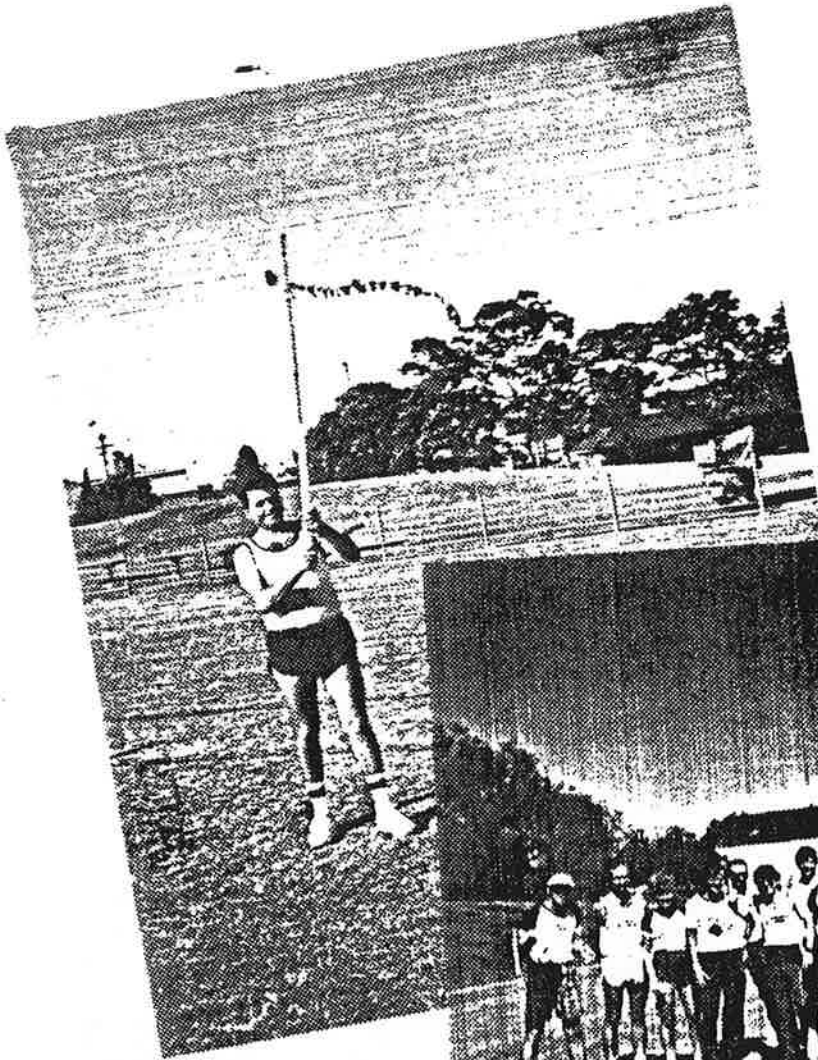


September saw the Marathon Relay at Auburn. Thanks to Virginia and Michael for the organisation. Even though we failed to break the record, we all appreciated the challenge, as well as the speed of the world's best over 42k.

Our Internal Fun Run, once again, was a huge success and a most enjoyable morning. Thanks to Chris for a "top show" and to all who contributed in any way. Congrats. to the clever prize - winners.

The Interclub Challenge saw Woodstock achieve a high placing with a minimum of people. As the 1990 Event will be held on Western Districts' course at Lake Gillawarna, we are hoping for one of our biggest turn - outs ever.

MARATHON SPRINT
SEPT. 23/89





THE WOODSTOCK '10'

proudly sponsored by



36-38 Victoria Street, RUPMWOOD 2154 Phone: 745 3011 (Next to Target)

• 10 KILOMETRES •

Sunday 29th October, 1989

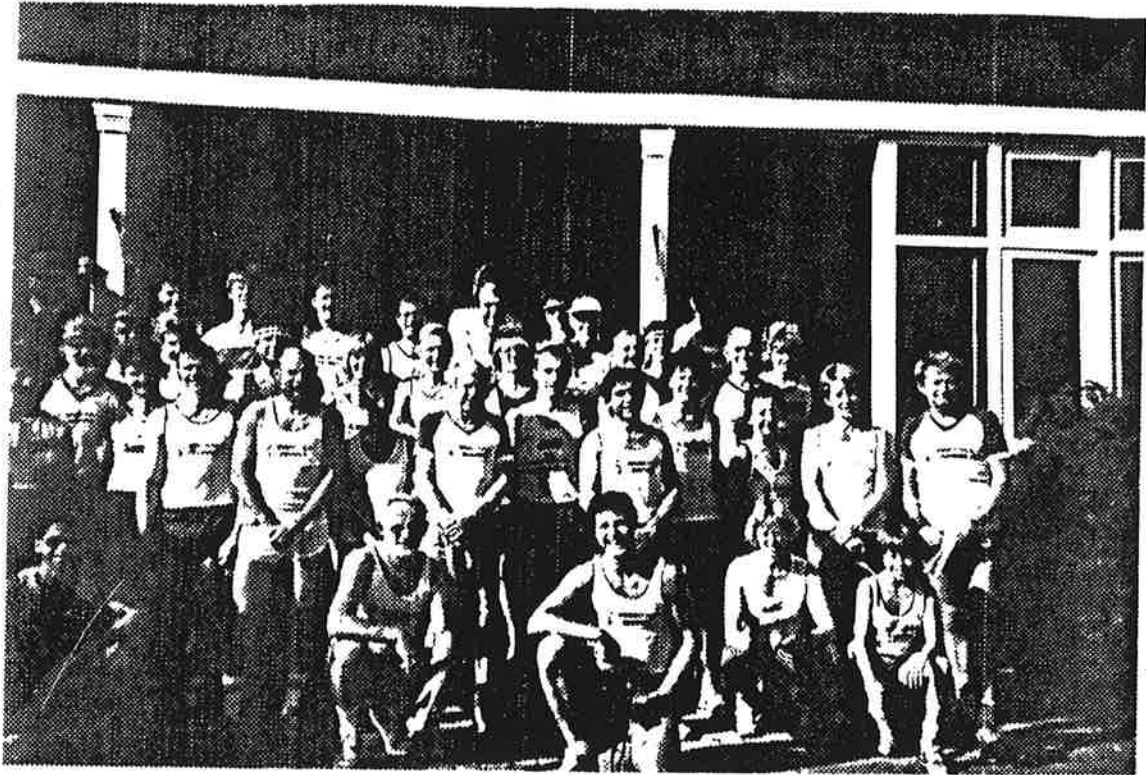
8.00 am

October, of course, was Fun Run month, with the great Event taking place on the 29th with 845 entrants. It was a great effort for Colin and a brand new Committee -- CONGRATULATIONS.

Since the Fun Run we've welcomed Alan Kinder, Bob Shearer, Scott Lawrence, Greg Stewart and Paul Skeen. Pat organised a run and picnic at Lane Cove River Park. While the run was held in fine weather, the heavens opened soon after and we enjoyed our barbecue lunch at Sue and Gerry's.



NORTH CRONULLA
S L S C



INTERNAL FUN RUN ~ 8/10/89

November saw the addition of a new run to our Saturday morning repertoire. It's a Chris - designed 7k jaunt through Five Dock.

Also, this month the Community Centre celebrated its 10th birthday with a cocktail party during which we handed over the trophy cabinet, donated jointly by ourselves and Westfield, to Woodstock. At the time of this publication going to press, we still await the installation of locks on the cabinet.

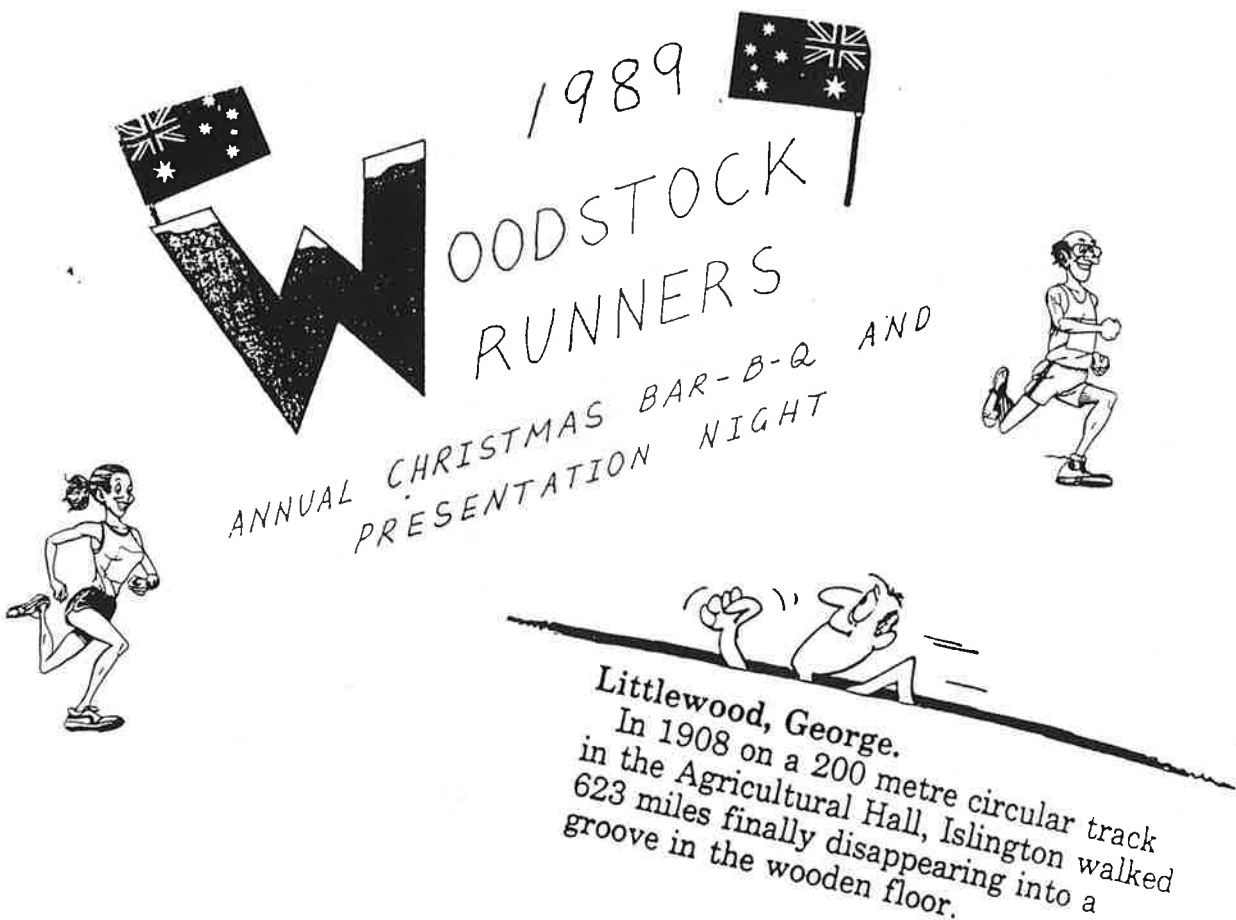
Yordanidis, Dimitrios.
In Athens on 10 October, 1976, this amazing Greek completed a marathon in 7 hrs. 33 mins. Yordanidis was 98 years old. Apparently he'd been taking a quiet ouzo in a local taverna when he thought he heard someone say, "the Turks are coming".



December commenced with a great Breakfast Run organised by Lesley Lear and Gerry Phipps. Following a 10 - 16k run around the cliff - tops from Bondi and back, plus a swim by a couple of us, we breakfasted at the Intercontinental Hotel. It is certainly a beautiful way to spend a morning, especially in great company.

A number of members spent a couple of days, or part thereof, at the Sydney Athletic Field, taking in many great performances by superb athletes at the Commonwealth Games Trials. Australia should achieve well at the Auckland Games, especially as they'll be cheered on by a number of Woodstock members.

As we go to press we look towards an enjoyable Christmas Barbecue and Annual Presentation; back over a prosperous year for the Club; and forward to our 10th year and all it holds in store for us.



Robby Westlake
Memorial

12th GEORGES RIVER FUN RUN
9 km

Nepean FUN RUN

18TH ANNUAL
SUTHERLAND
TO SURF



WESTLAKES
DOBELL FESTIVAL
9.7 KM FUN RUN

Cent Ten
CENTENNIAL PARK 10k
SYDNEY AUSTRALIA 1989

YMCA 9th Annual
FUN RUN



Oz Rock
AUSTRALIA'S BEST ROCK CAFE
989 FUN RUN

EDMUND RICE
COLLEGE TO COAST
FUN RUN



9th ANNUAL

Pitt Town
Fun Runs

PHYSIO FUN RUN
SATURDAY May 27th 1989 at 8.30 a.m.

Polroyd family festival

SUTHERLAND SHIRE
HALF MARATHON - 21.1 km



LUKE SAVAGE MEMORIAL BUX
CROSS-COUNTY
2 PERSON RELAY
"the no fun run"

DID YOU KNOW ?

Seven hundred Woodstock Runners competed in 130 Fun Runs this year.

Most popular events were Windsor Heritage 10 km (20), The Twosome (23), Terrigal to Gosford (21), Y.M.C.A. (25), Sutherland to Surf (26), City to Surf (52) and "Our own three"- The Woodstock Relay (38), Internal Run to Time (36) and the Marathon Relay (26).

We competed in various parts of the Central Coast, Wollongong, Blue Mountains, San Diego, Oregon and Hawaii, Canberra, Windsor/Pitt Town, Gold Coast, Newcastle, Perth, Bathurst and Kangaroo Valley. We even had one participant in the 24 hour Run - that person being Keith Jackson.



13th Run

1989 CHUBB CUP
Inter-Bank Fun Run
9km

PATH TO PARK
Fun Run



The Sun-Herald
City to Surf 89



Milton Ulladulla
HALF MARATHON
& 5KM Fun Run



President's Report



I've enjoyed my first year as President, due particularly to the support and enthusiasm of members. I hope we are all able to look back on the year with many "positives".

One of the high points for the Club was our first Woodstock 3 x 4k Relay. The Event demonstrated the spirit within the Club and I feel sure it will be a popular annual event. As always, we enjoyed the Brekkie Bash, the Marathon Relay and the Internal Run to Time as well as a number of social outings.

We pulled together behind Colin and his Committee to give the running fraternity another top Fun Run. Many thanks to all for this valuable contribution - a special thank you to Colin.

I am especially grateful to Chris for his untiring loyalty, drive, sheer hard work and friendship. Thanks to Tony, Pat and John for their work on the Committee; David Mathers - P.R. Person Extraordinaire; Derek as Sunday morning "Leader of the Pack"; Compiler of Results - Dot; Sue and Gerry for their organisation of many runs and continual offers of help; Virginia and Michael - Marathon Relay promoters; Lesley - instigator with Gerry of THE Breakfast Run; Pat in her role as Social Secretary; Elle on her great support to Chris and the Club; Reg Seagrave and the staff at Woodstock; as well as my Paul for coping with me.

In conclusion I wish improved health and a better 1990 for Colin (Green), Alan (Tully), David (Mathers) and Ted (Bickford).

To all Club Members I offer my thanks along with my good wishes to you and your families for a wonderful Christmas and an enjoyable and successful 1990 - our 10th year.

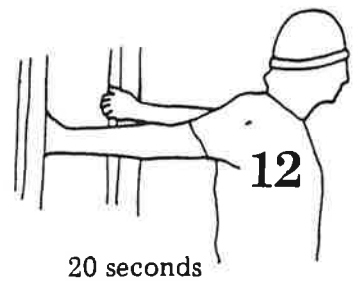
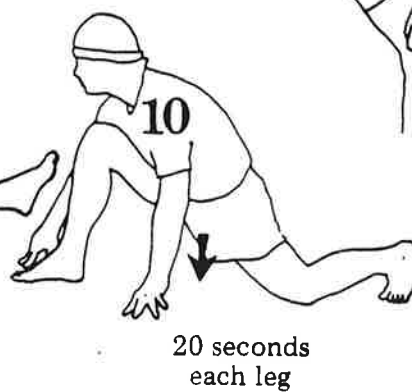
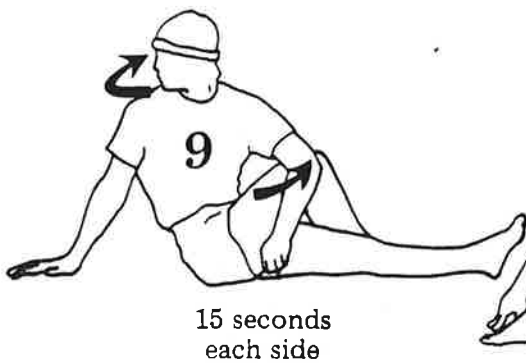
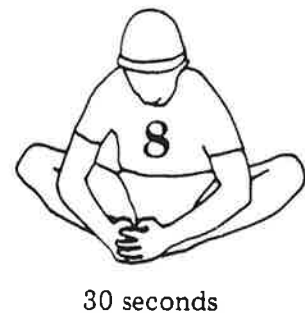
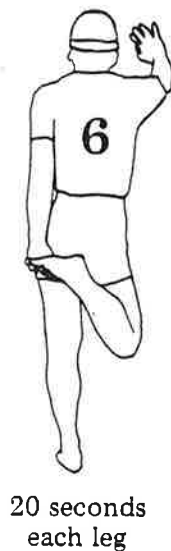
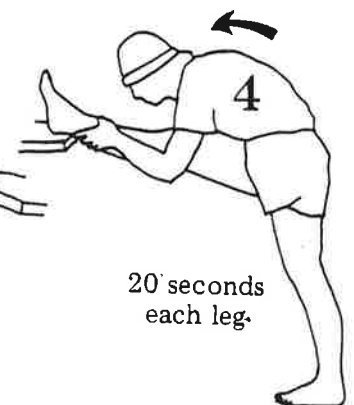
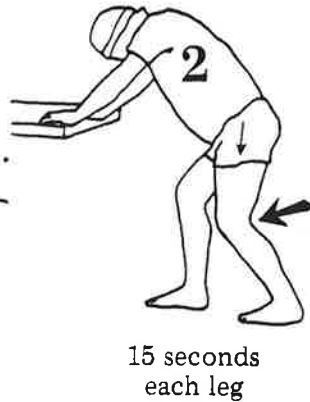
Kerry

Stretching Increases Performance

Before

Running

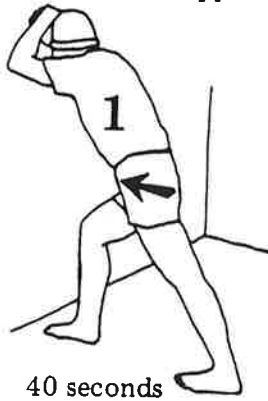
Approximately 9 Minutes



After

Running

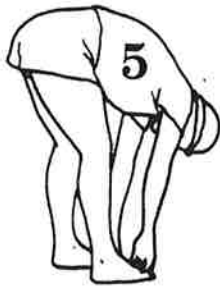
Approximately 9 Minutes

40 seconds
each leg15 seconds
each leg

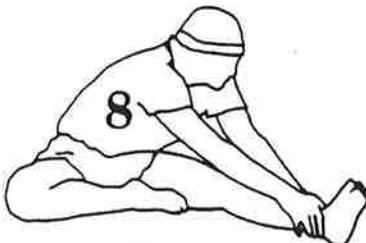
30 seconds



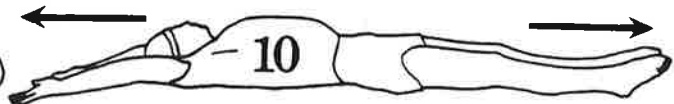
20 seconds



30 seconds

15 times
each direction30 seconds
each leg30 seconds
each leg

40 seconds

3 times
5 seconds

60 seconds

25 seconds
each side

"RUNNING WHERE" (sung to the tune "Running Bear".)

Every Tuesday, by 6:30,
Groups of people congregated.
And they fancy themselves as runners
But they've left it far too late.

Pudgy fat ones, the misproportioned,
The feeble minded all appear,
And they all think that they're runners
Just because they've got the gear.

* * * *

CHORUS:

Running where dogs are snarling,
Little kids close in for the kill.
Running where lungs are bursting
And there's another bloody hill.

* * * *

First the slow group barely moving,
Any slower they'd fall down.
But they manage to keep going,
And they're wheezing all over town.

Muscles aching lungs on fire,
Sweat is running in their eyes,
Yet they're still in the grounds of Woodstock,
But they'll be back before sunrise.

* * * *

Second group now Mediocres,
Underaverage overweight.
Bulging bellies, scarlet faces
Is their health fund up to date?

Now they try to catch the slow group
So they charge off eyes ablaze.
Then they tell us that they're not racing
When they clock it in 2 k's.

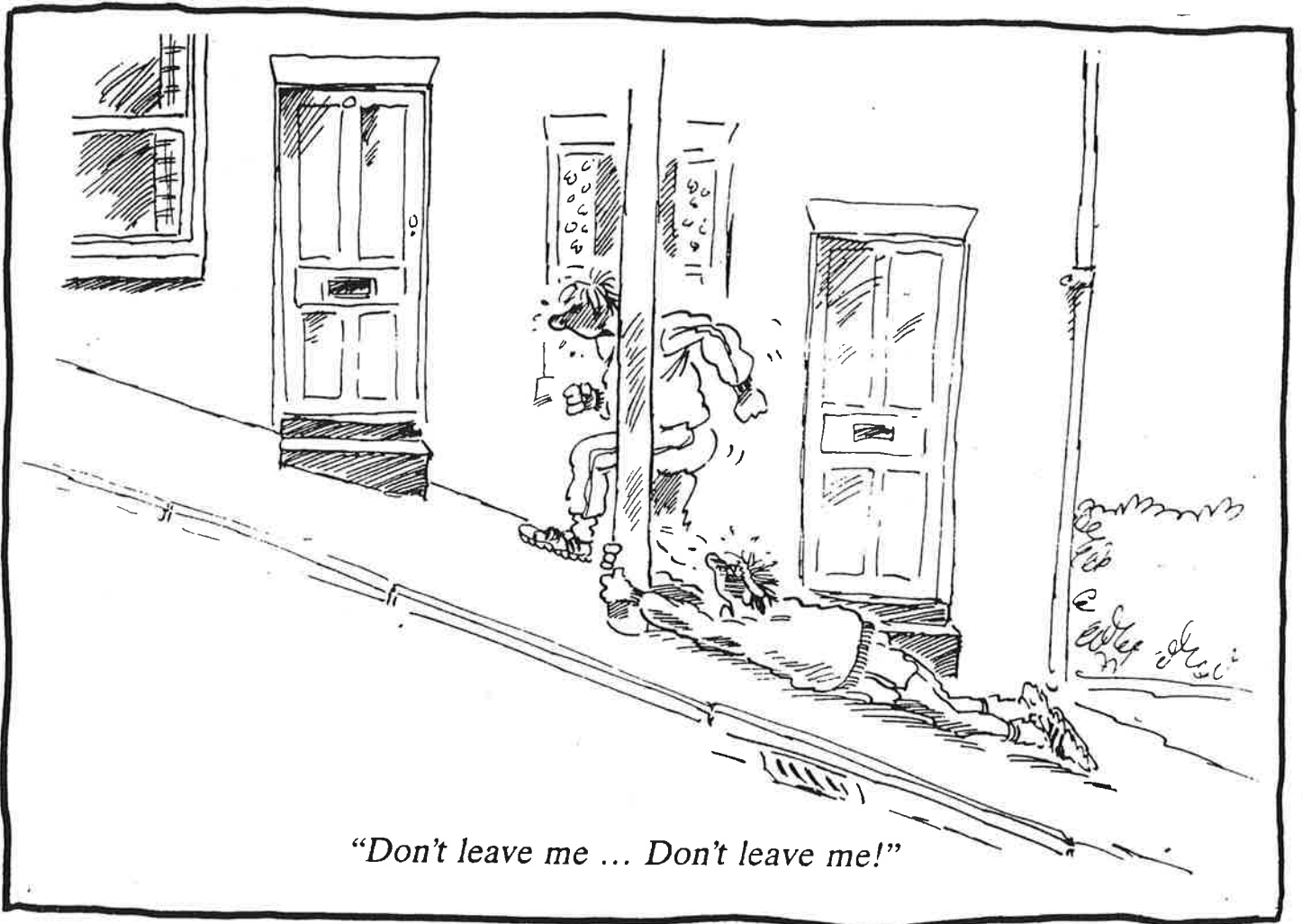
* * * *



Next the third group, almost runners,
Lots of mileage, not much speed.
They're all past it, each year slower
Body transplants are what they need.

Now the fast group, Prima Donnas
Think they're heroes, lotsa luck.
They might catch up to the others,
But then again who gives a damn.

- Mike Oakley



RUNNING AND BOREDOM

With ~~the~~ prospect of my retirement looming on the horizon (three years to go), the question arises as to whether I'll be bored running in my area every (or nearly every!) morning. I won't have to run to Burwood Station as the first leg of the journey to work. I am not one of those people who can trot around and around the same park or oval daily; besides, the morning grass is often too wet for pleasure.

These thoughts lead me to consider boredom in general and for me, the conclusions are as follows. Firstly, I find that I suffer from SERIOUS boredom only BEFORE I go out to run. In other words, it is the PROSPECT of going out into the area which has been familiar for thirty years that is DEAD boring!

When on holidays I just cannot wait to venture forth about dawn, to explore the town and surrounding countryside. At home, once I am out and running, the boredom largely disappears. There are seasonal changes and the ever varied sky and weather. Even buildings and other man-made features can be interesting. Another good idea is to go out with a specific purpose, - to find a particular point of interest.

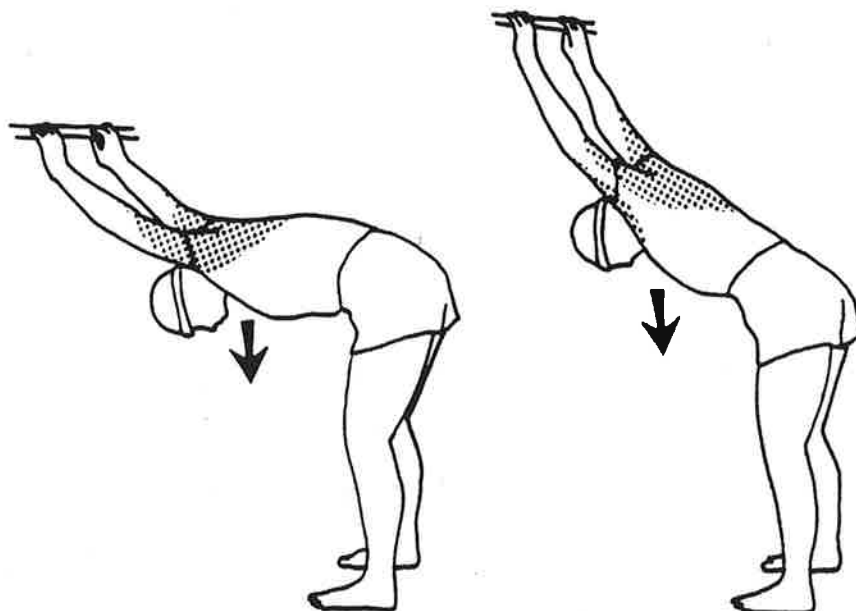
The enemy of boredom is COMPANIONSHIP:- once one has another runner alongside, it doesn't seem to matter where you both go. Taken to its ultimate, this means that group running is a great cure. I don't know about you but personally I never feel bored on Woodstock Tuesday Evenings or on our ten 10 - 15 - 20km Sunday Summer Runs (*Resuming 26.12.'89).

Competition is the best cure of all. On track, cross-country or road, the thrill of racing doesn't permit boredom. One exception is being unfit for the task in hand, becoming exhausted on a long, straight road, many kilometres from the finish. I have experienced this more than once but I really don't know whether to class it as "boredom" or just "distress". Whatever it may be called, IT'S ONE'S OWN FAULT! Avoid it by ample training.

May you never be bored in 1990 my friends.

Derek

Stretching Prevents Injuries



Another good upper body and back stretch is to place both hands shoulder-width apart on a fence or ledge and let your upper body drop down as you keep your knees slightly bent (1 inch). (Always bend your knees when coming out of this stretch.) Your hips should be directly above your feet.

Now, bend your knees just a bit more and feel the stretch change. Place your hands at different heights and change the area of the stretch. After you become familiar with this stretch it is possible to really stretch the spine. Great to do if you have been slumping in the upper back and shoulders all day. This will take some of the kinks out of a tired upper back. Find a stretch that you can hold for at least 30 seconds.

The top of the refrigerator or a file cabinet are good to use for this stretch. Do it slowly. It can be done practically anywhere: all it takes is a little thought and some doing.



To increase and change the area of the stretch in another way, bring one leg behind and across the midline of your body as you lean in the opposite direction. This will stretch those hard-to-reach areas of the upper body.

I find these arm and shoulder stretches to be very good before and after running. They allow for a relaxed upper body and a freer arm swing.

Scenes from a Slow Year (a Steroid story)

"Here comes Carole now... go!" Flat out down the hill. Hell... that wasn't real smart. I guess it isn't a sprint after all. In fact the longest 3.5k in running is the rest of the Twosome after you've gone out too fast at the changeover.

In the next few weeks my leg got sorer and sorer. Eventually I ground to a halt altogether. I blamed it on the Twosome. Then I went to the eye doc (legs... eyes...? just bear with me).

"We'll have to get you off that prednisone. It's nasty stuff.

"Oh yeah, what's it do?"

What it was supposed to do was stop my grafted cornea from rejecting (this it didn't do). Meanwhile Murphy's Law rules in the rest of the body (this happened).

"And what about the muscles?" I told him about the leg.

"Yes, that too."

So I resigned myself to the sidelines.

By mid-year I was sick of the sidelines. Enough of this, I thought, the comeback trail starts with Sutherland to Surf. I set myself a 49½ minute target (4½ min pace) and took off. Either I ran an awful uneven race or they weren't too fussy where they put the markers, but the goal swung from 'forget it' to 'you're still in with a chance' all the way. And in the end I cracked it. Just. I think I was as jubilant about that as I had been about my six minutes faster time the year before.

"We want a realistic estimate of your time for the internal teams competition."

Realistic. Okay, now at the pace I've been going... plus a bit for Heartbreak Hill... less a little bit to make it a challenge... add on five minutes for crowd effects... Someone thought this was funny, but at least I ended up with

a time I could believe in. So when the crowd started moving up in William Street, I had a goal to strive for. And I slid down the wall to join the 70 minute starters from the side, instead of coming in from behind till I packed into solid people like other years. So by the time I got to Edgecliff I had enough clear road to go out after it. That really made the difference. That way I logged my only PB of the year.

6k down in the Pitt Town 14k. Footsteps **coming** up behind. Try to stay ahead... try... oh well, too bad. Hey, that's a lot easier on the eye than I'd expected. Now this would have been great if I'd gone out there to watch the girls go by, but when you're trying to run a race... This may be sexist, but there's something about being passed by a woman that gets me going just that bit more. (Or maybe she brought on a bit of heavy breathing and the extra oxygen did the rest). Anyway, we joined battle, and when I crossed the line I had the satisfaction of knowing I'd given that race everything I had. And the satisfaction of a big hug from behind as I pulled up.

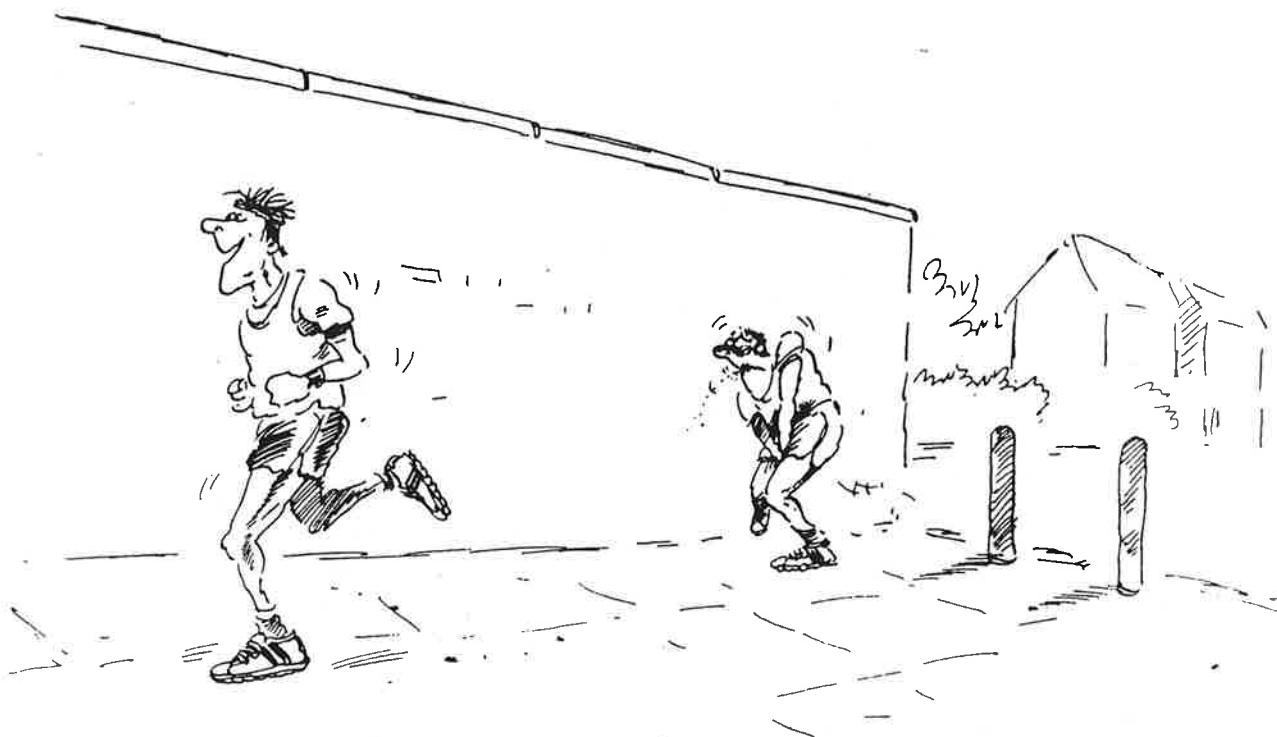
Internal Club Relay. Of course you put your best runner last so they can deliver the goods when the pressure's on. Or first so they can open up a good lead. Never on the middle. But we did. We were almost last when Bronwyn took the baton and she must have been beatiful to watch as she just ate up the whole field... to find me mentally unprepared for the position I was about to have thrust upon me. I've never led a race before. What do you do when Bronwyn hands you the lead? You hang on to it as hard as you can, mate! My cap blows off... too bad, keep rolling. Mike pushing me along Clarence Street... he gets by on the fruit shop corner and disappears into the distance. Appian Way again and there's footsteps behind. Well, the least I can do is hang on to second...

By this time I was almost off the pills. And I was about to get a correcting lens for the other eye. Things were looking good. Then suddenly they were looking cloudy... through the wrong eye. I was back on more prednisone than ever before and the comeback trail came to a dead end.

But there was one more run-- a nice no ambitions take-it-easy-and-enjoy-the-scenery trot around the Interclub Challenge, which is just the way the bush behind Grays Point deserves to be run.

In 1988 I did a lot of running. I wound up frustrated that I could never recapture my flash-in-the-pan form from the middle of the year and really needing time out at the end of the season. In 1989 I had more time out than anything else, but the elses gave me memories of exhilaration and satisfaction to fire the real comeback trail.

David Mathers



"Watch out for the bollards!"



Six Foot Track

Katoomba to Jenolan Caves

9TH SEPTEMBER, 1989

Our goal - to walk the Six Foot Track, forty-two to forty-six kilometres long, depending to which authority you listen.

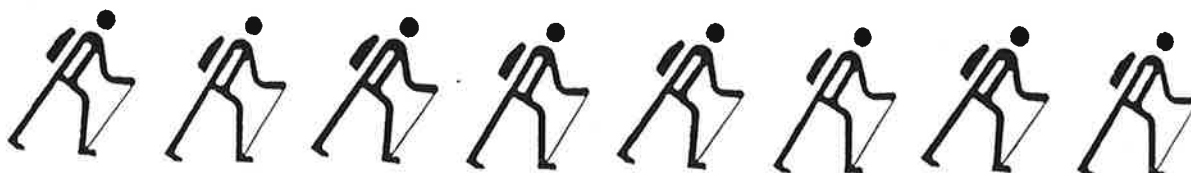
What is it? - Basically it's a horse track surveyed in 1884 to allow access for travellers direct from Katoomba to Jenolan Caves.

Who's idea is this? Sue Pinto, Virginia Clark, Mike Oakley and Ross Keys are driving sedately into the Blue Mountains; 5:20 AM !!! on a Saturday morning. "STOP - POLICE" Ross panics; probably not for the last time today, but it was only a breathalyser check and it was, I suppose, nice to know officially that the driver was sober; particularly at 5:30AM.

We were at the track head near the Explorers' Tree just west of Katoomba well before the designated 6:00 start together with Steve Lear, Lesley's brother. However, it was 6:20 before Ian Whitfield's car arrived carrying Lesley and he who is always to blame for being late - yes! Tony Murphy.

Carrying our own food and water we started down into the Megalong Valley. A bit challenging to enjoy the tremendous cliff faces on both sides, watch your footing and take photographs all at once. Scenery! Wow! Once on the valley floor the going was fairly easy and we all relaxed and headed for the Cox's River. We stopped for replenishments and to give Tony a chance to catch up at about 8:30. Crossing the Cox's River an hour or two later was, to say the least, challenging. Cold! unbelievable! Even thawing out on the other side was painful.

Once the cold dissipated from our brain cells we worked out that at the rate we'd been going we'd get to Jenolan Cave House at about 8:30pm, three hours after dark. So, when Tony caught up we started on the long thirteen kilometre uphill out of the Valley basin. At the top there's supposed to be a pluviometer (Don't look it up like I had to - it's a rain gauge). Most of



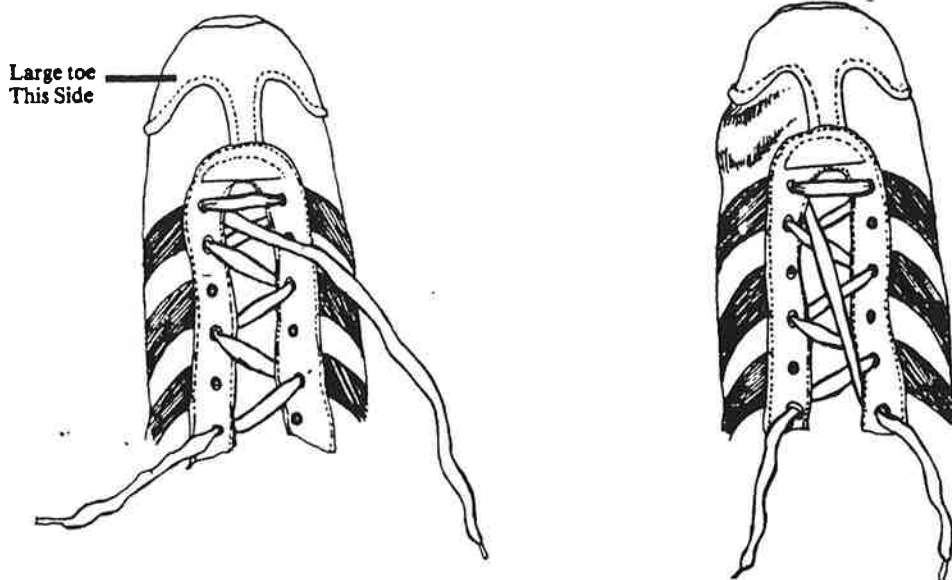
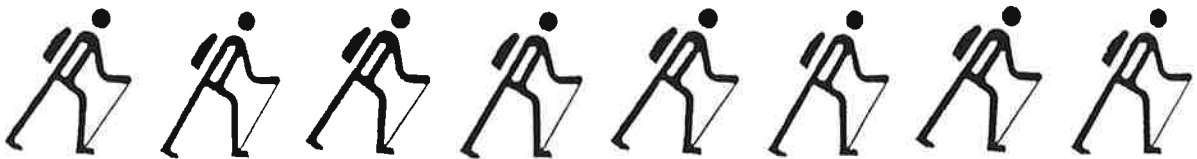
us went looking for it once we got our breath back; well, we had to wait for Tony didn't we.

Two more Tony stops and we reached the Jenolan Caves Road along which runs the original six foot track and we had to follow the road for about four kilometres. Then it was back into the scrub, after giving Tony a chance to catch up, for the last seven or eight kilometres, all down hill. Funny how the pains started to go away as we came closer to Caves House. As we rounded the last bend and looked down onto the roof of our destination all of us felt sheer elation.

It was 5:20PM and almost dark, when we took those last steps into the lounge. I'm sure I speak for all when I say that we don't remember when a beer tasted better; even Tony said, when he caught up, that his was great - just a bit warm.

What a taxi ride back from Jenolan Caves to the track head. Singing, telling jokes, more singing. No one would ever have guessed how tired and sore we were a couple of hours earlier.

- Ross Keys



► There is a special way to lace the shoes to increase the space in the toe box area, especially for the first and second and sometimes the third toes. First, one lace is placed normally in the shoe. Then the second lace is inserted into the bottom-most loop and laced directly diagonal to the top loop on the other side.

THE FOLLOWING ARTICLE IS TAKEN FROM THE SEPTEMBER 1989
STATE NEIGHBOURHOOD WATCH NEWSLETTER

AN ITEM TO "JOG" YOUR MEMORY

This article is intended to remind those of you who embrace the healthy lifestyle of the avid 'jogger' that you have responsibilities and obligations to your fellow pedestrians and to motorists or other road users.

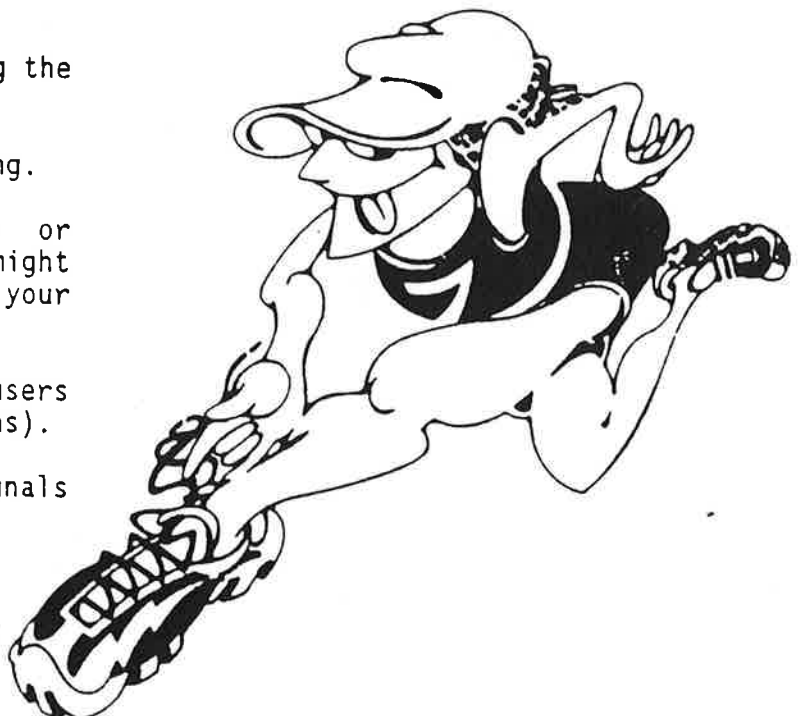
Daily Telegraph, 23 August, 1989.

"Thousand of people break the law every day, but few worry about the illegality of their actions. Even fewer consider the possibly fatal consequences."

Last year in New South Wales 205 pedestrians were killed, 1,328 seriously injured and further 2,849 received minor injuries. However, it is significant to note that from this total of 4,382 a mere 24 incidents involved pedestrians who were on the correct side of the carriageway (road), that is facing oncoming traffic.

SOME COMMONSENSE RULES FOR JOGGERS

- Avoid using the roadway if it is at all possible.
- Run so that you are facing the oncoming traffic.
- Wear light coloured clothing.
- Don't wear headphones or any device which might inhibit or restrict your hearing.
- Respect other road users (including other pedestrians).
- Observe traffic control signals and other road signs.





"THE CLUB WITH NO PEER"
(with Apologies to Slim Dusty)

Oh! it's lonesome away on a long open road,
Where many a long-distance runner has strode,
But there's no room for boredom and there's no room for fear,
When you have as companions, THE CLUB WITH NO PEER!

Now Chris is all anxious for team members to come,
Wearing true blue and white at every fun run,
In singlet or t-shirt, the message is clear,-
"We represent Woodstock, THE CLUB WITH NO PEER!"

As our uniform's standard for top parts alone,
The rest of our dress some variety has shown,-
With hats, shorts and socks and ancillary gear,
There's some strange variations in THE CLUB WITH NO PEER!

There are shoes that are new and there's shoes that are worn,
Shorts tight, loose and baggy or terribly torn,
But whether our things are "el cheapo" or dear,
We all get top value from the CLUB WITH NO PEER!

For a few, floppy hats are the rig og the day,
There's a white towelling halo 'round the head of John Lay,
And Frank has a polish like 'Estopol Clear',
That reflects lots of credit on the THE CLUB WITH NO PEER!

From youngsters to oldies, we love to compete
In teams or in age, we know winning is sweet,
At different venues for many a year,
The awards often go to THE CLUB WITH NO PEER!

Once a year in December we have this good time,-
With lots of fine food, entertainment and wine,
There's barbequed steaks and icecream and beer,
When we celebrate Christmas at THE CLUB WITH NO PEER!

(As sung by Jim Lusty and Derek Crusty)



A HILL IS A HILL IS A HILL

April 1981. I've to spend a week in Wagga - or to be more correct Wagga Wagga - aboriginal name meaning 'place of many crows'. Anyway around mid-week I rise early to have a run around the city and take a look around.

As I leave the motel room the radio announcer says it's 7 degrees! I wish I hadn't heard that. Never mind, go for it. Into the main shopping centre and there's an old bloke cleaning windows, looks at me as if I'm some sort of nut, (suppose it was only 1981 and not a lot of joggers/runners around). Nevertheless on the other side of the railway line there appears to be a bit of a rise which might be a challenge.

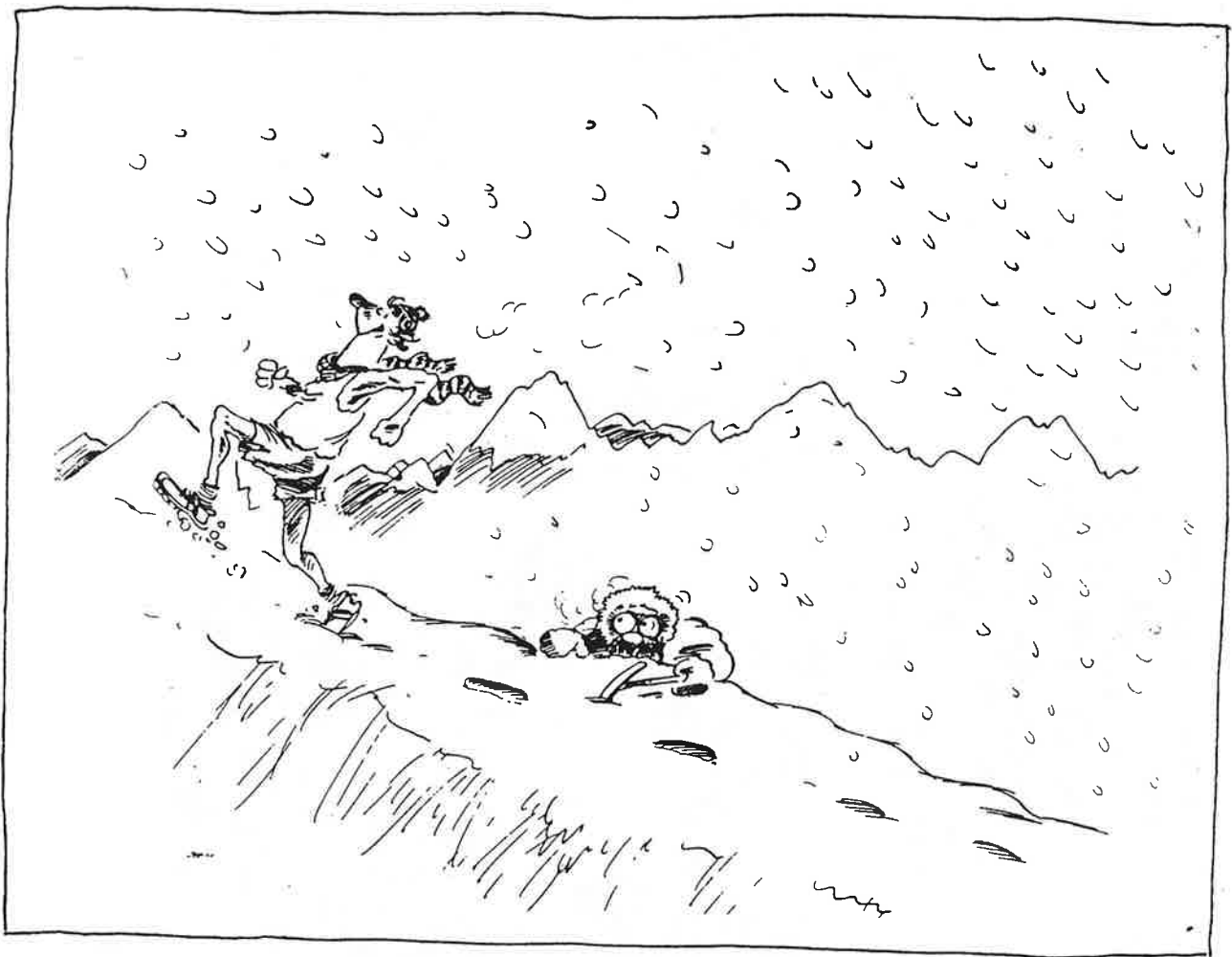
I found out later it was called Willans Hill, (Willing Hill by the tail light brigade, whatever that means). So I headed for it. Around the first bend and the incline gets steeper; into the next bend and the incline gets ridiculous. Through the tears which are forming because of the pain in my chest, legs and shoulders from trying to make this hill, I see a sign at the top facing the other direction. Mentally I make reading that sign my objective, but with no more than 50 metres to go, I know that I'm done in.

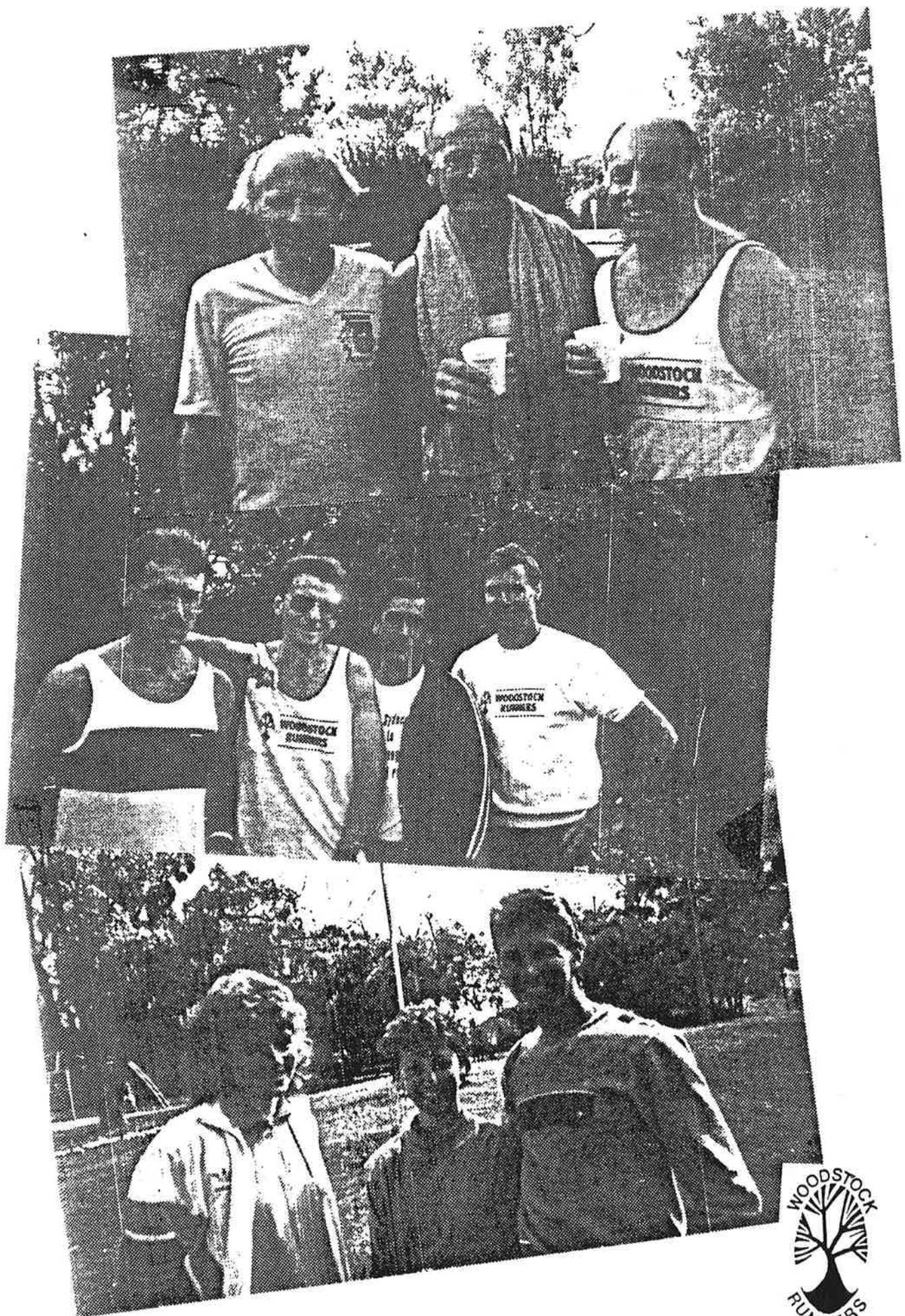
To save face I decide not to walk up to the sign, I'll have another go at this hill tomorrow.

Thursday, and it's now 3 degrees - four degrees colder than yesterday, but the hill has to be taken. I approach it a bit easier, jog through the shopping centre, across the railway line and onto the start of the hill. My mind says go for it, today's the day. As I pass yesterday's mark I force a smile through the pain. This could be the day. It's got to be I tell myself, I'm off to Sydney tonight. It's only 20 metres now; but it might as well be a kilometre. I'm hurting far too much and who's going to find a heart attack victim out

on Willans Hill at 6.00am? There's no choice, I break and bend forward gasping for air. Given a chance to get my breath back, I decide to walk the remaining 15 metres or so to meet the sign face to face, man to man, as it were. I'm glad no-one drove past at that stage because it would have looked totally ridiculous; 3 degrees and me standing there in a singlet, shorts and running shoes, belly laughing at a sign which read "CAUTION STEEP GRADE".

by ROSS KEYS





"THE WOODSTOCK SONG" (sung to the tune
"My Bonnie Lies Over the Ocean")

Now Len is a very good runner
He says running makes him feel great.
Just see how much good it has done him:
Young Lennie is just 28!

CHORUS:

Woodstock, Woodstock,
We have to confess we love running, I guess
At Woodstock, Woodstock,
We run 'cause it's great when we stop.
* * * *

The Phipps' are very good runners
They go at their running with relish
When Sue speaks we know what she's saying
It's different with Gerry, he's Welish.
* * * *

Now Keith is a very good runner
One day he ran 100 miles.
Now maybe he always runs funny
Or maybe he's always had piles.
* * * *

Now Adam's a very good runner
McDonald's food keeps him race fit.
But look what it turned Adam into:
A 7 foot tall human zit!
* * * *

Now Colin's a very good runner,
There isn't a soul that he harms
The only thing strange about Col is
He runs like he has broken arms!
* * * *

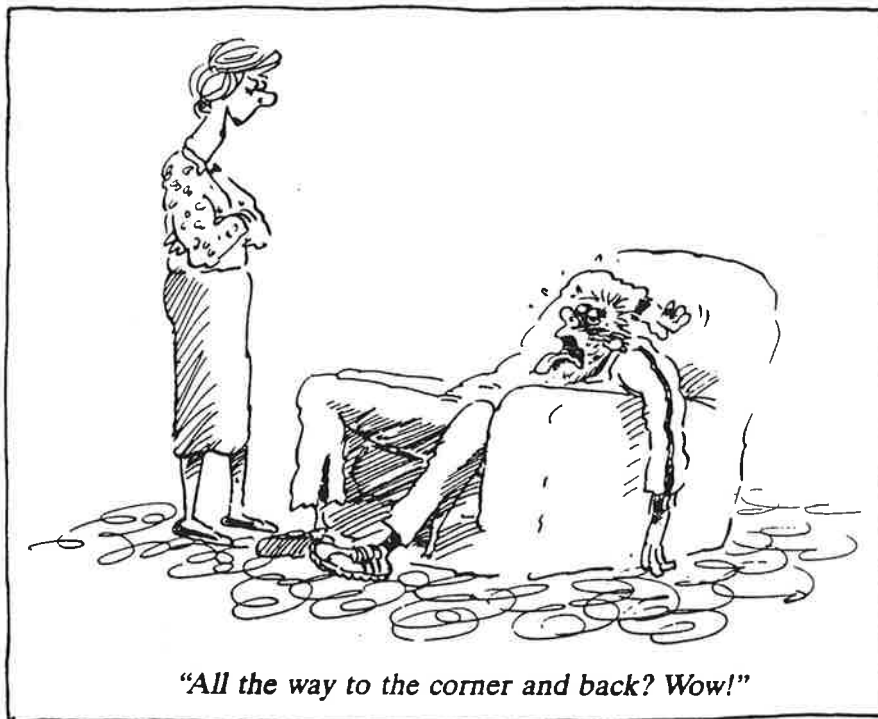
Now Tony's a very good runner
He does really well at all sports.
But sometimes you can't understand him,
Because of his tight little shorts.
* * * *



Now Frank is a very good runner
 T'was he who ran down Bulli Pass.
 The hairless one wasn't supposed to.
 He should get a kick up the

* * * *

We can say what we like about Kerry
 'Cause Kerry no longer lives near
 We gave her a bon voyage present
 What's this, Kerry Bray, you're still here!



"All the way to the corner and back? Wow!"

Virginia's a very good runner,
 I think we'll just leave it at that,
 No cracks about lipstick or makeup-
 Or that she's a teensy bit fat.

* * * *

Now Max isn't much of a runner,
 He can't run too fast or too far,
 And all he has shown us tonight is
 Three lousy chords on guitar.

* * * *

- Mike Oakley

"H.C.S."

It's almost time to get my H.C.S. ready. This is a useful piece of equipment at this time of year,- my HAPPY CHRISTMAS SIGN. It is carried on the run,- commuting and Christmas card delivery,- and has therefore to be fairly small. Designed to be hung from the waist when not in use, it consists of a card with the message "HAPPY CHRISTMAS" upon it. This can be raised in salute to any suitable person one meets along the way,- regular acquaintances or complete strangers as desired,- accompanied by a bright, Christmas smile.

A refinement is to devote only the top half of the card to the basic message, leaving a space beneath. Into such space can be inserted cards bearing qualifying additions such as "GORGEOUS!",- to be whipped smartly into place on the approach of a particularly "Good-O Sort"; "SMILEY!",- when you are about to pass a permanently miserable looking specimen, and so on. An addition card can be made "For every occasion" as the saying goes,- from mothers-in-law to bad debtors.

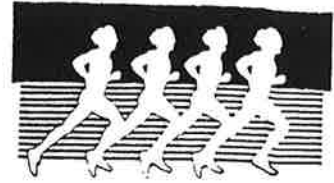
The reverse side of the card can be used for an instant retort to those who reject your happy message and smile by a scowl, a nose in the air or an insolent, blank stare. This must be brief and to the point but I will not demean our Year Book by making vulgar suggestions such as " ***--- U2" ;- I leave this to your imagination!

Happy Christmas anyway to you all.

Derek.

Winner of the first New Zealand triathlon, 36 year old Bert Sprint.





THE WOODSTOCK '10' 1989

845 entrants, both Open male & female race records broken, & 7 newly set age records. I believe these facts accurately indicate the success of The Woodstock '10', 1989.

When Pat Mahony, Max McGown, Adam Summons & myself set out as the Fun Run Committee early this year, I don't think any of us realised the exact enormity of the task facing us. The four previous editions of this Run had given us a wealth of experience to draw upon, but also gave us a very hard act to follow. Regardless of what had happened in previous years, we were determined to provide for Sydney as good a Run as possible.

To our major sponsor, **Metropolitan Credit Union**, we are once again very grateful. Without their assistance The Woodstock '10' would not be the Run that it is today. Also greatly appreciated are **Singapore Airlines**, **Westfield Shoppingtown, Burwood**, and our many other sponsors. Each one's assistance is highly valued.

The Run itself—well 845 entrants testify that Sydney runners will support a worthwhile run. And not just Sydney runners, mind you—a group of six guys travelled down from Coffs Harbour to compete. The 845 entrants shows similar patronage to previous years—1,143 entrants in 1988, & 712 entrants in 1987.

Jamie Harrison, for a fifth time, was the star of the show. After practising for 4 years, he knows not only how to win outright, but how to win the Westfield \$100 for breaking the race record, but not to break the record by so much that his chances of breaking the new record in future years are substantially decreased. His time of 29:19 mins shaved 3 seconds off his old race record, & he finished more than 2 minutes ahead of his nearest rival, Michael Iverach (31:27 mins) with Rex Peters 3rd in 31:40 mins. At the time of going to press, Jamie was a good chance to represent Australia at the 1990 Auckland Commonwealth Games. We wish him all the best.

Kerith Duncanson was the star of the females, winning in the race record time of 33:41 mins. This slashed more than a minute off Nicola Corbin's time of 34:54 mins set last year. Annette Dwyer (35:29 mins) came 2nd, with 3rd place being taken by Mandy Dovey (35:34 mins).

In addition to Jamie (24-29 years) & Kerith (18-23 years), Annette (24-29 years), Bill Clingan (32:55 mins, 45-49 years), Christine Batman (37:17 mins, 35-39 years), Tina Campbell (39:13 mins, 40-44 years) and Thelma Davies (50:17 mins, 60 & over) all set new age category records. Congratulations all!!

Page 2

Even for our fifth Fun Run, it seems that some problems will always occur. This year:

- 1) Alan Clark had to show us how water boils quicker with electricity than without.
- 2) Max McGown found out what a Clayton's Marshall is - he very quickly had to find the real thing.
- 3) The boys in the truck picking up the signs wondered what the strange smell was - turned out to be a dead cat!!!!!! Did we not order enough sausages for the BBQ??????
- 4) Why is it that the winner of the trip for 2 to Singapore is always the one name out of hundreds that you cannot find??
- 5) And Kerry, can we please have 1 more name for the lucky draw prizes please?

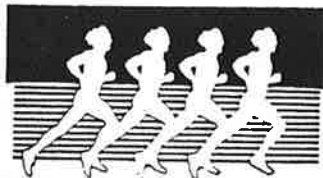
To our chiefs-

Ken, David, Julia, Norm, Jack, Alan, Paul, Pat, Michael & John - you all done good, supervised well. To Chris & Kerry, thanks for your guidance, & thanks too to Pat, Adam & Max as Committee members.

To St. Anthony's, Ian & Joy Hood, Burwood S.E.S & St. John Ambulance, thanks for your help on the day.

To the 130 odd (some more so than others) members, relatives & friends who helped out - thanks again for your co-operation & for putting up with me for the last 7 months.

The future? - the replies to the Fun Run Questionnaire will determine the status of the Run next year. If it is to be held again, I'd like to wish the Fun Run Committee the very best. The task of staging the Run isn't easy, but is very worthwhile.



Colin Townsend
(Race Director)



SPORT

Fast times in mountain run

Ideal conditions gave rise to fast times at the Rhododendron Run at Blackheath on Sunday.

First home for Woodstock over the difficult hilly course was Colin Townsend with an even 51 wins.

Norm Hams was close behind in 51:48 with Derek White running a good 53:50 and taking out first place in the over 55 years category.

Christine Murray showed her speed through the water and over the roads when she clocked 39:25 in the recent Aquathon at Gunamatta Park in an 800m swim and a 5km run.

Woodstock Runners took home a bagful of awards at the

presentation for the Fishers Ghost Run held a fortnight ago. The men's and women's teams were each placed second, talented Bronwyn Bickford was first lady across the line, with Dorothy Siepmann, Donna Silvestro and Derek White each a medal winner in their age category.

The previous week, 845 entrants enjoyed the 1989 Woodstock "10", a turn-out second only to last year's Bicentennial event.

This year saw records fall to open winners Jamie Harrison (men) and Keith Duncanson (women) as well as three of the age group winners.

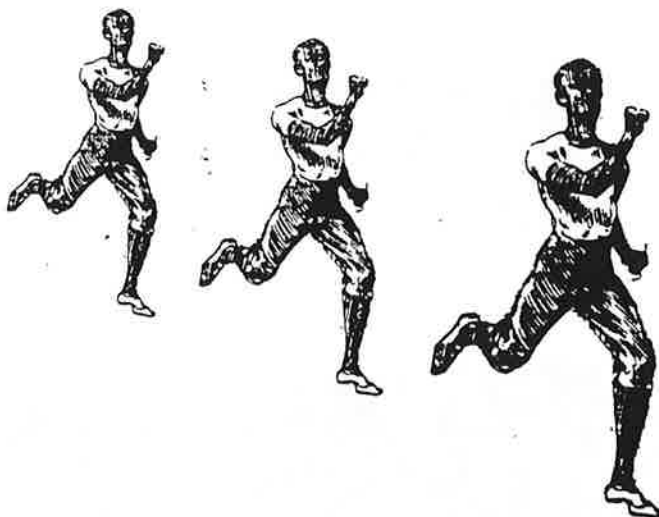
Over its five years, this run through the streets of Burwood and Croydon has become popular with Sydney's runners. This year 130 members of Woodstock Runners, their families and friends were working hard on the sidelines to ensure another safe and enjoyable day.

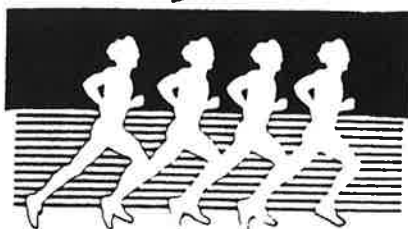
The race brought a successful climax to six months of careful planning by first-time race director Colin Townsend and his new Fun Run Committee.

Woodstock Runners are proud to receive the continuing support of major sponsors Metropolitan Credit Union, Singapore Airlines, Westfield Burwood, Runners Shop Randwick, as well as many businesses in Burwood and the Inner West.



Tina Campbell, record holder for the 40-45 years women's group, with the Mayor Burwood, Alderman Geoff Howe.





RESULTS OF THE WOODSTOCK '10' - 29.10.89

MALES

FEMALES

1st	Jamie Harrison	29.19 R	Kerith Duncanson	33.41 R
2nd	Michael Iverach	31.27	Annette Dwyer	35.29 R
3rd	Rex Peters	31.40	Mandy Dovey	35.34
12 & under	Bruno Beira	38.41 R	Kristi Barney	42.28
13-17	Bruce Hogg	34.22	Sharon Barney	43.10
18-23	David Lavender	32.28	Belinda Smith	41.48
24-29	Gary McLean	31.53	Clare Fielding	39.53
30-34	David Lewis	31.54	Jane Amos	40.34
35-39	John Dawlings	33.08	Christine Batman	37.17 R
40-44	Horst Wegner	32.59	Tina Campbell	39.13 R
45-49	Bill Clingan	32.55 R	Maria Manzano	57.27
50-59	Mike Roberts	36.51	Joan Robards	48.55
60 & over	Mike Brown	38.51	Thelma Davies	50.17 R

OPEN TEAMS

Macquarie University No.1 99.36 Sports Science Sprinters 121.34

MIXED

Albies Amblers 103.52

PRIMARY SCHOOL

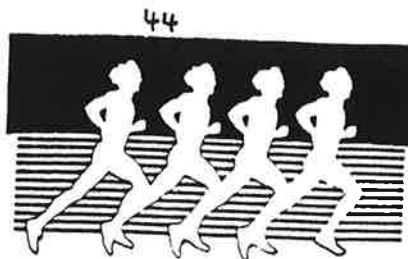
Liverpool Public 146.06 Liverpool Public 203.13

SECONDARY SCHOOL

Grantham Allstars 114.17 Mater Dei Tuggerah 143.05

HUSBAND & WIFE

1st	Jan Brown & Wendy Gray	77.23
2nd	Martin & Elizabeth Hanneman	79.22
3rd	Joseph & Clara Vucetic	80.24



THE WOODSTOCK '10' - 29.10.89

LEADING FINISHERS

<u>MALES</u>		<u>FEMALES</u>	
1.	Jamie Harrison 29.19	1.	Kerith Duncanson 33.41
2.	Michael Iverach 31.27	2.	Annette Dwyer 35.29
3.	Rex Peters 31.40	3.	Mandy Dovey 35.34
4.	Gary McLean 31.53	4.	Christine Batman 37.17
5.	David Lewis 31.54	5.	Linda Thompson 38.11
6.	David Lavender 32.28	6.	Nora O'Donovan 38.37
7.	Steve Poulton 32.36	7.	Wendy Gray 39.07
8.	John Saver 32.37	8.	Tina Campbell 39.13
9.	Dennis Borg 32.45	9.	Margaret Howe 39.33
10.	Bill Clingan 32.55	10.	Clare Fielding 39.53

NUMBER OF FINISHERS

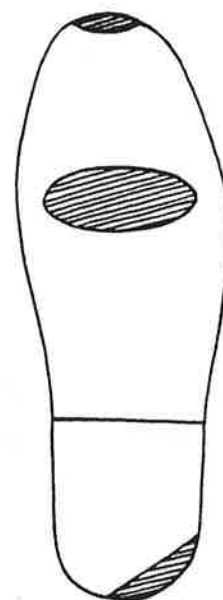
Only those who recorded their times are included - number of entrants are shown in brackets.

	<u>MALES</u>		<u>FEMALES</u>		<u>TOTAL</u>	
12 & under	23	(29)	13	(15)	36	(44)
13-17	43	(60)	8	(16)	51	(76)
18-23	54	(92)	34	(52)	88	(144)
24-29	74	(98)	21	(32)	95	(130)
30-34	67	(90)	24	(28)	91	(118)
35-39	55	(83)	15	(18)	70	(101)
40-44	66	(78)	26	(29)	92	(107)
45-49	47	(57)	5	(8)	52	(65)
50-59	32	(37)	6	(8)	38	(45)
60 & over	13	(13)	2	(2)	15	(15)
	<hr/>		<hr/>		<hr/>	
	474	(637)	154	(208)	628	(845)
	<hr/>		<hr/>		<hr/>	
	74%		74%		74%	

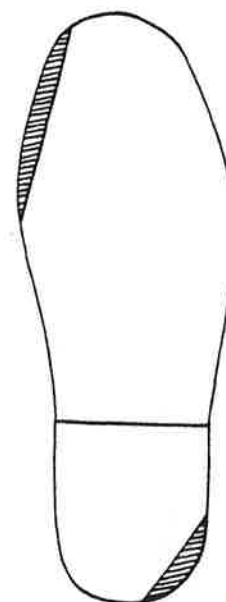
Look at Your Shoes to See How You Run

The wear pattern on the soles of your shoes shows you how you run. Or, to put it differently, how your weight is transferred from point to point along your foot.

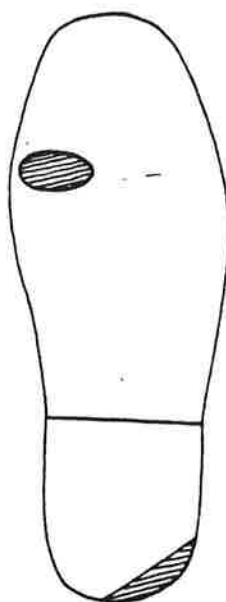
1. A shoe with a normal wear pattern shows that you land on the outer side of your heel. Then your weight moves quickly along the outer side of your foot (not causing much noticeable wear). Now your weight transfers to an area between the first and second metatarsal heads. You can see the wear spot—just behind the first and second toe. This is where you should be taking off into your next step. Fast runners will have a third wear spot at the tip of the shoe, because this is where they take off.
2. Look at the wear pattern for pronation. You get this when you have fallen arches (weak foot). Your arches are weak, so too much of your weight falls toward the inner side of the foot—and that's where you see a big wear spot. You're subject to pains in the arch, leg pains and back pains.
3. In the wear pattern for supination, you can see that too much of the body weight falls toward the outer side of the foot. In this case, your feet don't turn in properly. It's the opposite of pronation. If your feet supinate, you may get some knee trouble.
4. If you have a wear spot behind the big toe, you probably have bony feet. Your first metatarsal head sticks out, and you may get a bone bruise here (sesamoiditis).
5. If your shoes show excessive wear behind the second and third toes, you probably have corns or calluses in that spot. Too much weight is going there. You have a depressed metatarsal arch.



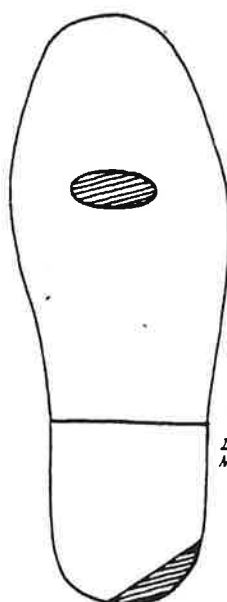
NORMAL
WEAR
PATTERN



PRONATION



SESAMOIDITIS



DEPRESSED
METATARSAL
ARCH



SUPINATION

UNCLASSIFIED ADS

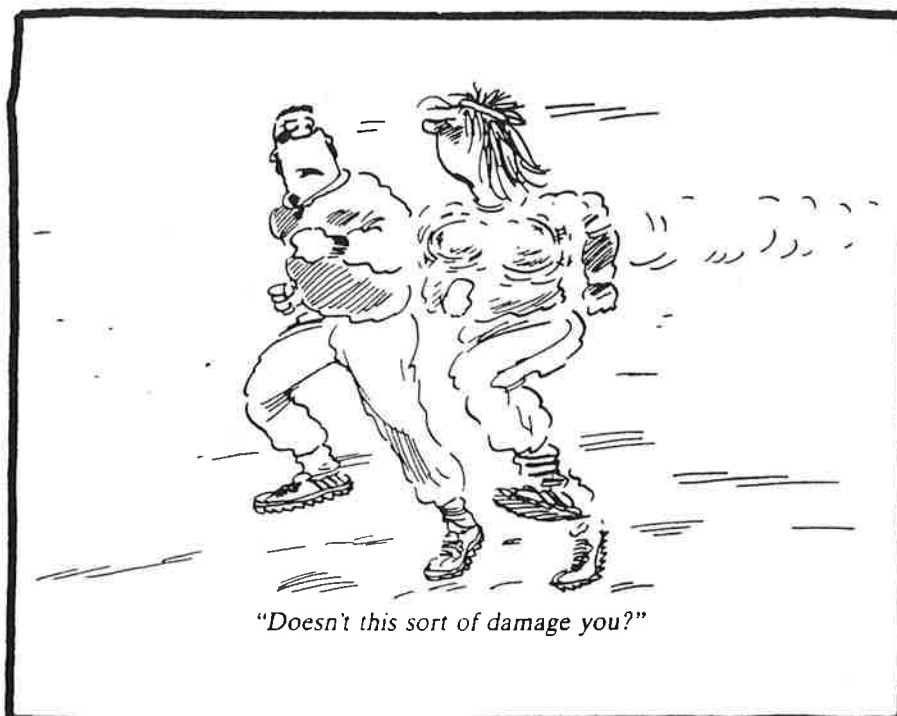
FOR SALE. Pair of pre-loved running shorts. Definitely only one sweaty owner; slightly stained gusset (shorts not owner). Often raced but never fouled. Made in Rep. Philippines circa 1984.

Right-hand drive. Colour, Marcos blue with red piping. All nylon with built-in condom pocket. Only reason for sale, - stretched waistband from original 32" to 38". Suit fat jogger or if restored could become collectors classic.

Apply "Wastebanned" c/o Woodstock Runners
Telegraphic address "Waistnotwantknot Burwoød"

WANTED. Old woman (preferably, elderly lady) for 11th February 1990 "Twosome" relay, oldest age category. Must be at least 58 years of age and capable of 3 minutes per kilometre without steroids. Appearance of 35 year-old an advantage but not essential. No transvestites.

Apply "G. G. T. O. W. Woodstock



LAST FOUR GAMES: THE MEDAL TALLY

1974



CHRISTCHURCH

1. AUSTRALIA.... 83
2. ENGLAND..... 81
3. CANADA..... 61

1978



EDMONTON

1. CANADA.... 109
2. ENGLAND... 87
3. AUSTRALIA... 84

1982



BRISBANE

1. ENGLAND... 108
2. AUSTRALIA... 107
3. CANADA..... 82

1986



EDINBURGH

1. ENGLAND... 143
2. AUSTRALIA... 119
3. CANADA.... 115

RECORDS: WHERE THE GOLD WENT

- 1974: Australia 29, England 28, Canada 25
1978: Canada 45, England 27, Australia 24
1982: Australia 39, England 38, Canada 26
1986: England 52, Canada 51, Australia 40

XIVth
Commonwealth
Games
Auckland,
New Zealand
1990



MEDAL WINNERS: HOW THEY FINISHED

	Gold	Silver	Bronze	Total
Australia	52	54	54	162
England	47	40	42	129
Canada	35	41	36	112
New Zealand	17	14	27	58
India	13	8	11	32
Wales	10	3	12	25
Kenya	6	9	3	18
Nigeria	5	13	7	25
Scotland	5	7	10	22
Malaysia	2	2	—	4
Jamaica	2	—	2	4
Uganda	2	—	2	4
Nth Ireland	1	1	1	3
Nauru	1	1	1	3
Hong Kong	1	1	1	3
Cyprus	1	1	—	2
Bangladesh	1	1	—	2
Jersey	1	1	—	2
Barbados	1	1	—	2
Grenada	1	1	—	2
PRC	1	1	—	2
Zimbabwe	—	2	1	3
Chad	—	2	—	2
Tanzania	—	1	1	2
Zambia	—	1	1	2
Bahamas	—	1	1	2
West Samoa	—	1	1	2
Guyana	—	1	1	2
Malta	—	1	1	2

