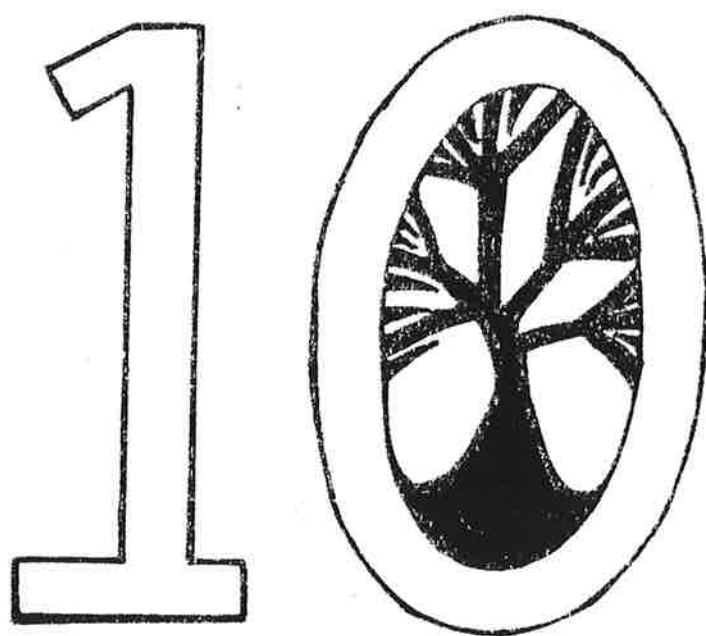


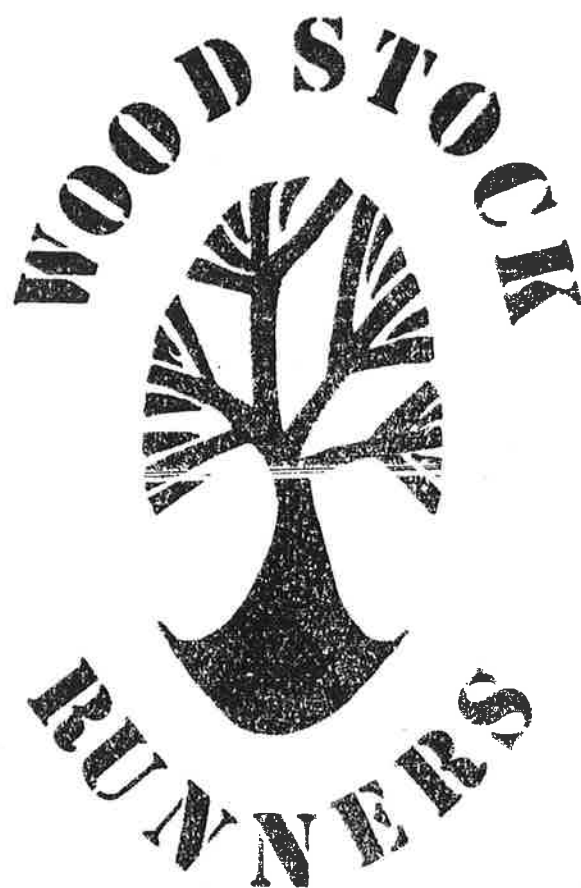
Woodstock Runners

celebrating
a decade of running



Year Book

1990



*Many thanks to Bill
White and Ross Keys
for their efforts in pro-
ducing the Year Book.*

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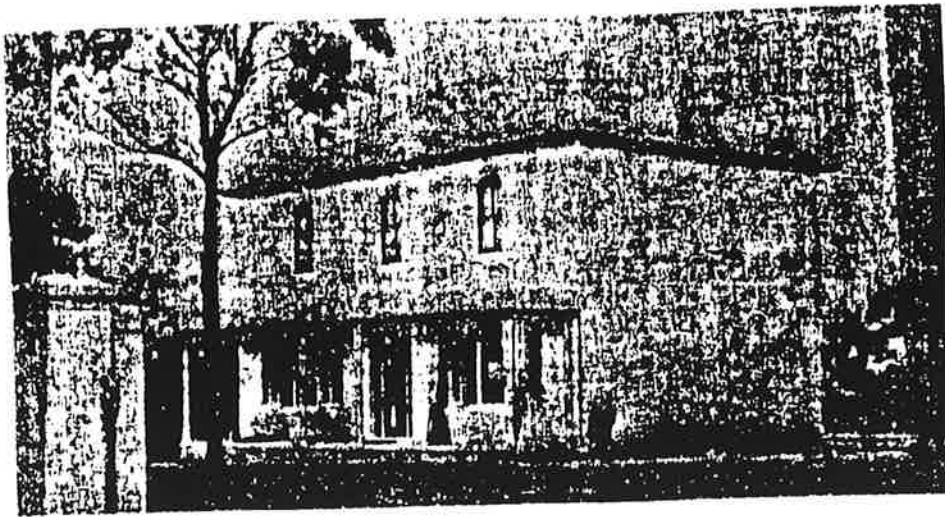
Woodstock Runners' Committee.

President	Kerry Bray
Secretary	Christine Murray
Club Captain	Chris Siepen
Female Captain	Pauline Tatam
Male Captain	John Murray
Treasurer	Tony Murphy

Woodstock Relay 23-9-90



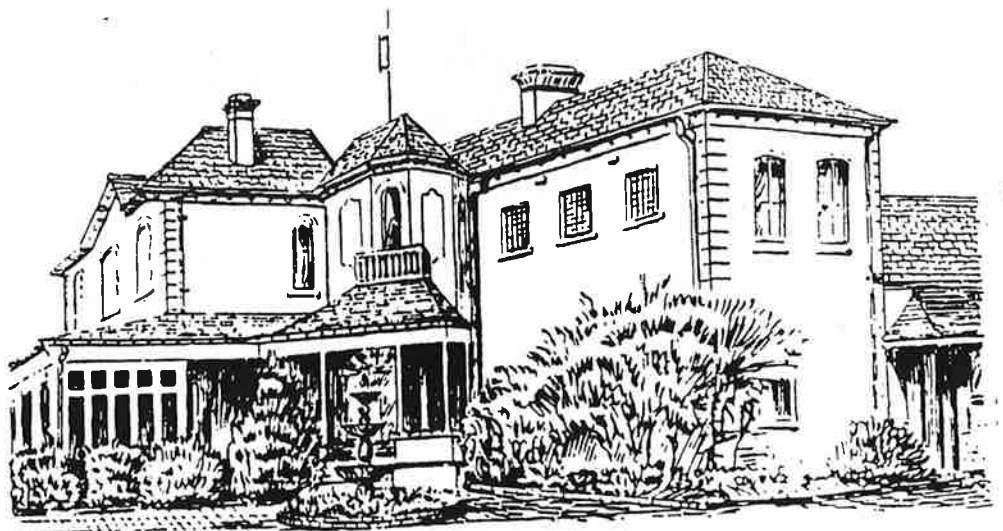
Woodstock Runners is most grateful to Reg Seagrave and his staff for their valuable support to us throughout our ten years.



The
original
Woodstock
in 1873

- 1873 - "Woodstock" mansion built by tobacco merchant Edwin Penfold, as his family home.
- 1914 - Sold to a Mr. Keep, who changed the name to "Broughton".
- 1941 - Property transferred to Burwood Council.
- 1942 - Acquired by the Commonwealth Government and used as Army Divisional Headquarters.
- 1945-49 Property remained vacant.
- 1949-74 Used as a migrant hostel.
- 1976 - Lease arranged with Burwood Council and extensive restoration and renovation took place.
- 1979 - Officially opened by the then Governor General, Sir Zelman Cowan.
- 1982 - Burwood Council purchased the property from the Commonwealth Government.

Woodstock
in
1990



Our Ten Years In Review.

As we look back over ten years of the Club, we see many achievements both at club level and amongst individual members. Our greatest asset over the past decade without doubt, has been the members themselves. The friendships, encouragement, determination, dedication and support to each other. Let us hope it will continue over many decades.

This is how the Club has grown.

1980

At a meeting on August the 22nd at the Woodstock Community Centre, a decision to run on the following Tuesday was made. On August the 26th, Steve Briscoe, Rohan and Kerry Bray plus two others set out over the 1.7km Appian Way course.

1981

The Concord Run, our first 10km course was inaugurated. Michael Bayles joined us and with Steve and Rohan made up our first ever team entry, for the Sutherland to Surf.

1982

The extremely dedicated and talented group consisting of Dorothy Siepmann, Eleanor Cody (now Siepen), Derrick Titmus, Barry Crisp, Robyn Nash (now Briscoe), Chris Siepen and Tony Murphy signed up.

1983

We were joined by Derek White and Bob Davidson. An internal team competition was held for the City to Surf. This was the year we held our first Christmas Barbecue and Presentation night. A Year Book was circulated for the first time that evening.



Joy Hood, Robyn, Chris, Elle, & Kerry - 1983 Presentation Night

1984

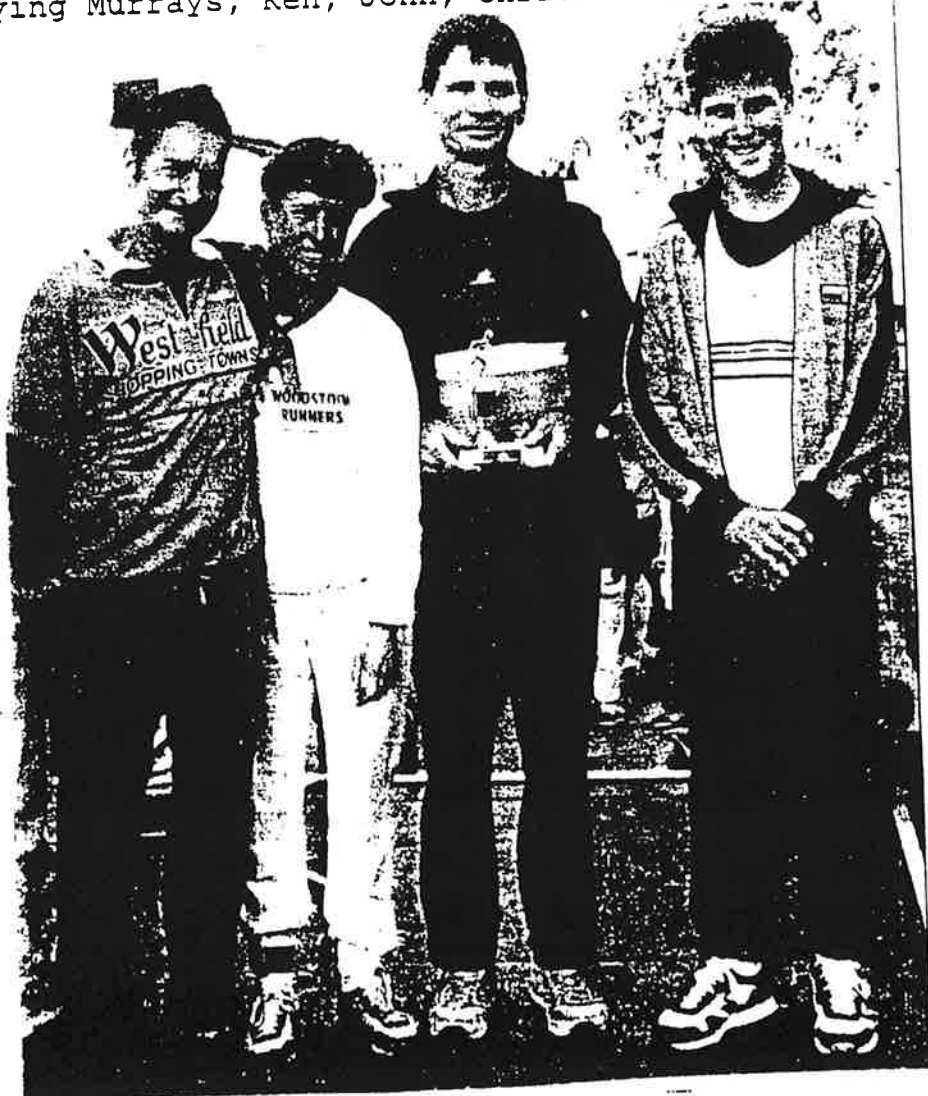
It was another good year for recruiting members, as we welcomed in Jim Burrows, Peter Manchester, Jak Carroll, Bill White and Pat Mc Carthy, as well as Christine, John, Simon and James Moran. Our first Australia Day Run was held from Chris' place. The first official singlets, T-shirts and sloppy joes were launched. Derek designed and furnished the "Champion Person" Trophy and donated it to the Club. Chris first suggested the idea of a Woodstock Fun Run.

1985

Brett Park, Drummoyne, became the base for our Saturday morning runs. We participated in the Burwood Festival Parade and our first Run to Time event was conducted in October. November the 10th that year saw the inaugural 10km Woodstock Runners Community Fun Run.

The honour of becoming the Club's first Life Member was conferred upon Kerry Bray.

The list of "greats" for '85 included Colin Townsend, Frank Berlouis, Alan Clark, Lesley Lear (now Maher), Pat Mahony, and the Flying Murrays, Ken, John, Christine and Peter.



Winning family at Grose Vale (l. to r.)
CHRISTINE, JOHN and JAMES
MORAN are congratulated by CLIFF
YOUNG. ~ 1985



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

1986

Derek organised the first of the Summer Sunday Series of runs from the Woodstock centre. New members included David Mathers, Sue Pinto, (now Johnson-Ham), Sue and Gerry Phipps, Michael Oakley and Dean Patterson. Our Fun Run was awarded "Best Fun Run of the Year" by the NSW Road Runners Assoc.

1987

Those joining us that year were Lloyd Laing, Len Foulser, Keith Jackson, Virginia Clark, Max Hall, Colin Bertram and Adam Cockburn. At the NSW Road Runners Assoc Awards, Elle was named "Female Athlete of the Year", our Fun Run took out "Best Run up to 15km", while the Club picked up the "Best Running Club of the Year" award. Chris Siepen became our second Life Member.

1988

"Newies" for this year were.. Barry Cole, Debra Mayrhofer, Ian Whitfield, Kevin Lucas, Carole Peacock (now Taylor), Mark Xenita, Julia Stenton, Vass Vassiliou, Victor Vera, Joe Ayoub and David Blair. Our first Marathon Sprint Relay was organised by Michael Oakley. Our Bicentennial Woodstock "10" attracted 1149 entrants.

1989

The "Who's Who of Running" (or new members) included Paul Steen, Greg Stewart, Bob Shearer, Alan Kinder, Neil Byrne, Pauline Tatam, Scott Lawrence, Ross Keys, Ian Cockburn, Lindy Hou, Ron Powell, Jeff Newey, Frankie Hopkins, Brian Phillips and Vic Taylor. However we farewelled Heidi, David and Kristian Lee to Victoria.

A time capsule containing Woodstock Runners Memorabilia was sealed and is to be placed below Burwood Council Chambers. Our first Pack Run was held and the inaugural Woodstock Relay was a great success. Gerry and Lesley organised our initial "posh" Breakfast Run commencing with the hard part at Bondi followed by brekkie at the Intercontinental Hotel.

1990 Happenings

Our tenth year commenced with much enthusiasm as we all looked towards celebrating a decade of Woodstock Runners.

The Sunday Summer Series of runs once again was most successful and enjoyable (especially when you stopped) and the Pack Runs held every two months proved a worthwhile exercise.

Early in the year, Kazu, at that time a new member, was a great host to the large contingent of members that dined splendidly at his Annandale Sushi Bar restaurant.

February saw a most successful A.G.M. where a momentous decision was carried to defer our Woodstock Annual Fun Run 1990.



"HOW DO YOU SPELL WOODSTOCK? IS IT WITH A TREE OR SHOE?"

Our Brekkie Bash, followed by a Hilton Breakfast Run both proved popular for this month.

Other Breakfast Runs were organised during the year - one from the Macquarie Resort Hotel at Ryde and another from the Ramada Renaissance Hotel.

Pat Mahony suggested a Ball to commemorate our 10th birthday, and before you could run 2km, a Committee was formed and put in a 110% effort to organise the Event. Neil masterminded a Chocolate Drive, Pat a Harbour Cruise and Ten-Pin Bowling afternoon, while Sue and Gerry organised a sausage sizzle and run at Bondi.

The fortunate people who joined us just in time for our birthday celebrations were, Eddie McLean, Tony Byrne, Anne Elias and Annette Lamb.



August saw us in fine form, firstly as we held our Tuesday night birthday party after a shortened run, then the "Night of Nights", the Ball of the Decade. Some ninety members and partners dressed, (somewhat more splendiferously than normal for a Tuesday night) dined and danced away the night at Elim. It was a superb night, magnificently organised by a top Committee.

Around the middle of the year we took delivery of our 10th Anniversary Sloppy Joes and T-shirts.

John Fahey, Leanne Nash, Andrew Paul, Gordon Spence, Jodie and Sandy Skillon have been enthusiastic attenders since joining us mid-year.

Our second Club Relay held on Sept 23rd was once again a resounding success, it was great to see so many of our new members take part. Some of these included Maryanne Caruana, Andrew Forrest, Maria Guano, Fiona Dolan, David McClelland, Hilary Waite, Peter Day and Chris Vassiliou.



October 21 saw our popular Run to Time attract almost fifty runners. Once again the prize-winners were uncannily accurate in judging their pace over the 8km course. We were well represented at the WDJ&H Inter-Club Challenge at Lake Gillawarna. With good efforts by all participants, we were placed third outright leading home the small to medium sized clubs.

We welcomed a number of new members towards the latter part of the year and hope they stay with us through the next decade. Hang in there, Nazha Bolden, Simon Thompson, Oscar Ciappino, Diane Kitcher, Ron Daly and Brian Johnstone.

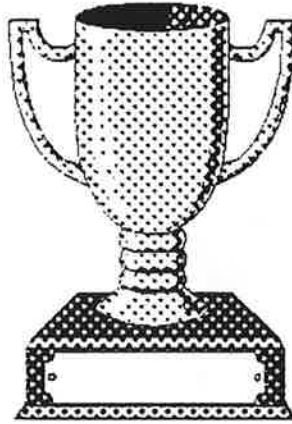


At Carole and Vic's Wedding



Elle, Chris & Max on the Harbour Cruise -29/4/90

The year concluded with the Christmas Barbecue, Entertainment and Awards Presentation. It was a top night and once again we congratulate recipients of awards.



Most Outstanding Individual Performance of the Year.
(City to Surf - 1st Male 60 - 64 yrs 59.33)

Max Hall

Most Outstanding Team Performance of the Year.
(First Men's Team - Terrigal to Gosford)

John Murray, Maurice Wratt, Peter Manchester.

Female Club Champion

Eleanor Siepen

Male Club Champion

John Murray

Encouragement Award

Ken Murray

Champion Person Award

Dorothy Siepmann
Neil Byrne

Runner of the Year

Neil Byrne

Most improved

Ken Flarrety

Rookie of the Year

Fiona Dolan

Novice of the Year

Jodie Skillon



Ten Year Membership Awards

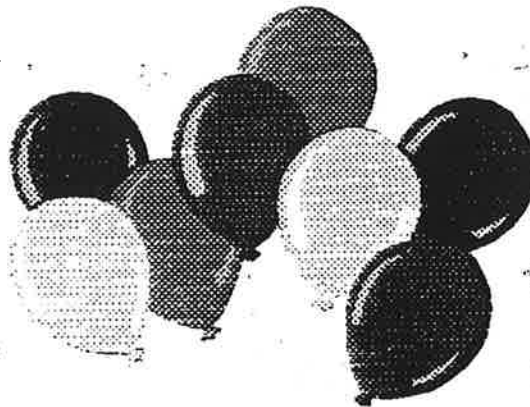
Kerry Bray
Steve Briscoe

Log Book Awards

First	Ken Flarrety	1159 kms
Second	Kevin Lucas	1087 kms
Third	Max Hall	1039 kms

The "also rans" were:

Neil Byrne	1022 kms	Joe Ayoub	733
Chris Siepen	947 kms	Ross Keys	702
Colin Townsend	938 kms	Colin Bertram	679
Kerry Bray	938 kms	Mark Xenita	676
Eleanor Siepen	840 kms	Ian Whitfield	641
Pat Mahony	825 kms	David Mathers	641
Alan Kinder	800 kms	Greg Stewart	630
Lesley Maher	789 kms	John Chandler	626
Victor Vera	774 kms		



At Haberfield Rowing Club in the last few hours of 1990, about twenty members farewelled the old year and welcomed in the New Year and a new decade for Woodstock Runners.

President's Report

To have served the Club as President in the final year of our first decade has been an honour. I hope it has been an enjoyable and rewarding year for all members.

Undoubtedly, the high point of the year and probably the decade was the August Ball. The support from Club Members was excellent and I express due gratitude for the hard work and enthusiasm of the Committee members:- Neil, Pat, Chris, Elle, Kevin, Ian, Dot and Ross.

I was pleased to be able to present the inaugural President's Award to Chris, who for eight years has given so much to our Club.

I am personally appreciative of his intense loyalty and dedication, as well as his and Elle's friendship to Paul, myself and our family.

My thanks also go out to Committee Members Christine, Pauline, John and Tony; our results organiser - Dot; David Mathers - who keeps us on our toes meeting deadlines for his newsletter; all who have organised and/or led Pack Runs; Sue and Gerry- for their willingness to assist at all times and for their fabulous Breakfast Runs during the year; to Lesley and Ian - for their assistance in these runs; Map Man - Derek, for his Sunday Summer Runs; our Social Secretary and Raffle Lady - Pat; and to Reg Seagrave and the staff at the Woodstock Centre.

Our Relay and Run to Time events this year were well attended; all Internal Teams Competitions were well supported, and our great showing at the WDJ&H Inter-Club Challenge was most rewarding.

A donation to assist homeless youth was made via the Sir David Martin "Common Cents for Kids" Appeal.

Thank you to all Club Members. It is you who have brought our Club from a small gathering in August 1980 to Sydney's Best Running Club in 1990.

I wish you all a wonderful year for '91.

Kerry





**THE
TOWER RUN**



Did You Know?

Woodstock Runners had 869 entrants in 142 events during the year.

These events took us to Taree, Honolulu, Mittagong, Coffs Harbour, Woy Woy, New Zealand, Blackheath, Berrima, Queensland, Fort Worth - Texas, Cooma, Terrigal, Bathurst, Ulladulla and Newcastle.

The most popular runs (on an entries basis) were,

City to Surf	58
The Woodstock Relay	51
Run to Time	47
Sutherland to Surf	31
Y.M.C.A. 10km	30
W.D.J. & H Mothers Day Run	26
Anzac Day Half Marathon	24
Haberfield Rowing Club	21
Pecky's Prospect 10km	21



**THE ANZAC DAY
SOUTHERN CROSS
HALF MARATHON**



**RANDWICK
presents
THE TWOSOME**

**YMCA
FUN RUN**



Harbour Cruise - April 1990



Alan, John & Paul Bray



Ross Keys

Cross Country Course - 1943

Nearly fifty years ago, on the other side of the earth, I would run a two and a quarter mile race each Monday morning. It was a vastly "different" world in the fourth year of a war. The rationing of food, clothing and fuel, as well as a restriction on personal travel or the carrying of cameras, depicted a lifestyle we had come to think of as normal.

The run started outside a bombed-out house (of which only the garage and front fence still stood) and headed west along a residential street that lead to an unsealed path running alongside the golf course. It probably had an official name, but was locally referred to as "Old Man's Lane" in the dubious honour of a particularly filthy vagrant who had for years resided in the ditch on its eastern side.

The boys set off in their football shorts, underwear singlets and tennis shoes. The lane was long and almost straight, reasonably flat, with hedges and ditches on either side. Glimpses of the golf course were available on the left, however the hedge on the right was like a wall.

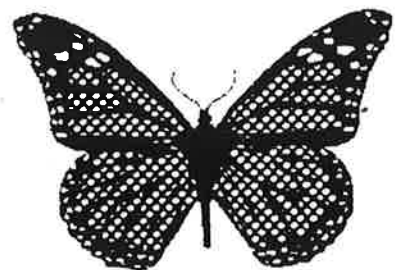
The girls had left some three or four minutes earlier and towards the end of the run we would begin to overtake their back-markers. The lane eventually joined a road, but we turned sharp left up a slippery embankment to a sealed footpath through allotment gardens.

Before the war, this area had been playing fields or part of a farm, but "Dig For Victory" had transformed it.

The path then rose gently, it was around here I would overtake the leading girls. It then dipped into a valley only to rise steeply again on the other side. The last stretch involved passing a mysterious radio installation in the middle of an otherwise empty paddock (possibly an early radar facility) then onto the main road and back to the "civilised" end of Old Man's Lane and the start/finish line.

I held the course record for a while at 11 minutes and 2 seconds for the two and a quarter miles (averaging 4m.54s per mile). It was the longest distance I ran up until the age of 29 when I took part in a three mile track event in the Royal Navy.

Derek



RUNNING ..Is It Worth Dying For?

We tend to think of death from running, as a likely consequence of cardiac related problems, especially given the disproportionate media coverage of the fatalities of the last City to Surf.

Having witnessed two such hapless victims over the years in both the Bridge to Breakers, and the Melbourne Big M Marathon, it offers a sobering thought for contemplation, as you reflect on your forty five years and cholesterol level.

The general public I suspect, love reading of the demise of exercise conscious people, supposedly as a result of their running or other activities. It offers a welcome countering argument to any proposition that they might get off their collective bums and improve their fitness level and lifestyle. It confirms their theory that death is just nature's way of telling you to slow down.

It is easy to ignore the unpublicised 15,000 cardiac related deaths in the U.S.A alone (1,060 per week in Australia), in the same week that Jim Fixx died. This equates to about 60 deaths for those countries alone, in only the time it takes most of us to run around Iron Cove on a Saturday morning.

I wonder how many of the 15,000 were running at the time? For that matter, how many were Morris dancing, watching the ball-game on the tele, or perhaps opening their telephone bills?

- I nearly went that way myself once!



Not possessing the patience, or good grace to allow runners to die peacefully from their iniquitous indulgence, some seek to hasten this inevitable conclusion, aided and abetted by their automobiles.

Damned decent of them I suppose, - saving us from the ignominy and embarrassment of dying from our excessively healthy lifestyles.

Quite obligingly, some of us are making this risk considerably greater by offering ourselves as sacrificial targets.

Recently, during our Sunday Morning series from the Woodstock Centre, I witnessed disturbing examples of how to nearly kill yourself, while implicating innocent people in the process. The runner ahead of me crossed the two outward bound lanes of Liverpool Road to the safety of the centre island, in front of an approaching motorist sounding his horn in protest.

I did not regard this as a "near miss" incident, but felt a little uneasy about the unnecessary risk-taking. I quickly dismissed the occurrence from my thoughts.

However, not five minutes later in Burwood Rd only two blocks from Woodstock, the same runner crossed Wyatt St in front of a vehicle that had to lock up wheels to avoid being an accessory in a road statistic.

I remember vividly the ashen face of the driver.



The runner's complexion however looked much healthier, even my mild reproach brought only a smile. I certainly have to give her credit for being cool, after a quick drink she left by car, as I related my experiences of the morning, to the post-run assembly.

Almost unbelievably, one of our small group could relate how he had narrowly avoided the very same runner, whilst driving his girls to ballet lessons only days earlier.

This particular individual is either working towards the Guinness Book of Records, or training to better a P.B. for the Israeli Commando Training Course.

Just because the road can be crossed without undue risk to yourself, may not necessarily justify the action. Any causation of a sudden or unpredictable change in traffic flow, is an excellent catalyst for an accident that will at least involve vehicle damage, or worst still, injury to the occupants.

Meanwhile, the runner involved, may continue on without a scratch. -It's true about running being good for your health, isn't it?



It has always concerned me, that the Tuesday night run from the Woodstock Centre is especially fraught with the potential for a death/injury incident. This likelihood exists mainly during the winter months when the run is conducted in darkness and where the necessity to cross many intersections is an unavoidable fact of life. Can you think of any other organised event that compares in risk factor to our winter Tuesday night runs?

Sure, you can get bowled over in your own neighborhood, training by yourself, the glaring difference is that by yourself, you are not competing for a position in a group. There is an natural tendency for individuals to push themselves in a group environment. Some need to prove their superiority, while others may just have to run harder to stay with their group, or suffer the ignominious disgrace of being a tail-ender.

The obvious dangers can be seen whenever a major intersection is crossed. Runners jumping the red lights before they change to green may be dangerous indeed, but the real threat is when the group approaches traffic lights about to change to red. The lead runners just sneak through on the amber light, the remainder then have to decide whether to allow the leading bunch the 60 second advantage, or to run the gauntlet.

We've all seen it, or been guilty of it, how many times?

In between these hazardous episodes, we sometimes run along poorly lit side streets, with the group split on both sides of the street - occasionally one indecisive soul will choose the centre.

This is especially helpful, if they are unsure as to whether there is a left or right turn coming up next. They also have the benefit of being struck down by traffic in either direction.

I accept that running at night does pose some unavoidable risks,
- none of the above mentioned are amongst them.

I doubt if anyone ever bothers to remember who led each group home on a Tuesday night. When it happens, the name of the person killed will be permanently instilled in the memory of every Club member.

Years ago, I acquired a light-reflective chest sash for about fourteen dollars, I wonder how much these could be purchased for in quantity? - What value do you put on your life?

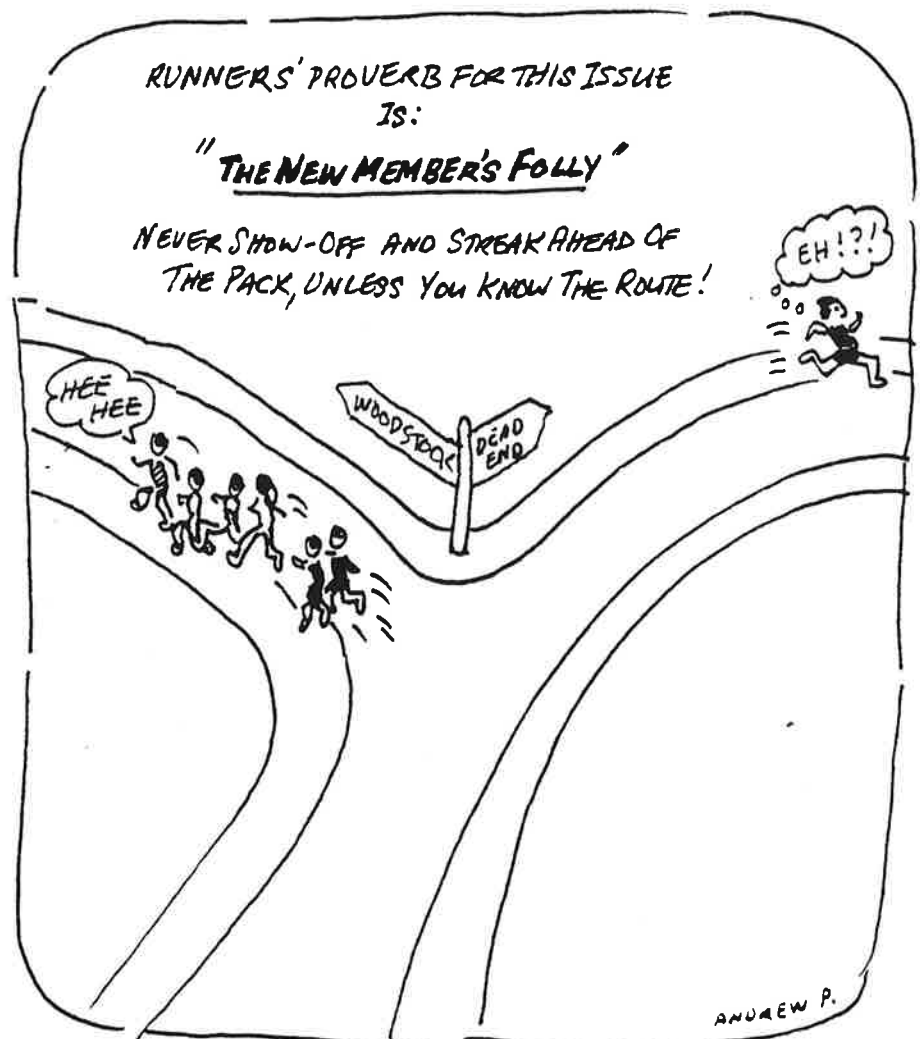
Perhaps we could make these mandatory for Tuesday nights during winter months, even carry a few spares for issue to visitors? It would at least be a start to minimising the risks, or do we need a death/injury to change our behavioral attitudes to road safety?

The Pack Runs overcome some of the risks by reducing the competitive aspect, I welcome and applaud the concept. After all, if you want to race, the Fun Runner Calendar is full of opportunities to prove yourself.

How do you prevent the bloody-mindedness that makes people run in front of cars in broad daylight, or play Russian roulette at traffic lights in order to gratify their egos during an inconsequential training run?

Who knows, perhaps we could use the reflective sashes to throttle them?

Bill White



A Return From Injury — What It Means

As the winter creeps past the halfway mark and with the promise of longer days looming, I begin to jog again. Tentatively at first, after a fruitless half-year when I could barely walk without discomfort.

The pace is slow, with the ever possible threat of a relapse, as happened in May.

July, so far so good, time to try a little competition. The pace achieved is minutes slower than last year, those whom I normally pass are instead out of my sight, ahead of me. But all my Woodstock club-mates are encouraging me as usual, the family expects a comeback and the joy of running transcends most aches and pains.

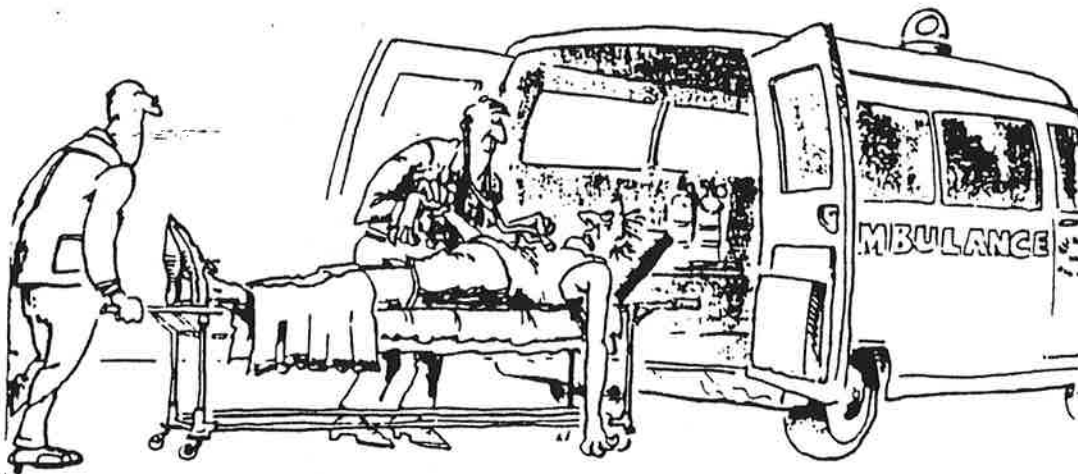
As spring arrives, the discomforts decrease and the pace increases. The smell of blossoms in the warm sun of October, the renewed companionship and the thrills of racing, herald a coming summer.

Now only a residual numbness in the foot remains as I begin to lengthen my stride. My peers are no longer out of sight.

The warmth of summer brings fulfillment. Once more I feel like a runner again, unafraid of 1991.

Thanks to everyone, everywhere.

Derek



"My mind told my body to keep going."

How's This For An Injury List?

Best wishes to those currently on the injured list. As we go to press we hope for a speedy recovery for Greg Stewart, Bob Shearer, Kevin Lucas and Len Foulser.

Runners tend to attract an unenviable reputation for being injury prone. None could however come close to Aaron Krickstein's "record" as depicted in the latest "Tennis" magazine.

Aaron Krickstein's Medical Record

- 1982-present — Chronic left knee problems.
 - 1982 — Dislocated left thumb.
 - 1984 — Fractured fourth finger, right hand.
 - 1984 — Fractured right foot.
 - 1985 — Fractured left foot.
 - 1986 — Fractured left foot.
 - 1987 — Fractured left leg and broken ribs.
 - 1988 — Pulled groin muscle.
 - 1989 — Pulled groin muscle and sore right elbow.
 - 1990 (January) — Pulled groin muscle.
 - 1990 (May-June) — Sore right elbow.
-

Let's stick to running!



Dear Doctor,

I have always found extreme muscle tightness in the calves and thighs when running. Your column last week discussed stretching exercises. What is their origin and would they help me?

*Harold Hamstring
San Diego, California.*

Dear Harold,

Possibly the elastic in your shorts is too tight, starving running muscles of oxygen bearing blood. Stretching your elastic may help. The exercises were first developed by King Ferdinand in 1642 during the Spanish Inquisition, but should only be used if you are racked with pain.

WILLIAM KING

The Amazing 'Flying Pieman'

William King was Sydney's outstanding street character of the middle of last century, if not of all time. He was also an incredible athlete. King's amazing feats were as famous as the pies he hawked — "kidney, pork, apple or mutton pies; hot pies!" He was a strange and eccentric man — and tales of his feats are still told today. They included:

- * Walking 1000 quarter-miles in 1000 quarter-hours
- * Carrying a dog weighing 31 kilos from Campbelltown to Sydney between 9.30 pm and 8.40 am the next morning
- * Walking 2630 kilometres in five weeks and four days
- * Beating the coach from Windsor to Sydney
- * Walking from Sydney to Parramatta and back twice a day for six consecutive days

* Walking 309 kilometres in 46 hours

* In 1848, beating the mail coach from Brisbane to Ipswich while carrying a pole that weighed 45 kilos

* Selling pies to passengers on the Parramatta boat before it left Sydney, then being there to meet the boat at its destination having carted the pies from Sydney!

William King came to Australia from England in 1829, when he was 22. For a time he was a schoolmaster at Sutton Forest, but was quickly back in Sydney, as a barman at the Hope and Anchor pub in Sussex Street. Legend has it that the Pieman turned to his strange pursuits after a planned elopement with a Sydney currency lass had gone wrong.

He wandered the country, liv-

ing an unsettled life, virtually at the whim of gamblers who would dream up challenges for him — some of them macabre, as on Whit Monday, 1855, when the challenge to the Pieman, as reported in *The Illustrated Sydney News* was for him to pick up 100 cats, placed a yard apart, and then 100 rats — within a certain time limit.

The Pieman was colorful in dress and style. A watercolour depicts him with moustache, lank fair hair, top hat with coloured streamers flying, carrying a staff, with more ribbons, blue jacket and reddish tight knee-breeches above white socks and strong walking shoes. He lived a long life — obviously unaffected by the exertions of his extraordinary feats — and Australia has never seen his like again.

And we thought Yiannis Kouris was good!



A Special Sports story for 1991

At the World Swimming Championships held in Perth during January, the women's ten metre platform event was won by twelve year old Mingxia Fu of China.

Her sporting career commenced when she joined a gymnastics class only to be told by the instructor she was too old! Only then did she take up diving after first learning to swim. Weighing in at only 34Kg, she developed into a platform diver after finding herself too light for the springboard.

As she does not turn thirteen until August, she will be ineligible for the World Cup in Canada scheduled in May.



One Pair of Shoes - and another and another.

Elle told me some time ago that her policy was to wear one pair of running shoes at a time, some smart-arses will no doubt ask how she could get more than one on at a time!you know I don't mean that! No, in other words, when she breaks in a new pair she wears them almost exclusively until they are discarded.

Frank Berlouis on the other hand (foot?) has several pairs of the same model and rotates their usage. I have lots of shoes of different makes and models and try to use a particular pair for a particular purpose. What are the advantages/disadvantages of each method?

In Elle's case the feet are subjected to a set of criteria, thus achieving consistent fit, support and cushioning (not only in the underparts but also on the instep) areas of progressive wear.

This avoids the frequent adjustment of the human frame, from hips and spine to the feet in response to a change in shoe support. The only disadvantage may be that there is little allowance for weather, washing or repairs.

Frank's method has most of the above features, with two further advantages, a slower wear rate per pair and independence from weather and repair factors.

My requirements are different to those of Elle and Frank because about three-quarters of my weekly distance consists of commuting to and from work. These journeys are usually split into three sections each way, a train journey in the middle with a run at either end of three and seven kilometres, totalling twenty kilometres per day.

These are done in all weathers and I have a sciatic condition that requires gentle handling.

For the above reasons I keep two pairs for commuting and aim to keep them reasonably clean and in good repair. Another two pairs are used only for racing. One pair for short races that are lightweight and rather flat, the others are a more cushioned pair for marathon distances.

I also have a pair of racing "flats", used only occasionally on tracks, one pair of "spikes", as well as some older "stand-by" pairs for wet weather and two pairs of brand "newies".

This accounts for my present inventory of ten pairs of running shoes.

When I retire in two years time, I shall no longer require the "commuters" and will probably adjust to a schedule closer to that of Elle and Frank. I find the frequent changing from pair to pair causes only occasional minor aches in the left foot.

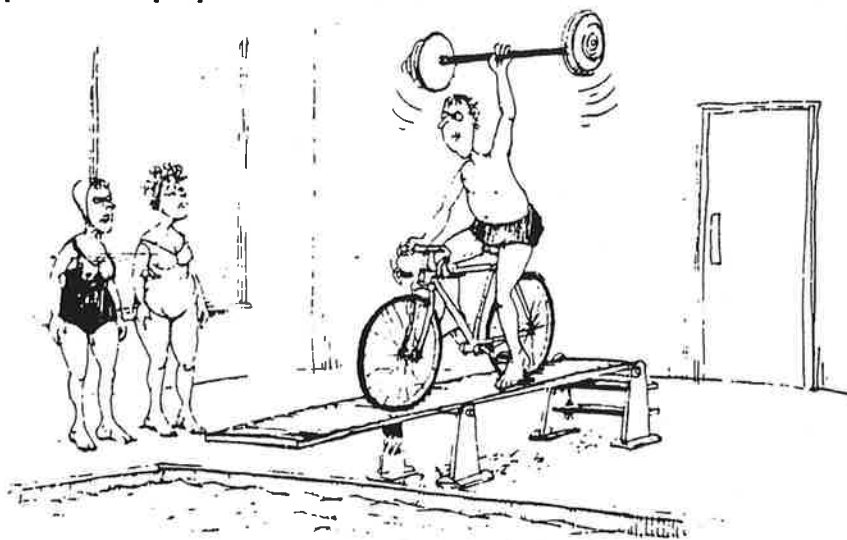
This may be caused by a combination of over applying Shoo-Goo that restricts the initial stage of pronation and a sciatic manifestation. It is no great disability and it is not a problem when wearing the racing flats.

The most important rule of all is of course to force yourself to **throw away** that old beloved worn-out pair before they do you serious damage.

Derek



**Complete exercise is needed,
encompassing the three factors
required for physical fitness...**



Typical of him, he has to do everything at once.

Take note Christine, Mark, Dean, Tony and other triathletes!



No Sprinter, but.....

17.25 secs for 100 metres!

Pretty slow, I hear you say? Most Woodstock people can manage better than that for the 100 metres, Carl Lewis did one in 9.89 secs!

However, how many 100 metre dashes could we run back to back at fast pace?

Steve Moneghetti can string 140 together and that is just what he did in the City to Surf.

Multiply Steve's time by four and his 69 secs for 400 metres looks slow compared with Darren Clark's 44 secs.

When Woodstock Runners tore up the Auburn track during our '88 and '89 attempts in the Marathon Sprint Relays, a fair percentage of us could not break 69 secs for one 400 metre lap, given a rest of twenty minutes between attempts.

Monnas managed the equivalent of 35 laps at this pace, back to back.

Even over the full Marathon distance at Berlin, he won the event averaging 72.79 secs for just over 105 times 400 metres.

Pretty incredible, is it not?

The Woodstock Story as told by The Courier during 1990

Woodstock club is tops in surf to city

Courier 6.6.90

As a club that places special importance on team effort Woodstock Runners was particularly proud of wins by both men's and women's open teams in the Surf to City Fun Run (11 km) on the Central Coast on May 17.

Elle Siepen led the women's team home in 40 min 50 sec and was fourth woman overall.

Her winners were Debra (48:00) and Chray (50:18).

The winning men's team consisted of John Murray (37:32), Maurice Wratt (38:38) and Peter Manchester (39:24).

In a system where only the first three home counted for team purposes Woodstock missed out by second.

It is the first of the popular community runs in the period leading up to the City to Surf.

This year it attracted over a thousand starters including women from Woodstock.

Harbord run good practise

Eleven Woodstock Runners enjoyed the Harbord Diggers Scenic Run (14km) Sunday, July 1. Scenic

members ran the combination half-marathon and three did the marathon. Maurice Wratt burnt up the course in 75:46 to be the first Woodstock member home and Maria Guano's second.

Woodstock Runners enjoyed their annual internal club relay last Sunday morning.

The relay was started last year after the Sydney to Wollongong Relay was discontinued and has become a popular event within the club.

This year fifteen members took part. They were allocated to teams of three so that each team would have a roughly equal chance of winning. Each runner ran a 4km lap through streets around Woodstock Community Centre, at Burwood.

The winning team of Maryanne Caruana, Mark Xenita and Jeff Newey covered the 12km in 49 min 42 sec. Second were Kate

Relay challenge

3.10.90

The Woodstock team go straight to the top

Four Woodstock runners went straight to the top in a novel event recently.

The Sydney Tower Run was a short sharp power test from Pitt Street Plaza up 1,315 steps to the top of Centrepont Tower 305 metres above.

Woodstock's upward mobile members were Adam Cockburn (11 min 31 sec), Pauline Tatam (14:45), Alan Tully (15:15) and Kerry Bray (15:15).

Woodstock also fielded the winning men's team (Chris Siepen, Alan Kinder, John Murray and Barry Crisp), the winning sporting club team (Ken Flarty, Elle Siepen, Byrne and Marjorie).

and the first team (Vasilios).

Run (8 km) in Park. Ten

Dot Siepmann was first woman 41 and over. Meanwhile at Blacktown three members were relaxing after running from Sydney Town Hall in the Tenth Annual Cities Marathon (42.195 km).

With a demanding hill work in the second half this is by far the most gruelling of the Sydney marathons as Vassiliou (3 hours 17 min 56 sec), White (3:24:59) and Derek White (3:46:53) found out. Derek White was third in his over-sixty age group.

Popular

Woodstock has big success

12.9.90

Courier 26.6.90

Woodstock out in strength at big fun run

Woodstock Runners supported the Pitt Town Fun Run in strength this year.

Held on the Sunday after City to Surf, it provides an excellent chance for those frustrated by their inability to break out of the crush

in the big one to run the same distance (14 km) on their merits.

This year Elle Siepen cemented her comeback with a 53 min 50 sec run making her first woman.

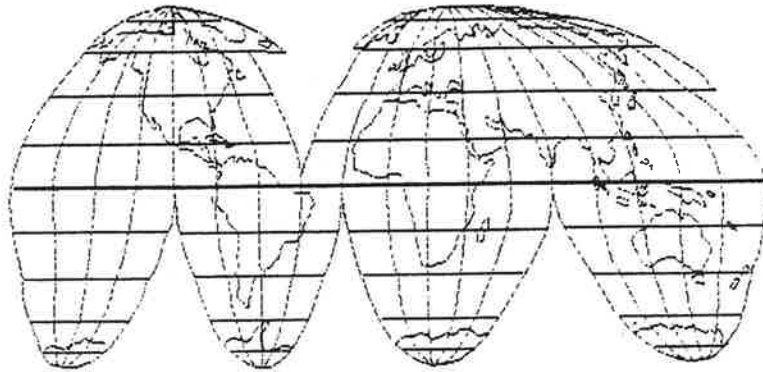
Woodstock filled third, fourth and fifth

category. Individual successes went to Elle Siepen in 38 minutes, 12 seconds and was second woman in third boy 15 and under in Adam Cockburn who was first in 42:55.

John Murray was first home for Woodstock in a personal best time in 35:01

As a club that encourages team spirit, Woodstock was especially proud of its two team successes. The Woodstock men's team of John Murray, Jim Burrows and Andrew Forrester was second in their

THE WORLD SCENE



Russhan About?

With the changes in the world political climate, it can only be a matter of time before our comrades follow the formerly "decadent" West into fun running. How will this manifest itself?

Well we already have the Moscow "Peace" Marathon, maybe it will be followed by the "Kiev Canter" or the "Glastnost Gallop"?

I wonder when Russian running gear will come onto the market? We may then be exhorted to "take the easy steppe to Niteski shoes", or to "wear the Ripyanipplesorf Singlet", or "Notinoff Roumin Shorts".

If Fun Runs really catch on in the Soviet republic, they may have to provide more age categories. There are allegedly within Asia, wisened, but still active gentlemen claiming to be around 120 years old. Whether or not they can still run, is another thing of course.

At least they would make mere boys like Max Hall, Eddie, Ron, Len and Lloyd as well as myself feel young again!

So roll on the Pravda- KGB sponsored "City to Somewhere" (no surf)

Derek

(perhaps the Serf to City Derek?Bill)

GOT A PROBLEM?



MAIL IT TO THE GARRULOUS GURU

Dear Garrulous Guru,

I have been running for six weeks with Woodstock Runners and could not help but notice the high proportion of "senior citizens" within your ranks. Do you actively encourage them or has the club just been around for so long it has naturally accumulated them?

J.L.
Drummoyne.



Dear J.L.,

No, we do not encourage them, God knows half the Sydney running fraternity already think the Woodstock Centre is a retirement home and send their reject cats and dogs for our "Pets as Therapy" program (we had a real problem with them ankle-biting the Saturday morning group until Colin Townsend showed us how to kick them effectively). Trouble is some of these "oldies" are hard of hearing and they miss our subtle hints as to retirement etc, and just smile a lot. We tried to discourage them years ago by changing the Saturday run to twenty crossings of the Gladesville Bridge. Unfortunately nobody else except them turned up on the day!

Dear Garrulous Guru,

Last Sunday I was running along for an hour or so in company with one of your members (name supplied) who was relating a totally depressing summary of his running injuries over many years and his long and arduous battle to overcome life's many hurdles. By the time he finished, I felt hopelessly depressed and on the verge of suicide. Could you possibly have a discreet word with him please?

Signed "Despondent" Neil
Croydon.

Dear Despondent Neil.

I will speak to the gentleman you mentioned and explain he needs to lay it on just a little bit thicker - he almost did the trick.

Dear Garrulous Guru,

I am entering the Canberra Marathon in April and naturally looking for a P.B. time. Do you have any advice re training and race strategies that might help me?

Signed Frank B.
Burwood.

Dear Frank,

First you need to slow down your training pace and reduce your weekly distance by at least a half. I note that you are muscularly over-developed and lacking the essential fat reserves to enable you to store glycogen and comfortably finish the 42km distance. Aim at putting on at least ten kilos before April and be careful to avoid any serious training for the four weeks before the event.

During this period you should "carbo-load" and it is imperative that you concentrate on suitable dietary intake.

Beer is an excellent source of carbohydrate and you need to consume at least two litres a day, doubling this to four litres on the marathon eve to ensure your pre-race fluid level is adequate.

No shirking with any of that wimpish low-alcohol brew either, you need to treat race preparation seriously Frank!

As far as race strategy goes, start off slowly and continue at this pace until you have the finish line well in sight.

If by any remarkable effort you catch up with an overweight Woodstock runner in his mid forties, wearing blue shorts and obviously struggling to finish, do not under any circumstances overtake him,I'll explain the reason to you after you finish.

Dear Garrulous Guru,

I read in an overseas running magazine an article claiming that sex equated to the same level of physical exertion as a 3km training run, does this mean I can put down this distance in my running log book every time I get lucky?

Signed Miss R.B.
Rozelle.

Dear Miss R.B.

Sorry, but I think that theory was calculated on the basis of the male participants effort. Unless you are a particularly liberated young lady you will just have to falsify your logbook entries like everyone else to make up your weekly quota.

Dear Garrulous Guru,

Before our club's weekly training run I customarily read out a list of "happenings" for the week, plus give out gratuitous advice on training for our many newer members. I have noticed many of the "regulars" constantly glancing at their watches, does this mean I am "rabbiting" on for too long?

Signed El Presidento

Dear El Presidento,

No, it is quite normal for even weird people like runners, to occasionally check the time. You do have good reason to worry however, if they start holding their watches up to their ears to check if they're still working.

Dear Garrulous Guru,

I have a problem that arises every time I enter for a "big" event. For days beforehand and more particularly on the morning of the race, I suffer from acute anxiety that manifests itself in nervous shaking, profuse sweating and flushes, as well as a tendency to "bite" off the head of anyone who offers me the slightest provocation. Why is this so? Is there anything I can do to prevent it before losing my remaining friends?

Signed Mr. Irritable
Concord West

Dear Mr. Irritable,

Your problem is not unusual. Many runners faced with an imminent important event are often afflicted. In medical terms your condition is symptomatic of **Pre-Marathon Tension** and should you offend someone through your snappy behavior, just explain to them you are suffering from **P.M.T.** and I am sure they will treat you with the understanding and tolerance you deserve.

Dear Garrulous Guru,

Perhaps you may recognise my name as the National Organiser

of a campaign advocating temperance, especially targeting the younger folk within our community.

Each year for the past decade I have toured the mainland states delivering lectures on the evils of drinking and excessive lifestyle.

On this tour I have been accompanied by an assistant, David Powers, a young man from a good family and excellent background, who is a pathetic example of a life ruined by excessive indulgence in alcohol and consorting with women of loose morals.

David would appear with me at the lectures and sit on the stage wheezing and glaring at the audience through bleary-bloodshot eyes, sweating profusely, picking his nose, belching, farting and making obscene gestures, whilst I would point him out as an example of what drinking can do to a person.

Unfortunately as a result of his excessive lifestyle, David recently died.

A colleague has given me your name as a possible replacement and I wonder if you are available for my next tour in March?

Yours faithfully,
Rev. Harold Knight
The Rescue Mission
P.O. Box 399
Kings Cross. 2011

Dear Mr. Knight,

I thank you for your letter and generous offer to join your mission. Unfortunately I do have some prior commitments for the year, aside from the obvious risk that I may endanger my amateur status by assisting you at a public forum. I have taken the liberty of giving your worthy correspondence wide exposure

within my running club, where several excellent candidates for your position may be found. I feel certain their recent performances at a New Years Eve function should serve as good, or sufficient qualification.

Dear Garrulous Guru,

As a newcomer to running, I was rather taken back by the sight of ten or so Woodstock Runners all pushing against the building wall, near the bicycle stands on Tuesday nights. Is this some sort of ritual ceremony or a pre-race exercise?

Signed "Bewildered"

Dear Bewildered,

No, neither of those reasons actually, we were just changing the light bulb in the mens toilet.

Dear Garrulous Guru,

I have noticed that certain Club members manage to get more than their fair share of post-run refreshments, especially when the catering includes cakes and sweets. I would even go so far as to suggest these people run well beyond their normal capabilities just to establish an advantageous lead at "nibbles" time. Should we drum them out of the Club or do you think I am overreacting?

Signed Slim Jim
Balmain

Dear Slim Jim,

I've noticed this myself, you need look no further than the

shape of Bill White to see proof of surreptitious training for these festive occasions. Obviously his secret training regime of gluttonously devouring a carton of Mars Bars washed down with a gallon or two of Fosters each day is working. Why if this totally unfair advantage is allowed to persist it could lead to fragmentation of the Club, a collapse in moral values, the general demise of running in Australia, failure of National Economic Policy and the end of western civilisation as we know it today.

Er, - you don't think I'm overreacting do you?

Dear Garrulous Guru,

The last time I saw your column it was in one of those magazines that catered for ladies that were "not born yesterday". After giving heart balm advice to matriarchal types in their declining years, it seems incongruous to find you giving advice on running matters.

Are you one of those know-all Pooh Bah types or did you have to radically readjust from your previous role?

Signed Curious,
Burwood

Dear Curious,

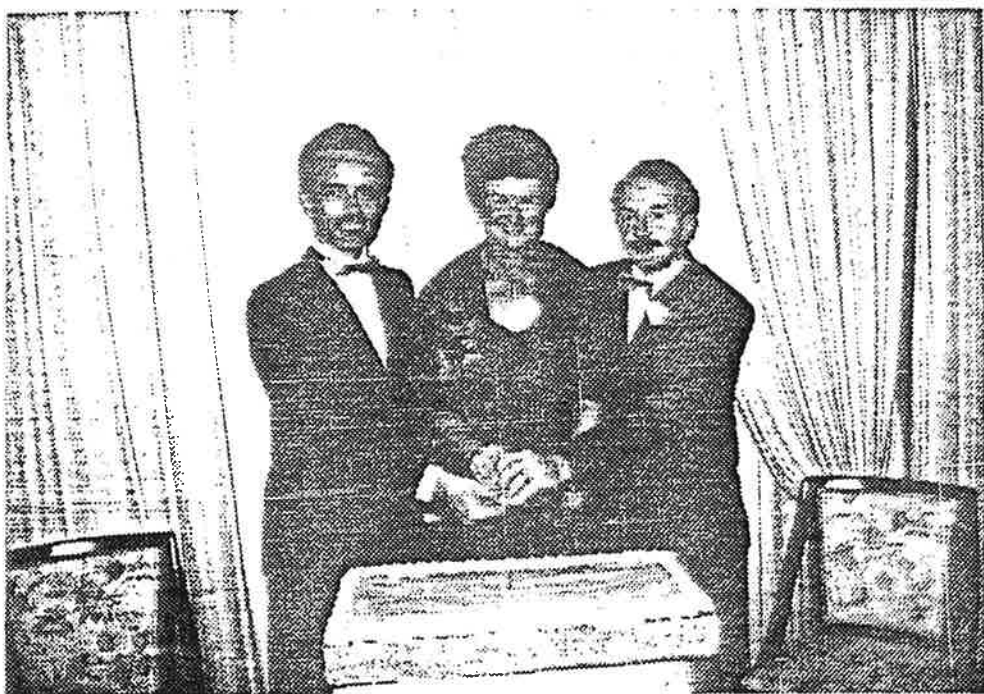
No I haven't had to adjust at all. It is just that the other magazine did not have very wide circulation and I find I can reach more elderly women through running clubs.

The only real difference is my previous readership could run faster.

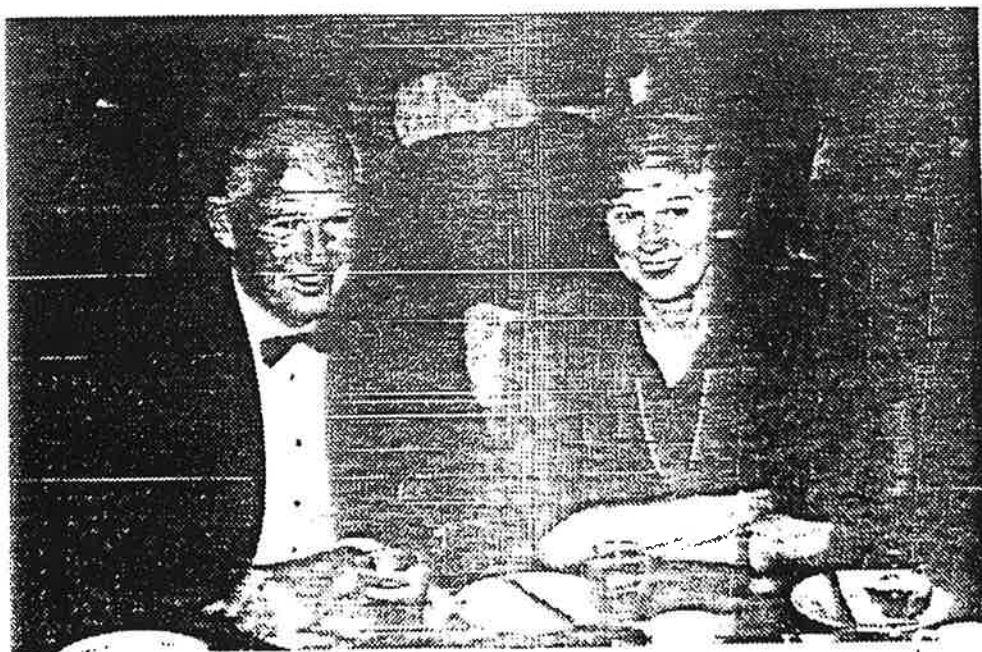
THE BALL OF THE DECADE

A glamorous evening by any standards saw the usual tatty running clobber give way to evening gowns and fur stoles. - and that was just the men!

The yet unpublished photo negatives are still available for only \$50 each or they appear in the next yearbook!



Tony Murphy, Kerry, and Michael Donnelly



Max and Frid



Chris doing his Julio Iglesias impersonation
-while Kerry nods off



Ted and Pauline Tatum



Alan Tully and Julia Stenton



Tanya and Gary



Marie and Kevin Lucas



Tony Byrne
There, we weren't joking about the fur stoles!



Linda and Neil Byrne

Janet Pidsley and Norm Hams



Max and Kate

Barry and Dorothy



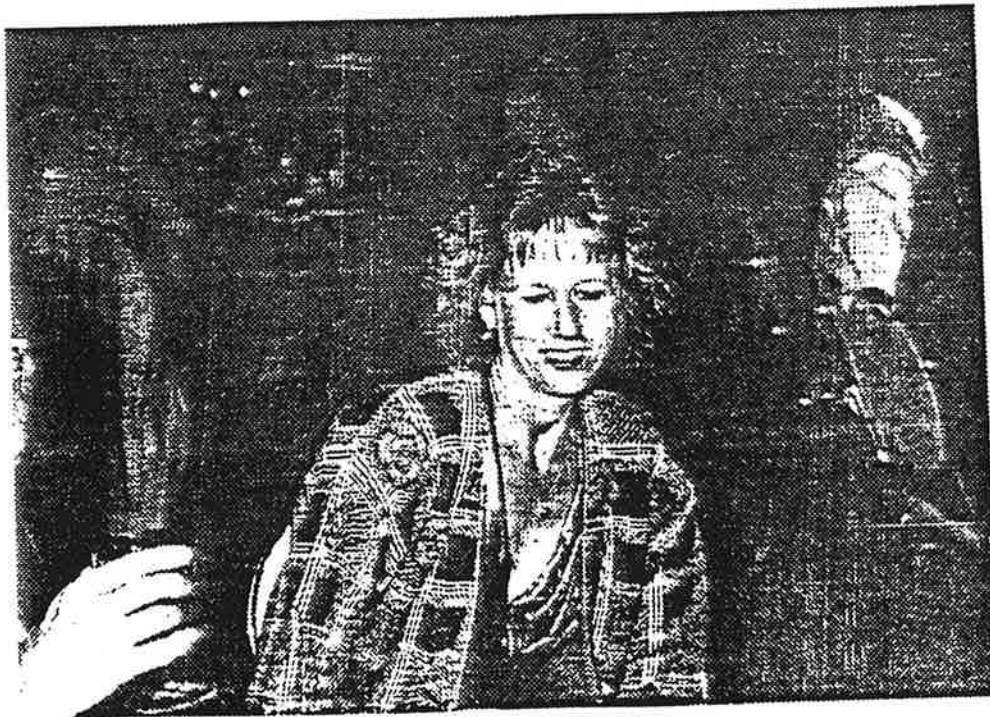
Ken and Sheree



Pat Mahony

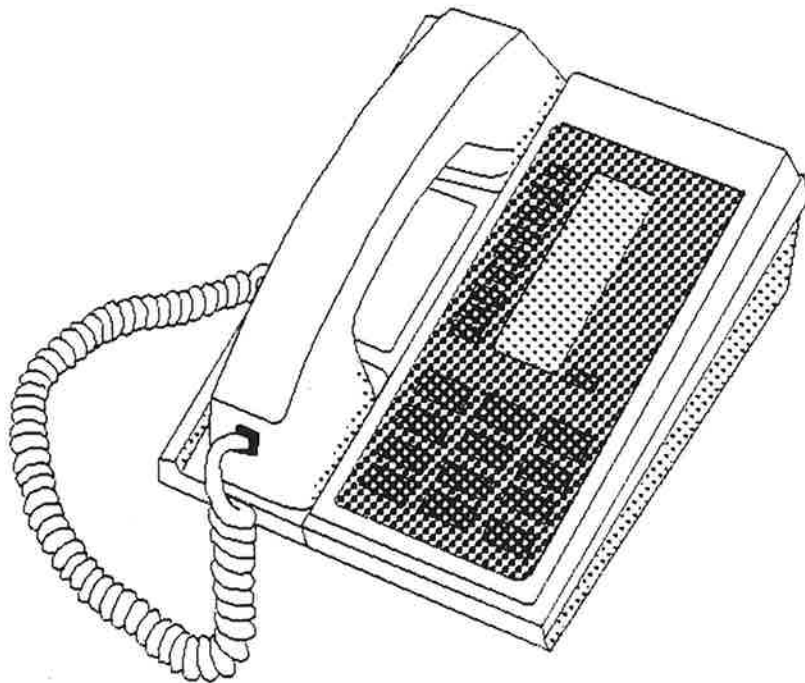


Joe and Therese



Sue Johnson-Ham

CLUB MEMBER DIRECTORY



DIAL A RUNNER SERVICE