

Denis Moore

Denis Moore was born in Burnie, Tasmania in May 1934. As a school boy he showed his talent for running by winning the Burnie Mile three times at the Burnie Carnival which is the premier running carnival in Tasmania and is considered one of the 'big three' professional Gifts in Australia along with Victoria's Stawell Gift and the Bay Sheffield in South Australia.

He went to secondary school at St Virgil's College for boys in Hobart. His first job was with Australia Titan Products in Heybridge near Burnie.

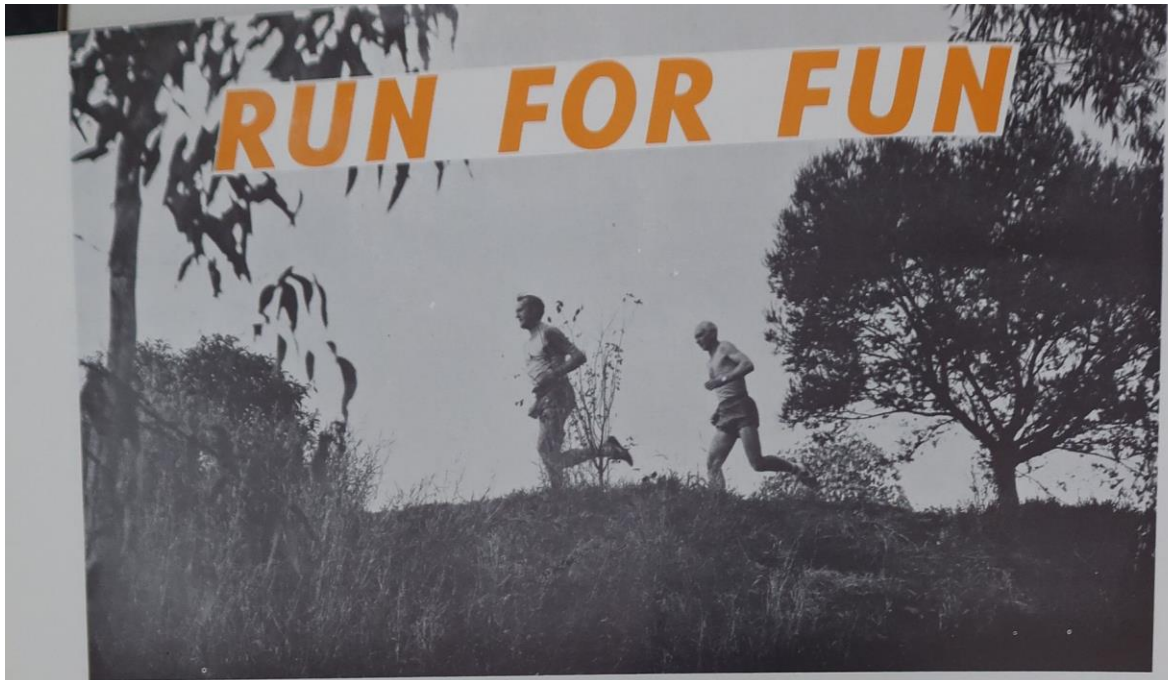
Denis married Frances Davey in 1964 and they came to Melbourne in 1972 to provide better opportunities for their children. Denis's cousin, Owen Bugg who worked for the CRB in Kew, advised him to apply for a job at the CRB.

Denis started working in the Traffic Engineering Division Data Processing Section in 1973. Pretty soon he had groups of men going for a run at lunchtime or after work. He just had a way of encouraging people to give it a go. "Keep a diary" he would say, "so you can watch your progress". "If you can't talk while running then you are training too hard". He was able to motivate people and make running enjoyable.

The article below appeared in the CRB Roadlines magazine. Denis joined the Professional Cross Country Club of Victoria and pretty soon had others join him there: Ken Barnhill, David Williamson, Graham Hanson, Allan Bowman & Nick Szwed. At one stage the Herald newspaper referred to Denis as the Bart Cummings of professional running.



Noel Anderson, Denis Moore, Brian Weston & John Harper



By Peter Carey

Do you ever stare out of the window at lunch time munching a sandwich and feeling the curried egg or the cheese and vegemite between white bread land heavily in your stomach and think to yourself 'My wife must stop feeding me like this'.

As you continue to stare through the glass that protects you from all the horrors that lurk outside the building like cool air, oxygen and walking to your car, you will notice people playing tennis. You will probably also see somebody running. **RUNNING!** Running at lunch time. 'What's wrong with him' you might say.

Well, there is a growing number of people who take the opportunity to run either at lunch time or after work, have fun doing it and enjoy good health.

Among Head Office staff there are a number of runners who have distinguished themselves in this highly competitive sport. But serious competitive running remains in the realm of the enthusiast.

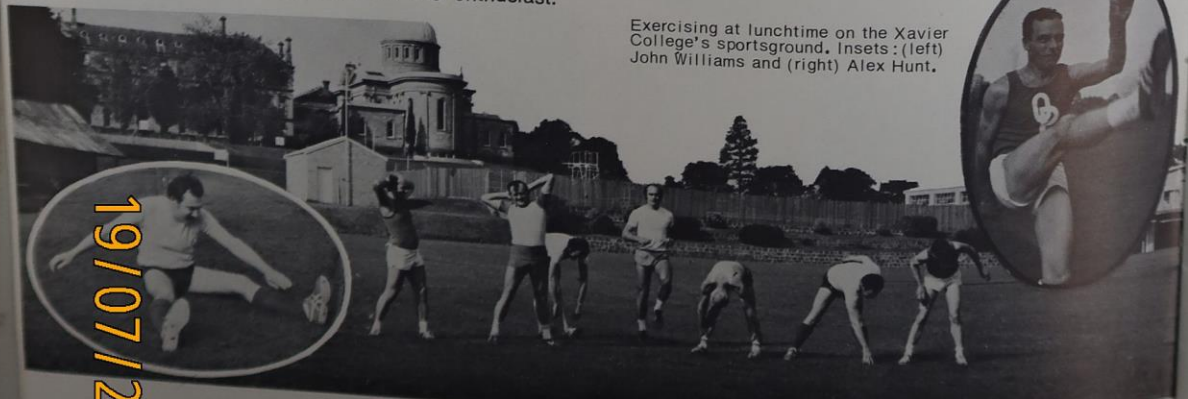
The type of running activity that almost everyone can take part in is a leisurely jog at lunch time or after work.

A number of people have already taken the opportunity to make more productive use of their time spent at work and travelling home from work. Some run during lunch time and others run after work or home from work.

Brian Weston from Estates has taken up the challenge and as a weight controlling exercise he runs an average of three times a week—from Head Office, down to the Boulevard, around the nine hole golf course and back to the office.

His lunch time program on these days is:

12.45 p.m.—Leave the office and change clothes in the Xavier tennis pavilion.



Exercising at lunchtime on the Xavier College's sportsground. Insets: (left) John Williams and (right) Alex Hunt.

12.50 p.m.—On the road and jogging.

1.15 p.m.—Return to the change room to shower and dress.

1.25 p.m.—Return to the office.

Brian says that 25 minutes on the road at lunch time keeps his weight down and keeps him reasonably fit.

Dennis Moore from Traffic Engineering also has the occasional lunch time jog, but most of his running is done at night. Dennis coaches runners on a part time basis. In fact he has coached many winning professional athletes.

'The Herald' referred to Dennis Moore as the Bart Cummings of professional running, and said that he has a reputation for turning average performers into quite reasonable athletes. When his athletes win professional races it is often in a race where the prizemoney is better than usual.

This is not to say that we should all train to become professional competitive athletes. However, Dennis has made himself available to anyone in the office who would like some free advice on running. He has several people from the office under his wing at the moment.

Dennis, of Box Hill, occasionally runs home from work, as does John Harper from Title Survey. John runs mainly for fun but at the moment he is training for Marathon events, the most gruelling of all athletic events. There are four Marathons being run in Victoria this year and John hopes to compete in all of them. Three times a week John runs a 20 km indirect route from Kew to Glen Waverley. On these days his wife drops him off at work in the morning. He's back at home in time for dinner, 82 minutes after leaving Kew.

100 KM A WEEK.

Now you may wonder what John does with his work clothes when he runs home. "Well," he says, "they do pile up a bit but every now and then my wife brings a laundry van in to pick them up". John runs about 100 kilometres a week and derives a lot of enjoyment from his efforts.

Noel Anderson from Plans & Surveys is another man who runs home from work and completes the 11 km distance from Kew to Mt Waverley in 45 minutes, which is quicker than public transport. Noel competes with St Stephens Harriers and while his main interest is in walking events he runs for the fun of it.

Alex Hunt, Correspondence Officer, has taken the trouble to consult the Sports Master at Xavier College and has obtained permission to use the College grounds after work. The Sports Master even offered him the use of the showers in the cricket pavilion. Alex has no clothes problem as he changes in the office, does his running, changes again and goes home.

Photographer Bill Jansen had to keep up with the runners to get his photos, and that included a dash up Stevenson Street and a quick print through the cutting.



While some of those mentioned are regular competitors in serious athletics, some are not. All admit that they enjoy running for the sake of it and derive great pleasure from being reasonably fit.

WHY START JOGGING . . .

To begin jogging does not mean that you have to vary your diet, or stop smoking or stop drinking. The whole point of physical fitness was summed up by Herb Elliott several years ago when he said that the person who is reasonably fit can enjoy his vices so much more. While he did not condone smoking he said that the person who likes a drink will enjoy it so much more if he is fit.

The difference is that the senses are much more active in a fit person than they are in someone who is unfit. And this takes in the whole spectrum of eating, drinking, sex and the ability to do a job. It means that fit people are much better equipped to enjoy life.

If you are a contender for the large girth stakes it would be to your advantage to eat your cut lunch at morning or afternoon tea, strip to your running shorts and get your blood pumping at lunch time. Let your body know it's alive.



Noel Anderson (left) and Dennis Moore on the run in Barkers Road.

SHOWERS

For those interested in the lunch time jogging scene there are showers available at the Xavier Tennis Pavilion.

The CRB provides showers for male staff on the Ground Floor of the MRD building.

On the 5th Floor at 89 High Street there are showers for both men and women, and the installation of a female shower room on the 3rd floor of the MRD building is being investigated.

19/07/20

In late 1979 Denis took his family to Queensland to explore for a business opportunity. When that didn't come to fruition, he returned to the Traffic Engineering Division where he worked until he retired from VicRoads in 1999. He then worked for a consultant until 2008.

Denis retired to Somerville and still catches up with some of his CRB runners for lunch occasionally.



2014 David Williamson, Denis Moore, Nick Szwed & Ken Barnhill



2021 Ken Barnhill, Nick Szwed, Denis Moore, David Williamson & Graham Hanson