

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 Surveys Section of Traffic Engineering Division 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.

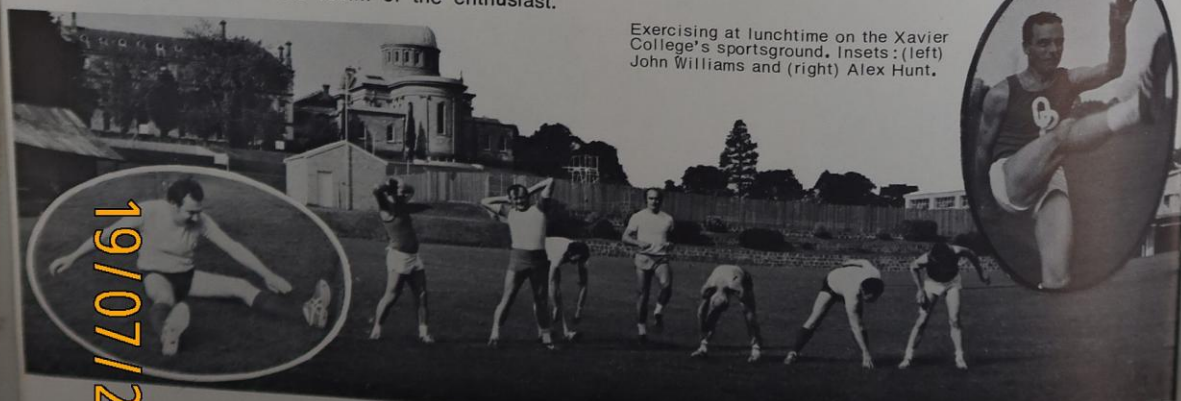
A number of people have already taken the opportunity to make more productive use of their time spent at work and travelling home from work. Some run during lunch time and others run after work or home from work.

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 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.



VICTORIA 150
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Closing Date Next Issue: Friday 6 July

INTERCHANGE

A STAFF MAGAZINE

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It has been called the 'world's greatest footrace'. The 875km Westfield ultra-marathon, between

Melbourne and Sydney, is a gruelling endurance event where only the resolute and strong survive.

Falling into that criteria are Geoff Molloy, winner of the event, and his trainer, Denis Moore. Interchange talks exclusively with Denis, a Senior Clerical Assistant

• Interchange Odd Spot

Newcomer to West Gate Bridge, apprentice gardener Michael Evans, had a somewhat extraordinary experience during his first week on the job recently.

His arrival coincided with a painting job being carried out on the bridge by industrial painting contractors, Gardner Bros. The foreman was expecting a new painter to arrive and informed the Bridge Supervisor to look out for the chap. The Supervisor happened to meet Michael wandering around the carpark and queried whether he 'was the new Gardner's man?'. You guessed it!

A confused Michael soon found himself on top of a ladder, brush firmly in hand, mixing paint! The mistake was quickly realised and Michael was brought down to terra firma—where all young apprentice gardeners should be.

with the Traffic Engineering Group, and whose efforts helped Geoff win the run. Geoff completed the event in six days, four hours and two minutes.

Dynamic Duo Win Westfield

Whichever way you look at it, Cliff Young was a hard act to follow.

Fortunately for Denis and Geoff, they didn't set out on the ultra-marathon with intentions of breaking records, or upstaging anybody.

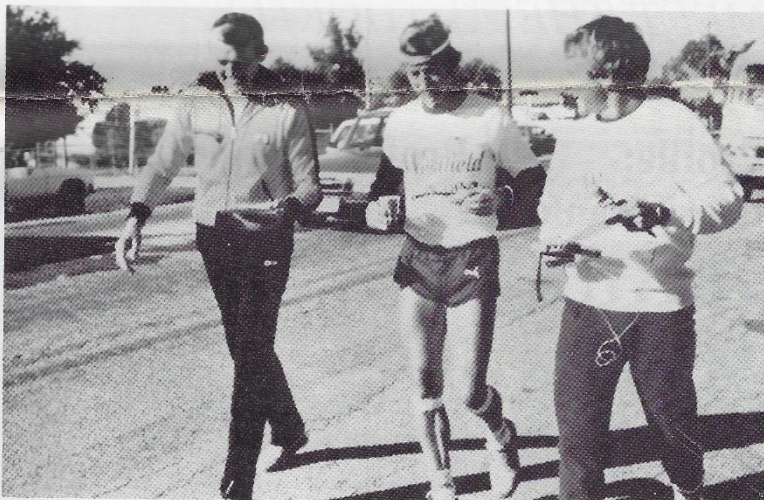
"We simply went in it to win it," explains Denis.

"We decided about 12 months ago to have a crack at it. Geoff was inspired by last year's inaugural run, and his own success in Winter marathons and on the track."

Denis and Geoff knew they were up against some strong competition, including last year's veterans Tony Rafferty, Bob Brugger and Cliff Young. New Zealander John Hughes had an admirable running background, and there was even a Chinese-American postman called Don Choi, who had run in several USA long distance running events.

"Going out of Broadmeadows we were in 22nd position," recalls Denis. "Then we tended to drift up through the field, moving rather conservatively. Next morning, after two hours sleep we got up, and thought there were still plenty of runners in front...until somebody told us we were third."

From there, Geoff managed to stay amongst the lead runners, finally taking the lead at Wangaratta on Sunday evening.



The rest is history.

The Moore/Molloy partnership only goes back four years.

Geoff himself has only been jogging for five—before that, he was a successful cyclist.

Veteran Runner

Denis has been associated with running since the early 1950s.

"When I was 20 I was running very well. I studied books and observed other good runners like Herb Elliott,

Denis (left) and Geoff are interviewed by Peter Adamson who was filing reports on the race for 3AW

John Landy and Merv Lincoln," recalls Denis.

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Dynamic Duo

"It was the early days of athletics in Australia, and I soon found people were asking for my advice on running. "So I eventually combined coaching with my own running."

Oddly enough, although he has been an admirer of Herb Elliott for some decades, Denis only got around to meeting him in April this year.

"Herb's with Puma Australia," Denis says, "he provided us with some Puma Lab-running shoes which Geoff fell in love with...he had only one blister after the whole event. That says something for the shoes."

Denis currently trains about 15 athletes, including Dot Brown and Jean Albury, both who won gold medals at the recent Australian Titles for Veterans in Canberra.



Weighing up the odds: Denis checked the weight of Geoff three times a day during the run

And what are the ingredients for a successful coach?

"Being a runner is an asset," says Denis. "You must have a love of the sport, and a desire to see each individual reach some form of excellence, regardless of ability."

Denis says he is also very flexible as a coach and is prepared to vary a training programme if he thinks it will improve motivation.

He is also willing to play around with ideas, as he did during the Westfield run.

"We did consider ourselves as novices at ultra-marathons," he says, "and we made a lot of experiments."

One was to continually provide Geoff with very light snacks every three kilometres.

"We'd give him a small amount to eat or drink. His digestive system handled it easily because of the pace he was doing."

1985 Run

When asked if he would compete in the 1985 Westfield Run, Geoff told a Sun reporter: "I doubt it very much". But how do they feel now that they've had time to relax and reflect?

"Initially Geoff said no because it is an automatic response after such a gruelling event. But he was surprised just how quickly he had recovered—he got over it quicker than I did."

"Now we're thinking along the lines: 'We could do it again!'"

And, just quietly, Denis adds it wouldn't surprise him if he saw the ever-tenacious Cliff pounding along the Hume next year too.

After all, Cliff did complete this year's race with a fracture to his left knee—surprising medical experts.

"I'm sure when we were all together recently I heard Cliff say: 'if I came good again... let's just say it wouldn't be impossible for him to compete.'"

Which raises the question of the age factor. Geoff was 42 when he stepped over the finish line at the Parramatta shopping centre. And Cliff, now 62, won last year in the impressive time of five days and 15 hours. John Hughes, who came second this year, is a fit 51.

"Not many people under 30 have attempted the ultras," explains Denis, "but I think they can be successful. The age factor is important, though. Veterans have quite a few years of

"The brain has to stay switched on..."



big distances behind them. And it's important to have the right mental attributes to accept the mental and physical horrors: when the body is screaming for rest you've got to know how to handle it. The brain has to stay switched on to keep the body going, in other words, you've got to have mental discipline."

Not everybody who participates in the run manages to stay "switched on".

"One guy walked about 89km and then pulled out," smiles Denis. "At least that's the story we heard."

The Westfield ultra-marathon may be over, but Denis is being kept in demand with other foot races, including the three day Otway Classic.

"I'm managing one of the seven teams in the event. And there are seven runners in the team so it's keeping me busy," says Denis. He is also contemplating a return to the competitive track himself.

"I ran regularly five years ago but had to stop because of an injury. I'm now doing 50km a week and am thinking of running competitively."

A Westfield run featuring Geoff, Cliff and Denis?

Now that would be a real ultra-marathon.

• Denis joined the RCA in late 1973 and is a Senior Clerical Assistant in the Traffic Engineering Group at 89 High Street. He lives in Box Hill with his wife Frances, and three daughters.

The triumphant crew: at the rear from left are Bob Hall (driver and first aid), Ken Barnhill (driver and handler), Geoff Molloy, Fred Hellyer (chief handler and cook), Dennis and Keith Harris (Marketing Manager of Four 'N' Twenty, the sponsor). Up front are Dot Brown (statistician, relief cook and handler), and Marlene (friend of Keith). Ken Barnhill, incidentally, is an engineer with Traralgon Division

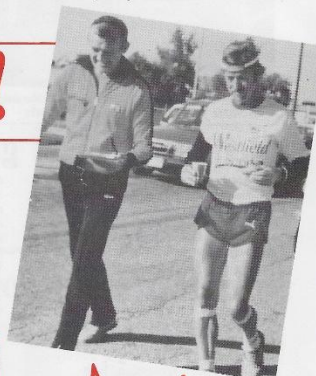
A good run for their money

The Westfield ultra-marathon is Australia's most valuable running event with prizemoney totalling \$35,000.

In 1985 the 875km run will start in Sydney and finish in Doncaster, Melbourne.

Interested? Well you'll not only need a fit body, healthy mental attitude and skilful trainer, but also a reliable back up. Dennis, Geoff and their four team mates used two support vehicles equipped with sleeping and cooking facilities.

And take note—the organisers do take precautions to ensure that rules aren't transgressed. Equipped with log books, volunteers from the Army line the route to monitor race conditions. Contestants who discreetly hitchhike during the event are quickly admonished.



The Interchange/Puma

Competition!!

Winning an ultra-marathon involves dedication, tenacity and confidence.

Winning an Interchange/Puma Australia competition, however, involves a bit of luck!

And you could be the lucky Interchange reader to win a pair of PUMA LAB 1 running shoes—the same type that helped Geoff Molloy to victory in the Westfield Ultra-Marathon.

But you don't have to run the 875 km race to be a prize-winner!

Simply fill out the coupon (or use a duplicate), answer the question, and send it to the Public Relations Officer in an envelope marked 'PUMA-COMP'—It's as easy as that!

DEADLINE!

All entries must reach us by FRIDAY 6 JULY, 1984. The first nearest correct entry opened will win the prize, donated by PUMA AUSTRALIA, Keys Road, Moorabbin.

Send as many entries as you like—the competition is open to ALL RCA staff

Remember—you have to be in it to win it!

WIN A PAIR OF PUMA LAB-1 RUNNING SHOES! THE SAME STYLE THAT HELPED GEOFF MOLLOY WIN THE WESTFIELD ULTRA-MARATHON!

QUESTION: How long did it take Geoff Molloy to complete the 1984 Westfield Melbourne to Sydney Ultra-Marathon?

ANSWER(please write clearly)

Name

Location

Telephone Your designation

Send to: PUMA - COMP, c/o Public Relations Officer, RCA, 60 Denmark Street, KEW, 3101.



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

Sharon (ne Wishart) Rhodes said: I worked in his team along with Jane Anderson - we had such fun. He tried to make me into a runner 😂🏃

