



WOODSTOCK RUNNERS INC.

WOODSTOCK COMMUNITY CENTRE
CHURCH STREET,
BURWOOD, N.S.W. 2134.

Postal Address: PO Box 672, Burwood, NSW 1805

Club Information

1. **Constitution** – A copy is available on our website, or by request from the Club Secretary.
2. **Run/Walk** – all references to run/running are assumed to include walk/walking.
3. **Annual General Meeting** – our AGM is held as soon after the end of the financial year (31st March), normally in early May.
4. **Club Executive** – the Club Executive includes the following positions, with the holders shown:

President	Greg Muir
Vice President	Roy Rankin
Secretary	Rick Collins
Treasurer	Kay Johnson
Publicity Officer	Barry Cole
Social Secretary	Vacant
Team's Co-ordinator	Vacant
Uniform's Officer	Dot Siepmann
Welfare Officer	Kerry Bray
Walkers' Representative	Ken Murray
Website Administrator & NSW Contact	Colin Townsend

All positions are open for re-election at each AGM. All members are invited to consider, and nominate those members who are appropriate for the various roles. Nomination Forms are made available prior to the AGM.

5. **Executive Committee Meetings** – held quarterly, members are welcome to attend.
6. **Woodstock Property** – the Woodstock Community Centre is owned by the Burwood Municipal Council. Members are invited to use the grounds for recreational purposes and can feel free to join other groups within Woodstock. The property should be respected and kept tidy at all times.
7. **Club Uniform** – the Club Uniform is shown below:



To qualify for Club awards, members must wear the Club Uniform, unless the event rules stipulate otherwise, or if the member is waiting on the supply of their uniform.

Hot Designs are the current supplier, items are ordered as required. Items can be purchased from the Uniforms Officer at most Club events, or online at the following site:

www.registernow.com.au/clubs/wood_run.htm

Other items (caps, polar fleeces, tracksuits, sloppy jo's, etc) can be ordered based on demand.

8. **Website** – the Club website is located at www.woodstock.coolrunning.com.au Members are encouraged to utilise the CoolRunning website.
9. **Email** – is woodstock@coolrunning.com.au and diverts to a nominated email address.

10. **Information Via Email** – about 75% of members have email addresses. On occasions, it may be appropriate to distribute information in this format. When deemed important, it will also be distributed to “non-email” members in hard copy.
11. **The Woodstock Rundown** – the “Rundown” is the monthly Newsletter issued on the first Tuesday of each month, available in hard copy, and sent via email to all advised email addresses. To assist in reducing our costs, it is appreciated if members can accept it by email. This can be requested by sending your details to woodstock@coolrunning.com.au
12. **Member List** – a Member List is included with the “Rundown” on a regular basis. This List is only distributed to Members, and isn’t intended for use by external parties. Any changes should be advised to the Secretary, to woodstock@coolrunning.com.au, or to Member List, PO Box 672, Burwood 1805.
13. **Privacy** – the Club respects that some members may wish to keep their personal details private. For non-inclusion on the Member List, members should tick the appropriate box on the annual Membership Form.
14. **First Aid** – we have a First Aid Kit available at most of our events. If you need treatment of any sort, please make use of the kit.
15. **Woodstock Fun Run** – held since 1985, we put on this event for the running community. All members and family/friends are requested to help. On many occasions the event has been awarded “Fun Run of the Year”, as voted by readers of “The Right Track”. Our Fun Run has it’s own email – woodstockfunrun@coolrunning.com.au
16. **Fun Run Committee** – this Committee is formed annually for the purpose of organising our Fun Run. All members are welcome to participate on this Committee, or to assist them as required.
17. **Other Fun Runs** – members are encouraged to participate in other events, and to wear the Club Uniform, unless the event rules stipulate otherwise.
18. **Results** – all results can be included in the “Rundown”. List them on a sheet of paper for display on Tuesday Nights, or email them to woodstockresults@coolrunning.com.au, or post to Results, PO Box 672, Burwood 1805.
19. **Fun Run Book** – this book lists members’ fun run results during the year, based on the results submitted. This book should be used as a guide in evaluating each members’ merits for the annual awards.
20. **Rankings Lists** – the best performance for each member has been recorded for 10km, City to Surf, Half Marathon & Marathon. They are distributed periodically, & on our website.
- Non-Woodstock performances have been noted, where better than Woodstock ones.
- Any additions, updates or corrections should be notified to Colin Townsend on colin_townsend@optusnet.com.au, or phone 9680 7476 (H) or 0413 484 053 (M).
21. **Teams Participation & Selection Criteria**
Some fun runs are strict in their criteria for teams, allowing only a limited number of people, no substitutions, etc. There often comes the time when we have to decide who goes in and who gets left out.
- Since 1984, the Club has used the following guidelines covering team selection.
- Any current member who has been in a team which has won a place in a run the previous year gets first chance.
 - Next consideration goes to whoever (current members) is likely to be fastest, based on current form.
 - Finally, where team participants cannot be filled by current members, we will accept other runners.
- ANSW Individual Events** – team members are decided based on the finishing order.
- ANSW Relay Events** – members wishing to be in these teams should confirm their entry to our Secretary by 8pm on the Sunday prior to the event. Club Teams will be selected in accordance with ANSW rules.
22. **Annual Awards** – We have an annual Awards/Christmas function in December. All

members and their families/friends are welcome.

The Award Nomination Forms are distributed annually in about October. The awards and their criteria are:

- **Most Improved Runners of the Year (Male and Female)** – *“The persons that you consider have shown the greatest improvement in their running over the past 9-12 months. ie. improvement in times (refer Fun Run Book).”*
- **Long Distance Trophy** (donated by Charles Ringuet and Joe Ayoub) - *To qualify for this award, members must complete 3 events of 21.1 kms or over. The award will be made to the member who has most consistently improved their performance in events of 21.1 kms or over during the course of the year.*
- **Most Outstanding Individual Road Running Performance of the Year (Male and Female)** – *“This award is for a single performance of note.”*
- **Rookie of the Year** – *“The person who joined Woodstock Runners during the year as a relative newcomer to running and/or competing in road runs, and has made the most outstanding progress.”*
- **Club Champion (Male and Female)** – *“The runners who have competed regularly, and consistently produced the fastest results in road races and met with much success throughout the 12 months.”*
- **Runner of the Year** – *“A highly valued member of the Club who inspires others by regular attendance at training, willingness to participate in teams, loyalty to the Club, always willing to offer assistance, support and encouragement to fellow runners, and gives 100% of themselves when participating in competitive road runs.”*
- **Champion Person Award** – *“That person who has done outstanding work for the Club throughout the year, with no thought of reward.”*
- **Most Outstanding Team Road Running Performance** – *“The most outstanding performance in a team event.”*
- **Allan Tully Award** – *“In memory of the late Allan Tully, this award is made to the member who has completed the most number of Fun Runs (road events of more than 4km distance) during the year.”*

- **President’s Award** – *“An award made by the President in recognition of a particular contribution by a member, or members.”*
- **10 Year Awards** – *Awarded to members attaining 10 years of membership.*
- **20 Year Awards** – *Awarded to members attaining 20 years of membership.*
- **Log Book Awards** – *Awarded to the top three walkers, and the top 17 runners in the Log Book totals.*

Once the nominations have been received and tallied, the Executive and Fun Run Committees meet to determine the award winners. Using the nominations as a guide, and discussing the merits of each nominee, they each vote 3,2,1 points for the most worthy nominees of each award. Each award winner is the nominee tallying the most votes.

- 23. **Annual Birthday Night** – our annual Birthday Night is held in August. Details are publicised in the month or so beforehand.
- 24. **Fund Raising** – the Club has some large expenses. To keep our membership fees as low as possible, we aim to maintain a level of fund-raising. The following arrangements are in place:

Rebel Sport offers a 5% discount to members who quote our Club **#28647** when making purchases. Woodstock also receives a 5% rebate which can be used to purchase goods from Rebel.

MortgageFind (Cathie Townsend, Ph.9634 1837 or cathie@northwestloan.com.au) offers a 10% rebate of commission to the Club for any home loans that reach settlement, and are referred by members.

Baby King (Rick Collins Ph. 9746 5077 or 0417 650 551.) – the Club receives a 10% rebate for purchases from Rick’s store. Mention “Woodstock” when at the store.

Sunshine Holiday House - John & Maureen Pollard offer their holiday house for rental, & the Club receives a 10% rebate of the rental.

Shoal Bay Holiday Unit – Calli Brown offers her holiday unit for rental, & the Club receives a 10% rebate of the rental.

Other fund-raising in the past has included a Trivia Night, Chocolates, Raffles, and the Inner West Community Chest.

25. **Athletics NSW (ANSW) Affiliation** – on 17/4/2002 we became an affiliate of ANSW. Members may register through Woodstock for ANSW competition. In ANSW events, members may only compete for the Club through which they are ANSW registered.

26. **ANSW Club Transfers** – members can transfer ANSW registration from another Club to Woodstock. Contact Colin Townsend (colin_townsend@optusnet.com.au) or Ph. 9680 7476 (H), 0413 484 053 (M).

27. **ANSW Registration** – you will receive an ANSW card confirming your registration.

“Associate” registration allows you to enter in any ANSW events for which a bib number isn’t required. A minimum of “Winter Only” registration is required to compete in ANSW Championship events.

The ANSW registration can be upgraded at any later stage by paying the fee difference.

The Club will provide ANSW Associate registration for the key club officials.

28. **Club and Member Insurance** – the Club has the following insurances arranged through ANSW:

- Public Liability insurance for the Club.
- Professional Indemnity insurance for those officiating, coaching or administrating.
- Directors and Officers insurance for Club Office Bearers.

All members individually registering with ANSW will be provided with Sports Injury and Personal Accident insurance. For full details, or for the procedures in making a claim, contact the Secretary.

29. **Internal Events** – include the Australia Day Run, the Run to Time, Internal Teams (City to Surf, Sutherland to Surf & SMH Half), & the quarterly Handicap Events.

Internal Teams Procedures:

- a. The difference between the estimated time of each runner and the actual time of that runner will be calculated.
- b. The absolute differences of the team members will be added to get the total.
- c. The total will be divided by the number of runners in the team to get the average.
- d. The team with the lowest average is the winner.

Eg. if all 3 members of a team estimate a time of 100 minutes and they run 95, 106 and 90, the average difference for the team is $(5 + 6 + 10) / 3 = 7$ minutes.

30. **Run Schedules** – we have a series of courses for both the Tuesday and Saturday runs. A schedule of the Tuesday and Saturday runs is prepared in about April and October each year, included in the “**Rundown**”, and on our website.

31. **Course Maps** – copies of our Course Maps are available on our website, or at our meetings.

32. **Pack Runs** – on Tuesdays during the Summer season, we hold “Pack Runs” every six weeks, where Members can design new courses. All group members stay with the Group Leader, who has the course map.

33. **Sunday Runs (Summer)** – on Sundays during the summer months when there are less Fun Runs, members are invited to “host” a run/walk from a home, park, or hotel. Breakfast may be included afterwards, or be available for purchase.

34. **Sunday Runs (Winter)** – on Sundays during winter, meeting at various locations in the inner western suburbs. The courses are approximately 15-20km, and may include a specific Fun Run. A decision on the location is made by the Saturday morning. For further details, contact Lesley Maher (Ph.9809 2411(H) or 9878 6001 (W)).

35. **Handicap Pointscore Series** – held quarterly around the 7km “Bay” course, these events have the slowest walkers and runners starting first, and the faster ones are handicapped according to their estimated finish time. The aim is to have all entrants finishing at the same time.

The Handicap Runs start and finish at Brett Park, Drummoyne, with many generally socialising afterwards over breakfast purchased at a nearby coffee shop.

36. **Marathon Trophies** - the Male and Female Marathon trophies were created as a novelty award in the late 1980's by Michael and Virginia Oakley, two past members. They are awarded to the fastest Woodstock member (male/female) in any marathon.

That member retains the trophy until a member completes another marathon.

The lists of trophy holders are shown below:

Male:

www.woodstock.coolrunning.com.au/maramale.shtml

Female:

www.woodstock.coolrunning.com.au/marafemale.html