

Woodstock Runners - Year to Date Results for 2008/9 (Surname / Date Sort)

<u>Date</u>	<u>Event</u>	<u>Distance (km)</u>	<u>Surname</u>	<u>Given Name</u>	<u>Time</u>	<u>Km pace</u>	<u>Comments</u>	<u>Team</u>
28/02/2009	Handicap	7	Akers	Bridget	37:42	5:23		
17/05/2009	SMH Half Marathon	21.1	Akers	Bridget	2:11:51	6:15		
30/05/2009	Handicap	7	Akers	Bridget	37:43	5:23		
26/07/2009	Sutherland to Surf	11	Akers	Bridget	1:00:01	5:27		
9/08/2009	City2Surf	14	Akers	Bridget	1:24:00	6:00		
29/08/2009	Handicap	7	Akers	Bridget	37:27	5:21		
9/11/2008	Fishers Ghost	10	Amy	Martin	38:05	3:49	2nd M20-29	
16/11/2008	Sydney Marathon Clinic	21.1	Amy	Martin	1:22:27	3:54	1st M20-29	
23/11/2008	Sri Chinmoy, Centennial Park	21.1	Amy	Martin	1:23:53	3:59		
7/12/2008	Central Coast Half Marathon	21.1	Amy	Martin	1:34:36	4:29		
21/12/2008	Sydney Marathon Clinic	10	Amy	Martin	38:46	3:53	3rd M20-34	Woodstock A 2:49:24 5th Place
20/02/2009	Sydney Summer Twilight Series, Race 10, Silverwater	10	Amy	Martin	37:30	3:45		
22/02/2009	Sydney Marathon Clinic	25	Amy	Martin	1:38:13	3:56	2nd M20-29	25km Team Results - Woodstock A 1st Team
27/02/2009	Sydney Summer Twilight Series, Race 11	10	Amy	Martin	38:00	3:48		
28/02/2009	Handicap	7	Amy	Martin	25:06	3:35		
19/04/2009	Canberra Marathon	42.195	Amy	Martin	3:01:23	4:18		
26/04/2009	Sydney Marathon Clinic	10	Amy	Martin	40:08	4:01	3rd M20-34	
10/05/2009	Sri Chinmoy, Iron Cove	16	Amy	Martin	1:07:51	4:14		
17/05/2009	SMH Half Marathon	21.1	Amy	Martin	1:25:28	4:03		2nd Mixed Team
21/06/2009	Sydney Marathon Clinic, Smithfield	10	Amy	Martin	41:45	4:10	3rd M20-29	
16/07/2009	Hunter Valley 10k	10	Amy	Martin	40:38	4:04		
23/07/2009	M7 Marathon Team Relay	21.1	Amy	Martin	1:23:19	3:57		2nd Outright Team
9/08/2009	City2Surf	14	Amy	Martin	52:09	3:44		3rd Mixed Team
16/08/2009	Bankstown Hidden Half-Marathon	21.1	Amy	Martin	1:21:56	3:53		
29/08/2009	Handicap	7	Amy	Martin	26:11	3:44		
16/11/2008	Sydney Marathon Clinic	21.1	Anthony	Thalia	1:50:33	5:14	2nd F30-39	
7/12/2008	Central Coast Half Marathon	21.1	Anthony	Thalia	1:45:09	4:59		
21/12/2008	Sydney Marathon Clinic	21.1	Anthony	Thalia	1:46:33	5:03	1st F30-39	
22/02/2009	Sydney Marathon Clinic	25	Anthony	Thalia	2:08:51	5:09	1st F30-39	25km Team Results - Woodstock A 1st Team
22/03/2009	Sydney Marathon Clinic	30	Anthony	Thalia	2:35:56	5:12		
29/03/2009	Sri Chinmoy, Centennial Park	4	Anthony	Thalia	18:27	4:37		
19/04/2009	Canberra Marathon	42.195	Anthony	Thalia	3:53:36	5:32	Debut	
10/05/2009	Sri Chinmoy, Iron Cove	4	Anthony	Thalia	17:58	4:30	3rd F17+, PB	
17/05/2009	SMH Half Marathon	21.1	Anthony	Thalia	1:45:17	4:59		
24/05/2009	SMC, Race 8	25	Anthony	Thalia	2:16:29	5:28		
21/06/2009	Sri Chinmoy Cooks River	4	Anthony	Thalia	21:31	5:23		
12/07/2009	Sri Chinmoy, Dolls Point	10	Anthony	Thalia	50:53	5:05		
29/08/2009	Handicap	7	Anthony	Thalia	35:45	5:06		
13/09/2009	Sri Chinmoy, Cook's River	12	Anthony	Thalia	1:06:11	5:31		
21/12/2008	Sydney Marathon Clinic	10	Arbelaitz	Olatz	43:48	4:23	1st F35-44	Woodstock A 2:49:24 5th Place
18/04/2009	Canberra Marathon	5	Ayoub	Joe	25:58	5:12		
26/04/2009	Sydney Marathon Clinic	5	Ayoub	Joe	25:10	5:02		
9/08/2009	City2Surf	14	Ayoub	Joe	1:42:23	7:19		
18/04/2009	Canberra Marathon	5	Ayoub	Therese	37:39	7:32		
26/04/2009	Sydney Marathon Clinic	5	Ayoub	Therese	30:16	6:03		
9/08/2009	City2Surf	14	Ayoub	Therese	1:42:24	7:19		
3/09/2009	Scody Just Tri It Triathlon, Penrith	300m / 10km / 3km	Baer	Stella	54:51		Swim 10:05 / Bike 27:37 / Run 17:09	
26/09/2009	Tri-Pink	300m / 9km / 3km	Baer	Stella	55:43		Swim 9:53 / Bike 27:08 / Run 18:42	
7/02/2009	Striders, Lane Cove	10	Baker	Lee	48:53	4:53	##	
15/03/2009	6 Foot Track Marathon	45	Baker	Lee	6:36:35	8:49	##	
22/03/2009	Sydney Marathon Clinic	10	Baker	Lee	52:02	5:12		
26/04/2009	Sydney Marathon Clinic	10	Baker	Lee	48:47	4:53	##	
2/05/2009	Striders/ANSW 10km Road Champs	10	Baker	Lee	48:59	4:54	##	
16/11/2008	Sydney Marathon Clinic	21.1	Barwick	Linda	2:03:20	5:51	2nd F50-59	
23/11/2008	Sri Chinmoy, Centennial Park	7	Barwick	Linda	36:24	5:12	3rd F50-59	
5/12/2008	Sydney Summer Twilight Series, Race 1	5	Barwick	Linda	25:26	5:05		
7/12/2008	Central Coast Half Marathon	21.1	Barwick	Linda	1:52:30	5:20	1st F50-59	
21/12/2008	Sydney Marathon Clinic	10	Barwick	Linda	52:12	5:13	##	
3/01/2009	Sydney Summer Twilight Series, Race 3	5	Barwick	Linda	25:52	5:10		
9/01/2009	Sydney Summer Twilight Series, Race 4	10	Barwick	Linda	54:17	5:26		

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<u>Date</u>	<u>Event</u>	<u>Distance (km)</u>	<u>Surname</u>	<u>Given Name</u>	<u>Time</u>	<u>Km pace</u>	<u>Comments</u>	<u>Team</u>
16/01/2009	Sydney Summer Twilight Series, Race 5, Cent. Park,	10	Barwick	Linda	53:29	5:21		
30/01/2009	Sydney Summer Twilight Series, Race 7, Parramatta	10	Barwick	Linda	55:02	5:30		
7/02/2009	Striders, Lane Cove	10	Barwick	Linda	52:05	5:13	##	
20/02/2009	Sydney Summer Twilight Series, Race 10, Silverwater	10	Barwick	Linda	52:38	5:16		
22/02/2009	Sydney Marathon Clinic	25	Barwick	Linda	2:23:21	5:44	2nd F50-59	25km Team Results - Woodstock B 7th Team
4/04/2009	Sydney Striders, Lane Cove	10	Barwick	Linda	51:58	5:12		
18/04/2009	Canberra Marathon	10	Barwick	Linda	52:58	5:18	##	
10/05/2009	ANSW Novice Cross Country	4	Barwick	Linda	19:32	4:53	##	
10/05/2009	Sri Chinmoy, Iron Cove	16	Barwick	Linda	1:24:58	5:19	1st F50-59, PB	
17/05/2009	SMH Half Marathon	21.1	Barwick	Linda	2:00:35	5:43		
3/09/2009	Sydney Striders, Homebush	10	Barwick	Linda	42:12	4:13	## 1st F50-54	
5/09/2009	Striders North Head	10	Barwick	Linda	52:25	5:15	##	
20/09/2009	Blackmore's Sydney Running Festival	21.1	Barwick	Linda	2:04:16	5:53	##	
11/10/2009	World Masters Games 10km	10	Barwick	Linda	52:26	5:15		
2/02/2009	Cole Classic Ocean Swim	1km	Blackwell	David	26:14			
23/11/2008	Sri Chinmoy, Centennial Park	4	Bray	Kerry	24:14	6:03		
28/02/2009	Handicap	7	Bray	Kerry	41:27	5:55		
15/03/2009	Shark Island Swim, 15/03/09	2.3km	Bray	Kerry	1:02:10		2nd W65-69	
29/03/2009	Sri Chinmoy, Centennial Park	8	Bray	Kerry	45:13	5:39		
18/04/2009	Canberra Marathon	10	Bray	Kerry	58:29	5:51		
10/05/2009	Sri Chinmoy, Iron Cove	8	Bray	Kerry	43:17	5:25	1st F60-69	
24/05/2009	Rockdale Fun Run	5	Bray	Kerry	26:26	5:17		
30/05/2009	Handicap	7	Bray	Kerry	38:54	5:33		
31/05/2009	Bankstown Heart of the Lake	10	Bray	Kerry	56:57	5:42	1st F60-69	
21/06/2009	Sri Chinmoy Cooks River	8	Bray	Kerry	43:54	5:29	1st F55	
12/07/2009	Sri Chinmoy, Dolls Point	10	Bray	Kerry	56:53	5:41	1st F60-69	
26/07/2009	Sutherland to Surf	11	Bray	Kerry	1:02:13	5:39		
9/08/2009	City2Surf	14	Bray	Kerry	1:58:45	8:29		1st Veteran Women's Team
16/08/2009	Bankstown Hidden Half-Marathon	5	Bray	Kerry	25:21	5:04	1st F60-69	
29/08/2009	Handicap	7	Bray	Kerry	40:44	5:49		
20/09/2009	Blackmore's Sydney Running Festival	21.1	Bray	Kerry	2:13:42	6:20	2nd F65-69	
11/10/2009	World Masters Games 10km	10	Bray	Kerry	1:01:06	6:07		
16/10/2009	World Masters Games 5000m	5	Bray	Kerry	26:11	5:14	2nd W65-69	
23/11/2008	Sri Chinmoy, Centennial Park	4	Bray	Peta	24:13	6:03	##	
29/03/2009	Sri Chinmoy, Centennial Park	8	Bray	Peta	49:47	6:13		
12/07/2009	Sri Chinmoy, Dolls Point	10	Bray	Peta	56:53	5:41		
26/07/2009	Sutherland to Surf	11	Bray	Peta	1:02:12	5:39		
9/08/2009	City2Surf	14	Bray	Peta	1:58:45	8:29		
16/08/2009	Bankstown Hidden Half-Marathon	5	Bray	Peta	25:20	5:04		
29/08/2009	Handicap	7	Bray	Peta	40:43	5:49		
13/09/2009	Gladesville Bridge to Bridge Run	5	Bray	Peta	27:09	5:26	2nd F41-60	
20/09/2009	Blackmore's Sydney Running Festival	21.1	Bray	Peta	2:17:46	6:32		
4/04/2009	West Metropolitan Series #1, Haberfield	4	Briscoe	Robyn	17:16	4:19	## 2nd F50-59	
11/04/2009	West Metropolitan Series #2, Concord	4	Briscoe	Robyn	18:29	4:37	## 1st F50-59	
16/04/2009	West Metropolitan Series #5, Ermington	4	Briscoe	Robyn	17:43	4:26	## 1st F50-59	
18/04/2009	West Metropolitan Series #3, Rydalmere	4	Briscoe	Robyn	17:34	4:24	## 2nd F50-59	
25/04/2009	West Metropolitan Series #4, Smithfield	4	Briscoe	Robyn	17:51	4:28	2nd F40-49	
18/07/2009	ANSW X Country Championships	5	Briscoe	Robyn	22:47	4:33		
30/05/2009	Handicap	7	Brown	Calli	39:55	5:42		
3/09/2009	Sydney Striders, Homebush	10	Browne	Calli	55:43	5:34	##	
19/11/2008	Sydney Corporate Cup, Series 62 #6	6	Browne	Stephen	29:40	4:57		
4/02/2009	Sydney Corporate Cup, Series 63 #1	6	Browne	Stephen	30:40	5:07		
18/02/2009	Sydney Corporate Cup, Series 63 #2	6	Browne	Stephen	31:05	5:11		
4/03/2009	Sydney Corporate Cup, Series 63 #3	6	Browne	Stephen	33:10	5:32		
18/03/2009	Sydney Corporate Cup, Series 63 #4	6	Browne	Stephen	31:30	5:15		
1/04/2009	Sydney Corporate Cup, Series 63 #5	6	Browne	Stephen	29:50	4:58		
15/04/2009	Sydney Corporate Cup, Series 63 #6	6	Browne	Stephen	29:15	4:53		
13/05/2009	Sydney Corporate Cup, Series 64 #1	6	Browne	Stephen	29:10	4:52		
17/05/2009	SMH Half Marathon	21.1	Browne	Stephen	1:49:51	5:12		
28/02/2009	Handicap	7	Burbidge	Julian	29:46	4:15		

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30/05/2009	Handicap	7	Burbidge	Julian	30:17	4:20		
9/08/2009	City2Surf	14	Cantley	Michael	51:40	3:41		
13/09/2009	Gladesville Bridge to Bridge Run	10	Cantley	Michael	37:07	3:43		
20/09/2009	Blackmore's Sydney Running Festival	21.1	Cantley	Michael	1:20:06	3:48	PB	
21/12/2008	Sydney Marathon Clinic	10	Capel	Rick	1:01:55	6:12		Woodstock B 3:42:09 14th Place
28/02/2009	Handicap	7	Capel	Rick	43:09	6:10		
9/08/2009	City2Surf	14	Capel	Rick	1:42:08	7:18		
29/08/2009	Handicap	7	Capel	Rick	40:31	5:47		
28/02/2009	Handicap	7	Cayzer	Kim	37:54	5:25		
17/05/2009	SMH Half Marathon	21.1	Cayzer	Kim	1:54:31	5:26		
30/05/2009	Handicap	7	Chandon	Emmanuel	38:56	5:34		
31/05/2009	Bankstown Heart of the Lake	10	Chandran	Emmanuel	50:18	5:02		
28/06/2009	Careflight Woodford to Glenbrook	25	Chandran	Emmanuel	2:21:00	5:38		
3/08/2009	Bay Run, Iron Cove	7	Chandran	Emmanuel	32:32	4:39		
9/08/2009	City2Surf	14	Chandran	Emmanuel	1:12:30	5:11		
16/08/2009	Bankstown Hidden Half-Marathon	21.1	Chandran	Emmanuel	1:47:00	5:04		
23/08/2009	Willy to Billy	35	Chandran	Emmanuel	3:44:02	6:24		
9/08/2009	City2Surf	14	Cochrane	Tim	47:09	3:22		
16/08/2009	Bankstown Hidden Half-Marathon	21.1	Cochrane	Tim	1:17:31	3:40	## 3rd M18-29	
29/08/2009	Sutherland Half	10	Cochrane	Tim	35:53	3:35	## 2nd Outright	
29/08/2009	Sutherland Half	21.1	Cochrane	Tim	1:28:45	4:12	##	
19/09/2009	Commonwealth World Championship, Keswick, England	100	Cochrane	Tim	7:20:49	4:24	5th, 2nd Team	
24/05/2009	Rockdale Fun Run	5	Cole	Barry	32:17	6:27		
30/05/2009	Handicap	7	Cole	Barry	48:06	6:52		
7/06/2009	Epping Fun Run	8	Cole	Barry	56:10	7:01		
12/07/2009	Sri Chinmoy, Dolls Point	5	Cole	Barry	30:58	6:12		
9/08/2009	City2Surf	14	Cole	Barry	2:29:18	10:40		
29/08/2009	Handicap	7	Cole	Barry	46:02	6:35		
2/02/2009	Cole Classic Ocean Swim	1km	Collins	Rick	25:56			
19/04/2009	Canberra Marathon	42.195	Collins	Rick	4:05:23	5:49	##	
17/05/2009	SMH Half Marathon	21.1	Collins	Rick	1:53:58	5:24		
30/05/2009	Handicap	7	Collins	Rick	32:36	4:39		
5/07/2009	Gold Coast Marathon	42.195	Collins	Rick	4:03:31	5:46	##	
9/08/2009	City2Surf	14	Collins	Rick	1:12:21	5:10		
29/08/2009	Handicap	7	Collins	Rick	33:53	4:50		
20/09/2009	Blackmore's Sydney Running Festival	21.1	Collins	Rick	1:48:08	5:07	## PB	
11/10/2009	World Masters Games 10km	10	Collins	Rick	46:02	4:36	PB	
18/10/2009	World Masters Games Half Marathon	21.1	Collins	Rick	1:48:10	5:08		
27/09/2009	St Marys Spring Festival Fun Run	6	Crisp	Barry	27:03	4:31	2nd M50-59	
30/05/2009	Handicap	7	Crossley	Max	35:43	5:06		
2/08/2009	Strider Series, Lane Cove	10	Crossley	Max	48:25	4:50	##	
9/08/2009	City2Surf	14	Crossley	Max	1:17:05	5:30		2nd Veteran Men's Team
29/08/2009	Handicap	7	Crossley	Max	33:12	4:45		
5/09/2009	Striders North Head	10	Crossley	Max	48:32	4:51	## 3rd M60-64	
13/09/2009	Gladesville Bridge to Bridge Run	10	Cullen	Christine	1:01:20	6:08		
20/06/2009	Kathmandu Adventure Race (run/bike/kayak)		Dansie	Lachlan	2:58:44			3rd Outright Team (with Brendan Davies)
9/11/2008	Fishers Ghost	10	Davies	Brendan	37:36	3:46		
16/11/2008	Sydney Marathon Clinic	21.1	Davies	Brendan	1:21:53	3:53	2nd M30-39	
5/12/2008	Sydney Summer Twilight Series, Race 1	5	Davies	Brendan	18:16	3:39		
7/12/2008	Central Coast Half Marathon	21.1	Davies	Brendan	1:20:13	3:48	2nd M30-39	
13/12/2008	Tough Bloke Challenge	7km and 12 obstacles	Davies	Brendan	33:24		2nd Outright	
17/12/2008	Sydney Summer Twilight Series, Race 2	10	Davies	Brendan	44:49	4:29		
21/12/2008	Sydney Marathon Clinic	21.1	Davies	Brendan	1:24:27	4:00	3rd M30-39	
3/01/2009	Sydney Summer Twilight Series, Race 3	10	Davies	Brendan	38:17	3:50		
10/01/2009	Narrabeen All Nighter Ultra, 10/01/09	100	Davies	Brendan	8:07:16	4:52	1st Outright	
17-18/01/2009	Kathmandu Adventure Race, Blue Mountains	25km MTB/ Kayak/Run	Davies	Brendan	3:53:52	9:21		Teamed with Phil Lobsey
24/01/2009	Sydney Summer Twilight Series, Race 6, Oatley	5	Davies	Brendan	18:18	3:40		
26/01/2009	Menai Fun Run	8.2	Davies	Brendan	31:28	3:50		
30/01/2009	Sydney Summer Twilight Series, Race 7, Parramatta	10	Davies	Brendan	38:04	3:48		

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7/02/2009	Striders, Lane Cove	10	Davies	Brendan	36:32	3:39		
20/02/2009	Sydney Summer Twilight Series, Race 10, Silverwater	10	Davies	Brendan	38:52	3:53		
22/02/2009	Sydney Marathon Clinic	25	Davies	Brendan	1:37:09	3:53	3rd Male	25km Team Results - Woodstock A 1st Team
28/02/2009	Handicap	7	Davies	Brendan	25:44	3:41		
1/03/2009	Orange Half Marathon	21.1	Davies	Brendan	1:21:02	3:50	2nd Male	
15/03/2009	6 Foot Track Marathon	45	Davies	Brendan	4:09:42	5:33		
22/03/2009	Sydney Marathon Clinic	30	Davies	Brendan	1:59:45	4:00	2nd M30-39	
4/04/2009	West Metropolitan Series #1, Haberfield	8	Davies	Brendan	27:33	3:27	3rd Male	
19/04/2009	Canberra Marathon	42.195	Davies	Brendan	2:51:12	4:03		
19/04/2009	Canberra Marathon	50	Davies	Brendan	3:30:39	4:13		
26/04/2009	Bathurst Half Marathon	21.1	Davies	Brendan	1:19:46	3:47	2nd Male	
2/05/2009	Striders/ANSW 10km Road Champs	10	Davies	Brendan	34:57	3:30	## PB	
10/05/2009	ANSW Novice Cross Country Invitational	10	Davies	Brendan	36:02	3:36	##	
10/05/2009	Sri Chinmoy, Iron Cove	16	Davies	Brendan	59:55	3:45	3rd Male	
17/05/2009	SMH Half Marathon	21.1	Davies	Brendan	1:19:38	3:46		2nd Mixed Team
24/05/2009	SMC, Race 8	25	Davies	Brendan	1:38:22	3:56	3rd Male	
30/05/2009	Handicap	7	Davies	Brendan	24:49	3:33		
31/05/2009	Bankstown Heart of the Lake	10	Davies	Brendan	36:03	3:36	3rd M30-39	
7/06/2009	Macleay River Marathon	42.195	Davies	Brendan	2:48:59	4:00	1st Male	
20/06/2009	Kathmandu Adventure Race (run/bike/kayak)		Davies	Brendan	2:58:44			3rd Outright Team (with Lachlan Dansie)
21/06/2009	Sydney Marathon Clinic, Smithfield	30	Davies	Brendan	2:00:10	4:00		
5/07/2009	Shoalhaven King of the Mountain	32	Davies	Brendan	2:11:12	4:06		
11/07/2009	ANSW Road Relays Wollongong	4	Davies	Brendan	13:23	3:21	##	
12/07/2009	Sri Chinmoy, Dolls Point	21.1	Davies	Brendan	1:18:39	3:44	2nd Male	
16/07/2009	Hunter Valley Marathon	42.195	Davies	Brendan	2:47:00	3:57	PB	
23/07/2009	M7 Marathon	42.195	Davies	Brendan	2:59:14	4:15	##	
9/08/2009	City2Surf	14	Davies	Brendan	50:55	3:38		3rd Mixed Team
16/08/2009	Bankstown Hidden Half-Marathon	21.1	Davies	Brendan	1:19:28	3:46	##	
23/08/2009	Willy to Billy	35	Davies	Brendan	2:26:38	4:11	##	
29/08/2009	Handicap	7	Davies	Brendan	25:34	3:39		
29/08/2009	Sutherland Half	10	Davies	Brendan	38:42	3:52		
29/08/2009	Sutherland Half	21.1	Davies	Brendan	1:24:00	3:59		
4/09/2009	Brighton Beachside Dash 4/09/2009	5	Davies	Brendan	17:04	3:25	1st Outright	
4/09/2009	Brighton Beachside Dash 4/09/2009	10	Davies	Brendan	35:36	3:34		
5/09/2009	Striders North Head	10	Davies	Brendan	36:08	3:37		
13/09/2009	Gladesville Bridge to Bridge Run	10	Davies	Brendan	36:34	3:39	3rd Outright	
19/09/2009	Commonwealth World Championship, Keswick, England	100	Davies	Brendan	7:31:15	4:31	9th, PB, 2nd Team	
27/09/2009	St Marys Spring Festival Fun Run	6	Davies	Brendan	21:50	3:38	2nd Outright	
11/10/2009	Melbourne Marathon	42.195	Davies	Brendan	2:42:10	3:51		
7/12/2008	Central Coast Mardi Gras Fun Run	9	Dawlings	John	35:26	3:56	1st M50-59	
26/01/2009	Menai Fun Run	8.2	Dawlings	John	35:04	4:17	3rd M50+	
22/02/2009	Sydney Marathon Clinic	10	Dawlings	John	40:12	4:01	1st M55+	
9/03/2009	Belrose Fun Run	10	Dawlings	John	41:41	4:10		
22/03/2009	Lindfield Rotary Fun Run	10	Dawlings	John	39:03	3:54	2nd M50-59	
29/03/2009	Sri Chinmoy, Centennial Park	12	Dawlings	John	48:14	4:01	2nd M50-59	
26/04/2009	Sydney Marathon Clinic	21.1	Dawlings	John	29:04	4:13		
17/05/2009	SMH Half Marathon	21.1	Dawlings	John	1:27:51	4:10		
24/05/2009	SMC, Race 8	25	Dawlings	John	1:52:29	4:30	3rd M50-59	
31/05/2009	Bankstown Heart of the Lake	10	Dawlings	John	41:24	4:08		
7/06/2009	Epping Fun Run	8	Dawlings	John	32:06	4:01		
14/06/2009	MS Run	8	Dawlings	John	33:00	4:08	2nd M50	
21/06/2009	Bay to Bay - Woy Woy to Gosford	11	Dawlings	John	47:32	4:19	PB	
26/07/2009	Sutherland to Surf	11	Dawlings	John	43:14	3:56		
3/08/2009	Bay Run, Iron Cove	7	Dawlings	John	28:06	4:01	2nd M50+	
9/08/2009	City2Surf	14	Dawlings	John	57:57	4:08		2nd Veteran Men's Team
16/08/2009	Bankstown Hidden Half-Marathon	5	Dawlings	John	18:58	3:48	2nd M50-59	
3/09/2009	Sydney Striders, Homebush	10	Dawlings	John	43:45	4:23		
4/09/2009	Brighton Beachside Dash 4/09/2009	10	Dawlings	John	41:58	4:12	2nd M50-59	
13/09/2009	Gladesville Bridge to Bridge Run	10	Dawlings	John	43:34	4:21	3rd M51-60	
27/09/2009	Orange Blossom Festival Run	8	Dawlings	John	33:34	4:12		

Woodstock Runners - Year to Date Results for 2008/9 (Surname / Date Sort)

<u>Date</u>	<u>Event</u>	<u>Distance (km)</u>	<u>Surname</u>	<u>Given Name</u>	<u>Time</u>	<u>Km pace</u>	<u>Comments</u>	<u>Team</u>
17-18/01/2009	Kathmandu Adventure Race, Blue Mountains	25km MTB/ Kayak/Run	Dower	Tami	5:02:22	12:06		Teamed with Tristan Iseli
17/05/2009	SMH Half Marathon	21.1	Dower	Tami	2:05:57	5:58		
30/05/2009	Handicap	7	Dower	Tami	34:26	4:55		
31/05/2009	Great Nosh	15	Dower	Tami	1:50:18	7:21		
7/06/2009	Macleay River Marathon	10	Dower	Tami	46:54	4:41	PB	
20/06/2009	Kathmandu Adventure Race (run/bike/kayak)		Dower	Tami	4:21:02			Teamed with Tristan Islei
9/08/2009	City2Surf	14	Dower	Tami	1:22:00	5:51		
29/08/2009	Handicap	7	Dower	Tami	33:47	4:50		
13/09/2009	Gladesville Bridge to Bridge Run	10	Dower	Tami	54:09	5:25	2nd F31-40	
17/05/2009	SMH Half Marathon	21.1	Essex	Belinda	2:07:30	6:03		
9/08/2009	City2Surf	14	Essex	Belinda	1:29:13	6:22		
28/08/2009	OxFam Trailwalker	100	Essex	Belinda	31:22:00	18:49		
31/05/2009	Great Nosh	15	Ferrara	Luana	2:07:21	8:29		
11/10/2009	World Masters Games 10km	10	Ferrara	Luana	59:36	5:58		
10/05/2009	Mothers Day Classic, The Domain	4	Fillery	Yvonne	24:22	6:06		
7/03/2009	Striders, North Head	10	Finos	Emanuel	45:13	4:31	##	
24/05/2009	SMC, Race 8	10	Finos	Emanuel	45:07	4:31		
30/05/2009	Handicap	7	Finos	Emanuel	31:10	4:27		
7/06/2009	Striders North Head	10	Finos	Emanuel	44:42	4:28	##	
21/06/2009	Sydney Marathon Clinic, Smithfield	10	Finos	Emanuel	44:34	4:27		
4/07/2009	Sydney Striders Series, Homebush	10	Finos	Emanuel	43:24	4:20	##	
26/07/2009	Sutherland to Surf	11	Finos	Emanuel	46:30	4:14		
2/08/2009	Strider Series, Lane Cove	10	Finos	Emanuel	43:11	4:19	##	
9/08/2009	City2Surf	14	Finos	Emanuel	1:02:14	4:27		
16/08/2009	Bankstown Hidden Half-Marathon	21.1	Finos	Emanuel	1:37:32	4:37		
29/08/2009	Handicap	7	Finos	Emanuel	36:29	5:13		
3/09/2009	Sydney Striders, Homebush	10	Finos	Emanuel	44:11	4:25	##	
5/09/2009	Striders North Head	10	Finos	Emanuel	44:50	4:29	##	
31/05/2009	Bankstown Heart of the Lake	10	Finos	Emmanuel	45:32	4:33		
31/05/2009	Great Nosh	15	Flarrety	Ken	1:43:10	6:53	##	
		400m/1500m/ 300m/ 1500m/ 200m/3km	Fowler	Jonathan	33:24			
6/12/2008	3 Points Challenge		Fowler	Jonathan	33:24			
18/01/2009	Sydney Sprint Series Triathlon, Race 4	750m/20km/5km	Fowler	Stretch	1:35:14			
21/02/2009	National Penny Farthing Championships, Century Ride	164	Fowler	Stretch	15:00.0	4:07		
		Run 400m, Ride 800m	Fowler	Stretch	??			
22/02/2009	National Penny Farthing Championships, Biathlon	Run 400m	Fowler	Stretch	??			
8/03/2009	Sydney Water Challenge Triathlon, Cronulla,	1500m/40km/10km	Fowler	Stretch	3:10:06			
9/08/2009	City2Surf	14	Fowler	Stretch	1:42:46	7:20		
29/08/2009	Handicap	7	Fowler	Stretch	40:43	5:49		
18/01/2009	Sydney Marathon Clinic - Race 4	10	Garcia	Manal	47:32	4:45	1st F35-44	
7/02/2009	Striders, Lane Cove	10	Garcia	Manal	48:31	4:51	##	
22/02/2009	Sydney Marathon Clinic	10	Garcia	Manal	46:40	4:40	1st F35-44	
7/03/2009	Striders, North Head	10	Garcia	Manal	45:34	4:33	##	
22/03/2009	Sydney Marathon Clinic	10	Garcia	Manal	45:38	4:34	1st F35-44	
4/04/2009	Sydney Striders, Lane Cove	10	Garcia	Manal	46:17	4:38		
26/04/2009	Sydney Marathon Clinic	10	Garcia	Manal	45:23	4:32	1st F35-44	
10/05/2009	Mothers Day Classic, Parramatta	8	Garcia	Manal	35:44	4:28	##	
24/05/2009	SMC, Race 8	10	Garcia	Manal	45:22	4:32	1st F 35-44	
7/06/2009	Striders North Head	10	Garcia	Manal	44:25	4:26	##	
21/06/2009	Sydney Marathon Clinic, Smithfield	10	Garcia	Manal	45:19	4:32	3rd Female ##	
5/07/2009	Gold Coast Marathon	21.1	Garcia	Manal	1:37:03	4:36	PB ##	
9/08/2009	City2Surf	14	Garcia	Manal	1:05:05	4:39		
21/08/2009	Sydney Run Up Tower	1	Garcia	Manal	11:40	11:40		
3/09/2009	Sydney Striders, Homebush	10	Garcia	Manal	46:06	4:37	## 3rd F35-39	
20/09/2009	Blackmore's Sydney Running Festival	21.1	Garcia	Manal	1:39:28	4:43	##	
9/11/2008	Fishers Ghost	10	Hager	Bronwyn	46:03	4:36	2nd F20-29	1st Female Team
21/12/2008	Sydney Marathon Clinic	10	Hager	Bronwyn	43:55	4:24		Woodstock A 2:49:24 5th Place
18/01/2009	Sydney Marathon Clinic - Race 4	10	Hager	Bronwyn	44:31	4:27	3rd Female	
20/02/2009	Sydney Summer Twilight Series, Race 10, Silverwater	5	Hager	Bronwyn	21:30	4:18		

Woodstock Runners - Year to Date Results for 2008/9 (Surname / Date Sort)

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22/02/2009	Sydney Marathon Clinic	10	Hager	Bronwyn	44:12	4:25	3rd Female	
28/02/2009	Handicap	7	Hager	Bronwyn	29:58	4:17		
22/03/2009	Sydney Marathon Clinic	10	Hager	Bronwyn	43:11	4:19	1st Female	
4/04/2009	West Metropolitan Series #1, Haberfield	8	Hager	Bronwyn	33:14	4:09	3rd Female	
18/04/2009	Canberra Marathon	10	Hager	Bronwyn	43:24	4:20		
26/04/2009	Sydney Marathon Clinic	21.1	Hager	Bronwyn	1:35:02	4:30	1st Female	
17/05/2009	SMH Half Marathon	21.1	Hager	Bronwyn	1:34:27	4:29		2nd Mixed Team
24/05/2009	SMC, Race 8	10	Hager	Bronwyn	42:14	4:13	1st Female, PB	
21/06/2009	Sydney Marathon Clinic, Smithfield	10	Hager	Bronwyn	41:46	4:11	1st Female	
16/07/2009	Hunter Valley - Two Person Marathon	21.1	Hager	Bronwyn	1:38:26	4:40		1st Female Team
26/07/2009	Sutherland to Surf	11	Hager	Bronwyn	45:34	4:09		
9/08/2009	City2Surf	14	Hager	Bronwyn	59:52	4:17		3rd Mixed Team
9/11/2008	Fishers Ghost	10	Hager	Megan	57:19	5:44	1st F16-19	1st Female Team
29/08/2009	Handicap	7	Hastings	Theo	30:29	4:21		
20/09/2009	Blackmore's Sydney Running Festival	9	Hastings	Theo	38:37	4:17		
21/12/2008	Sydney Marathon Clinic	10	Hill	Alex	42:55	4:17		Woodstock A 2:49:24 5th Place
28/02/2009	Handicap	7	Hill	Alex	31:29	4:30		
9/08/2009	City2Surf	14	Hill	Alex	1:01:46	4:25		
29/08/2009	Handicap	7	Hill	Alex	31:06	4:27		
17-18/01/2009	Kathmandu Adventure Race, Blue Mountains	25km MTB/ Kayak/Run	Iseli	Tristan	5:02:22	12:06		Teamed with Tami Dower
17/05/2009	SMH Half Marathon	21.1	Iseli	Tristan	2:05:57	5:58		
30/05/2009	Handicap	7	Iseli	Tristan	36:05	5:09		
31/05/2009	Great Nosh	15	Iseli	Tristan	1:50:18	7:21		
20/06/2009	Kathmandu Adventure Race (run/bike/kayak)		Iseli	Tristan	4:21:02			Teamed with Tami Dower
9/08/2009	City2Surf	14	Iseli	Tristan	1:21:16	5:48		
29/08/2009	Handicap	7	Iseli	Tristan	35:08	5:01		
13/09/2009	Gladesville Bridge to Bridge Run	10	Iseli	Tristan	57:00	5:42		
21/12/2008	Sydney Marathon Clinic	10	Jackson	Lyn	48:08	4:49	3rd F45-54	Woodstock B 3:42:09 14th Place
22/02/2009	Sydney Marathon Clinic	10	Jackson	Lyn	44:40	4:28	1st F45-54	
22/03/2009	Sydney Marathon Clinic	10	Jackson	Lyn	44:15	4:26	2nd Female	
26/04/2009	Sydney Marathon Clinic	10	Jackson	Lyn	45:45	4:34	1st F45-54	
29/08/2009	Handicap	7	Johnston	Lucy	35:19	5:03	##	
30/05/2009	Handicap	7	Kazuaki	Kazuaki	27:42	3:57		
28/02/2009	Handicap	7	Klein	Corinne	36:24	5:12	##	
2/05/2009	Striders/ANSW 10km Road Champs	10	Laws	Stephen	41:54	4:11	##	
10/05/2009	ANSW Novice Cross Country	10	Laws	Stephen	42:47	4:17	##	
30/05/2009	NSW State Championship Relay	4	Laws	Stephen	17:24	4:21	##	
17-18/01/2009	Kathmandu Adventure Race, Blue Mountains	25km MTB/ Kayak/Run	Lobsey	Phil	3:53:52	9:21		Teamed with Brendan Davies
24/01/2009	Sydney Summer Twilight Series, Race 6, Oatley	10	Lobsey	Phil	46:36	4:40		
20/02/2009	Sydney Summer Twilight Series, Race 10, Silverwater	10	Lobsey	Phil	43:49	4:23		
15/03/2009	6 Foot Track Marathon	45	Lobsey	Phil	5:02:11	6:43	##	
22/03/2009	Sydney Marathon Clinic	10	Lobsey	Phil	42:54	4:17		
17/05/2009	SMH Half Marathon	21.1	Lobsey	Phil	1:34:34	4:29		
24/05/2009	SMC, Race 8	10	Lobsey	Phil	42:13	4:13	2nd M 35-44, PB	
20/09/2009	Blackmore's Sydney Running Festival	42.195	Lobsey	Phil	3:37:58	5:10	PB	
28/06/2009	Careflight Woodford to Glenbrook	25	Lobsey	Philip	1:57:08	4:41	##	
9/08/2009	City2Surf	14	Lucas	Kevin	2:27:13	10:31		
9/08/2009	City2Surf	14	Lucas	Maree	1:33:21	6:40		1st Veteran Women's Team
13/09/2009	Gladesville Bridge to Bridge Run	5	Lucas	Maree	29:19	5:52		
28/02/2009	Handicap	7	Lung	Andrea	32:30	4:39		
16/11/2008	Sydney Marathon Clinic	10	Maher	Lesley	56:53	5:41	1st F55+	
21/12/2008	Sydney Marathon Clinic	10	Maher	Lesley	57:04	5:42	1st F55+	Woodstock B 3:42:09 14th Place
18/01/2009	Sydney Marathon Clinic - Race 4	10	Maher	Lesley	57:20	5:44	1st F55+	
22/02/2009	Sydney Marathon Clinic	10	Maher	Lesley	1:00:43	6:04	2nd F55+	
10/05/2009	Mothers Day Classic, Parramatta	8	Maher	Lesley	43:26	5:26		
24/05/2009	SMC, Race 8	10	Maher	Lesley	55:55	5:35	1st F55+	
14/06/2009	MS Run	8	Maher	Lesley	43:41	5:28		
21/06/2009	Bay to Bay - Woy Woy to Gosford	11	Maher	Lesley	1:06:29	6:03		

Woodstock Runners - Year to Date Results for 2008/9 (Surname / Date Sort)

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4/07/2009	Sydney Striders Series, Homebush	10	Maher	Lesley	53:05	5:19	1st F55-59 ##	
2/08/2009	Strider Series, Lane Cove	10	Maher	Lesley	54:05	5:25	##	
5/09/2009	Striders North Head	10	Maher	Lesley	55:45	5:35	## 1st F55-59	
29/03/2009	Sri Chinmoy, Centennial Park	12	Marshall	Nick	53:31	4:28		
26/04/2009	Bathurst Half Marathon	21.1	Marshall	Nick	1:45:12	4:59		
17/05/2009	SMH Half Marathon	21.1	Marshall	Nick	1:59:59	5:41		
9/08/2009	City2Surf	14	Marshall	Nick	1:10:12	5:01		
20/09/2009	Blackmore's Sydney Running Festival	42.195	Marshall	Nick	4:12:23	5:59	##	
28/02/2009	Handicap	7	McGown	Max	41:24	5:55		
17/05/2009	SMH Half Marathon	21.1	McGown	Max	2:01:22	5:45		
9/08/2009	City2Surf	14	McGown	Max	3:55:47	16:51		
7/03/2009	Campbelltown City Challenge Walk	6	McLean	Eddie	57:04	9:31	1st M80+	
18/04/2009	Canberra Marathon	10	Mercieca	Mark	54:43	5:28		
10/05/2009	Sri Chinmoy, Iron Cove	16	Mercieca	Mark	1:26:45	5:25		
17/05/2009	SMH Half Marathon	21.1	Mercieca	Mark	2:07:49	6:03		
28/02/2009	Handicap	7	Merciera	Mark	35:54	5:08		
30/05/2009	Handicap	7	Merciera	Mark	36:04	5:09		
3/08/2009	Bay Run, Iron Cove	7	Milazzo	Paul	41:13	5:53		
9/08/2009	City2Surf	14	Milazzo	Paul	1:53:17	8:06		
9/11/2008	Fishers Ghost	10	Morunga	Jeff	52:08	5:13		
16/11/2008	Sydney Marathon Clinic	21.1	Morunga	Jeff	1:54:45	5:26		
21/12/2008	Sydney Marathon Clinic	21.1	Morunga	Jeff	1:59:49	5:41		
18/01/2009	Sydney Marathon Clinic - Race 4	21.1	Morunga	Jeff	2:14:57	6:24		
7/02/2009	Striders, Lane Cove	10	Morunga	Jeff	57:03	5:42	##	
22/02/2009	Sydney Marathon Clinic	25	Morunga	Jeff	2:30:08	6:00		25km Team Results - Woodstock B 7th Team
28/02/2009	Handicap	7	Morunga	Jeff	35:16	5:02		
7/03/2009	Striders, North Head	10	Morunga	Jeff	51:08	5:07	##	
15/03/2009	6 Foot Track Marathon	45	Morunga	Jeff	6:53:44	9:12	##	
4/04/2009	Sydney Striders, Lane Cove	10	Morunga	Jeff	52:46	5:17		
19/04/2009	Canberra Marathon	42.195	Morunga	Jeff	4:31:19	6:26		
19/04/2009	Canberra Marathon	50	Morunga	Jeff	5:39:34	6:47		
26/04/2009	Sydney Marathon Clinic	21.1	Morunga	Jeff	1:56:01	5:30		
2/05/2009	Striders/ANSW 10km Road Champs	10	Morunga	Jeff	49:27	4:57	## PB	
17/05/2009	SMH Half Marathon	21.1	Morunga	Jeff	2:05:47	5:58		
30/05/2009	Handicap	7	Morunga	Jeff	36:38	5:14		
7/06/2009	Macleay River Marathon	42.195	Morunga	Jeff	4:29:14	6:23	##	
23/07/2009	M7 Marathon	42.195	Morunga	Jeff	4:52:50	6:56		
2/08/2009	Strider Series, Lane Cove	10	Morunga	Jeff	57:13	5:43	##	
9/08/2009	City2Surf	14	Morunga	Jeff	1:22:09	5:52		
16/08/2009	Bankstown Hidden Half-Marathon	21.1	Morunga	Jeff	2:10:37	6:11		
23/08/2009	Willy to Billy	35	Morunga	Jeff	4:30:14	7:43	##	
29/08/2009	Handicap	7	Morunga	Jeff	38:46	5:32		
3/09/2009	Sydney Striders, Homebush	10	Morunga	Jeff	55:35	5:33	##	
20/09/2009	Blackmore's Sydney Running Festival	42.195	Morunga	Jeff	5:22:20	7:38		
18/10/2009	World Masters Games Half Marathon	21.1	Morunga	Jeff	2:13:35	6:20		
9/11/2008	Fishers Ghost	10	Muir	Greg	41:39	4:10		
22/02/2009	Sydney Marathon Clinic	5	Muir	Greg	19:16	3:51	1st M45-54	
10/05/2009	Mothers Day Classic, The Domain	4	Murray	Daniel	19:34	4:54	##	
19/11/2008	Sydney Corporate Cup, Series 62 #6	6	Murray	John	28:10	4:42		
4/02/2009	Sydney Corporate Cup, Series 63 #1	6	Murray	John	28:20	4:43		
18/02/2009	Sydney Corporate Cup, Series 63 #2	6	Murray	John	27:20	4:33		
4/03/2009	Sydney Corporate Cup, Series 63 #3	6	Murray	John	26:20	4:23		
18/03/2009	Sydney Corporate Cup, Series 63 #4	6	Murray	John	26:15	4:23		
1/04/2009	Sydney Corporate Cup, Series 63 #5	6	Murray	John	26:30	4:25		
4/04/2009	West Metropolitan Series #1, Haberfield	2	Murray	John	10:34	5:17	## 3rd M40-49	
4/04/2009	West Metropolitan Series #1, Haberfield	4	Murray	John	14:57	3:44	## 2nd M40-49	
16/04/2009	West Metropolitan Series #5, Ermington	4	Murray	John	16:32	4:08		
10/05/2009	Mothers Day Classic, The Domain	4	Murray	John	20:04	5:01		
13/05/2009	Sydney Corporate Cup, Series 64 #1	6	Murray	John	26:05	4:21		
10/05/2009	Mothers Day Classic, The Domain	4	Murray	Justin	24:20	6:05	##	

Woodstock Runners - Year to Date Results for 2008/9 (Surname / Date Sort)

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3/01/2009	Sydney Summer Twilight Series, Race 3	5	Murray	Susan	27:30	5:30		
8/03/2009	Sydney Water Challenge Triathlon, Cronulla,	1500m/40km/10km	Murray	Susan	2:21:56			
3/08/2009	Bay Run, Iron Cove	7	Murray	Susan	31:17	4:28	3rd F40-49	
12/09/2009	ITU Triathlon World Championships	Aquathlon	Murray	Susan	51:55		Run 10:30 / Swim 18:53 / Run 12:32	
13/09/2009	ITU Triathlon World Championships	Triathlon	Murray	Susan	2:20:34		Swim 27:18 / Cycle 1:07:15 / Run 46:01	
11/10/2009	World Masters Games 10km	10	Murray	Susan	43:45	4:23		
13/10/2009	World Masters Games Cross Country	8	Murray	Susan	35:56	4:30	2nd W45	
28/02/2009	Handicap	7	Nash	Paul	37:29	5:21		
26/07/2009	Sutherland to Surf	11	Nash	Paul	1:01:54	5:38		
29/08/2009	Handicap	7	Nash	Paul	40:10	5:44		
16/11/2008	Sydney Marathon Clinic	21.1	O'Donnell	Mark	1:48:51	5:10		
23/11/2008	Sri Chinmoy, Centennial Park	21.1	O'Donnell	Mark	1:44:52	4:58		
7/12/2008	Central Coast Half Marathon	21.1	O'Donnell	Mark	1:51:40	5:18		
21/12/2008	Sydney Marathon Clinic	10	O'Donnell	Mark	50:01	5:00		
22/03/2009	Sydney Marathon Clinic	10	O'Donnell	Mark	51:19	5:08		
18/04/2009	Canberra Marathon	10	O'Donnell	Mark	50:34	5:03		
10/05/2009	Sri Chinmoy, Iron Cove	16	O'Donnell	Mark	1:22:40	5:10		
21/06/2009	Sri Chinmoy Cooks River	8	O'Donnell	Mark	39:06	4:53		
12/07/2009	Sri Chinmoy, Dolls Point	10	O'Donnell	Mark	54:02	5:24	##	
13/09/2009	Sri Chinmoy, Cook's River	12	O'Donnell	Mark	1:09:37	5:48		
7/02/2009	Striders, Lane Cove	10	Ogilvy	Brian	52:20	5:14	##	
4/04/2009	Sydney Striders, Lane Cove	10	Ogilwy	Brian	53:55	5:23		
18/04/2009	Canberra Marathon	10	Ogilwy	Brian	52:57	5:18	## 1st M65-69	
2/05/2009	Striders/ANSW 10km Road Champs	10	Ogilwy	Brian	49:47	4:59	##	
7/06/2009	Striders North Head	10	Ogilwy	Brian	52:09	5:13	##	
5/07/2009	Gold Coast Marathon	10	Ogilwy	Brian	52:56	5:18	##	
2/08/2009	Strider Series, Lane Cove	10	Ogilwy	Brian	56:02	5:36	##	
9/08/2009	City2Surf	14	Ogilwy	Brian	1:16:39	5:28		
3/09/2009	Sydney Striders, Homebush	10	Ogilwy	Brian	48:42	4:52	## 2nd M65-69	
5/09/2009	Striders North Head	10	Ogilwy	Brian	53:22	5:20	##	
20/09/2009	Blackmore's Sydney Running Festival	21.1	Ogilwy	Brian	2:04:29	5:54	##	
21/12/2008	Sydney Marathon Clinic	10	Ong	Chris	58:03	5:48	##	
16/11/2008	Nepean Triathlon	1km/30km/10km	O'Sullivan	Peter	2:01:15			
30/11/2008	Sydney Sprint Series Triathlon, Kurnell	750m/20km/5km	O'Sullivan	Peter	1:11:07			
5/12/2008	Sydney Summer Twilight Series, Race 1	10	O'Sullivan	Peter	44:12	4:25		
14/12/2008	Canberra Half Ironman	1.9km / 93km / 21.1km	O'Sullivan	Peter	6:05:14			
21/02/2009	Jervis Bay Triathlon Festival	750m/20km/5km	O'Sullivan	Peter	1:13:07			
10/05/2009	Sri Chinmoy, Iron Cove	16	O'Sullivan	Peter	1:08:25	4:17		
17/05/2009	SMH Half Marathon	21.1	O'Sullivan	Peter	1:33:35	4:26		
23/07/2009	M7 Marathon Team Relay	21.1	O'Sullivan	Peter	1:31:18	4:20		2nd Outright Team
9/08/2009	City2Surf	14	O'Sullivan	Peter	59:20	4:14		
20/02/2009	Sydney Summer Twilight Series, Race 10, Silverwater	5	Owen	Caroline	26:00	5:12		
28/02/2009	Handicap	7	Owen	Caroline	37:14	5:19		
9/11/2008	Fishers Ghost	10	Patacsil	Chaia	51:23	5:08		1st Female Team
16/11/2008	Sydney Marathon Clinic	10	Patacsil	Chaia	49:20	4:56	2nd F20-34	
7/12/2008	Central Coast Half Marathon	21.1	Patacsil	Chaia	1:50:11	5:13		
22/03/2009	Sydney Marathon Clinic	30	Patacsil	Chaia	2:41:14	5:22	2nd F20-29	
29/03/2009	Sri Chinmoy, Centennial Park	12	Patacsil	Chaia	1:02:08	5:11		
19/04/2009	Canberra Marathon	42.195	Patacsil	Chaia	3:56:05	5:36	Debut	
2/05/2009	Striders/ANSW 10km Road Champs	10	Patacsil	Chaia	48:09	4:49	PB	
10/05/2009	Sri Chinmoy, Iron Cove	16	Patacsil	Chaia	1:18:42	4:55	PB	
17/05/2009	SMH Half Marathon	21.1	Patacsil	Chaia	1:48:05	5:07		
24/05/2009	Bondi Barefoot Softsand	4	Patacsil	Chaia	27:11	6:48	##	
31/05/2009	Bankstown Heart of the Lake	10	Patacsil	Chaia	48:35	4:52	1st F20-29	
7/06/2009	Macleay River Marathon	42.195	Patacsil	Chaia	3:56:04	5:36	PB 3rd Female	
21/06/2009	Bay to Bay - Woy Woy to Gosford	11	Patacsil	Chaia	1:01:26	5:35		
12/07/2009	Sri Chinmoy, Dolls Point	21.1	Patacsil	Chaia	1:49:21	5:11		
16/07/2009	Hunter Valley - Two Person Marathon	21.1	Patacsil	Chaia	2:00:17	5:42		1st Female Team
9/08/2009	City2Surf	14	Patacsil	Chaia	1:13:44	5:16		

Woodstock Runners - Year to Date Results for 2008/9 (Surname / Date Sort)

Date	Event	Distance (km)	Surname	Given Name	Time	Km pace	Comments	Team
16/08/2009	Bankstown Hidden Half-Marathon	5	Patacsil	Chaia	23:37	4:43	2nd F18-29	
29/08/2009	Handicap	7	Patacsil	Chaia	34:29	4:56		
4/09/2009	Brighton Beachside Dash 4/09/2009	10	Patacsil	Chaia	47:57	4:48	PB	
13/09/2009	Gladesville Bridge to Bridge Run	10	Patacsil	Chaia	52:58	5:18	1st F20-30	
27/09/2009	Orange Blossom Festival Run	8	Patacsil	Chaia	41:52	5:14		
28/02/2009	Handicap	7	Patacsil	Charissa	34:01	4:52		
30/05/2009	Handicap	7	Patacsil	Charissa	32:51	4:42		
14/12/2008	University of The Philippines Centennial Run	10	Patacsil	Chaia	52:55	5:17	3rd Female	
26/01/2009	Menai Fun Run	8.2	Patacsil	Chaia	41:02	5:00		
22/02/2009	Sydney Marathon Clinic	25	Patacsil	Chaia	2:11:20	5:15	1st F20-29	25km Team Results - Woodstock B 7th Team
9/03/2009	Belrose Fun Run	10	Patacsil	Chaia	53:05	5:19		
30/05/2009	Handicap	7	Patrick	Jon	37:13	5:19		
9/08/2009	City2Surf	14	Patrick	Jon	1:31:44	6:33		
29/08/2009	Handicap	7	Patrick	Jon	41:21	5:54		
28/02/2009	Handicap	7	Phillips	John	43:39	6:14		
22/03/2009	Sydney Marathon Clinic	10	Phillips	John	1:03:42	6:22		
29/03/2009	Sri Chinmoy, Centennial Park	8	Phillips	John	49:44	6:13		
30/05/2009	Handicap	7	Phillips	John	42:23	6:03		
26/07/2009	Sutherland to Surf	11	Phillips	John	1:08:58	6:16		
9/08/2009	City2Surf	14	Phillips	John	1:36:15	6:52		
30/05/2009	Handicap	7	Pryor	Emma	38:13	5:28		
9/08/2009	City2Surf	14	Pryor	Emma	1:24:57	6:04		
29/08/2009	Handicap	7	Pryor	Emma	37:19	5:20		
28/02/2009	Handicap	7	Purss	Tony	36:01	5:09		
30/05/2009	Handicap	7	Purss	Tony	33:49	4:50		
9/08/2009	City2Surf	14	Purss	Tony	1:06:33	4:45		
29/08/2009	Handicap	7	Purss	Tony	31:00	4:26		
28/02/2009	Handicap	7	Rankin	Roy	57:10	8:10		
30/05/2009	Handicap	7	Rankin	Roy	41:41	5:57		
9/08/2009	City2Surf	14	Rankin	Roy	1:26:54	6:12		
29/08/2009	Handicap	7	Rankin	Roy	40:41	5:49		
28/02/2009	Handicap	7	Reed	Jen	52:06	7:27	##	
29/08/2009	Handicap	7	Reed	Jen	42:05	6:01	##	
20/02/2009	Sydney Summer Twilight Series, Race 10, Silverwater	10	Robinson	Anthony	44:54	4:29		
22/02/2009	Sydney Marathon Clinic	25	Robinson	Anthony	2:04:51	5:00		25km Team Results - Woodstock A 1st Team
28/02/2009	Handicap	7	Robinson	Anthony	29:50	4:16		
22/03/2009	Sydney Marathon Clinic	30	Robinson	Anthony	2:24:03	4:48		
19/04/2009	Canberra Marathon	42.195	Robinson	Anthony	3:26:45	4:54	Debut	
2/05/2009	Striders/ANSW 10km Road Champs	10	Robinson	Anthony	42:42	4:16	PB	
24/05/2009	SMC, Race 8	25	Robinson	Anthony	1:57:29	4:42		
30/05/2009	Handicap	7	Robinson	Anthony	32:13	4:36		
7/06/2009	Macleay River Marathon	42.195	Robinson	Anthony	3:20:48	4:46	PB	
21/06/2009	Sydney Marathon Clinic, Smithfield	30	Robinson	Anthony	2:20:45	4:42	PB	
28/06/2009	Careflight Woodford to Glenbrook	25	Robinson	Anthony	1:55:15	4:37		
5/07/2009	Shoalhaven King of the Mountain	32	Robinson	Anthony	2:42:43	5:05		
12/07/2009	Sri Chinmoy, Dolls Point	21.1	Robinson	Anthony	1:30:40	4:18		
16/07/2009	Hunter Valley Marathon	42.195	Robinson	Anthony	3:19:39	4:44		
9/08/2009	City2Surf	14	Robinson	Anthony	58:18	4:10		
29/08/2009	Handicap	7	Robinson	Anthony	28:26	4:04		
23/11/2008	Sri Chinmoy, Centennial Park	4	Siepen	Chris	20:53	5:13		
23/11/2008	Sri Chinmoy, Centennial Park	4	Siepen	Daniel	13:49	3:27	## 2nd O/R, 1st M U/17	
28/02/2009	Handicap	7	Siepen	Elle	36:18	5:11		
9/11/2008	Fishers Ghost	10	Siepmann	Dot	58:27	5:51	1st F60-69	1st Female Team
16/11/2008	Sydney Marathon Clinic	5	Siepmann	Dot	28:02	5:36	1st F55-65	
23/11/2008	Sri Chinmoy, Centennial Park	7	Siepmann	Dot	42:43	6:06	1st F60-69	
21/12/2008	Sydney Marathon Clinic	5	Siepmann	Dot	27:36	5:31	1st F55+	
10/01/2009	Thredbo National Running Week - Thredbo Fun Run	6	Siepmann	Dot	34:07	5:41		
11/01/2009	Thredbo National Running Week - Mt Kosciuszko Walk	13	Siepmann	Dot	2:46:00	12:46		
12/01/2009	Thredbo National Running Week - Mixed Pizza Relay	1	Siepmann	Dot	05:32	5:32		
13/01/2009	Thredbo National Running Week - Fun Run Mile	1.614	Siepmann	Dot	06:52	4:15		

Woodstock Runners - Year to Date Results for 2008/9 (Surname / Date Sort)

<u>Date</u>	<u>Event</u>	<u>Distance (km)</u>	<u>Surname</u>	<u>Given Name</u>	<u>Time</u>	<u>Km pace</u>	<u>Comments</u>	<u>Team</u>
14/01/2009	Thredbo National Running Week - Women From Snowy River X/C	4	Siepmann	Dot	24:00	6:00		
15/01/2009	Thredbo National Running Week - Terrigal Trotters Dingo Run X/C	9	Siepmann	Dot	1:00:00	6:40		
16/01/2009	Thredbo National Running Week - Fazackerly Vet's Run X/C	4	Siepmann	Dot	28:04	7:01		
17/01/2009	Thredbo National Running Week - Kosciuszko Classic	5	Siepmann	Dot	40:32	8:06		
26/01/2009	Menai Fun Run	8.2	Siepmann	Dot	48:03	5:52	2nd F50+	
7/02/2009	Striders, Lane Cove	10	Siepmann	Dot	57:26	5:45		
22/02/2009	Sydney Marathon Clinic	5	Siepmann	Dot	27:15	5:27	1st F55+	
28/02/2009	Handicap	7	Siepmann	Dot	44:05	6:18		
7/03/2009	NSW Police/Masters Games 5000m	5	Siepmann	Dot	27:05	5:25	1st Female	
8/03/2009	NSW Police/Masters Games 10000m	10	Siepmann	Dot	56:08	5:37	1st Female	
22/03/2009	Sydney Marathon Clinic	5	Siepmann	Dot	27:18	5:28	3rd Female	
29/03/2009	NSW Masters Championships 5000m	5	Siepmann	Dot	27:07	5:25	## 1st F60-69	
4/04/2009	Sydney Striders, Lane Cove	10	Siepmann	Dot	57:17	5:44		
10-13/4/09	Australian Masters Championships 10000m	10	Siepmann	Dot	53:16	5:20	1st W65	
10-13/4/09	Australian Masters Championships 5000m	5	Siepmann	Dot	26:32	5:18	1st W65	
10-13/4/09	Australian Masters Championships Cross Country	8	Siepmann	Dot	49:24	6:10	1st W65	
18/04/2009	Canberra Marathon	10	Siepmann	Dot	56:23	5:38		
26/04/2009	Sydney Marathon Clinic	21.1	Siepmann	Dot	2:03:59	5:53	1st F60+	
27/04/2009	Macarthur Anzac Day Cross Country Run	5	Siepmann	Dot	28:56	5:47	1st F50+	
2/05/2009	Striders/ANSW 10km Road Champs	10	Siepmann	Dot	53:44	5:22	## 2nd F65-69	
10/05/2009	ANSW Novice Cross Country	4	Siepmann	Dot	23:14	5:48	##	
10/05/2009	Mothers Day Classic, Parramatta	8	Siepmann	Dot	45:13	5:39	2nd F60-69	
17/05/2009	SMH Half Marathon	21.1	Siepmann	Dot	2:03:42	5:52	1st F65-69, State Record W65	
24/05/2009	SMC, Race 8	5	Siepmann	Dot	27:27	5:29	2nd F55+	
30/05/2009	NSW State Championship Relay	4	Siepmann	Dot	23:12	5:48	##	
31/05/2009	Bankstown Heart of the Lake	10	Siepmann	Dot	58:01	5:48	2nd F60-69	
14/06/2009	MS Run	8	Siepmann	Dot	46:41	5:50	1st W60	
21/06/2009	Sydney Marathon Clinic, Smithfield	5	Siepmann	Dot	27:07	5:25	1st F55	
4/07/2009	Sydney Striders Series, Homebush	10	Siepmann	Dot	54:14	5:25		
11/07/2009	ANSW Road Relays Wollongong	4	Siepmann	Dot	20:41	5:10	##	
18/07/2009	ANSW X Country Championships	5	Siepmann	Dot	28:28	5:42	1st F65	
26/07/2009	Sutherland to Surf	11	Siepmann	Dot	57:40	5:15	1st F60-69	
9/08/2009	City2Surf	14	Siepmann	Dot	1:25:04	6:05	1st F65-69	1st Veteran Women's Team
16/08/2009	Bankstown Hidden Half-Marathon	21.1	Siepmann	Dot	2:07:47	6:03	##	
29/08/2009	Handicap	7	Siepmann	Dot	41:50	5:59		
4/09/2009	Brighton Beachside Dash 4/09/2009	10	Siepmann	Dot	54:06	5:25	1st F60+	
5/09/2009	Striders North Head	10	Siepmann	Dot	54:02	5:24		
13/09/2009	Gladesville Bridge to Bridge Run	10	Siepmann	Dot	59:10	5:55	1st F61+	
20/09/2009	Blackmore's Sydney Running Festival	9	Siepmann	Dot	48:17	5:22		
27/09/2009	St Marys Spring Festival Fun Run	6	Siepmann	Dot	32:21	5:24	1st F60+, Age Course Record	
11/10/2009	World Masters Games 10km	10	Siepmann	Dot	53:01	5:18	2nd W65	
13/10/2009	World Masters Games Cross Country	8	Siepmann	Dot	44:29	5:34	2nd W65	
16/10/2009	World Masters Games 5000m	5	Siepmann	Dot	26:14	5:15	3rd W65-69	
17/10/2009	World Masters Games 800m	0.8	Siepmann	Dot	3:37	4:32	3rd W65-69	
18/10/2009	World Masters Games Half Marathon	21.1	Siepmann	Dot	2:04:16	5:53	2nd F65-69	
7/02/2009	Striders, Lane Cove	10	Spanton	Lorraine	48:44	4:52	##	
7/03/2009	Striders, North Head	10	Spanton	Lorraine	47:13	4:43	##	
22/03/2009	Sydney Marathon Clinic	10	Spanton	Lorraine	47:32	4:45	1st F55+	
2/05/2009	Striders/ANSW 10km Road Champs	10	Spanton	Lorraine	47:12	4:43	##	
10/05/2009	Mothers Day Classic, Parramatta	8	Spanton	Lorraine	37:20	4:40	##	
30/05/2009	NSW State Championship Relay	4	Spanton	Lorraine	19:05	4:46	##	
31/05/2009	Great Nosh	15	Spanton	Lorraine	1:34:22	6:17	## 1st F50+	
5/07/2009	Gold Coast Marathon	21.1	Spanton	Lorraine	1:43:55	4:55	##	
9/08/2009	City2Surf	14	Spanton	Lorraine	1:08:22	4:53	##	
28/02/2009	Handicap	7	Stenton	Julia	53:23	7:38		
27/09/2009	St Marys Spring Festival Fun Run	6	Stenton	Julia	42:56	7:09		
16/11/2008	Sydney Marathon Clinic	10	Stewart	Deirdre	54:09	5:25	2nd F45-54	
21/12/2008	Sydney Marathon Clinic	10	Stewart	Deirdre	55:02	5:30		Woodstock B 3:42:09 14th Place
18/01/2009	Sydney Marathon Clinic - Race 4	10	Stewart	Deirdre	51:43	5:10	1st F45-54	
22/02/2009	Sydney Marathon Clinic	10	Stewart	Deirdre	50:27	5:03	2nd F45-54	

Woodstock Runners - Year to Date Results for 2008/9 (Surname / Date Sort)

<u>Date</u>	<u>Event</u>	<u>Distance (km)</u>	<u>Surname</u>	<u>Given Name</u>	<u>Time</u>	<u>Km pace</u>	<u>Comments</u>	<u>Team</u>
22/03/2009	Sydney Marathon Clinic	10	Stewart	Deirdre	50:04	5:00	2nd F45-54	
10/05/2009	Mothers Day Classic, Parramatta	8	Stewart	Deirdre	39:23	4:55		
24/05/2009	SMC, Race 8	10	Stewart	Deirdre	50:33	5:03	1st F 45-54	
14/06/2009	MS Run	8	Stewart	Deirdre	40:53	5:07		
21/06/2009	Bay to Bay - Woy Woy to Gosford	11	Stewart	Deirdre	59:39	5:25	PB	
5/07/2009	Gold Coast Marathon	21.1	Stewart	Deirdre	1:47:13	5:05	PB	
9/08/2009	City2Surf	14	Stewart	Deirdre	1:19:57	5:43		
23/08/2009	Mudgee Half Marathon	21.1	Stewart	Deirdre	1:51:58	5:18		
17/05/2009	SMH Half Marathon	21.1	Stewart	Dierdre	1:52:14	5:19		
26/01/2009	Menai Fun Run	8.2	Takahashi	Fumi	41:06	5:01		
29/03/2009	Sri Chinmoy, Centennial Park	12	Takahashi	Fumi	59:54	5:00		
17/05/2009	SMH Half Marathon	21.1	Takahashi	Fumi	2:10:43	6:12		
28/06/2009	Kembla Joggers Half Marathon	21.1	Takahashi	Fumi	2:21:17	6:42		
13/09/2009	Gladesville Bridge to Bridge Run	10	Takahashi	Fumi	52:24	5:14	1st F U/20	
9/08/2009	City2Surf	14	Takahashi	Kazu	52:57	3:47	3rd M55+	2nd Veteran Men's Team
13/09/2009	Gladesville Bridge to Bridge Run	10	Takahashi	Kazu	39:03	3:54	2nd M51-60	
11/10/2009	World Masters Games 10km	10	Takahashi	Kazu	37:52	3:47		
18/10/2009	World Masters Games Half Marathon	21.1	Takahashi	Kazu	1:23:51	3:58		
28/02/2009	Handicap	7	Takahashi	Kazuaki	27:59	4:00		
26/01/2009	Menai Fun Run	3	Tichon	Larissa	14:03	4:41	## 2nd Female	
29/03/2009	Sri Chinmoy, Centennial Park	4	Tichon	Larissa	16:36	4:09	## 2nd Female, 1st F17+	
28/02/2009	Handicap	7	Ullio	Lawrence	37:54	5:25		
16/11/2008	Sydney Marathon Clinic	21.1	Vassiliou	Vass	1:38:28	4:40		
21/12/2008	Sydney Marathon Clinic	21.1	Vassiliou	Vass	1:36:55	4:36		
18/01/2009	Sydney Marathon Clinic - Race 4	21.1	Vassiliou	Vass	1:36:42	4:35		
22/02/2009	Sydney Marathon Clinic	25	Vassiliou	Vass	2:01:09	4:51		25km Team Results - Woodstock A 1st Team
22/03/2009	Sydney Marathon Clinic	30	Vassiliou	Vass	2:25:15	4:51		
19/04/2009	Canberra Marathon	42.195	Vassiliou	Vass	3:32:03	5:02		
30/05/2009	Handicap	7	Vehradsky	Terry	33:25	4:46		
16/07/2009	Hunter Valley 10k	10	Vohradsky	Terry	1:01:02	6:06		
26/07/2009	Sutherland to Surf	11	Vohradsky	Terry	51:59	4:44		
3/08/2009	Bay Run, Iron Cove	7	Vohradsky	Terry	33:58	4:51		
9/08/2009	City2Surf	14	Vohradsky	Terry	1:13:44	5:16		
16/08/2009	Bankstown Hidden Half-Marathon	5	Vohradsky	Terry	22:59	4:36	3rd M30-39	
4/09/2009	Brighton Beachside Dash 4/09/2009	10	Vohradsky	Terry	47:35	4:46		
27/09/2009	Orange Blossom Festival Run	8	Vohradsky	Terry	45:20	5:40		
28/02/2009	Handicap	7	Waladan	Sarah	36:15	5:11		
9/11/2008	Fishers Ghost	5	Warren	Michelle	31:29	6:18		
16/11/2008	Sydney Marathon Clinic	10	Warren	Michelle	1:03:24	6:20	2rd F35-44	
19/11/2008	Sydney Corporate Cup, Series 62 #6	6	Warren	Michelle	41:05	6:51		
23/11/2008	Sri Chinmoy, Centennial Park	7	Warren	Michelle	43:53	6:16		
5/12/2008	Sydney Summer Twilight Series, Race 1	5	Warren	Michelle	30:54	6:11		
17/12/2008	Sydney Summer Twilight Series, Race 2	10	Warren	Michelle	1:03:42	6:22		
21/12/2008	Sydney Marathon Clinic	10	Warren	Michelle	1:03:02	6:18		
3/01/2009	Sydney Summer Twilight Series, Race 3	10	Warren	Michelle	59:43	5:58		
16/01/2009	Sydney Summer Twilight Series, Race 5, Cent. Park,	5	Warren	Michelle	31:30	6:18		
18/01/2009	Sydney Marathon Clinic - Race 4	21.1	Warren	Michelle	2:12:24	6:16		
24/01/2009	Sydney Summer Twilight Series, Race 6, Oatley	5	Warren	Michelle	30:13	6:03		
26/01/2009	Penrith Fun Run	10	Warren	Michelle	59:10	5:55		
30/01/2009	Sydney Summer Twilight Series, Race 8, Doonside	5	Warren	Michelle	31:53	6:23		
4/02/2009	Sydney Corporate Cup, Series 63 #1	6	Warren	Michelle	39:55	6:39		
13/02/2009	Sydney Summer Twilight Series, Race 9, Manly	10	Warren	Michelle	59:54	5:59		
20/02/2009	Sydney Summer Twilight Series, Race 10, Silverwater	5	Warren	Michelle	30:10	6:02		
22/02/2009	Sydney Marathon Clinic	25	Warren	Michelle	2:53:56	6:57		25km Team Results - Woodstock B 7th Team
27/02/2009	Stromlo Running Festival, Lightning Strike	10.5	Warren	Michelle	20:41	7:41		
28/02/2009	Stromlo Running Festival, K-Swiss X Country	4	Warren	Michelle	27:28	6:52		
28/02/2009	Stromlo Running Festival, Orienteering	2.4	Warren	Michelle	30:08	12:33		
1/03/2009	Stromlo Running Festival, Endura Mountain Race	3.6	Warren	Michelle	32:42	9:05		
18/03/2009	Sydney Corporate Cup, Series 63 #4	6	Warren	Michelle	41:05	6:51		
22/03/2009	Sydney Marathon Clinic	30	Warren	Michelle	3:27:00	6:54		

Woodstock Runners - Year to Date Results for 2008/9 (Surname / Date Sort)

<u>Date</u>	<u>Event</u>	<u>Distance (km)</u>	<u>Surname</u>	<u>Given Name</u>	<u>Time</u>	<u>Km pace</u>	<u>Comments</u>	<u>Team</u>
29/03/2009	Sri Chinmoy, Centennial Park	12	Warren	Michelle	1:18:20	6:32		
1/04/2009	Sydney Corporate Cup, Series 63 #5	6	Warren	Michelle	37:50	6:18		
4/04/2009	Sydney Striders, Lane Cove	10	Warren	Michelle	1:05:39	6:34		
4/04/2009	West Metropolitan Series #1, Haberfield	8	Warren	Michelle	47:03	5:53	3rd F30-39	
11/04/2009	West Metropolitan Series #2, Concord	8	Warren	Michelle	50:20	6:17	## 1st F30-39	
25/04/2009	West Metropolitan Series #4, Smithfield	8	Warren	Michelle	47:57	6:00	2nd F30-39	
26/04/2009	Sydney Marathon Clinic	21.1	Warren	Michelle	2:13:15	6:19		
10/05/2009	Sri Chinmoy, Iron Cove	4	Warren	Michelle	22:04	5:31		
17/05/2009	SMH Half Marathon	21.1	Warren	Michelle	2:15:18	6:25		
24/05/2009	SMC, Race 8	25	Warren	Michelle	2:37:44	6:19		
31/05/2009	Sri Chinmoy Marathon, Williamstown, Victoria	42.195	Warren	Michelle	4:35:59	6:32	PB	
14/06/2009	MS Run	8	Warren	Michelle	58:00	7:15		
21/06/2009	Sydney Marathon Clinic, Smithfield	10	Warren	Michelle	1:05:53	6:35		
28/06/2009	Careflight Woodford to Glenbrook	25	Warren	Michelle	2:46:21	6:39		
5/07/2009	Shoalhaven King of the Mountain	32	Warren	Michelle	3:55:16	7:21		
12/07/2009	Sri Chinmoy, Dolls Point	5	Warren	Michelle	30:10	6:02	##	
16/07/2009	Hunter Valley Half Marathon	21.1	Warren	Michelle	2:23:21	6:48		
23/08/2009	Mudgee Half Marathon	21.1	Warren	Michelle	2:16:49	6:29		
29/08/2009	Sutherland Half	10	Warren	Michelle	1:07:33	6:45		
27/09/2009	St Marys Spring Festival Fun Run	6	Warren	Michelle	40:07	6:41		
22/02/2009	Sydney Marathon Clinic	25	Westraad	Jacques	2:12:27	5:18	##	25km Team Results - Woodstock B 7th Team
26/01/2009	Canterbury Fun Run	5.5	White	Derek	49:50	9:04		
28/02/2009	Handicap	7	White	Derek	1:07:23	9:38		
31/05/2009	Bankstown Heart of the Lake	10	White	Derek	58:43	11:52		
18/01/2009	Sydney Marathon Clinic - Race 4	10	Whiteway	Paul	50:42	5:04		
22/02/2009	Sydney Marathon Clinic	10	Whiteway	Paul	50:06	5:01		
26/04/2009	Sydney Marathon Clinic	10	Whiteway	Paul	48:23	4:50	PB	
17/05/2009	SMH Half Marathon	21.1	Whiteway	Paul	1:57:42	5:35		
21/06/2009	Sydney Marathon Clinic, Smithfield	10	Whiteway	Paul	47:37	4:46	3rd M50-59, PB	
26/07/2009	Sutherland to Surf	11	Whiteway	Paul	52:19	4:45		
9/08/2009	City2Surf	14	Whiteway	Paul	1:08:03	4:52		
29/08/2009	Handicap	7	Whiteway	Paul	31:43	4:32		
13/09/2009	Gladesville Bridge to Bridge Run	10	Whiteway	Paul	48:42	4:52		
20/09/2009	Blackmore's Sydney Running Festival	21.1	Whiteway	Paul	1:49:06	5:10		
26/01/2009	Menai Fun Run	8.2	Yamazaki	Tomomi	45:07	5:30		
22/02/2009	Sydney Marathon Clinic	10	Yamazaki	Tomomi	52:30	5:15	2nd F35-44	
27/02/2009	Sydney Summer Twilight Series, Race 11	5	Yamazaki	Tomomi	25:45	5:09		
28/02/2009	Handicap	7	Yamazaki	Tomomi	37:36	5:22		
29/03/2009	Sri Chinmoy, Centennial Park	12	Yamazaki	Tomomi	1:05:32	5:28		
26/04/2009	Sydney Marathon Clinic	21.1	Yamazaki	Tomomi	1:55:21	5:28		
17/05/2009	SMH Half Marathon	21.1	Yamazaki	Tomomi	1:55:31	5:28		
24/05/2009	SMC, Race 8	25	Yamazaki	Tomomi	2:18:35	5:33		
30/05/2009	Handicap	7	Yamazaki	Tomomi	39:15	5:36		
5/07/2009	Gold Coast Marathon	42.195	Yamazaki	Tomomi	4:05:01	5:48	Debut	
9/08/2009	City2Surf	14	Yamazaki	Tomomi	1:31:31	6:32		

indicates not a member, or not in uniform.