

The Woodstock Rundown



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SEPTEMBER 2007

THE RUNDOWN ON MEMBERS

The City2Surf has been run and won. I trust all members enjoyed the day and are happy with their runs on the day. It was a wonderful spectacle for our great City and how brilliant was the weather. Congratulations Kazu on you're your 3rd placing in a very competitive age group. Kazu was also first Woodstockian to Bondi.

My grandchildren did well, finishing in 129mins, a 12min PB for the 9yr old and a first time for the 7yr old. We did stop for quite a few "photo shoots" on the way.

Lyn and Dot were both age category placegetters in the Sutherland to Surf. Thalia, Eddie and I won medals at Lake Gillawarna and Maree was placed 4th in a very large age category in the recent Pub To Pub. Alex recorded an excellent time in mastering the 1504 stairs of Sydney Tower. Congrats to all.

Thank you to John Dawlings for organising the Handicap last week. Well done to Barry, John O and Stretch who gained the placings on the day. Thanks is also due to John D also for the Internal Teams competition on the City2Surf.

Colin has heard from Virginia and Michael Oakley. While neither is running, they both enjoy cycling and say hi to all. We farewelled Mayda last week as she heads back to her home in Spain. She enjoyed her time in Australia, especially at Woodstock, and is looking forward to wearing her Woodstock gear in a Half Marathon in November. She has promised to send photos.

Good luck to all members training for the various Blackmores Running Festival this month and to those travelling to Melbourne for the Marathon next month.

To all who are suffering injuries at present, we wish you a speedy and full recovery.

Happy running/walking

Kerry

September Birthdays:

Colin Townsend 8, John Murray 10, Sonja Kukec 11, Susan Murray 11, Dot Siepmann 12,
Martin Amy 13, Kevin Lucas 14, Yvonne Fillery 15, Maree Lucas 20

Hot Designs 10% discount offer

Hot designs have offered Woodstock members 10% off any items purchased from their shop on the last Saturday of each month – 8am. To 1pm. Hot Designs are the manufacturers of our latest long sleeve tops, bra tops and singlets.



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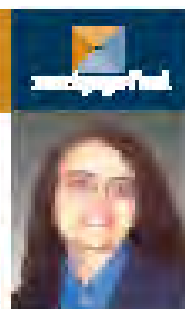
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CITY TO SURF 2007

INTERNAL TEAMS

First

Name	Estimated Time	Actual Time	Difference	Average
John Dawlings	60.00	59.44	0.16	
Kevin Lucas	115.00	113.01	1.59	
Thalia Anthony	72.40	70.39	2.01	
Dot Siepmann	84.00	81.08	2.52	
Total	331.66		7.08	1.47

Second

Name	Estimated Time	Actual Time	Difference	Average
Alex Hill	66.00	63.25	2.35	
Theresa Ayoub	90.00	88.43	1.17	
John Ovenden	78.00	81.45	3.45	
Stretch Fowler	79.00	80.43	1.43	
Total	313.00		9.20	2.20

Third

Name	Estimated Time	Actual Time	Difference	Average
Greg Muir	54.30	56.18	1.48	
Ken Murray	187.00	187.36	0.36	
Roy Rankin	86.00	Did not run		
Brendan Davies	69.17	63.33	5.44	
Total	396.47		8.08	2.43

Fourth

Name	Estimated Time	Actual Time	Difference	Average
Emanuel Finos	59.00	61.50	2.50	
Kay Johnson	187.00	187.34	0.34	
Lorraine Spanton	72.00	74.24	2.24	
John Phillips	84.00	94.48	10.48	
Total	402.00		16.36	4.09

Fifth

Name	Estimated Time	Actual Time	Difference	Average
Steve Browne	65.00	64.44	0.16	
Barry Cole	105.00	112.32	7.32	
Danielle van Zuylen	74.00	78.42	4.42	
Rick Collins	83.00	89.27	6.27	
Total	327.00		18.57	4.44

Sixth

Name	Estimated Time	Actual Time	Difference	Average
Colin Townsend	65.00	70.01	5.01	
Joe Ayoub	90.00	88.52	1.08	
Fumi Takahashi	80.00	91.43	11.43	

Bridget Akers	75.00	79.16	4.16	
Total	310.00		22.08	5.32

Seventh

Name	Estimated Time	Actual Time	Difference	Average
Martin Amy	60.00	63.00	3.00	
Kerry Bray	141.00	129.45	11.15	
Lawrence Ullio	72.00	75.58	3.58	
Sonja Kukec	84.00	Did not run		
Total	357.00		18.13	6.04

Eighth

Name	Estimated Time	Actual Time	Difference	Average
Kazu Takahashi	53.00	52.59	0.01	
Max McGown	205.00	180.51	24.09	
Maree Lucas	88.00	84.21	3.39	
Manal Garcia	67.00	69.52	2.52	
Total	413.00		30.41	7.40

Rules:

The difference between the estimated time of each runner and the actual time of that runner is calculated. The positive value is chosen.

The differences of the team members will be added to get the total.

The total is divided by the number of runners in the team to get the average.

The team with the lowest average is the winner.

For instance, if all 4 members of a team estimate a time of 100 minutes and they run 95, 106, 97 and 90, the average difference for the team is $(5 + 6 + 3 + 10) / 4 = 6$ minutes.

People not finishing the run or not members of Woodstock Runners or not wearing a Woodstock singlet are not eligible for prizes.

If a person does not finish (or even start), the times of the remaining team members are used.

Woodstock Runners - City to Surf Results 12/8/2007

<u>Surname</u>	<u>First Name</u>	<u>Time</u>		<u>Surname</u>	<u>First Name</u>	<u>Time</u>	
Akers	Bridget	79:16		Muir	Greg	56:18	
Amy	Martin	63:00		Murray	Ken	187:36	
Anthony	Thalia	70:39		Ovenden	John	81:45	
Ayoub	Joseph	88:52		Phillips	John	94:48	
Ayoub	Therese	88:43		Purss	Tony	72:29	##
Barnett	Paul	76:51		Siepmann	Dot	81:08	
Bray	Kerry	129:45		Spanton	Lorraine	74:24	
Browne	Stephen	64:44		Takahashi	Fumi	91:43	
Cole	Barry	112:32		Takahashi	Kazuaki	52:59	
Collins	Rick	89:27		Townsend	Colin	70:01	
Davies	Brendan	63:33		Ullio	Lawrence	75:58	
Dawlings	John	59:44		Van Zuylen	Danielle	78:42	
Finos	Emanuel	61:50	<u>0:23 PB</u>				
Fowler	Stretch	80:43		<u>Others</u>			
Garcia	Manal	69:52	##				
Hill	Alex	63:25		Brown	Tony	80:10	
Johnson	Kay	187:34		Brown	Rosa	70:27	
Lucas	Kevin	113:01		Brown	Eugene	77:56	
Lucas	Maree	84:21	<u>2:21 PB</u>	Burstall	Janet	92:04	
Mathers	David	112:54		Glennan	Taylah	129:43	
McGown	Max	180:51		Glennan	Ben	129:44	
Morunga	Jeff	74:36					

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Woodstock Runners Handicap Event, 25/8/2007

Held around the 7km Bay Run course

<u>Name</u>	<u>Estimated Time</u>	<u>Start Time</u>	<u>Finish Time</u>	<u>Actual Time</u>	<u>Finish Place</u>	<u>Points</u>
Cole, Barry	45:00	7:30:00	8:14:32	44:32	1	17
Ovenden, John	36:00	7:39:00	8:14:37	35:37	2	16
Fowler, Stretch	38:00	7:37:00	8:14:42	37:42	3	15
Finos, Emanuel	28:30	7:46:30	8:14:46	28:16	4	14
Takahashi, Kazuaki	30:00	7:45:00	8:14:54	29:54	5	13
Phillips, John	43:00	7:32:00	8:14:58	42:58	6	12
Bray, Kerry	42:00	7:33:00	8:15:03	42:03	7	11
Laws, Steve ##	30:00	7:45:00	8:15:13	30:13	8	10
Anthony, Thalia	33:10	7:41:50	8:15:15	33:25	9	9
Blackwell, David	35:00	7:40:00	8:15:25	35:25	10	8
Purss, Tony	35:00	7:40:00	8:15:25	35:25	11	7
Siepmann, Dot	43:00	7:32:00	8:15:45	43:45	12	6
O'Mahoney, Claire ##	35:00	7:40:00	8:16:03	36:03	13	5
Mahony, Pat	51:00	7:24:00	8:17:35	53:35	14	4
White, Derek	1:00:00	7:15:00	8:20:46	1:05:46	15	3
Lucas, Kevin	1:01:35	7:13:25	8:12:16	0:58:51	16	2
Muir, Greg	26:40	7:48:20	DNF		17	1

In this Handicap event, Barry Cole, John Ovenden, & Stretch Fowler took the first three places.

There were 2 Handicap PB's set:

Thalia Anthony

33:25

1:46 Handicap PB

John Ovenden

35:37

0:33 Handicap PB

The fastest male was Emanuel Finos (28:16)

The fastest female was Thalia Anthony (33:25)

DQ indicates disqualified for being more than one minute under estimated time, so they get the pointscore of 16th place.

indicates not a current financial member, but points will be given if they join before the next Handicap Event.

Woodstock Runners - Handicap Series 2007

		<u>22/02/2007</u>	<u>5/05/2007</u>	<u>25/08/2007</u>	<u>#4</u>		
<u>Place</u>	<u>Name</u>	<u>Points</u>	<u>Points</u>	<u>Points</u>	<u>Points</u>	<u>Total</u>	<u>Count</u>
1	Finos, Emanuel	16	18	14		48	3
2	Muir, Greg	21	21	1		43	3
3	Cole, Barry	10	13	17		40	3
=4	Anthony, Thalia	14	10	9		33	3
=4	Ovenden, John	7	10	16		33	3
6	Bray, Kerry	11	10	11		32	3
=7	McLean, Eddie	19	10			29	2
=7	Fowler, Stretch		14	15		29	2
9	Takahashi, Kazuaki	5	10	13		28	3
10	Phillips, John	5	10	12		27	3
11	Lucas, Kevin	5	17	2		24	3
12	Blackwell, David	15		8		23	2
=13	Cullen, Christine	22				22	1
=13	Purss, Tony		15	7		22	2
=15	Rankin, Roy		20			20	1
=15	Lucas, Maree	20				20	1
=15	Mahony, Pat		16	4		20	2
=18	Ullio, Lawrence	9	10			19	2
=18	Akers, Bridget		19			19	1
=18	Siepmann, Dot	13		6		19	2
=21	Tichon, Larissa	17.5				18	1
=21	Cullen, Gerry	17.5				18	1
23	Townsend, Colin (H)		13.1			13	1
=24	Tichon, Larissa		12			12	1
=24	Stenton, Julia	12				12	1
=24	Hill, Alex	12				12	1
27	Takahashi, Fumi		11			11	1
=28	Morunga, Jeff		10			10	1
=28	Burbidge, Julian		10			10	1
=28	Amy, Martin		10			10	1
=28	Laws, Steve ##			10		10	1
32	Dawlings, John (H)			9.00		9	1
=33	Stewart, Deirdre	8				8	1
=33	White, Derek	5		3		8	2
=35	Collins, Rick	6				6	1
=35	Spanton, Lorraine	5				5	1
=35	O'Mahoney, Claire ##			5		5	1

H' indicates being the Handicapper, so gets average points from that day.

indicates not a current financial member, but points will be given if they join before the next Handicap Event.

RESULTS

Sydney Corporate Cup, Royal Botanical Gardens. (Run 1, Series 59) 15/08/2007

6 Kms

Stephen Browne 26:30

Sydney Corporate Cup, Royal Botanical Gardens. (Run 2, Series 59) 29/07/2007

6 Kms

Stephen Browne 26:15

Pub to Pub, Dee Why, 03/06/2007

13km

Maree Lucas 81:39

Paul Barnett 73:37

Father's Day, Olympic Park, 2/09/2007

5km

Brendan Davies 20:06

John Ovenden 23:35 PB 3rd 61-70

Sydney Marathon Clinic, 9/9/2007

21.1km

Emmanuel Finos 90:59 PB 2nd 30-39

Joe Ayoub 136:09

Therese Ayoub 136:09 1st 40-49

Nick Spasevski 96:25

Vass Vassiliou 102:29

5km

Lyn Jackson 20:56 1st F o/all,
course record

Dot Siepmann 27:49 1st 55+

5km Walk

Geoff Andrews 40:24 2nd

Stephanie Andrews 46:06

Sutherland to Surf, 22/7/07

11km

Martin Amy 46.32

Thalia Anthony 52.28

Kerry Bray 67.04

Brendan Davies 47.18

John Dawlings 44.12

Stretch Fowler 59.52

Lyn Jackson 44.54 3rd 40-49

Maree Lucas 63.32

Greg Muir 41.42

Mark O'Donnell 48.04

John Ovenden 59.26

Dot Siepmann 61.32

John Philips ??:??

Bankstown Half Marathon, 19/08/2007

21.1km

Emmanuel Finos 91:49

Brendan Davies 97:13

Thalia Anthony 108:59

Jeff Morunga 113:58

5km

Lyn Jackson 22:50 3rd F o/all

Kerry Bray 28:22 2nd Age

Eddie McLean 31:18

Sydney Strides, North Head, 1/09/2007

10km

Emmanuel Finos 41:16

SMH Half, May 2007

21.1km

Stretch Fowler 126:10

"Ah spring...sunny skies, birds chirping, the scent of flower buds and....B.O.! Now that springtime is upon us and the weather is getting warmer, please spare a thought for your fellow runners (especially if you don't want to run solo) and use ample deodorant - it would be much **appreciated.**"

Anon.

A GOOD IDEA FOR RUNNERS

If you currently place your car keys on the tyre of your car when running, you may wish to look at this.

Designed especially for surfers, I could see many runners, swimmers and triathletes finding this useful.

Called "SurfLock", it is a heavy metal box, about the size of a calculator, with a built-in combination lock and a compartment in which you place your keys and lock it. It is then attached to any part of your car in padlock fashion.

Check out the website at <http://www.surflock.com.au> for more details or ask Kerry.

Woodstock Runners - City to Surf Rankings as at 30/08/2007

Rank	Surname	First Name	Time	Date	Non Woodstock PB
1	Owen	Jim	46:54	16/8/1992	
2	Murray	John	47:05	11/8/1991	
3	Briscoe	Steve	47:16	11/8/1991	
4	Dawlings	John	47:30	11/8/1996	46:20, 9/8/1987
5	Takahashi	Kazuaki	49:06	11/8/1991	
6	Maher	Seamus	49:16	14/8/1988	
7	Matruglio	Dominic	49:28	14/8/1988	
8	Crisp	Barry	49:46	7/8/1983	
9	Clark	Alan	50:15	9/8/1987	
10	Manchester	Peter	50:22	9/8/1987	
11	Carroll	Jak	50:31	10/8/1986	
12	Vassiliou	Chris	50:33	14/8/1994	
13	Burrows	Jim	50:39	13/8/1989	
14	Heath	Andrew	50:43	14/8/1988	
15	Clarke	Phil	50:44	9/8/1987	
16	Siepen	Chris	50:51	7/8/1983	
17	Siepen	Eleanor	F1	51:17	4/8/1985
18	Xenita	Mark	51:17	13/8/1989	
19	Robertson	Lance	51:50	10/8/1997	
20	Moran	James	52:21	10/8/1986	
21	Knight	Stephen	52:27	12/8/1984	
22	Davidson	Bob	52:43	9/8/1987	
23	Bickford	Bronwyn	F2	52:56	14/8/1988
24	Muir	Greg	52:58	8/8/2004	
25	Townsend	Colin	53:10	11/8/1991	
26	Shoesmith	Gary	53:29	4/8/1985	
27	Mortimer	Derek	53:29	11/8/1991	
28	Murphy	Tony	54:00	4/8/1985	
29	Forrest	Andrew	54:16	12/8/1990	
30	Busteed	Maryanne	F3	54:18	9/8/1987
31	Hughes	Brad	55:23	9/8/1987	
32	Ciappina	Oscar	55:24	16/8/1992	
33	Briscoe	Robyn	F4	55:30	11/8/1991
34	Buckland	Gary	55:38	7/8/1983	
35	Moran	John	55:40	9/8/1987	
36	Flarrety	Ken	55:53	14/8/1994	
37	Spence	Gordon	56:00	11/8/1991	
38	Berlouis	Frank	56:02	11/8/1991	
39	Guano	Maria	F5	56:05	4/8/1996 54:02, 10/8/1992
40	Bayles	Michael	56:27	10/8/1986	
41	Vassiliou	Vass	56:35	11/8/1991	
42	Semitekolos	Peter	56:41	14/8/1994	
43	Summons	Adam	56:59	9/8/1987	
44	Laws	Stephen	57:08	14/8/2005	
45	Shearer	Bob	57:32	12/8/1990	
46	Drew	David	57:40	4/8/1985	
47	Pidsley	Janet	F6	57:52	12/8/1990
48	White	Derek	58:12	12/8/1984	
49	Coates	Colin	58:15	16/7/2000	
50	Oakley	Michael	58:19	14/8/1988	
51	Jackson	Lyn	F7	58:36	13/8/2006
52	Hall	Max	58:44	11/8/1991	
53	Byrne	Tony	58:50	11/8/1991	
54	Whitfield	Ian	59:12	14/8/1988	58:55, ??/??/???
55	Moran	Christine	F8	59:14	10/8/1986
56	Furnell	Jason	59:16	9/8/1987	
57	Wako	Sora	59:19	8/8/2004	
58	Hams	Norm	59:20	10/8/1986	
59	Hogan	Michael	59:25	9/8/1987	
60	Siepmann	Dot	F9	59:27	4/8/1985
61	Laing	Lloyd	59:27	14/8/1988	
62	Williams	Warwick	59:35	7/8/1983	
63	Dean	Ray	59:52	12/8/2001	57:01, ??/??/1993
64	Hewson	Mathew	59:57	14/8/1988	
65	Green	Colin	60:00	9/8/1987	
66	McGown	Max	60:05	14/8/1994	
67	Bolden	Ross	60:07	16/8/1992	
68	Buck	Brendan	60:09	10/8/2003	
69	McMahon	Terry	60:15	7/8/1983	
70	Fowler	James	60:15	8/8/2004	

Woodstock Runners - City to Surf Rankings as at 30/08/2007

Rank	Surname	First Name	Time	Date	Non Woodstock PB
71	Cockburn	Adam	60:24	13/8/1989	
72	Skillen	Sandy	60:31	11/8/1991	
73	Robinson	Brett	60:33	10/8/1997	
74	O'Brien	Michael	60:42	4/8/1996	
75	Blyth	Cameron	60:52	10/8/1997	
76	Tully	Alan	60:53	4/8/1985	
77	Farrell	Stuart	60:58	8/8/1993	
78	Boland	Ian	61:03	13/8/1995	
79	Kinder	Alan	61:04	11/8/1991	
80	White	Bill	61:08	9/8/1987	
81	Fahey	John	61:09	16/8/1992	
82	Hood	Ian	61:10	4/8/1985	
83	Marshall	Rob	61:10	13/8/1995	
84	Jewson	Greg	61:20	16/8/1992	
85	Bailey	Terry	61:24	10/8/1986	
86	Ayoub	Joseph	61:38	14/8/1994	
87	Muirhead	Hugh	61:41	15/8/1999	
88	Finos	Emanuel	61:50	12/8/2007	
89	Topfer	Charlie	61:52	4/8/1985	
90	Purss	Tony	61:52	11/8/2002	
91	Spasevski	Nick	61:59	9/8/1998	
92	Bolger	Kevin	62:00	9/8/1987	
93	Newey	Jeff	62:16	16/8/1992	
94	Bissett	Ian	62:18	9/8/1987	
95	Lane	Sharon	F10	62:24	10/8/1986
96	Ringuet	Charles	62:26	13/8/1995	49:54, ??/??/1977
97	O'Brien	Christine	F11	62:30	11/8/1991
98	Kirraly	Monica	F12	62:31	10/8/1997
99	McLean	Eddie		62:41	11/8/1991
100	Donnelly	Michael		62:49	4/8/1985
101	Amy	Martin	63:00	12/8/2007	
102	Camm	David	63:02	10/8/2003	
103	Hill	Alex	63:03	10/8/2003	
104	Hood	Joy	F13	63:07	4/8/1985
105	Mayrhofer	Debra	F14	63:12	14/8/1994
106	Parrington	Anthony		63:20	4/8/1996
107	Johnstone	Brian		63:21	8/8/1993
108	Davies	Brendan	63:33	12/8/2007	
109	Brownlie	Mark	63:38	14/8/1994	
110	Hannaford	David	63:46	12/8/1990	
111	Crossley	Max	63:47	11/8/2002	
112	Barnett	Paul		63:48	14/8/2005
113	Silvestro	Donna	F15	63:50	14/8/1988
114	Pascoe	Phil		63:52	4/8/1985
115	Phillips	Brian		63:54	13/8/1989
115	Paul	Andrew		63:54	16/8/1992
117	Hou	Lindy	F16	64:00	13/8/1989
118	Mastrogiacono	Vince		64:07	11/8/1996
119	Nash	Leanne	F17	64:15	8/8/1993
120	Duroux	Tony		64:17	11/8/1996
121	Lee	Joseph		64:35	13/8/1995
122	Bower	Michael		64:39	15/8/1999 62:??
123	Browne	Stephen	64:44	12/8/2007	56:42, 14/8/1977
124	Lloyd	Stephen	64:49	14/8/1994	51:52, ??/8/1975, (15km)
125	Phipps	Gerry	64:54	9/8/1987	
126	Robinson	Margaret	F18	65:00	14/8/1988
127	Daly	Ron		65:32	14/8/1994 64:16, ??/??/????
128	Bailey	Kym	F19	65:38	14/8/1994
129	Mundy	Terry		65:52	10/8/1986
130	Franco	Daniel		66:01	4/8/1985
131	Blair	David		66:11	14/8/1988
132	Lollback	Matthew		66:15	15/8/1999
133	Cassidy	Michael		66:26	12/8/2001
134	Mathers	David		66:31	12/8/1990
135	Cox	Roger		66:45	15/8/1999 61:18, ??/??/????
136	Dartnell	Trevor		66:46	9/8/1998
137	Degabriele	Joe		66:54	14/8/1994 65:50, ??/??/????
138	Scaife-Elliott	Lance		67:07	12/8/2001 52:30, ??/??/????
139	Morunga	Jeff		67:18	10/8/2003 62:39, ??/??/????
140	Suryak	Wayne		67:30	10/8/2003

Woodstock Runners - City to Surf Rankings as at 30/08/2007

Rank	Surname	First Name		Time	Date	Non Woodstock PB
141	Byrne	Neil		67:36	12/8/1990	
142	Maidlow	Jennie	F20	67:37	13/8/1995	
143	Dolan	Fiona	F21	67:42	12/8/1990	
144	Keys	Ross		67:56	14/8/1994	59:19, 7/8/1983
145	McLennan	Tony		68:00	13/8/1989	
146	Ullio	Lawrence		68:05	14/8/2005	
147	Vera	Victor		68:11	13/8/1989	
148	Moriarty	Jo	F22	68:16	13/8/1995	
149	Renshaw	Brad		68:21	8/8/1993	
150	Beauchamp	Arnold		68:33	10/8/1997	
151	Jackson	Nicole	F23	68:49	16/8/1992	
152	Jackson	Keith		68:52	16/8/1992	
153	Davey	Michael		68:54	10/8/2003	
154	Moore	Ray		69:00	14/8/1988	
155	Lloyd	Rosalind	F24	69:02	14/8/1994	67:42, 13/8/1989
156	Bertram	Colin		69:06	12/8/1984	69:06, 12/8/1984
157	Maher	Lesley	F25	69:07	16/8/1992	
158	Patrick	Jon		69:12	15/8/1999	65:??, ??/??/????
159	Bray	Kerry	F26	69:14	12/8/1984	
160	Stewart	Deirdre	F27	69:15	9/8/1998	
161	Collins	Rick		69:16	8/8/2004	
162	Horrocks	Sue-Ellen	F28	69:29	14/8/1994	
163	Trommestad	Chris		69:41	14/8/1988	
164	Tatam	Pauline	F29	69:57	14/8/1994	
165	Pollard	John		69:57	11/8/1996	59:57, ??/??/????
166	Sommerville	Andrew		70:10	13/8/1995	
167	Johnson-Ham	Sue	F30	70:24	11/8/1991	
168	Bolden	Nazha	F31	70:31	11/8/1991	
169	Silvestro	Phillip		70:37	12/8/1990	
170	Anthony	Thalia	F32	70:39	12/8/2007	
171	Oakley	Virginia	F33	70:48	9/8/1987	
172	Phipps	Sue	F34	70:48	13/8/1989	
173	Gray	Danny		70:54	10/8/1986	
174	Green	Matthew		71:12	9/8/1987	
175	Dein	Tim		71:25	13/8/1989	
176	Clark	Tanya	F35	71:30	9/8/1987	
177	Peacock	Carole	F36	71:34	13/8/1989	
178	Murray	Susan	F37	71:40	12/8/2001	
179	Mastrogiacomio	Kathleen	F38	71:41	13/8/1995	
180	Gasparo	Sal		71:48	10/8/2003	
181	Hopkins	Frankie	F39	72:00	13/8/1989	
182	Leimon	Ritchie		72:12	8/8/2004	
183	Harris	Sharon	F40	72:13	8/8/2004	
184	Rowell	Katie	F41	72:18	8/8/2004	
185	McCarthy	Pat		72:27	4/8/1985	
186	Van Zuylen	Danielle	F42	72:29	14/8/2005	71:30, ??/??/????
187	Mahony	Pat	F43	72:41	10/8/1986	
188	Drahuszak	Marie	F44	72:41	8/8/1993	
189	Lucas	Kevin		72:48	12/8/1990	
190	Brown	Rosa	F45	73:09	13/8/2006	70:27, 12/8/2007
191	England	Sandra	F46	73:17	4/8/1985	
192	Brown	Tony		73:19	14/8/2005	69:54, 11/8/2002
193	Ayoub	Therese	F47	73:27	15/8/1999	
194	Williams	Lesley	F48	73:34	14/8/1988	
195	Andrews	Geoff		73:37	12/8/2001	64:26, 11/8/1991
196	Lay	John		73:38	13/8/1989	
197	Spanton	Lorraine	F49	73:53	8/8/2004	
198	Blackwell	David		73:59	10/8/2003	
199	Lee	Tanya	F50	74:08	12/8/1990	
200	Haswell	Jodie	F51	74:10	11/8/1991	
201	Rankin	Roy		74:12	15/8/1999	68:44, 14/8/1994
202	Di Domenico	Jean-Louis		74:13	15/8/1999	
203	Konkolawicz	Eva	F52	74:33	10/8/1986	
204	Cooper	Sarah	F53	74:43	12/8/2001	
205	Murray	Ken		74:58	9/8/1987	
206	Bailey	Michael		75:01	16/7/2000	
207	Jackson	Brian		75:08	8/8/1993	
208	Benvenuti	Angela	F54	75:09	10/8/2003	
209	Stewart	Greg		75:23	12/8/1990	
210	Lambiki	Maria	F55	75:30	8/8/1993	

Woodstock Runners - City to Surf Rankings as at 30/08/2007

Rank	Surname	First Name		Time	Date	Non Woodstock PB
211	Kelly	Peter		75:38	10/8/1986	
212	Johnson	Sarah	F56	75:39	9/8/1998	
213	Cole	Barry		76:00	11/8/1991	
214	Ackland	Roxanne	F57	76:05	4/8/1996	
215	Stirling	Sue	F58	76:11	4/8/1985	
216	Murray	Peter		76:42	10/8/1986	
217	Henao	Joanna	F59	76:45	11/8/2002	
218	Lee	Angela	F60	76:49	16/7/2000	
219	Brown	Calli	F61	76:51	14/8/2005	
220	Stenton	Julia	F62	76:55	11/8/1991	
221	Yewdall	Timothy		77:11	14/8/2005	76:??, 8/8/2004
222	Holmes	Rhoda		77:45	10/8/2003	
223	Ulricksen	Maria	F63	77:54	9/8/1987	
224	Fillery	Yvonne	F64	78:41	10/8/1997	
225	Fowler	Stretch		78:53	13/8/2006	
226	Hann	Leah	F65	79:02	16/8/1992	
227	Akers	Bridget		79:16	12/8/2007	
228	Taylor	Vic		79:18	13/8/1989	
229	Welfare	Jo		79:58	9/8/1987	
230	Engall	Judy	F66	80:05	15/8/1999	
231	Sinclair	Don		80:22	8/8/1993	
232	Ovenden	John		80:28	13/8/2006	
233	Calleija	Leonie	F67	80:30	10/8/1986	
234	McDonald	Kevin		81:23	4/8/1985	
235	Child	Angela	F68	81:52	12/8/2001	78:??, 15/8/1999
236	Ackley	Jason		82:31	9/8/1987	
237	Foulser	Len		82:35	9/8/1987	
238	Ferrara	Luana	F69	83:03	16/7/2000	
239	Lamb	Annette	F70	83:08	16/8/1992	
240	Burstall	Janet	F71	83:18	14/8/2005	
241	Robertson	Nita	F72	84:03	10/8/1987	
242	Clark	Phillip		84:21	14/8/1988	
243	Lucas	Maree	F73	84:21	12/8/2007	
244	Benvenuti	Riccardo		84:31	10/8/1997	
245	Melizza	Mary	F74	84:42	16/7/2000	
246	Bennett	Rebecca	F75	84:49	10/8/1997	
247	Matruglio	Patricia	F76	85:39	14/8/1988	
248	Hewson	Nadine	F77	87:14	9/8/1987	
249	Olson	Ron		89:39	14/8/1994	
250	Croker	Sally	F78	89:41	14/8/1994	
251	Patton	Christy	F79	90:20	12/8/2001	75:??, ??/??/????
252	Danis	Nihal	F80	90:45	11/8/2002	
253	Kukec	Sonja	F81	90:55	13/8/2006	
254	Rankin	Melanie	F82	91:19	12/8/2001	
255	Takahashi	Fumi		91:43	12/8/2007	
256	Titmus	Derrick		91:44	13/8/1989	
257	Omeragic	Mensura	F83	93:03	13/8/1989	
258	Phillips	John		94:48	12/8/2007	
259	Williamson	Geoffrey		97:20	11/8/2002	
260	Izquierdo	Lydia	F84	97:42	13/8/1995	
261	Townsend	Cathie	F85	97:52	4/8/1996	
262	White	Margaret	F86	99:03	9/8/1987	
263	Corliss	Carleeta	F87	125:55	8/8/1993	
264	Andrews	Stephanie	F88	136:34	11/8/2002	
265	Johnson	Kay	F89	168:42	12/8/2001	
266	Pollard	Maureen	F90	169:06	8/8/1993	128:??, ??/??/????
267	Fiorentino	Mario		178:29	14/8/2005	
268	Fiorentino	Alecia	F91	178:32	14/8/2005	
269	Edwards	Bev	F92	190:19	13/8/2006	
	Ostrowski	Peter		??	??	
	McGarva	Adrian				46:41, ??/??/????
	Hansen	Terry				59:56, 14/8/1994
	Thoroughgood	Chris				62:46, 10/8/1986
	Garcia	Manal				69:52, 12/8/2007
	Grech	Paul				70:??, ??/??/????
	Fung	Julia	F			75:12, ??/??/????
	Tansley	Garry				75:37, 10/8/1986
	Williamson	Joanne	F			83:??, 15/8/1999
	Tozer	Susan	F			101:07, 8/8/2004

Summer running competition at and around the Nepean River once a month. There will be a 2km, 5km, 7k race starting at 8am from River Road Reserve, Emu Plains. Entrance fee is \$2.00 for registered athletes/runners and \$5.00 for unregistered athletes but can only run once without registration with an athletics club (insurance reasons). Event is run by Nepean Athletics Club contact: Lyndon Bell: 0419-233-747 or Evelyn Stark: (02) 9623-6608. email: lyndon.bell@hotmail.com. Click here for an [entryform](#).

Nov 2007

- Sat 3 Nov** *STRIDERS 10K SERIES RACE 10* email: info@sydneystriders.org.au. Visit the [website](#) for more details.
- Sat-Tue 3-6 Nov** *BRIGHT ALPINE FOUR PEAKS (VIC)*
Bright VIC Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun 4 Nov** *SRI CHINMOY SPRING SERIES RACE 3 - MIRAMBEENA 16 KM, 8 KM & 2 MILES*
The third and final race in the Sri Chinmoy Spring Series for 2007. Enjoy one of Sydney's best running courses on cycle paths through the beautiful Mirambeena Regional Park. Run the 8 km out-and-back course once, or twice for a nice 16 km, or test yourself over the rarely-run Imperial distance of 2 miles (3.2 kms). Start/finish is from Garrison Point, Beatty Reserve. Entrance is from Beatty Pde, off Henry Lawson Drive at the southern end of Mirambeena Regional Park in Georges Hall. Races commence at 8 am, with registration and on-the-day entries from 7 am. Awards for age groups and post-race pancake breakfast for all. Enter early and save... contact: Prachar Stegemann. email: sydney@srchinmoyraces.org. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sat-Sun 10-11 Nov** *THE GREAT NORTH WALK 100S*
Distance: 100 Mile and 100 Kilometre. Event Time: 6:00am. Location of race: Teralba on the NW shores of Lake Macquarie, 153km north of Sydney and 25km west of Newcastle. Race Address: Telephone: 0428 880784, Address: Terrigal Trotters Inc., GNW100s, PO Box 944, Gosford, NSW 2250, Australia. Other details: The Great North Walk 100s (GNW100s), organized by the Terrigal Trotters running club for the first time in 2005, are two simultaneous trail races, a 100 Mile and a 100 Kilometre, along The Great North Walk south from Teralba on Lake Macquarie. The 100 Kilometre race will finish at Yarramalong in the scenic Yarramalong Valley and the 100 Mile at Patonga on spectacular Broken Bay. Although the route is primarily on foot tracks and fire-trails, it does include some minor back roads. There will be cut-off times at Checkpoints en route and the overall time limits will be 22 hours for the 100 Kilometre and 36 hours for the 100 Mile. Despite its proximity to the populated Central Coast of New South Wales, the course passes through rugged and spectacular terrain and is a demanding challenge for all runners. Only ten of twenty-eight starters in the 2006 100 Mile event managed to finish the course which includes more than 6,200 metres (20,000ft) of climbing. Entrants will need to cope with precipitous ascents and descents, muddy trails and creek crossings, slippery rocks and roots, and hard-to-follow trail. There are a number of sections where running is impossible. There are no marshals on the course and all runners will need to be capable navigators and prepared to travel at night in remote areas on difficult trail. Runners will also be required to carry certain equipment and must carry sufficient water to last them between checkpoints which can be up to 30 km apart. contact: Dave Byrnes 0428 880784. email: byrnesinoz@yahoo.com. Visit the [website](#) for more details.
- Sat 10 Nov** *MT MAJURA VINEYARD TWO PEAKS CLASSIC 26KM AND MT MAJURA ONE PEAK CHALLENGE 15KM (ACT)*
The Mt Majura Vineyard Two Peaks Classic provides a uniquely challenging event over two of Canberra's best known mountains, Mt Majura and Mt Ainslie. Competitors have the choice of entering the 26 km individual race or running a section of the course as part of a 3 person relay team or contesting the Mt Majura 15 km One Peak Challenge. A 15km Bush Walk is also available. contact: John Harding. email: jgharding@bigpond.com. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sat 10 Nov** *KEMBLA JOGGERS BROKERS NOSE GOAT RACE*
5k Mountain race all running abilities welcome race location Hawthorn St Tarrawanna. Start time 8.00am Registration \$5 each event non Kembra Joggers members or pay \$20 Summer fee covers Mountain running series and Summer series. contact: Contact Geoff Stalker (02) 4627-1246. Visit the [website](#) for more details.
- Sun 18 Nov** *SRI CHINMOY TRIPLE TRIATHLON (ACT)*
3 offroad triathlons back to back. The 11th edition of this iconic race, for solo athletes and relay teams of 3 or up to 9 members. 1.5k swim, 35k mountain bike, 20k run, 3.5k swim, 40k mountain bike, 12k run, 1.2k swim, 24k mountain bike, 13k run. contact: Prachar Stegemann. email: canberra@srchinmoyraces.org. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun 18 Nov** *SWEAT VS STEAM (VIC)*
Australia's unique fun run pitting runners against a paddlesteamer on the mighty Murray River! The Sweat Vs Steam is a unique 13KM (or 5KM) fun run along Australia's greatest river, the Murray River, where runners are pitted against Australia's oldest paddlesteamers, the PS Adelaide and PS Pevensey. Much of the run follows the river track along the banks of the Murray where runners enjoy sweeping views of the river and are surrounded by majestic river red gums. The run then winds through the historic Port of Echuca, goes under the old iron bridge and along more river tracks before returning to finish by the Murray River at the Hopwood Gardens in Echuca. contact: Shelley Smith. email: echuca@ymca.org.au. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun 18 Nov** *SYDNEY MARATHON CLINIC ROAD RACE SERIES*
21.1km, 10km, 5km and 5km walk. At Rosford St. Reserve, Smithfield. A series of road-races which are designed to help you to train for and gauge your level of fitness for the marathon and fun-run season. Held usually on the 3rd Sunday of each month. Join a very friendly and sociable group of runners at 7.00am (long run and walks) or 7:30am (5km, 10km runs), Entry is on the day and everyone is welcome. Series certificates, hot showers, fresh fruit, hot drinks & entry in lucky draw after each race. email: smc@sydneymarathonclinic.org.au. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun 18 Nov** *SWEAT VS. STEAM (VIC)*
Australia's unique fun run pitting runners against a paddlesteamer on the mighty Murray River! Terrific weather, beautiful scenery and great tracks for all the family. The 2007 YMCA Sweat Vs Steam will be held on Sunday November 18th, starting at 8.00am at the Hopwood Gardens (opposite the Bridge Hotel) in Echuca. There are two options - a 13km or 5KM run giving all the family a chance to compete - as you'd

Sep 2007

- Sat 15 Sep** **2007 ACT TREEATHLON (ACT)**
2007 ACT Treeathlon, Condor Hill, Cotter. Bullocks Paddock Rd via Brindabella Rd or Uriarra Rd. This event includes an off-road cycle leg (3.9km), a run leg (2.2km) and tree planting (30 trees). Those without bikes may run the cycle leg. Athletes and volunteers must RSVP by COB Friday 14th September to participate. contact: Greening Australia c/o Graham Fifield or Haydn Burgess, Tel: 6253 3035. email: gffield@act.greeningaustralia.org.au. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun 16 Sep** **COORANBONG FUN RUN**
Cooranbong Fun Run is in its 6th year and is combined with the Avondale School Fun Day. There is a 10km, 3km and 1km (just for fun). There are rides, stalls, food, helicopter rides, Art show, vintage cars, hot rods and much more fun for all the family. [Invitation letter](#) contact: Bill WARD. email: bward@avondaleschool.nsw.edu.au. Click here for an [entryform](#).
- Sun 16 Sep** **CASTLE HILL RSL ORANGE BLOSSOM FUN RUN**
Last year was the first year for this event at Castle Hill Showground, the course is made up of some bush tracks and some bicycle tracks and is almost all off road. There will be 3 races including a 2km a 4km and an 8km. First race will start at 8.00am(4km) with the 8km starting at 9.00am and the 2km at 9.05am. Entry fees are \$10 over 18's(and \$15 on the day registration) and \$5 for Under 18's contact: Steve Whelan. email: whelan@hillsathletics.com.
- Sun 16 Sep** **HORSELL COMMERCIAL RISKS SPRING BEACH CLASSIC**
8km Beach Run and Walk. 2km Soft Sand Run. Start at Wanda beach. 9am start for the 8km and 11am start for the 2km. Money and prizes for placegetters. Enter online or on the day. Visit the [website](#) for more details.
- Sun 16 Sep** **EDGEHILL BATHURST JOG 2007**
This is the 32nd running of this popular event around the streets of Bathurst. 8km fun run & walk. Major draw prize - New Zealand holiday for 2 adults prize includes return air fares with Air New Zealand & 7 days car hire with 6 nights accomodation. 1st male & female each receive \$1000 as outright winners plus \$500 for second placegetters. This event is very well supported - local business donating a host of prizes. The Edgell Jog usually attracts between 1000 to 1500 participants & is a great family fun day. Starts at 10:30am from the Bathurst Court House. \$15 adults, \$5 children (16 years and under) and \$25 for a family. contact: Edgell Bathurst Jog: (02) 6332 3167. Click here for an [entryform](#).
- Sun 16 Sep** **NEPEAN CLASSIC SUMMER COMPETITION**
Summer running competition at and around the Nepean River once a month. There will be a 2km, 5km, 7k race starting at 8am from River Road Reserve, Emu Plains. Entrance fee is \$2.00 for registered athletes/runners and \$5.00 for unregistered athletes but can only run once without registration with an athletics club (insurance reasons). Event is run by Nepean Athletics Club contact: Lyndon Bell: 0419-233-747 or Evelyn Stark: (02) 9623-6608. email: lyndon.bell@hotmail.com. Click here for an [entryform](#).
- Sat-Sun 22-23 Sep** **ANACONDA ADVENTURE RACE**
Did you ever go to Forster, think how beautiful it is, but wonder how much nicer it would be to play off the roads rather than on them? The newest addition to the national Anaconda Adventure Race series is unique two-day event in the Great Lakes region of NSW, starting & finishing in Forster-Tuncurry - a region fast becoming known as the adventure sports capital of NSW. If you don't fancy 2 days of individual or team challenge, try the Anaconda Half which is a race in itself on the second day of the event. Best of all, enter before July 27th and get entry into the Gold Coast Anaconda Adventure Race on 5th August for FREE! contact: Emma or Sam 03 9818 2982. email: info@rapidascent.com.au. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sat-Sun 22-23 Sep** **KATHMANDU MAX24 HOUR**
Have you got what it takes to compete in a MAX24 hour adventure race? Your team will need to work together to overcome the many natural obstacles (rivers, lakes, hills, mountains, cliffs and caves) that you find in your path. Choosing the best route to checkpoints is critical in reducing the amount of time needed to complete this non-stop course. The course will cover approximately 100-120km of terrain. With the fastest times coming in at approximately 12 hours and the slowest times will be closer to 24 hours. The race requires no support crews. Never done a 24 hour adventure race before? No worries we can set you up in a team of four with an experienced instructor to race and learn as you go approach. contact: Gary Farebrother. email: gary@maxadventure.com.au. Visit the [website](#) for more details.
- Sat 22 Sep** **KEMBLA JOGGERS MT BURELLI ORCHARD RUN**
15k bush run All running abilities welcome Race location start Mt Kembla lookout Start time 3.30pm Registration \$5 each event non Kembla Joggers members or pay \$20 fee covers Mountain running series and Summer series. contact: Contact Geoff Stalker (02) 4627-1246. Visit the [website](#) for more details.
- Sun 23 Sep** **BLACKMORES SYDNEY MARATHON & RUNNING FESTIVAL**
This event offers a great way for you and your family and friends to enjoy a day of fun, fitness and one of the best runs in the world - across the Sydney Harbour Bridge and finishing at the Opera House. Even the kid's can have a day to remember and are more than welcome to join in the fun! Depending on your fitness and motivation, you can choose from one of these truly memorable events: The Sunday Telegraph Family Fun Run (approx 4km) The Sunday Telegraph body+soul Bridge Run (approx 9km) Blackmores Half Marathon (21.1km) Blackmores Sydney Marathon (42.2km) contact: Janine Farnell. email: janine.farnell@pont3.com. Visit the [website](#) for more details.
- Sun 30 Sep** **NEPEAN CLASSIC SUMMER COMPETITION**
Summer running competition at and around the Nepean River once a month. There will be a 2km, 5km, 7k race starting at 8am from River Road Reserve, Emu Plains. Entrance fee is \$2.00 for registered athletes/runners and \$5.00 for unregistered athletes but can only run once without registration with an athletics club (insurance reasons). Event is run by Nepean Athletics Club contact: Lyndon Bell: 0419-233-747 or Evelyn Stark: (02) 9623-6608. email: lyndon.bell@hotmail.com. Click here for an [entryform](#).

Oct 2007

- Sat 6 Oct** **STRIDERS 10K SERIES RACE 9** email: info@sydneystriders.org.au. Visit the [website](#) for more details.
- Sat 6 Oct** **KEMBLA JOGGERS MT BURELLI 6K**

6k Mountain race All running abilities welcome race location start Mt Kembla lookout Start time 8.00am
Registration \$5 non Kembla Joggers members or pay \$20 fee covers Mountain running series and Summer series contact: Contact Geoff Stalker (02) 4627-1246. Visit the [website](#) for more details.

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|---------|-----------|---|
| Sun | 7 Oct | <p>THE SRI CHINMOY GOOGONG CHALLENGE (ACT)
Multi-sport delight featuring Googong Reservoir and Foreshore Nature Reserve, 10 kms south of Queanbeyan, just 30 minutes drive from Canberra. A perfect preparation event for the Sri Chinmoy Triple-Triathlon. Short course is 3.3 km run/5 km paddle/14 km mountain bike/3.3 km run. Long course is 5 km run/10 km paddle/31 km mountain bike/5 km run. Start at Northern Foreshores Car Park, 10 am. Post-race picnic at London Bridge Woolshed grounds. Online entries now open, or enter on the day for a higher fee. contact: Prachar Stegemann. email: canberra@srchinmoyraces.org. Visit the website for more details. Click here for an entryform.</p> |
| Sat | 13 Oct | <p>FITZROY FALLS FIRE TRAIL MARATHON + 10KM + 5KM TRAIL RUNS
42.2km Marathon, 10km run, 5 km run. Event Time: 8am Marathon, 9am other events. Location of race: Fitzroy Falls, Southern Highlands. Now in its 7th year, the Fitzroy Falls Marathon is a run along the fire trails in the beautiful Morton National Park in the Southern Highlands. It is a fund raiser for the bushfire brigades in the Fitzroy Falls area and members of the brigades man the aid stations. A feature of the event is the barbecue lunch that is part of the entry fee. contact: MAX POWDITCH. email: comfrig@bigpond.com. Visit the website for more details.</p> |
| Sun | 14 Oct | <p>ORRORAL VALLEY CLASSIC (ACT)
Runs: 3km, 8km, 20km and 32.5km Bush Walks: 8km and 20km, 7:30am, Start and finish at the former Space Tracking Station at end of Orroral Road 30kms south of Tharwa. contact: Mick Corlis. email: mountainrunning@coolrunning.com.au. Visit the website for more details. Click here for an entryform.</p> |
| Sun | 14 Oct | <p>SRI CHINMOY SPRING SERIES RACE 2 - IRON COVE 16 KM, 8 KM & 4 KM.
The second race in the Sri Chinmoy Spring Series for 2007. A famous venue and famous course, out (clockwise)-and-back along the route of the Bay Run, where most of the Sri Chinmoy race series were held in the 90s. Start/finish is from Leichhardt Park, access from the end of Glover St, Lilyfield. Races commence at 8 am, with registration and on-the-day entries from 7 am. Awards for age groups and post-race pancake breakfast for all. Enter early and save... contact: Prachar Stegemann. email: sydney@srchinmoyraces.org. Visit the website for more details. Click here for an entryform.</p> |
| Sun | 21 Oct | <p>BRINDABELLA CLASSIC AND BULLS HEAD CHALLENGE (ACT)
Brindabella Classic (53.8km) starts at Mt Gininni and finishes at Cotter Reserve, 20mins outside Canberra. Bulls Head Challenge (27.7km) starts near Bulls Head and finishes at Cotter Reserve. contact: Mick Corlis. email: mountainrunning@coolrunning.com.au. Visit the website for more details. Click here for an entryform.</p> |
| Sun | 21 Oct | <p>CORPORATE ADVENTURE CHALLENGE SYDNEY
The most accessible of adventure-based events, lasting only 1 to 2 hours. Designed for anyone with basic fitness, regardless of gender, age or size, it's a fun, cost-efficient team-building event for corporation employees. It's also a great opportunity to raise funds for Clean Up Australia and do something for the environment. Teams of 3 people travel around a secret course by foot and kayak. 3 categories: Corporate Mixed, Corporate Female and Corporate Male. Kayaks, paddles, PFDs, maps and race instructions are provided. contact: Alina McMaster. email: info@arocsport.com.au. Visit the website for more details.</p> |
| Sun | 21 Oct | <p>SYDNEY MARATHON CLINIC ROAD RACE SERIES
21.1km, 10km, 5km and 5km walk. At Rosford St. Reserve, Smithfield. A series of road-races which are designed to help you to train for and gauge your level of fitness for the marathon and fun-run season. Held usually on the 3rd Sunday of each month. Join a very friendly and sociable group of runners at 7.00am (long run and walks) or 7:30am (5km, 10km runs), Entry is on the day and everyone is welcome. Series certificates, hot showers, fresh fruit, hot drinks & entry in lucky draw after each race. email: smc@sydneymarathonclinic.org.au. Visit the website for more details. Click here for an entryform.</p> |
| Sun | 21 Oct | <p>KEMBLA JOGGERS SANDON POINT TO BROKERS NOSE
22k Mountain race all running abilities welcome race location. Start Sandon Point Bulli. Start time 8.00am Registration \$5 each event, non Kembla Joggers members or pay \$20 fee covers Mountain running series and Summer series. contact: Contact Geoff Stalker (02) 4627-1246. Visit the website for more details.</p> |
| Sun | 21 Oct | <p>SYDNEY ADVENTIST HOSPITAL FOUNDATION 'RUN FOR LIFE'
Distances: 10km run, 5km run, 5km walk. Start Time: 8:00am. Location: Sydney Adventist Hospital 185 Fox Valley Road, Wahroonga. Description: This is an out and back course from the hospital front lawn and through the hilly streets of Wahroonga. This is the seventh year and the event for 2007 will be raising money for our hospital. contact: Rod Sayers. email: funrun@sah.org.au. Visit the website for more details. Click here for an entryform.</p> |
| Fri-Sun | 26-28 Oct | <p>SRI CHINMOY TRIATHLON FESTIVAL (ACT)
Australia's festival of swim-bike-run, for the first time opening the southern Triathlon Season. Something for everyone, with 7 races over 3 days based at idyllic Yarralumla Bay, Canberra. Short races for schoolkids on Friday, then Saturday's Off-Road race (680m/25km/5km), Novice race (200m/7km/2km) and Sprint race (500m/21km/5km), then Sunday's Olympic distance (1.5km/40km/10km) and the Sri Chinmoy Champions Challenge (3.2km/120km/30km). contact: Prachar Stegemann. email: canberra@srchinmoyraces.org. Visit the website for more details. Click here for an entryform.</p> |
| Sun | 28 Oct | <p>26TH WORLD AIRLINE ROAD RACE
"Run the Harbour" Downunder. Sunday 28th October will see the running of the 26th World Airline Road Race. A 10km followed by a 5km race. Over 100 runner from overseas airlines and their families will converge on Sydney for the 26th annual event, last held in Sydney in 1987. Check out the Website to see if you are eligible to compete. contact: Neil Campbell. email: Warr2007@iinet.net.au. Visit the website for more details.</p> |
| Sun | 28 Oct | <p>NEPEAN CLASSIC SUMMER COMPETITION</p> |

Woodstock Runners

Annual Award Nomination Form 2007

The Club Committee invites nominations from members for our annual awards. You are welcome to nominate members in as many categories as you like, but do not feel obliged to nominate for every category. After discussing the merits of each nomination against the award criteria, Committee members will determine the award winners via a 3, 2, 1 voting process.

NB. All awards are for the period 30/10/2006 to 28/10/2007, & all references to "running/runner(s)" are taken to include "walking/walker(s)".

A complete list of 2007 Results is available at:

www.woodstock.coolrunning.com.au/pdfs/ytd_results_2007.pdf

List of Awards

1. Most Improved Runner 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)."

Nomination:

Male: _____

Female: _____

2. 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."

Eligible Members (joined between 30/10/2006 and 28/10/2007)

Bridget Akers	Thalia Anthony
Julian Burbidge	Tony Burbidge
Gerry Cullen	Larissa Tichon

Nomination:

3. Long Distance Trophy

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.

Eligible Members to 28/10/07 (having completed 3 qualifying events, details of performances are in the Fun Run Book):

Emanuel Finos
Jeff Morunga

Lyn Jackson
Vass Vassiliou

NB: Other members may still qualify for this award. Please let someone on the committee know if you have completed three runs and your name does not appear in the list.

Nomination:

4. Most Outstanding Individual Road Running Performance of the Year (Male and Female)

"This award is for a single performance of note."

Nominations:

Male: _____

Performance: _____

Female: _____

Performance: _____

5. 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."

Nomination(s):

Male: _____

Female: _____

6. 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."

Nomination:

7. Champion Person Award

"That person who has done outstanding work for the Club throughout the year, with no thought of reward."

Nomination:

8. Most Outstanding Team Road Running Performance

The most outstanding performance in a team event."

Please select your nomination.

☐ **SMH Half Marathon – Women
(1st place)**

Danielle van Zuylen, Fumi Takahashi,
Larissa Tichon

☐ **SMH Half Marathon – Mixed
(2nd place)**

Martin Amy, Stephen Browne,
Manal Garcia

Other:

☐ _____

Submission of Nominations:

All nomination may be submitted by any of the following means **by 28/10/2007:**

- Drop in the Award Nominations Box, available on Tuesday nights.
- Post to PO Box 672, Burwood NSW 1805
- Email to secretary@woodstockrunners.org.au
- Hand to any Committee member