

The Woodstock Rundown



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OCTOBER 2007

THE RUNDOWN ON MEMBERS

Congratulations to Brendan on his 3.14 debut Marathon in the Sydney Running Festival. What a fantastic effort. Well done to everyone who took part in one of the 4 events on the day. I thought it was a great day (apart from the baggage collection) and I particularly liked the police woman in Pyrmont. How inspiring was she for the runners.

Thank you to all members who helped out or who competed in the Bridge to Bridge Run Fun at Putney. Despite some problems with the SES, Barry Cole excelled once again and delivered a fine event. It is our one and only fundraiser for the year, so your participation in every way is much appreciated.

We wish happy holidays to Maryellen and Jon Patrick travelling in the USA, Maree and Kevin Lucas in the UK and Europe and Bev and John Edwards in South Australia. We hope you all enjoy yourselves and we look forward to seeing you back at Woodstock.

I trust everyone is thinking about nominations for our annual awards. Colin has posted up all the year's results on the website, so you have no excuses for not submitting some people's names. Arrangements are currently being formalised for our Christmas Party on Dec 2. We are booked in for 5pm at the Drummoyne Sailing Club. Hope the date is in your diary.

Happy running/walking to all as we head towards daylight saving when we'll be able to see each other on a Tuesday evening.

Kerry

PS Did you hear that Gebrselassie broke the Marathon WR in Berlin running 2.04.26. Wow!

October Birthdays:

Danielle Van Zuylen 3rd, Steve Hadlow 9th, Calli Brown 18th, David Blackwell 20th, Ross Keys 27th.

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RESULTS

Sydney Corporate Cup, Royal Botanical Gardens. (Run 3, Series 59) 12/09/2007

6 Kms

Stephen Browne	26:45
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Sydney Corporate Cup, Royal Botanical Gardens. (Run 4, Series 59) 26/09/2007

6 Kms

Stephen Browne	26:45
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St Marys Spring Festival Run, 30/09/2007

6.2km

Brendan Davies	24:05	
Lyn Jackson	25:39	3 rd F o/all
Eddie McLean	39:10	
Dot Siepmann	34:24	1 st 60+

Wanda Beach Spring Beach Classic 16/9/2007

8km

Brendan Davies	43:34
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Sydney Strides, Homebush, 6/10/2007

10km

Emmanuel Finos	42:18
Brendan Davies	46:04

Orange Blossom Festival Fun Run, Castle Hill, 16/9/07

8km

John Dawlings	34:31
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4km

Dot Siepmann	22:31	1st F60+
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Sydney Marathon, 23/09/2007

42.2 km

Brendan Davies	3:14:03	debut
Larissa Tichon	4:43:07	debut
Jeff Morunga	4:19:12	

21.1km

Stephen Browne	96:54	1:29 PB
Emmanuel Finos	93:24	

John's USA Report

Hi everyone, this is just a quick note about running in Minnesota with the Rochester Track Club. At the end of each run they have some form of party food. Tonight we ran about 6 miles (I daren't change it into kms) and then feasted on - root beer float. This is large cardboard canister filled with 3 very large scoops of ice cream and then topped up with root beer. I assure you everyone jumped in with great gusto. I could not be seen to be recalcitrant in the face of such generosity with my hosts and so reluctantly partook of their fare. Afterwards I had a very slow run home of about a mile. I could not believe how unguilty they all appeared after such a gross indulgence. Nevertheless they we all very welcoming. They meet at a running store (good for the store owners) and generally seemed to give the stock the once over. This Sunday I go for my first weekend run and long run with them - we'll see what eventuates then.

I haven't seen any bears yet but we went to a Bald Eagle Centre and saw these beautiful birds up close. The next day we went sailing on a Mississippi paddle boat for brunch and saw the eagles in the wild along the river bank. They are truly magnificent and not bald at all but rather a vivid white on the head and neck. Be careful guys the females are 10-20% bigger than the males.

Cheers

Jon Patrick

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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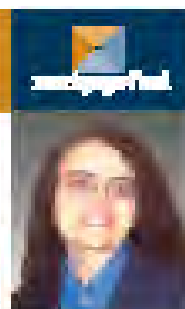
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Oct 2007

- Wed 10 Oct** *SYDNEY SUMMER SERIES #1 - LUNA PARK*
Varying distances, 45 minute time limit. The Sydney Summers Series is an exciting program of after-work running events for those who would like a navigational challenge in the cool of Sydney's summer evenings. The events are 45-minute duration, attracting walkers and joggers through to champion runners. Starts anytime between 4:00pm and 6:00pm from Bradfield Park, Broughton Street (south), Kirribilli contact: Ross Barr (Series Co-ordinator) or Ron Junghans (9450 2027). email: ross.barr@rossbarr.com.au. Visit the [website](#) for more details.
- Sat 13 Oct** *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.
- Sun 14 Oct** *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](#).
- Sun 14 Oct** *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](#).
- Sun 14 Oct** *MAROUBRA FUN RUN*
4km Run/Walk/Wheel and 8km Run. Start Time 9.30am. Registration 7.30am - 9.00am from South Maroubra Surf Club -Arthur Byrne Reserve. Trophies for all age groups, Certificates for all finishers. Spot prizes at Presentation Ceremony. Event presented by Maroubra & Districts, Chamber of Commerce, Maroubra Lions, South Maroubra SLSC and Rotary Club of Maroubra. contact: Richard Walsh Ph. 9311 0088. email: info@maroubrachamber.com. Visit the [website](#) for more details. Click here for an [entryform](#).
- Wed 17 Oct** *SYDNEY SUMMER SERIES #2 - MEADOWBANK*
Varying distances, 45 minute time limit. The Sydney Summers Series is an exciting program of after-work running events for those who would like a navigational challenge in the cool of Sydney's summer evenings. The events are 45-minute duration, attracting walkers and joggers through to champion runners. Starts anytime between 4:00pm and 6:00pm from Memorial Park, end of Bank Street, Meadowbank contact: Ross Barr (Series Co-ordinator) or Steve Dunlop (9639 3573). email: ross.barr@rossbarr.com.au. Visit the [website](#) for more details.
- Sun 21 Oct** *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](#).
- Sun 21 Oct** *SYDNEY MARATHON CLINIC ROAD RACE SERIES*
21.1km, 10km, 5km and 5km walk. At Rosford St. Reserve, Smithfield. 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 21 Oct** *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 Kemplab 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 21 Oct** *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](#).
- Sun 21 Oct** *THE GREAT STRIDES WALKATHON FOR CYSTIC FIBROSIS*
Approx 3km-7km options. 9am Rego, 10am start. Location varies per State - see wenbsite for specific details. The Great Strides Walkathon is a lot of fun. The walk is not strenuous and the emphasis is on walking at your own pace ? it's not a race! Great Strides is orientated towards all ages from young children through to energetic octogenarians. There's plenty to do: Clowns - Face Painting - Jumping Castle Sausage Sizzle - Coffee stall - Live Music - Prizes to be won! contact: Katie Bell - Fundraising Events Coordinator. email: katie@cysticfibrosisnsw.org.au. Visit the [website](#) for more details.

- Wed 24 Oct** *SYDNEY SUMMER SERIES #3 -QUARANTINE STATION*
Varying distances, 45 minute time limit. Starts anytime between 4:00pm and 6:00pm from Quarantine Reserve, Spring or Checkley Streets, Abbotsford contact: Ross Barr (Series Co-ordinator) or Steve Flick (9712 4350). email: ross.barr@rossbarr.com.au. Visit the [website](#) for more details.
- Fri-Sun 26-28 Oct** *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@srichinmoyraces.org. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun 28 Oct** *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@inet.net.au. Visit the [website](#) for more details.
- Sun 28 Oct** *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](#).
- Sun 28 Oct** *ST MARY'S COMMUNITY FUN RUN/WALK*
8km Fun run and 4km walk starting 9am. Starts and finishes at st Mary's South Public School, Monfarville Street, St Mary's. \$7 Adults, \$4 Kids 15yrs and under. On the day entries are \$10 Adults and \$5 Kids. Prizes for outright and age groups. Rego opens at 7:30am on race day. Proceeds to st Marys South Public School and a local charity. contact: John Wilcocks on (02) 9623-6715.
- Sun 28 Oct** *BYRON BAY LIGHTHOUSE RUN (8KM)*
Byron Bay is proud to host this scenic fun run with monies raised going to the Cancer Council NSW. The 8km run starts on the beach before heading up to and around Byron's iconic lighthouse, participants then return to finish on the main beach. All up the run includes 2.5 km along Byron's sparkling beaches with dolphins and Mt Warning in the background. The run is a great way for people to get outdoors, exercise and view spectacular scenery while helping out a worthwhile cause. Besides that, it's a great excuse to visit Byron for a weekend or a holiday. contact: call Greg Kramer on 0412-856-488. email: ask@byronrun.com. Visit the [website](#) for more details. Click here for an [entryform](#).
- Wed 31 Oct** *SYDNEY SUMMER SERIES #4 -MACQUARIE UNIVERSITY*
Varying distances, 45 minute time limit. The Sydney Summers Series is an exciting program of after-work running events for those who would like a navigational challenge in the cool of Sydney's summer evenings. The events are 45-minute duration, attracting walkers and joggers through to champion runners. Starts anytime between 4:00pm and 6:00pm from Waterloo Park, Trafalgar Place, Macquarie Park. contact: Ross Barr (Series Co-ordinator) or James Lithgow (9484 5717). email: ross.barr@rossbarr.com.au. Visit the [website](#) for more details.
- 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@srichinmoyraces.org. Visit the [website](#) for more details. Click here for an [entryform](#).
- Wed 7 Nov** *SYDNEY SUMMER SERIES #5 - THE PUNT*
Varying distances, 45 minute time limit. The events are 45-minute duration, attracting walkers and joggers through to champion runners. Starts anytime between 4:45pm and 6:45pm from Cabarita Park, Cabarita Road, Cabarita contact: Ross Barr (Series Co-ordinator) or Dave McKenna (9743 1376). email: ross.barr@rossbarr.com.au. Visit the [website](#) for more details.
- 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

Woodstock Runners - 2007 Year to Date Results

Striders 10km, Lane Cove, 11/11/06

Emanuel Finos 42:45

Fishers Ghost, 12/11/06

10km

Emanuel Finos 44:30

5km

Lyn Jackson 21:13 1st F40-49

Eddie McLean 29:51 2nd M70+

Dot Siepmann 28:00 1st F60-69

Sydney Marathon Clinic, 19/11/06

21.1kms

Emanuel Finos 1:33:22 1:07 PB

Jeff Morunga DNF

10km

John Dawlings 42:38

5kms

Joe Ayoub 23:25

Therese Ayoub 28:59 3rd F45-54

Geoff Andrews 39:01 ##

Stephanie Andrews 44:23 ##

Rick Benvenuti 28:59

John Ovenden 24:38 3rd M55+

Dot Siepmann 26:38 1st F55+

Sydney Marathon Clinic, 17/12/2006

21.1kms

Emanuel Finos 1:32:40 (PB) 3rd M30-39

Lyn Jackson 1:33:40 2nd Female

5km

Joe Ayoub 23:25

Therese Ayoub 28:45 2nd F45-54

Rick Benvenuti 28:45

John Ovenden 24:23 3rd M55+

Dot Siepmann 26:35 1st F55+

10km

John Dawlings 43:03

Nick Spasevski 46:39

Sydney Marathon Clinic, 21/01/2007

21.1kms

Emanuel Finos 1:39:15

Jeff Morunga DNF

Lynn Jackson 1:40:01

Vass Vassiliou 1:48:00

10km

John Dawlings 45:42

5kms

Maree Lucas 28:25

Geoff Andrews 38:55 ##

Stephanie Andrews 47:00 ##

John Ovenden 24:38 3rd M55+

Dot Siepmann 27:52 1st F55+

Menai Marketplace Runs, 26/01/2007

8.2km

Emanuel Finos 35:29

John Dawlings 37:04 2nd M50+

3.2km

Dot Siepmann 17:49 2nd F50+

Penrith Regatta, 26/01/07, 10km

Lyn Jackson 41:23

Sydney Striders, 03/02/07, 10km

Emanuel Finos 42:54

SMC, Smithfield, 18/02/2007

25km

Emanuel Finos 1:56:39

Lyn Jackson 1:58:26

Vass Vassiliou 2:03:34 6min Course PB

Jeff Morunga 2:34:00

Performances are used for the assessment of our annual awards, so it is assumed that the Woodstock uniform was worn. (## indicates not a member, or Woodstock uniform not worn).

If you (or someone else) did not wear the Woodstock uniform, can you please indicate this when the results are submitted.

All member results can be included in the Rundown.

Please forward them to Alex Hill, or to rundown@woodstockrunners.org.au

All Long Distance Performances are listed here >>

www.woodstockrunners.org.au/long_distance_qual_2007.html

5km

Joe Ayoub	24:30
Rick Benvenuti	24:56 3 rd M35-44
Michael Davey	25:11
Maree Lucas	27:29 2 nd F55+
Dot Siepmann	27:07 1 st F55+
John Ovenden	24:04 3 rd M55+

10km

John Dawlings	42:47 3 rd 45-54
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5km Walk

Geoff Andrews	40:55 ## 2nd Age
Stephanie Andrews	43:52 ## 3rd Age

Striders 10km, Homebush, 03/3/2007

Emanuel Finos	42:31
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**Campbelltown City Challenge 6km Walk,
Mount Annan, 11/03/2007**

Eddie McLean	40:18 1 st M70+
(12 Starts in event for 12 age group wins!)	

Lindfield Fun Run, 18/03/07, 5km

Julia Stenton	33:57 1 st 60+
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**Sydney Corporate Cup, Botanical
Gardens, 6km**

21/02/2007	Stephen Browne	28:05
07/02/2007	Stephen Browne	27:05
07/03/2007	Stephen Browne	27:20
21/03/2007	Stephen Browne	25:55

SMC, Smithfield, 18/03/07, 30 kms

Emanuel Finos	2:22:25	3 rd M30-39
Jeff Morunga	3:07:13	
Vass Vassiliou	2:29:34	4min course PB

10km

John Dawlings	41:36
Steven Browne	43:40 3 rd 45-54

5kms

Maree Lucas	27:33	2 nd 55+
Lynn Jackson	21:09	1 st Female
John Ovenden	23:49	3 rd 55+
Dot Siepmann	26:58	1 st 55+
Greg Muir	18:23	1 st 45-54
Rick Benvenuti	28:06	
Therese Ayoub	28:05	3 rd 45-54
Joe Ayoub	23:47	

NSW Masters Athletics Champs, 25/03/07**5km track**

Dot Siepmann	26:42 1 st F60-64
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**Australian Masters Championships, Hobart,
6-9 April 2007**

Dot Siepmann	
10km track	55:11
5km track	27.07
8km cross country	53:14
1500m	7:45
800m	3:51 3 rd F60+

**West Metropolitan, Queen Elizabeth Park,
Concord, 7/04/07****4km**

Robyn Briscoe	17:57	1 st O/50
Steve Briscoe	16:41	3 rd O/50

2km

Steve Briscoe	9:02	3 rd M50+
Eddie McLean	12:04	1 st M70+

**Sydney Corporate Cup, Royal Botanical
Gardens, 6 Kms**

04/04/2007	Stephen Browne	25:40
18/04/2007	Stephen Browne	25:55

West Metropolitan, Rydalmere, 14/04/2007

Yvonne Fillery	5km	27.11
Daniel Murray	2km	11:25

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All Long Distance Performances are listed here >>
www.woodstockrunners.org.au/long_distance_qual_2007.html

Canberra Marathon, April 14/15

	<u>Marathon</u>	<u>Ultra 50k</u>
Vass Vassiliou	3.34.58	4.19.01
Jeff Morunga	4.35.55	5.38.40
Rick Collins	4.19.45 ##	

10km

Deirdre Stewart	52.18
Lorraine Spanton	52.30
David Blackwall	53.41

5km

Bronwyn Suley	24.36
Nick Spasevski	24.37
Dot Siepmann	27.02
Kerry Bray	28.24
Lloyd Laing	40.40

West Metropolitan, Smithfield, 21/04/07**4km Cross Country**

Steve Briscoe	18:13	2nd O/50
Robyn Briscoe	20:18	1st 50+
Kieran Briscoe	18:35	3rd U/14 ##

2km Cross Country

Robyn Briscoe	9:09	1st 50+
Lauren Briscoe	10:10	
Steve Briscoe	8:45	2nd 50+
Eddie McLean	11:30	3rd 60+

Sydney Marathon Clinic - 22/4/2007, 21.1 kms

Emanuel Finos	1.31.27 (PB)
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Sydney Marathon Clinic, 22/05/2007**21.1kms**

Emanuel Finos	1:31:27	(PB)
Lyn Jackson	1:41:04	2nd F
Jeff Morunga	2:00:00	
Dot Siepmann	2:10:27	1st 60+

5kms

Geoff Andrews	39:17	1st walker ##
Stephanie Andrews	43:55	2nd walker ##
John Ovenden	24:02	2nd 55+
Maree Lucas	26:26	

ANSW X-Country, Scarborough Park, 8/04/07**4km**

Dot Siepmann	21:44	##
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**ANSW Road Championships,
Cataract Park, Appin, 5/5/07****10km**

Dot Siepmann	55:29	1st W60 ##
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Heart of the Lake Run, 6/5/07**10km**

Emanuel Finos	40:45	0:13 PB
Derek White	85:11	

3km

Lyn Jackson	11:56	3rd Female
Eddie McLean	16:21	2nd M70+

**West Metropolitan Series, Silverwater,
12/05/07****5km**

Steve Briscoe	19:16	3rd M50
Keiren Briscoe	19:47	2nd U14 ##
Robyn Briscoe	21:46	1st W50
Yvonne Fillery	27:01	1st W30

2km

Eddie McLean	10:49	3rd M60
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**Mothers Day Breast Cancer Run, 13/05/07
8km, Domain**

Dot Siepmann	43:38	1st W60
Thalia Anthony	39:??	

**Mothers Day Breast Cancer Run, 13/05/07,
Parramatta Park****8km**

John Ovenden	41:42
Sonia Kukec	45:16

4km

Lyn Jackson	16.42	1st F40-49
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**Sydney Corporate Cup,
Royal Botanical Gardens. 16/05/2007, 6km**

Stephen Browne	27:05
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SMH Half, 20/05/2007 (Gun Times)

Dot Siepmann	128:51	##
John Ovenden	131:52	
Fumi Takahashi	125:58	
Deirdre Stewart	119:15	
Manal Garcia	105:23	##
Martin Amy	95:53	
Larissa Tichon	125:58	
Max McGown	115:52	
Sonja Kukec	132:06	
Steve Browne	100:57	
Eddie McLean	154:52	
Jon Patrick	119:32	
Lawrence Ullio	113:25	
Emanuel Finos	103:27	
Kerry Bray	140:43	
Danielle van Zuylen	115:11	##
Stretch Fowler	126:10	

Blacktown Fun Run, 27/05/2007, 10km

Eddie McLean	76:55 1st 70+
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Rockdale Fun Run, 27/5/07, 5km

Thalia Anthony	23:29
Kerry Bray	28:27

Sydney Marathon Clinic 27/5/2007**25km**

Emanuel Finos	1:52:22	4min PB
Lyn Jackson	1:55:00	2nd Female

10km

Stephen Browne	43:34	Woodstock PB
John Dawlings	42:17	3rd M45-54

5km

Joe Ayoub	23:07	
Therese Ayoub	27:41	2nd F45-54
Rick Benvenuti	27:42	
Maree Lucas	26:26	2nd F55+
John Ovenden	24:04	3rd M55+
Dot Siepmann	26:21	1st F55+, Course PB
Geoff Andrews	40:37	walked ##
Stephanie Andrews	42:08	walked ##

Sydney Marathon Clinic, Final Pointscore**Long Course**

Emanuel Finos	3 rd M30-39
Lyn Jackson	1st Female

5km

John Ovenden	3rd M55+
Therese Ayoub	2nd F45-54
Rick Benvenuti	3rd F35-44
Dot Siepmann	1st F55+

5km Walk

Geoff Andrews	2nd Male
Stephanie Andrews	2nd Female

ANSW X-Country Relays, Miranda 2/6/07,**4km**

Dot Siepmann	22.07 ##
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Sydney Striders, Lane Cove, 2/6/07 10km

Emanuel Finos	42:26
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MS Run, 3/6/07, 8 km

Lesley Maher	43.31
Bridget Akers	44.51
Dot Siepmann	47.14
Thalia Anthony	39.12
Deirdre Stewart	41.43

Great Nosh Footrace, 3/06/2007, 15km

Lorraine Spanton	97:10
Calli Brown	110:51 ##

Cutler Run, Manly Dam, 03/06/2007, 8km

Lyn Jackson	35:07 1 st 40-49
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Pub to Pub, Dee Why, 03/06/2007, 13km

Maree Lucas	81:39
Paul Barnett	73:37

Manly Soft Sand Run, 10/06/07, 9km

Manal Garcia	48:23 3rd 30-39
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Sydney Corporate Cup, Royal Botanical**Gardens. 6 Kms**

30/5/07	Stephen Browne	27:20
13/6/07	Stephen Browne	27:35

MiniMosmarathon, 17/06/07, 10km

Emanuel Finos	44:00
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Bay to Bay, 17/6/07, 12km

Thalia Anthony	60.30
John Dawlings	50.35
Mark O'Donnell	62.54 ##
Tony Purss	61.17
Dot Siepmann	68.52 3rd F60-69
Deirdre Stewart	62.16

ANSW X-Country, Nowra, 23/06/2007, 6km

Dot Siepmann	35:01 2nd 60+ ##
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Sydney Striders, Homebush, 7/7/07, 10km

Emanuel Finos	42:24
Nick Spasevski	42:01

**ANSW Short X-Country Championships,
Cataract Abbotsbury, 14/07/07, 5km**

Dot Siepmann	29:46 2 nd W60 ##
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4.5km

Lyn Jackson	??:??
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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 F40-49
Maree Lucas	63.32
Greg Muir	41.42
Mark O'Donnell	48.04 ##
John Ovenden	59.26
Dot Siepmann	61.32
John Philips	66:36

Sydney Corporate Cup, Royal Botanical**Gardens. Series 58, 6 Kms**

Run 5 11/7/07	Stephen Browne 26:40
Run 6 25/07/07	Stephen Browne 28:50

Bay Run, 29/7/2007, 7km

Eddie McLean	44:39
Barry Cole	46:49
Thalia Anthony	33:39
Dot Siepmann	40:46
Larissa Tichon	35:42
John Ovenden	34:49
Kieran Briscoe	29:29 ##

**ANSW Road Relay Championships,
Wollongong, 4/08/07, 4km**

Dot Siepmann	20:23 ##
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Sydney Striders, Lane Cove, 4/8/07, 10km

Emanuel Finos	41:19
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**Sydney Corporate Cup, Royal Botanical
Gardens, Series 59, 6 Kms**

Run 1 15/8/07	Stephen Browne 26:30
Run 2 29/8/07	Stephen Browne 26:15

Bankstown Half Marathon, 19/08/2007**21.1km**

Emanuel Finos	91:49
Brendan Davies	97:13
Thalia Anthony	108:59
Jeff Morunga	113:58

5km

Lyn Jackson	22:50 3rd Female
Kerry Bray	28:22 2nd Age
Eddie McLean	31:18

Sydney Strides, North Head, 1/09/2007, 10km

Emanuel Finos	41:16
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Father's Day, Olympic Park, 2/09/2007, 5km

Brendan Davies	20:06
John Ovenden	23:35 PB 3rd 61-70

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City to Surf, 12/8/07, 14km

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

Others

Tony Brown	80:10	##
Rosa Brown	70:27	##
Eugene Brown	77:56	##
Janet Burstall	92:04	##
Taylah Glennan	129:43	##
Ben Glennan	129:44	##

Sydney Marathon Clinic, 9/9/2007

21.1km

Emanuel Finos	90:59	PB 2 nd 30-39
Joe Ayoub	136:09	
Therese Ayoub	136:09	1 st F40-49
Nick Spasevski	96:25	
Vass Vassiliou	102:29	

5km

Lyn Jackson	20:56	1 st Female, course record
Dot Siepmann	27:49	1 st F55+

5km Walk

Geoff Andrews	40:24##	2 nd
Stephanie Andrews	46:06##	

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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