

The Woodstock Rundown



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NOVEMBER 2007

THE RUNDOWN ON MEMBERS

Many members deserve congratulations and pats on the back for lots of excellent performances over the past month. Susan Murray won her age category in the very competitive Olympic distance Triathlon at Nowra. Best of luck, Susan, as the season gets into full swing.

Brendan continues to impress with another wonderful Marathon, this time at Fitzroy Falls, where he was placed 11th overall in 3.21 and followed that with a fabulous run the very next day over the hilly 8km Maroubra Fun Run course.

Brilliant runs were recorded by a number of members in the various runs in Melbourne. Well done to all of you. Check out their great times and placings on The Rundown's result page.

Even overseas one of our members was "starring". Jon Patrick is now the Rochester Harvest Senior 10k Champion. Jon experienced some novel events during his time in Minnesota. It's good to have you back, Jon. We also welcomed back Maree and Kevin from their travels in the UK, Ireland, France and Spain.

New member, Paul Milazzo, is running well on Tuesdays and we hope to see him entering some races before too long. Happy birthday for last month Paul.

The Committee, with Sonja at the helm, has been busy organising this year's Christmas Party and Presentation of Awards. We hope to see a large number of members, partners and friends along to Drummoyn Sailing Club on Sunday December 2 for what promises to be an enjoyable evening. Come along and support your Club and you never know, you may have won an award.

Until next month, happy running, walking and swimming.

Kerry

November Birthdays:

John Ovenden 4, Tony Purss 6, Rick Collins 11, Manal Garcia 18, Deirdre Stewart 20, Barry Cole 25

Stop Press! The Woodstock men's team for the Fisher's Ghost fun run is:

John Phillips
Steve Browne
Brendan Davies
Emanuel Finos and
John Dawlings

Thalia Anthony is also entering but we aren't able to get any other suitably insane women to form a team. John.



Woodstock Runners

Summer Program October 2007 to April 2008

Tuesday Runs

(Meet at 6.00pm at Woodstock, Burwood)

23/10/2007 Concord (9km)
 30/10/2007 Strathfield Stride 10km
 6/11/2007 Blue Mountains Express 10.5km
 13/11/2007 Cabarita 11km
 20/11/2007 Kev's Kadiddlehopper 10km
 27/11/2007 Parks Run 11km
 4/12/2007 Putney Punt 12km
 11/12/2007 Pack Run
 18/12/2007 Strathfield Stride 10km

25/12/2007 Tuesday - Christmas Day Run - Bay Run from Brett Park, Drummoyne, 7.30am start
 26/12/2007 Wednesday - Rodd Point Run, meet at Rodd Point, 6.30am start, 10/15/20K options

1/01/2008 Cooks River Canter 10km
 8/01/2008 Blue Mountains Express 10.5km
 15/01/2008 Cabarita 11km
 22/01/2008 Kev's Kadiddlehopper 10km

26/01/2008 Friday - Australia Day Run - details to be confirmed

29/01/2008 Parks Run 11km
 5/02/2008 Putney Punt 12km
 12/02/2008 Pack Run
 19/02/2008 Bayview 10km
 26/02/2008 Strathfield Stride 10km
 4/03/2008 Cooks River Canter 10km
 11/03/2008 Blue Mountains
 18/03/2008 Cabarita 11km
 25/03/2008 Kev's Kadiddlehopper 10km
 1/04/2008 Parks Run 11km

Saturday Runs

(meet at 7.20am at Brett Park, Drummoyne, 7:30am start)

27/10/2007 Balmain 9km
 6/11/2007 Timbrell Park 8km
 10/11/2007 Five Dock 7km
 17/11/2007 **Handicap Run #4, Brett Park**
 24/11/2007 Drummoyne 9km
 1/12/2007 Balmain Shores 7.5km
 8/12/2007 Hell Hill 8km
 15/12/2007 Balmain 9km
 22/12/2007 Timbrell Park 8km

29/12/2007 Five Dock 7km
 5/01/2008 Bay Run 7km
 12/01/2008 Drummoyne 9km
 19/01/2008 Balmain Shores 7.5km

2/02/2008 Hell Hill 8km
 9/02/2008 Balmain 9km
 16/02/2008 Timbrell Park 8km
 23/02/2008 **Handicap Run #1, Brett Park**
 1/03/2008 Five Dock 7km
 8/03/2008 Bay Run 7km
 15/03/2008 Drummoyne 9km
 22/03/2008 Balmain Shores 7.5km
 29/03/2008 Hell Hill 8km
 5/04/2008 Balmain 9km

The Saturday group meets from 7:20am, leaving at 7:30am sharp.

Summer program continues until Daylight Saving ends (6/4/2008) (subject to legislation being passed).

The Handicap Runs start at Brett Park, Drummoyne from 7:30am (opposite the Drummoyne Rowing Club)

Further Club information is on our website at www.woodstockrunners.org.au

Handicap Event, 17/11/2007

The 2007 Handicap Series finishes off later this month, with the fourth event being held on 17/11/2007. It starts from **7:30am sharp** near the normal Brett Park run, with runners & walkers handicapped according to pace. The entry fee is only \$2, with the usual “lucky place” prize of a pair of movie tickets.



Entrants nominate their own time. However, to be fair to other entrants:

- **Anyone beating their time by more than one minute will be disqualified.**
- **Watches are not permitted, to prevent “staged” finishes.**

The best three events for each member count towards the 2007 Pointscore Awards. The points basis has been simplified for this year, using 1 point for last, 2 points for second last, etc.

The registration list will be available on Tuesday 13/11/2007 to register your time, or you can phone me on 9680 7476 or 0413 484 053 (or SMS) with your time, or by email on colin_townsend@optusnet.com.au

All time estimates are required by 8:00pm 16/11/2007 (Friday night), so that the start can proceed without too many interruptions.

Afterwards, there is always a group that goes to Bowen Island for tea/coffee & a chat.

Annual Awards – Perpetual Trophies

With our annual awards to be presented at the function on 2nd December, 2007, all holders of the perpetual trophies are asked to return them ASAP.

Can you please return them to Kay Johnson, or to a Committee Member at any of our meetings.



NRL TIPPING COMP 2007

Woodstock Runners NRL Footy Tipping 2007 (Comp# 91191)

THIS WEEK			OVERALL LADDER		
# (LW)	TIPSTER	POINTS	# (LW)	TIPSTER	TOTAL
1 (1)	ajbb	2	★ 1 (1)	Go Jana Love Tamsyn	258
1 (8)	Colin T	2	★ 2 (2)	ajbb	249
1 (6)	jasontoirkens	2	★ 3 (3)	SBrowne57	246
1 (1)	sb9	2	★ 4 (4)	sb9	245
1 (1)	SBrowne57	2	★ 5 (5)	Colin T	232
1 (6)	Trialex	2	★ 6 (6)	jasontoirkens	230
7 (8)	efbb	0	7 (7)	v3553	225
7 (1)	Go Jana Love Tamsyn	0	8 (8)	Trialex	222
7 (8)	LukeT1	0	9 (9)	stretchfowler	215
7 (8)	qazxs	0	10 (10)	qazxs	206

FOR SALE

Attaches are the pictures of the Woodstock bar fridge. Sale price \$100. Ring Greg M on 0410628510 if interested.



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WEBSITE ENHANCEMENTS

We are about to release some major enhancements to our website, courtesy of Lance Scaife-Elliott, whom some of you may remember from about 5 years ago.

In short, he's moving our website to a platform like what Wikipedia (www.wikipedia.org) uses, so that all members of the club can more easily add content, rather than just me.

Stay tuned, & keep watching your email or the website (www.woodstockrunners.org.au) for more details. Please let me know if you have an email address to add to the Club Email List.

Colin Townsend

RESULTS

Sydney Marathon Clinic, 27/05/07

10km

Stephen Browne 43:34

SMH Half, 27/05/07

21.1km

Kerry Bray 2:10:36

Striders, Homebush, 6/10/2007

10km

John Dawlings 41:40

Emmanuel Finos 42:18

Nick Spasevski 45:12

Vass Vassiliou 45:36

Brendan Davies 46:04

Fitzroy Falls Fire Trail Marathon, 13/10/07

42.2km

Brendan Davies 3:24:09

Sydney Corporate Cup, 10/10/07

Royal Botanical Gardens. (Run 5, Series 59)

6 Km

Stephen Browne 26:05

Harbour Bridge Run, 23/9/2007

9km

Lyn Jackson 38.06

Dot Siepmann ??:?? 2nd 60-69

Maroubra Fun Run, 14/10/07

4km

Sonja Kukec 21:18

Eddie McLean 24:00 1st M70+

John Ovenden 19:02

Dot Siepmann 21:34 1st F61-70

8km

Brendan Davies 32:46

John Dawlings 33:26

SMC, 21/10/07

21.1km

Thalia Anthony 1:52:18 3rd o/all

Joe Ayoub 2:13:34

Therese Ayoub 2:13:34 1st 40-49

Brendan Davies 1:31:15 2nd 30-39

Emmanuel Finos 1:35:09

Jeff Morunga 2:06:00

Nick Spasevski 1:40:28

Vass Vassiliou 1:40:28

10km

John Dawlings 43:53 3rd 45-54

Sonia Kukec ??:??

Eddie McLean 66:59

John Ovenden 52:58

5km

Lyn Jackson 20:42 1st o/all, age record

Dot Siepmann 27:41 1st 55+

Sydney Strider 10km - Lane Cove, 3/11/2007

10km

Emmanuel Finos 42.44

Club Uniforms for Sale

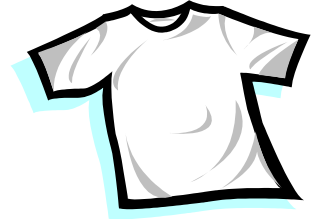
Do you need to buy any more of our uniform items?

Here's a summary of all Club Uniform items that are currently available.

Superceded Singlets Just \$5 – these are priced to clear



Superceded t-shirts - just \$5 – priced to clear, in a mix of white or grey, or white with blue sleeves



Short Sleeve Shirts - \$45

Limited stocks, first in, first served



Caps \$20 – one size fits all



Singlets - \$40 available in male & female fittings.



Bra Tops \$60 – available in sizes 6, 8 & 10.



Polar Fleeces \$28 – there are still a few left, if you want to get a great top for next winter. They are very warm & include an embroidered club logo.

Limited stocks, first in, first served



To order these items, you can:

- Order & pay online at www.registernow.com.au/clubs/wood_run.htm
- Contact **Dot Siepmann** on dsiepmann@mail.fairfax.com.au or Phone 9637 9536 (H) or 9282 3801 (W).

NB. Members are reminded that for performances to qualify for Club awards, the Club Uniform must be worn, unless the event rules stipulate otherwise, or if the member is waiting on the supply of their uniform.

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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