

# The Woodstock Rundown



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Online Memberships: <https://www.registernow.com.au/secure/Register.aspx?ID=66>

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DECEMBER 2007

## THE RUNDOWN ON MEMBERS

What a wonderful party! I'm sure all members and their partners would wish me to pass on our thanks especially to Sonja, Kay and Greg as well as everyone who contributed to a most enjoyable evening. An excellent turnout, a fabulous venue, delicious and plentiful food, complemented by great organisation resulted in one of our best Christmas parties. Congratulations to all trophy recipients. With many nominations in every category, the winners should feel very proud and satisfied with their performances during the year.

Thanks also to Greg for supplying us with the compression gear. They are very comfortable and I'm sure we are all hoping for many PBs in the future. John Dawlings did a wonderful job in organising the last Handicap. Thanks John and congrats to the winners.

Now that most of us have seen the magnificent trophy designed and made by Derek, we shall all be striving to achieve well in next year's Handicap series in the hope we will have our name engraved on the masterpiece. We are very fortunate to have a craftsman of the calibre of Derek who generously donates such a trophy to our Club. We are most grateful to you, Derek.

Congratulations to Peter O'Sullivan who recorded a great time in his very first Half Ironman Triathlon at Port Macquarie. To finish a 1.9k swim, 90k cycle and 21.1k run is no mean effort. Well done, Peter.

Kazu has sold his Japanese Restaurant in Annandale. He is managing it at present, so am sure you'd still be guaranteed a great meal. You may enjoy more time running now, Kazu.

Good luck and happy travels to Jon Patrick who is heading for Manchester University for two months. We hope to hear a story or two on the email from the UK, Jon.

I wish each and everyone a most wonderful Christmas, enjoyable holiday and a brilliant 2008 with lots of PBs.

### **Kerry**

#### July Birthdays:

Chris Siepen 1

Rosalind Lloyd 3

Therese Ayoub 9

Kay Johnson 9

Roy Rankin 14

Lyn Jackson 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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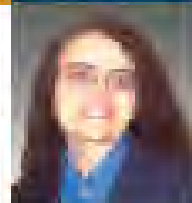
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**Woodstock Runners Handicap Event, 17/11/2007**  
**Held around the 7km Bay Run course**

<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>
Dot Siepmann	42:00	7:33:00	8:14:38	0:41:38	1	21
Sonja Kucek	39:00	7:36:00	8:14:44	0:38:44	2	20
Kazu Takahashi	30:00	7:45:00	8:14:48	0:29:48	3	19
Greg Muir	28:00	7:47:00	8:14:52	0:27:52	4	18
Thalia Anthony	33:00	7:42:00	8:14:56	0:32:56	5	17
Brendan Davies	28:00	7:47:00	8:15:00	0:28:00	6	16
Kerry Bray	42:30	7:32:30	8:15:07	0:42:37	7	15
Tony Purss	33:00	7:42:00	8:15:33	0:33:33	8	14
Emanuel Finos	28:30	7:46:30	8:15:40	0:29:10	9	13
Stretch Fowler	39:00	7:36:00	8:15:48	0:39:48	10	12
Jeff Morunga	35:00	7:40:00	8:16:17	0:36:17	11	11
Barry Cole	45:22	7:29:38	8:17:04	0:47:26	12	10
Julian Burbidge	29:00	7:46:00	8:17:19	0:31:19	13	9
Jon Patrick	35:00	7:40:00	8:17:43	0:37:43	14	8
Tony Burbidge	39:00	7:36:00	8:18:10	0:42:10	15	7
Louise Hawkins	44:00	7:31:00	8:26:57	0:55:57	= 16	5.5
Eddie McLean	44:00	7:31:00	8:26:57	0:55:57	= 16	5.5
Julia Stenton	57:30	7:17:30	8:11:58	0:54:28	DQ	4
Derek White	63:00	7:12:00	8:13:20	1:01:20	DQ	4
Max McGown	37:00	7:38:00	8:13:43	0:35:43	DQ	4
Maree Lucas	43:10	7:31:50	8:13:48	0:41:58	DQ	4

In this Handicap event, Dot Siepmann, Sonja Kucek & Kazuaki Takahashi took the first three places.

There were 2 Handicap PB's set:

Thalia Anthony	32:56	0:29 Handicap PB
Sonja Kucek	38:44	2:01 Handicap PB

The fastest male was Greg Muir (27:52)

The fastest female was Thalia Anthony (32:56)

DQ indicates disqualified for being more than one minute under estimated time, so they get the pointscore of 18th 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>17/11/2007</u>		
<b>Place</b>	<b>Name</b>	<b>Points</b>	<b>Points</b>	<b>Points</b>	<b>Points</b>	<b>Total (Best 3)</b>	<b>Count</b>
1	Muir, Greg	21	21	1	18	60	4
2	Finos, Emanuel	16	18	14	13	48	4
3	Takahashi, Kazuaki	5	10	13	19	42	4
=4	Fowler, Stretch		14	15	12	41	3
=4	Anthony, Thalia	14	10	9	17	41	4
=6	Cole, Barry	10	13	17	10	40	4
=6	Siepmann, Dot	13		6	21	40	3
8	Bray, Kerry	11	10	11	15	37	4
9	Purss, Tony		15	7	14	36	3
10	McLean, Eddie	19	10		5.5	34.5	3
11	Ovenden, John	7	10	16		33	3
12	Phillips, John	5	10	12		27	3
=13	Lucas, Kevin	5	17	2		24	3
=13	Lucas, Maree	20			4	24	2
15	Blackwell, David	15		8		23	2
16	Cullen, Christine	22				22	1
17	Morunga, Jeff		10		11	21	2
18	Dawlings, John			9.00	11.1	20.1	2
=19	Kukec, Sonja				20	20	1
=19	Mahony, Pat		16	4		20	2
=19	Rankin, Roy		20			20	1
=22	Akers, Bridget		19			19	1
=22	Burbidge, Julian		10		9	19	2
=22	Ullio, Lawrence	9	10			19	2
=25	Cullen, Gerry	17.5				18	1
=25	Tichon, Larissa	17.5				18	1
=27	Stenton, Julia	12			4	16	2
=27	Davies, Brendan				16	16	1
29	Townsend, Colin		13.1			13	1
=30	Hill, Alex	12				12	1
=30	Tichon, Larissa		12			12	1
=30	White, Derek	5		3	4	12	3
33	Takahashi, Fumi		11			11	1
=34	Amy, Martin		10			10	1
=34	Laws, Steve ##			10		10	1
=36	Patrick, Jon				8	8	1
=36	Stewart, Deirdre	8				8	1
38	Burbidge, Tony				7	7	1
39	Collins, Rick	6				6	1
40	Hawkins, Louise				5.5	5.5	1
=41	O'Mahoney, Claire ##			5		5	1
=41	Spanton, Lorraine	5				5	1
43	McGown, Max				4	4	1

## indicates not a current financial member.


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FOR EVERY FIRST CONSULT FOR A MEMBER ,  
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**Melbourne Half Marathon, 7/10/2007**21.1km

Thalia Anthony 1:44:07

**St Mary's Fun Run, 28/10/2007**8km

Thalia Anthony 36:17 1st 16-29

Brenden Davies 31:15

John Dawlings 32:18 1st 50-59

Eddie McLean 49:50

Dot Siepmann 43:39 1st 60+

**Sri Chinmoy Series, Lake Gillawarna, 4/11/2007**16km

Thalia Anthony 1:21:26 2nd U55

Brenden Davies 1:11:53 3rd M O/All

8km

John Dawlings 0:34:44 1st 50-59

Dot Siepmann 0:47:35 1st 60-69

**Fishers Ghost, 11/11/2007**10km

Thalia Anthony 48:31 3rd 20-29

Emmanuel Finos 43:39

Stephen Browne 44:58

Brenden Davies 42:37

**Sydney Marathon Clinic, 18/11/2007**21.1km

Emmanuel Finos 1:35:58

Brenden Davies 1:28:36

Joe Ayoub 2:20:12

Therese Ayoub 2:20:12 3rd 40-49

Thalia Anthony 1:46:00 3 F O/All

Ric Benvenuti 2:14:38

Jeff Morunga 2:10:00

10km

Eddie McLean 1:05:02

Nick Spasevski ??? 3rd 45-54

5km

Lyn Jackson 21:43 1st F O/All

Dot Siepmann 28:06 1st 55+

**JP Morgan Chase Corporate Challenge, 14/11/2007**5.6km

Stephen Browne 23:46

**Central Coast Half Marathon, 2/12/2007**21.1km

Brenden Davies 1:24:15

**Striders Lane Cove, 3/11/2007**10km

Brenden Davies 0:44:29

Woodstock Logbook 2007

	A	B	C	P	Q	R	S	T	U	AH
1	Given Name	Surname	KM	Top Walker			Given Name	Surname	KM	Top Walker
2	John	Ovenden	745			44	Brendan	Davies	138	
3	Roy	Rankin	676			45	Julian	Birbigde	127	
4	Stretch	Fowler	578			46	Alecia	Fiorentino	124	X
5	Emanuel	Finos	509			47	Lyn	Jackson	121	
6	Greg	Muir	475			48	Paul	Barnett	110	
7	Jon	Patrick	472			49	Christine	Cullen	107.5	
8	Sonja	Kukec	471.5			50	Martin	Amy	101.5	
9	Barry	Cole	470			51	Lloyd	Laing	100	
10	Vass	Vassiliou	443			52	Tony	Purss	99	
11	Dot	Siepmann	419			53	Gerry	Cullen	88	
12	Maree	Lucas	403			54	Bridget	Akers	79	
13	Kerry	Bray	390.5			55	Tony	Birbigde	73	
14	Fumi	Takahashi	375			56	Louise	Hawkins	70	
15	Eddie	McLean	370			57	Calli	Brown	63	
16	Alex	Hill	362			58	Arnold	Beauchamp	49	
17	John	Phillips	358			59	Ross	Keys	48	
18	Rick	Collins	353			60	Willem	Vervoort	46	
19	Kazuaki	Takahashi	343.5			61	David	Mathers	45	
20	Jeff	Morunga	337			62	John	Pollard	24	
21	John	Dawlings	280.5			63	Sue	Johnson-Ham	22	
22	Max	McGown	273.5			64	Ian	Whitfield	15	
23	Ray	Dean	270			65	Nick	Spasevski	15	
24	Colin	Townsend	259			66	Yvonne	Fillery	10	
25	Derek	White	256.5			67	Joseph	Ayoub	9	
26	Kevin	Lucas	245	X		68	Manal	Garcia	9	
27	Pat	Mahony	244			69	Therese	Ayoub	9	
28	Stephen	Browne	243.5			70	Bronwyn	Suley	7	
29	Lawrence	Ullio	238			71	Rosalind	Lloyd	7	
30	Danielle	Van Zuylen	230			72	Angela	Benvenuti	0	
31	Deirdre	Stewart	229.5			73	Barry	Crisp	0	
32	Susan	Murray	229.5			74	Chris	Siepen	0	
33	Peter	O'Sullivan	226.5			75	Chris	Thoroughgood	0	
34	Ken	Murray	224	X		76	Christine	Berle	0	
35	Thalia	Anthony	216.5			77	John	Murray	0	
36	Larissa	Tichon	215			78	Julia	Stenton	0	
37	Kay	Johnson	213	X		79	Marlene	Cole	0	
38	David	Blackwell	205.5			80	Maryellen	Galbally	0	
39	Jenny	Vassiliou	190			81	Riccardo	Benvenuti	0	
40	Lorraine	Spanton	179			82	Robyn	Briscoe	0	
41	Beverley	Edwards	168	X		83	Stephen	Lloyd	0	
42	Lesley	Maher	157			84	Steve	Briscoe	0	
43	Max	Hall	144			85	Steve	Hadlow	0	
44						86	Trevor	Dartnell	0	

#### *SYDNEY SUMMER SERIES #10 - KISSING POINT ROAD*

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 4:45pm and 6:45pm from Cowells Lane Reserve, Cowells Lane, Ermington contact: Ross Barr (Series Co-ordinator) or Steve Holloway (9622 5089). email: ross.barr@rossbarr.com.au. Visit the *website* for more details.

#### *ANDREW BOY CHARLTON BIATHLON SERIES 2007*

4km run followed by a 300m swim - summer biathlon. Starts 6.30pm from Mrs Macquaries Road, The Domain, City. Online Rego available - see website. contact: Phone 1300-132-921. email: admin@andersonevents.com.au. Visit the *website* for more details.

#### *TOUR DE MOUNTAIN (ACT)*

19km, 3 person relay (19km), 13.6km, 6:30am, Southlands shopping centre, Mawson contact: Mick Corlis. email: mick.corlis@wizardis.com.au. Visit the *website* for more details. Click here for an entryform.

#### *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.

#### *SYDNEY SUMMER SERIES #11 - BALMORAL BEACH*

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 4:45pm and 6:45pm from Balmoral Park, The Esplanade, Mosman contact: Ross Barr (Series Co-ordinator) or Terry Bluett (9948 6945). email: ross.barr@rossbarr.com.au. Visit the *website* for more details.

#### *ANDREW BOY CHARLTON BIATHLON SERIES 2007*

4km run followed by a 300m swim - summer biathlon. Starts 6.30pm from Mrs Macquaries Road, The Domain, City. Online Rego available - see website. contact: Phone 1300-132-921. email: admin@andersonevents.com.au. Visit the *website* for more details.

#### *MT.KOSCIUSKO MARATHON AND HALF MARATHON*

Starts 8am from Charlotte Pass Village at 1780m altitude - depending on conditions, to be decided on the day, can be sunny 15C or snowing -2C to top of Australia 2228m altitude and back for the half marathon. 2 laps for the full marathon. Accommodation at Ski lodge in Charlotte Pass. contact: Dusan Hora (02) 9981-1463. email: sonjahor@tpg.com.au.

#### *BEYOND THE BLACK STUMP - A FAT ASS RUN*

16km, 33km starts 7am from Berowra (northern Sydney). A great way to recover from the holidays. A difficult run on fire trail and technical single-file bush tracks. Lots of up and down. Great views but very hard work. No Fees, No Awards, No Aid, No Wimps! **Beginners NOT encouraged.** contact: Kevin Tiller by phone 0419-244-406. email: kevin@coolrunning.com.au. Visit the *website* for more details.

#### *SYDNEY SUMMER SERIES #12 - WALLUMATTA BAY*

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 4:45pm and 6:45pm from Gladesville Reserve, Huntleys Point Road, Huntleys Point. contact: Ross Barr (Series Co-ordinator) on (02) 9489-4154. email: ross.barr@rossbarr.com.au. Visit the *website* for more details.

#### *SYDNEY SUMMER TWILIGHT SERIES, RACE 3*

The Sydney Summer Twilight Series is an informal 5 and 10K series in the Sydney Metro area over the Summer, organised by coolrunners. Races are held in the twilight so that runners can race after work. Runs are self-timed and all standards are welcome. Friday, January 4 7:00PM - The Bay Run, starting at the 0km marker on Henley Marine Drive, near Drummoyne Rowers Club. Options: 10km (out and back on CR5k course), 5km (out and back to 2.5km marker to be supplied), 7km round the bay. Refreshments afterwards. For latest information check the CR forums thread Visit the *website* for more details.

#### *SYDNEY SUMMER SERIES #13 - TARBAN CREEK*

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 4:45pm and 6:45pm from Reserve, Cnr Mary Street and Gladesville Road, Hunters Hill contact: Ross Barr (Series Co-ordinator) or Matt Peters (9879 5089). email: ross.barr@rossbarr.com.au. Visit the *website* for more details.

#### *ANDREW BOY CHARLTON BIATHLON SERIES 2007*

4km run followed by a 300m swim - summer biathlon. Starts 6.30pm from Mrs Macquaries Road, The Domain, City. Online Rego available - see website. contact: Phone 1300-132-921. email: admin@andersonevents.com.au. Visit the *website* for more details.

#### *KEMBLA JOGGERS STALKYS HALF*



[21k mountain race all running abilities welcome race location start Obriens Road Figtree Opposite High school 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.](#)

*KATHMANDU ADVENTURE SERIES - EUROKA CLEARING, BLUE MOUNTAINS*

*28TH THREDBO NATIONAL RUNNING WEEK* Visit the *website* for more details. Click here for an entryform.

*KATHMANDU ADVENTURE SERIES - EUROKA CLEARING, BLUE MOUNTAINS*

*SYDNEY SUMMER SERIES #14 - TWO CREEKS TRACK*

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 4:45pm and 6:45pm from East Lindfield Park, Wellington Road, East Lindfield contact: Ross Barr (Series Co-ordinator) or Wayne Pepper (9875 4804). email: ross.barr@rossbarr.com.au. Visit the *website* for more details.

*ANDREW BOY CHARLTON BIATHLON SERIES 2007*

4km run followed by a 300m swim - summer biathlon. Starts 6.30pm from Mrs Macquaries Road, The Domain, City. Online Rego available - see website. contact: Phone 1300-132-921. email: admin@andersonevents.com.au. Visit the *website* for more details.

*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.

*SYDNEY SUMMER SERIES #15 - DEE WHY LAGOON*

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 4:45pm and 6:45pm from James Meehan Reserve, Richmond Ave, Dee Why contact: Ross Barr (Series Co-ordinator) or Karin Heftner (9481 9659). email: ross.barr@rossbarr.com.au. Visit the *website* for more details.

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*ANDREW BOY CHARLTON BIATHLON SERIES 2007*

4km run followed by a 300m swim - summer biathlon. Starts 6.30pm from Mrs Macquaries Road, The Domain, City. Online Rego available - see website. contact: Phone 1300-132-921. email: admin@andersonevents.com.au. Visit the *website* for more details.

*AUSTRALIA DAY ILLAWARRA AQUATHON*

Distance: 200/2k (juniors); 400/3k; 800/7.2k (swim/run), Event Time: Rego: 6.30- start 8.40am, Location of race: Belmore Basin, Wollongong Harbour. Other details: Come and celebrate the 10th anniversary of this ever popular community fitness event. Join over 800 participants of all ages and abilities for a fantastic community based fitness event to launch your Australia Day fun. Chip timing system, great prizes, safe scenic course and fun for all. Wonderful atmosphere, plenty of post event activities as part of Australia Day in Wollongong. Only 60 minutes south of Sydney. 8 yrs young and growing. Supports Anglicare NSW. contact: Rob Battocchio 0413-862-676. email: rocket.rob@optusnet.com.au. Visit the *website* for more details.

*MENAI MARKETPLACE COMMUNITY FUN RUN*

Distance: 8.2km & 3.2km. Event Time: 8am, marshalling starts at 7am. Location of race: Menai Park, Menai. Other details: U/12, U/16, open, over 40 & over 50 age groups in both runs. Map of runs & entry form is on the web site. Barrel Draw Prizes. contact: Steven Clarke (02) 9774-7152 contact: Steven Clarke 0417 008 217. email: funrun05@yahoo.com.au. Visit the *website* for more details. Click here for an entryform.

*SUNCORP GIO AUSTRALIA DAY FUN RUNS, PENRITH LAKES*

Free to enter 5km and 10km Fun Runs around Sydney International Regatta Centre, Penrith Lakes. There is a total prize pool of over \$4,000 prizes including for the overall winners of categories and 'spot' prizes for other entrants. 10km: Overall winners - male and female: \$300 each, 5km: Overall winners - male and female: \$175 each, 1st in each category: \$55, 2nd in each category: \$35, Age Groups: 5km - Over 50 years, Over 35 years, Open, U20, U18, U16, U14, U12, U10, 10km - Over 50 years, Over 35 years, Open, U20. Race Starts: 7:30am. Participants are welcome to stay for a free family day of entertainment after the races. contact: Evelyn Stark - (02) 9623 6608. email: [starks@hotlinks.net.au](mailto:starks@hotlinks.net.au). Visit the *website* for more details.