

# The Woodstock Rundown



Internet address: [www.woodstockrunners.org.au](http://www.woodstockrunners.org.au)

Email: [info@woodstockrunners.org.au](mailto:info@woodstockrunners.org.au)

Results: [rundown@woodstockrunners.org.au](mailto:rundown@woodstockrunners.org.au)

Postal Address: PO Box 672, BURWOOD NSW 1805

**MARCH/APRIL 2008**

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

Online Uniform Orders: <https://www.registernow.com.au/secure/Register.aspx?ID=503>

## THE RUNDOWN ON MEMBERS

Thanks to all who came to Cronulla for the Woodstock Brekkie Run despite a less than sunny day. Big seas caused higher than normal tides and even though yours truly had chosen a day with a tide some 3 hours from high, we decided the event should have been called the Woodstock Brekkie Biathlon when we struggled through almost knee deep water at one stage. It was an enjoyable morning for all, especially the Cullen family when Joan and Gerry each took home a lucky draw prize.

Joe Ayoub was far from his usual exuberant self at Cronulla having fallen from his roof a fortnight ago, suffering a variety of injuries. We wish you a full and rapid recovery, Joe. Christine and Ross became Grandparents once again, receiving the call while we were running.

Congratulations to Susan Murray who was placed 4th in the National Olympic Distance Triathlon Championships in Perth following on from her 1st placing in Canberra. Susan is hoping to be selected in the Australian team for the World Championships in Vancouver in June. We have our fingers crossed for you, Susan.

Derek arrived at Woodstock on Feb 12 wearing a chest bib O.B.E.2day, "over bloody eighty today" and then ran with us on a Pack Run course he had designed a couple of years previously. Well done Derek and thanks to the leaders, Greg, John O, Bev, and Susan who were summonsed at the last minute.

We hope to have Dot back running very soon after a dancing injury to her foot. As well, we wish you, Dorothy, a happy time in retirement or whatever you choose to do following a reorganisation at Fairfax where Dot had worked for many years.

We wish John O a speedy recovery from his bruised heel and likewise to any other members suffering injuries. There are lots of events coming up fairly soon, so we all need to be well. Canberra is fast approaching, the Sydney Morning Herald Half Marathon has been launched and the Gold Coast Events will be announced very soon. In addition look out for the Sri Chinmoy Series where there are 3 distances on offer each month in various venues.

Thanks to John Dawlings for organising the recent Handicap Run and congratulations to the winners. Welcome home to Jon Patrick. Your Frequent Flyer Points must be adding up! Congrats to Stretch on his big ride in Tassie and his bronze medal in a Penny Farthing Event. We trust son, Jonathon, has recovered from his fall.

Happy running and walking to everyone.

**Kerry**

## March Birthdays

Maryellen Galbally 3, Kerry Bray 11, Jonathan Fowler 16, Paul Barnett 23, Ian Whitfield 27, Christine Berle 28

Hi Everyone,

A reminder about this year's Sydney Morning Herald Half Marathon which is being held on Sunday 18th May.

I will be organising team entries for Woodstock. To be included in our official teams, please do not enter online. Instead please give your entries to me. The entry form can be accessed from the race website - <http://halfmarathon.smh.com.au> . Someone should also have copies at the next few Tuesdays and Saturdays. At our Saturday and Sunday runs, someone will be collecting the entry forms, & forwarding them to me.

As the entries have filled up quite quickly in the past, I will collect entries up until Tuesday 25/3/2007 and will submit the entries ASAP after that date.

Based on last year's results, we could quite well collect one or two team awards.

Internal teams will also be available. Full details will be confirmed in the April or May Rundowns and estimated times will be collected closer to the event.

If you have any questions, please e-mail me or ring me on 0422 819 468.

Regards,

John.

Thank You

To all Woodstock members: thank you for the many kind words on the occasion of my eightieth birthday and especially Kerry's rundown in 'The Rundown' of my work for the Club.

This work has always been a pleasure, especially as it offered such a wide variety of spheres. I have always believed that worthwhile membership of an organisation must involve some giving, in return for those benefits which the organisation offers its members.

Woodstock Runners has always been a splendid example of this, with so many members contributing in so many ways.

So "Thanks for the (25 years) Memories", - and they haven't finished yet.

Derek

 **CONCORD BODY CARE** Josephine Perrone

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FOR EVERY FIRST CONSULT FOR A MEMBER ,  
A PERCENTAGE WILL BE DONATED TO  
THE WOODSTOCK RUNNERS CLUB.



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# RESULTS

## Sydney Twilight Series Race 5, Doonside

10k

Brendan Davies 0:39:35

## Sydney Striders, 2/2/2008

10km

Emmanuel Finos 0:43:18

## SMC, 17/2/2008

25km

Emmanuel Finos 1:52:58

Brendan Davies 1:41:15

Thalia Anthony 2:11:21

## Sydney Twilight Series Race 7, Parramatta

10k

Brendan Davies 0:39:10

## Bulli to Wonoona - KJs

20km

Brendan Davies 1:54:55

## SMC, January

21.1km

Thalia Anthony 1:48:35 1st 16-29

Emmanuel Finos 1:35:53

Jeff Morunga 2:06:31

Peter O'Sullivan 1:40:36

Nick Spasevski 1:45:07

Vass Vassiliou 1:44:52

10km

John Philips 1:05:14

5km

Joe Ayoub 0:30:27

Therese Ayoub 0:30:27 2nd 45-54

## Menai Marketplace, 26/01

8km

John Dawlings 0:34:48 2nd 50+

## Campbelltown City Walk, 9/03

6km

Eddie McLean 0:41:13 1st 70-79

13 starts for 13 age wins!

## Canterbury Fun Run

6km

Greg Muir 0:22:10

Derek White 0:47:19

## Sri Chinmoy, 24/02

16km

Brendan Davies 1:02:45 3rd O/All

Thalia Anthony 1:21:31

Bridget Ackers 1:31:33

8km

John Dawlings 0:33:02 1st M50

4km

Eddie McLean 0:24:05

## Sydney Twilight Series Race 8, Pyrmont

10k

Brendan Davies 0:41:03

## Striders North Head 01/03

10km

Emmanuel Finos 0:42:30

## Sydney Corporate Cup, 6km

Race 1, Series 60

Stephen Browne 0:27:40

Race 2, Series 60

Stephen Browne 0:28:35

## Orange Running Festival

21.1km

Brendan Davies 1:25:19

10km

John Dawlings 0:41:07 1st M50

## 6 Foot Track

45km

Brendan Davies 4:04:47 28th O/All 34:00

Jeff Morunga 6:04:00 PB

## SMC, 16/03

30km

Emmanuel Finos 2:21:32 PB

Brendan Davies 2:02:22

## **Woodstock Runners AGM 13/5/2008**

Our AGM will be held **Tuesday 13/5/2008** at Woodstock, starting from about 7:30pm. Our run that night will be the Woodstock Fun Run course (8km). Pizzas, drinks & dessert will be available for those who attend the AGM, at no cost to members.

**Nominations for Executive Committee** - All positions will be open for nomination & election

- President
- Vice-President
- Secretary
- Treasurer
- Teams Co-Ordinator
- Social Secretary
- Walker's Representative
- Publicity Officer
- Welfare Officer
- Website Administrator.

Please think about nominating a suitable person for the various positions, or asking someone else to nominate you.

For any members who have not yet renewed, you can use the attached Membership Form, or do so online at

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

**AGM Package** – it is intended to email an AGM package of Agenda & Club Accounts before the meeting, for members to read before the AGM. Copies will also be available at the AGM, or via post on request. Any new email addresses can be advised to [info@woodstockrunners.org.au](mailto:info@woodstockrunners.org.au)

## **Woodstock Runners - Award Recipients 2007**

### **1. Most Improved Runner of the Year**

#### **Female**

Thalia Anthony

#### **Male**

Emanuel Finos

### **2. Rookie of the Year**

Brendan Davies

### **3. Long Distance Trophy**

Vass Vassiliou

### **4. Most Outstanding Individual Road Running Performance of the Year**

#### **Female**

Lorraine Spanton - Melbourne Half Marathon, 1:47:33, 1st Female 55-59

#### **Male**

Kazuaki Takahashi - City to Surf, 52:59, 3rd Male 50-54

### **5. Most Outstanding Team Performance**

Not Awarded, no eligible performances

### **6. Membership Awards**

#### **10 Years**

Angela Benvenuti

#### **20 Years**

Max Hall

Lloyd Laing

Ian Whitfield

### **7. Handicap Awards**

1st Greg Muir

2nd Emanuel Finos

3rd Kazuaki Takahashi

### **8. Allan Tully Award**

Dot Siepmann

### **9. Club Champion**

#### **Male**

Emanuel Finos

#### **Female**

Lyn Jackson

### **10. Runner of the Year**

Dot Siepmann

### **11. Champion Person Award**

Greg Muir

### **12. Log Book Awards**

#### **Walkers**

1. Kevin Lucas	245kms
2. Ken Murray	224kms
3. Kay Johnson	213kms

#### **Runners**

1. John Ovenden	745kms
2. Roy Rankin	676kms
3. Stretch Fowler	578kms
4. Emanuel Finos	509kms
5. Greg Muir	475kms
6. Jon Patrick	472kms
7. Sonja Kukec	471.5kms
8. Barry Cole	470kms
9. Vass Vassiliou	443kms
10. Dot Siepmann	419kms
11. Maree Lucas	403kms
12. Kerry Bray	390.5kms
13. Fumi Takahashi	375kms
14. Eddie McLean	370kms
15. Alex Hill	362kms
16. John Phillips	358kms
17. Rick Collins	353kms
18. Kazuaki Takahashi	343.5kms
19. Jeff Morunga	337kms
20. John Dawlings	280.5kms



## 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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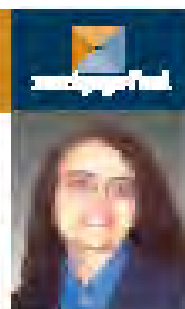
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Phone Cathia today on 9634 1837 and she'll donate 10% to the "Woodstock Runners".



# Woodstock Runners Handicap Event, 23/2/2008

## 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>
Jonathon Kearney	32:00	7:43:00	8:14:03	0:31:03	1 ##	25
Brendan Davies	27:30	7:47:30	8:14:14	0:26:44	2	24
Julian Burbidge	32:00	7:43:00	8:14:19	0:31:19	3	23
Max McGown	36:30	7:38:30	8:14:28	0:35:58	4	22
Greg Muir	27:30	7:47:30	8:14:31	0:27:01	5	21
Barry Cole	45:00	7:30:00	8:14:34	0:44:34	6	20
Eddie McLean	45:00	7:30:00	8:14:48	0:44:48	7	19
Pat Mahony	54:30	7:20:30	8:14:53	0:54:23	8	18
Larissa Tichon	44:00	7:31:00	8:14:56	0:43:56	9	17
Fumi Takahashi	44:00	7:31:00	8:14:56	0:43:56	10	16
Kim Cayzer	38:30	7:36:30	8:15:06	0:38:36	11	15
Thalia Anthony	33:15	7:41:45	8:15:14	0:33:29	12	14
Kevin Lucas	58:51	7:16:09	8:15:19	0:59:10	13	13
Gerry Cullen	48:30	7:26:30	8:15:33	0:49:03	14	12
Jon Patrick	42:00	7:33:00	8:16:12	0:43:12	15	11
Emanuel Finos	28:30	7:46:30	8:16:16	0:29:46	16	10
Katherine Richardson	38:30	7:36:30	8:17:18	0:40:48	17 ##	9
Derek White	59:30	7:15:30	8:19:09	1:03:39	18	8
Rick Collins	40:00	7:35:00	8:19:09	0:44:09	19	7
Lorraine Spanton	40:00	7:35:00	8:19:09	0:44:09	20	6
Laurence Ullio	41:10	7:33:50	8:11:45	0:37:55	21	DQ
Christine Cullen	44:00	7:31:00	8:13:14	0:42:14	22	DQ
Kazu Takahashi	31:00	7:44:00	8:13:34	0:29:34	23	DQ
Martin Amy	31:09	7:43:51	8:13:40	0:29:49	24	DQ
Kerry Bray	43:00	7:32:00	8:13:55	0:41:55	25	DQ
In this Handicap event, Brendan Davies, Julian Burbridge & Max McGown took the first three places.						
There was 1 Handicap PB set:						
	Brendan Davies	26:44	1:16 Handicap PB			
The fastest male was Brendan Davies (26:44)						
The fastest female was Thalia Anthony (33:29)						



## **Woodstock Runners – Membership Forms for 2008/9**

Membership Fees for the 2008/9 year are due by 31<sup>st</sup> March 2008. Please note the following:

1. **Renew Online** – members can once again renew online with payment by credit card on RegisterNow's secure site. About 40% of members renewed online last year, this reduces our paper records.

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

2. **Paper Form** – this is attached for those preferring this method, unfortunately offline credit card payments cannot be accepted.

3. **Due Date is 31/3/2008** - Any members not rejoining by 31/3/2008 cease to be a member on that date (refer Constitution, clause 8.2).

4. **New Club Gear Order Closing 26/2/2008** – new stock of short sleeve tops, long sleeve tops, and bra tops will be ordered from Hot Designs on 26/2/2008, based on orders received up to that date. Members will have these items by early April, just in time for the Canberra Marathon.

Short Sleeve Tops	\$45
Long Sleeve Tops	\$55
Bra Top	\$60

These items can be ordered online via RegisterNow, or on the attached Membership Form.

### **These orders will definitely close 26/2/2008.**

We still have stock of singlets and caps, and a few polar fleeces are left, these can be ordered online or purchased from our Uniforms Officer (Dot Siepmann).

The **Hot Designs sizing chart** is attached, and is on our website, or another member might let you try on their shirt for size.

5. **Cheques** - should be made payable to "Woodstock Runners", with completed forms and money to be submitted by 31/3/2008 at any of our Club runs, or posted to The Treasurer, PO Box 672, Burwood NSW 1805.

6. **Rundown & Privacy** - On your membership renewal, please indicate if you require a paper copy of the Rundown, and if you do not consent to your details appearing on our Member List. The Member List will not be posted on our website, and is only intended for internal Club purposes.

7. **ANSW Registration** - Members can register with Athletics NSW (the URL is below) if they wish to enter NSW events, or those events that are held by other NSW affiliated clubs. Just tick the NSW option, and the information will be sent to you.

[www.nswathletics.org.au](http://www.nswathletics.org.au)

8. **Insurance** - NSW Registration provides injury and accident insurance whilst participating or officiating in NSW & Woodstock events. Details, including how to claim, are available on request.

9. **ANSW Winter Events** - include the Novice Cross Country, 10km Road Championships, Road Relays, Cross Country Championships, Short Course Cross Country & Cross Country Relays), with selection in Woodstock teams for these events. Those events have age categories of 35+, 45+ & 55+, for both Male and Female. Details are shown in the NSW Handbooks, and on the NSW website - [www.nswathletics.org.au](http://www.nswathletics.org.au)

10. **Questions?** - If you have any questions about the above, please see a Committee member or myself, or contact me via email on [info@woodstockrunners.org.au](mailto:info@woodstockrunners.org.au)

Thanks,

Colin Townsend  
On behalf of the Club Committee

## Hot Designs Sizing Charts

### MENS SIZES

<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXL</b>	<b>XXXL</b>
CHEST 81-85cm (34/36")	CHEST 86-90cm (36/38")	CHEST 91-95cm (38/40")	CHEST 96-101cm (40/42")	CHEST 102-106cm (42/44")	CHEST 107-111cm (44/46")	CHEST 112-116cm (46/48")
WAIST 72-77cm (28/30")	WAIST 78-82cm (30/32")	WAIST 83-87cm (32/34")	WAIST 88-92cm (34/36")	WAIST 93-97cm (36/38")	WAIST 98-102cm (38/40")	WAIST 103-107cm (40/42")

### LADIES SIZES

<b>6</b>	<b>8</b>	<b>10</b>	<b>12</b>	<b>14</b>	<b>16</b>	<b>18</b>
BUST 77-81cm (30/32")	BUST 82-86cm (32/34")	BUST 87-91cm (34/36")	BUST 92-96cm (36/38")	BUST 97-101cm (38/40")	BUST 102-106cm (40/42")	BUST 107-111cm (42/44")
WAIST 61-65cm (24/26")	WAIST 66-70cm (26/28")	WAIST 71-75cm (28/30")	WAIST 76-81cm (30/32")	WAIST 82-86cm (32/34")	WAIST 87-91cm (34/36")	WAIST 92-96cm (36/38")

# Woodstock Runners Membership Form – 2008-2009



Name: \_\_\_\_\_

Address: \_\_\_\_\_ Suburb: \_\_\_\_\_ Postcode \_\_\_\_\_

Telephone Home: \_\_\_\_\_ Work: \_\_\_\_\_ Mobile: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Email: \_\_\_\_\_

I wish to join/rejoin as a financial member of Woodstock Runners Inc. for 2007-2008 as indicated below:

## **Part A - Club Fees:**

### **Existing Members**

	<b>Adults</b>	<b>Concession</b>	
Joining <b>before 31/3/2008</b>	\$40.00	\$25.00	
Joining <b>after 1/4/2008</b>	\$50.00	\$35.00	\$ _____

**New Members** - New Member Fee includes a Club T-Shirt, or \$10 discount on Club singlet. Size: \_\_\_\_\_

	<b>Adults</b>	<b>Concession</b>	
Joining <b>before 3/8/2008</b>	\$50.00	\$35.00	
Joining <b>after 4/8/2008</b>	\$40.00	\$25.00	\$ _____

**New Member PB's** (optional, but will be recognised in our Club Rankings):

<b><u>Distance</u></b>	<b><u>Event</u></b>	<b><u>Date</u></b>	<b><u>Time</u></b>
10km			
City to Surf			
½ Marathon			
Marathon			

## **Part B – Club Gear**

	<b><u>Size / Qty</u></b>		<b><u>Size / Qty</u></b>		<b><u>Size / Qty</u></b>
Cap \$20	_____	Singlets (M/F) \$40	____ / ____	Old T-Shirts \$5	____ / ____
Short Sleeve \$45	____ / ____	Shorts – Female \$40	____ / ____	Old Singlets \$5	____ / ____
Long Sleeve \$55	____ / ____	Bra Top \$60	____ / ____	Polar Fleece \$28	____ / ____
					\$ _____

**Part C - Athletics NSW:** if interested in registering with ANSW, please indicate below:

☐ Yes – please send me ANSW registration information

**Total**

\$ \_\_\_\_\_

**Please tick as appropriate:**

- ☐ I require paper copy of the “Rundown” (Club Newsletter issued monthly)
- ☐ I **do not** consent to my above contact details being included in the Club Member List

**Please return to:**

Treasurer - Woodstock Runners Inc.  
PO Box 672  
BURWOOD NSW 1805

**Cheques should be made payable to “Woodstock Runners Inc”.**

**Woodstock Runners Executive Committee**  
**Nomination Form for 2008 (nominations close 10/5/2008)**

**Please place in box on Tuesdays or to hand to a Committee Member.**

For the position of **President**, I, .....nominate.....

Signed: ..... (Nominator)

I, ....., accept nomination for the position of **President**.

Signed: ..... (Nominee)

-----

For the position of **Vice President**, I, ..... nominate.....

Signed: ..... (Nominator)

I, ....., accept nomination for the position of **Vice President**.

Signed: ..... (Nominee)

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For the position of **Secretary**, I, ..... nominate .....

Signed: ..... (Nominator)

I, ....., accept nomination for the position of **Secretary**.

Signed: ..... (Nominee)

-----

For the position of **Treasurer**, I, .....nominate .....

Signed: ..... (Nominator)

I, ....., accept nomination for the position of **Treasurer**.

Signed: ..... (Nominee)

**Woodstock Runners Executive Committee**  
**Nomination Form for 2008(nominations close 10/5/2008)**

**Please place in box on Tuesdays or to hand to a Committee Member.**

For the position of **Team's Co-ordinator**, I, .....nominate .....

Signed: ..... (Nominator)

I, ....., accept nomination for the position of **Team's Co-ordinator**.

Signed: ..... (Nominee)

-----

For the position of **Walker's Representative**, I, .....nominate .....

Signed: ..... (Nominator)

I, ....., accept nomination for the position of **Walker's Representative**.

Signed: ..... (Nominee)

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For the position of **Social Secretary**, I, .....nominate .....

Signed: ..... (Nominator)

I, ....., accept nomination for the position of **Social Secretary**.

Signed: ..... (Nominee)

-----

For the position of **Uniforms Officer**, I, .....nominate .....

Signed: ..... (Nominator)

I, ..... accept nomination for the position of **Uniforms Officer**.

Signed: ..... (Nominee)

**Woodstock Runners Executive Committee**  
**Nomination Form for 2008 (nominations close 10/5/2008)**

**Please place in box on Tuesdays or to hand to a Committee Member.**

For the position of **Publicity Officer**, I, .....nominate .....

Signed: ..... (Nominator)

I, ....., accept nomination for the position of **Publicity Officer**.

Signed: ..... (Nominee)

-----

For the position of **Welfare Officer**, I, .....nominate .....

Signed: ..... (Nominator)

I, ....., accept nomination for the position of **Welfare Officer**.

Signed: ..... (Nominee)

-----

For the position of **Website Administrator**, I, .....nominate .....

Signed: ..... (Nominator)

I, ....., accept nomination for the position of **Website Administrator**.

Signed: ..... (Nominee)