

The Woodstock Rundown



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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

Thank you so much both John and Beth Dawlings for their hosting of the Breakfast Run from their home. While numbers were down, those of us who attended, along with some Cool Running people, were treated to a great course and a delicious breakfast.

Congratulations to our Ironman Triathlete, Peter O'Sullivan, who completed the 3.8k swim, 180k cycle and 42.2k run at Port Macquarie in a time just over 13 hours. That is a wonderful time for your first attempt at this incredible event, Peter.

Stephen Browne is suffering from a stress fracture and will be out of running for a while. Also, Kazu will be visiting hospital for a brief stay. We wish both Stephen and Kazu, along with any other injured members, a very speedy return to Woodstock.

Good luck to everyone competing during the next month or so and trust all had a wonderful time in Canberra, with plenty of excellent races.

By the time you read this I shall be travelling around China. The Australian Olympic Committee wouldn't select me on the team so I'm making my own way there. I'll see you all on my return.

Meanwhile, happy running and walking.

Kerry

NEW RUNDOWN EDITOR NEEDED

This is the last Rundown I will be putting together as editor. Hopefully someone can take over the role from me.

It's not a difficult task for someone with a basic grasp of computers. We have a set of templates for the front page and results pages; these just get filled in with the info that comes in during the month. The Rundown could be made to look a lot better though if you have an interest in graphic design / layout and willing to try out some ideas. The ad pages are pre-prepared. Typically there will be a page or two of info about up coming events (handicaps, breakfast runs, etc). These are collected, and then assembled to a single file in Acrobat (software provided). Email the file out, stuff and post the paper copies (Colin can print and provide you with the labels).

Let me know if you can help out – I can give assistance for the first edition or two.

Thanks,

Alex

April Birthdays

Robyn Briscoe 3, Paul Nash 3, Max McGown 6, Nick Spasevski 13, Jeff Morunga 18, Willem Vervoort 30

SMH Half Internal Teams

Once again we will be organising an internal teams competition for members running the SMH Half. It is free to enter and the members of the winning team will receive prizes. All you have to do is let me know your estimated time for the half. I will then group people together into teams and the teams that runs closest to its estimate is the winner.

I will be collecting times on Tuesdays (and will also make a point of coming to a Saturday run or two nearer the event) to collect times. Alternatively, feel free to send me your times at dawlings@hotmail.com or on 0422 819 468 (work) or 9810-7619 (home).

The rules are as follows:

- The absolute difference between the estimated time of each runner and the actual time of that runner is calculated.
- 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 (or even starting) the run or not members of Woodstock Runners or not wearing a Woodstock singlet are not eligible for prizes nor will their times be counted.
- The 'timing chip' time is used in events where there is a timing chip in preference to the 'gun' time.

Regards,

John

Official SMH Half Teams

Our official team entries have been submitted, the details of our two teams are shown below:

Woodstock Mixed (Category FC)

Brendan Davies
Martin Amy
Emanuel Finos
Thalia Anthony

Thalia and the first two guys to finish count.

Woodstock Vets (Category FE)

Jeff Morunga
Lawrence Ullio
Max McGown
Mark O'Donnell
John Ovenden

The first three to finish count.

Please remember to wear your Woodstock uniform on the day, to be eligible for all club awards.

Other members can still enter the event directly, either online on the event website (<http://halfmarathon.smh.com.au>) or via the entry form which can also be downloaded there.

If you have any questions, please add them here, or contact me separately

John Dawlings

RESULTS

National Running Week, Thredbo, 14-19 January

Dot Siepmann

Thredbo Fun Run	6km	0:35:26
Mixed Pizza Relay	1km	0:05:48
Women From Snowy River	4km X/C	0:26:10
Terrigal Trotters Dingo Run	9km X/C	1:01:27
Fazackerly Vet's Run	4.5km X/C	0:36:27

SMC, 20/01/2008

21.1km

Emmanuel Finos	1:35:53
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Striders Lane Cove, 5/04/08

10km

Brendan Davies	0:36:03
Emmanuel Finos	0:43

Fitness Fun Run, Wollongong

5km

Brendan Davies	0:17:57
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Sydney Corporate Cup, 6km

Race 3, Series 60

Stephen Browne	0:28:25
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Race 4, Series 60

Stephen Browne	0:27:35
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Canberra Marathon, 13/04/08

42.2km

Martin Amy	3:29:41
Rick Collins	4:43:11
Brendan Davies	2:49:49 23rd O/All, 21m PB
Jeff Morunga	4:40:05

50km

Vass Vassiliou	4:11:43 (3:30:04 42.2km)
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5km

Dot Siepmann	0:28:42
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Menai Fun Run, 26/01/08

8.2km

Brendan Davies	0:31:51
Emmanuel Finos	0:35:48

Canterbury Fun Run

6km

Brendan Davies	0:21:57
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Sri Chinmoy Centennial Park

16km

Brendan Davies	0:56:38
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SMC, 16/12/2007

21.1km

Emmanuel Finos	1:34:09
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5km

Lyn Jackson	0:21:25 1st F O/All
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SMC 17/02/08

5km

Lyn Jackson	20:55 1st F O/All
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SMC 16/03/2008

5km

Lyn Jackson	0:20:46
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30km

Brendan Davies	2:02:22
Emmanuel Finos	2:21:32 PB

Orange Half Marathon 2/3/08

21.1km

Brendan Davies	1:25:19
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10km

John Dawlings	41:07:00 1st M50
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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

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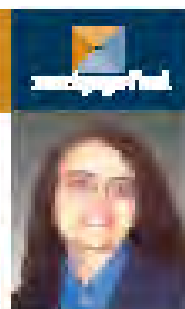
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Woodstock Runners Executive Committee
Nomination Form for 2008 (nominations close 10/5/2008)

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)

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)

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)