

# 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](http://www.woodstockrunners.org.au)

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

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

Postal Address: PO Box 672, BURWOOD NSW 1805

**JUNE  
2008**

## THE RUNDOWN ON MEMBERS

My trip to China was wonderful. It is a spectacular country and well worth a visit. My running certainly took a backseat and now I'm endeavouring to 'get back into it'.

Thanks to all who attended our AGM and especially to those who stood for positions on the Club Committee. I'm sure all members will appreciate the time and effort given to our Club by these generous people.

We all had a great time at the recent Handicap, organised by Colin, with a delicious breakfast to follow, thanks to Lesley, Pat, Deirdre, Kevin and Lorraine. Well done to our winners, Lawrence, Kim and Martin.

Members caught up with former Woodstockians recently, firstly in Alice Springs when Barry Cole spotted a Woodstock T-shirt running down the street. It was being worn by Terry Cleary who said Hi to all. Frank Berlouis called on Derek and he is enjoying home in Port Macquarie and still running.

We wish a speedy recovery to John Ovenden, Maree Lucas, John Phillips and any other members sick or injured at present. Best wishes to Calli, expecting their second child; Bev and John Edwards, currently spending 7 weeks touring the eastern half of Australia; and to John and Maureen Pollard who will be retiring from work and moving to Lake Macquarie at the end of June.

Susan Murray leaves very soon for the World Triathlon Championships in Vancouver. We wish you every success, Susan and trust it will be a wonderful trip for you.

There have been many successes and numerous great runs from members over the past couple of months. Keep up the good work. It's great to see Woodstock Runners in "podium finishes". Even Chris Siepen was back competing at Rockdale (and he still beats me). It was his 3<sup>rd</sup> race in 12 years. Chris and Elle's son, Daniel, was placed 6<sup>th</sup> across the line and he won the under 18s, though he is only 15. Watch that boy!

Hope everyone enjoys many good runs and walks as there are lots of fabulous events on the horizon.

**Kerry**

P.S. Which member went to Burwood Police Station to have their glasses fixed, to enable them to drive home???

## June Birthdays!

Lesley Maher - 8th, Julian Burbidge - 10th, Kim Cayzer - 11th, Bronwyn Suley - 18th, Gerry Cullen - 24th



Now that the SMH Half is out of the way, the Fairfax people will start gearing up for the City to Surf very soon. I notice that the below website will be updated very soon, & it has a note that entries open on 1/6/08. <http://city2surf.sunherald.com.au/>

### **City to Surf Official Woodstock Teams**

This year the City to Surf are charging people extra to do postal entries (as opposed to online entries). They are also charging extra if you enter after June 27. They are however allowing teams to enter online which means that we do not have to pay extra to run as part of a team. The problem is, how do we create teams and then enter online (without some idiot such as me punching in all the entries!)? I have given this some thought and so this is what we will do this year:

- \* The cut off for entering a Woodstock team will be on **Saturday June 21** to allow for posting of postal entries prior to the cut off.
- \* People can give me their form if they want me to do a postal entry for them.
- \* Alternatively people can tell me they want to be in a team if they want to enter on-line.
- \* I will assemble teams and will let the online people know the name of their team.
- \* I will post off the postal entries.
- \* Individuals will enter online using the team name that I have given them prior to June 27.

**So we only have 18 days to get those entries organised so please tell me if you want to be part of a team as soon as possible.**

Please email me at [dawlings@hotmail.com](mailto:dawlings@hotmail.com) or inform me at a run.

We try to enter as many official teams as possible, & across as many categories as possible. We often have a competitive chance in a few categories (Veteran Women's & Men's, then perhaps a lucky chance in a few others, like the Jogging Clubs (various ages), Mixed Teams, etc.

Internal teams will be on again, more information on this shortly.

Thanks,

John Dawlings

\*\*\*\*\*

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

From our AGM on Tuesday 14/5/2008, the 2008/9 Committee is made up as follows:

• <b>President</b> - Roy Rankin	• <b>Uniforms</b> - Dot Siepmann
• <b>Vice President</b> - Barry Cole	• <b>Social Organisers</b> - Pat Mahony & Lesley Maher
• <b>Secretary</b> - Rick Collins	• <b>Publicity / Rundown Editor</b> - Brendan Davies
• <b>Treasurer</b> - Kay Johnson	• <b>Welfare</b> - Kerry Bray
• <b>Teams Coordinator</b> - John Dawlings	• <b>Website</b> - Colin Townsend
• <b>Committee Members</b> - Lawrence Ullio, Stretch Fowler & Vass Vassiliou	

	<b>Woodstock Runners Incorporated</b>	
	<b><u>Statement of Income &amp; Expenditure for the Period</u></b>	
	<b><u>1 April, 2007 to 31st March, 2008</u></b>	
<b><u>2007</u></b>		<b><u>2008</u></b>
<b>\$ 4,527.01</b>	<b>Balance as at 31/3/2007</b>	<b>\$ 4,055.14</b>
	<b><u>Income</u></b>	
100.00	ANSW Registration Fees (2006)	
400.00	Gladesville Rotary - Volunteers at Bridge to Bridge Fun Run	400.00
116.00	Handicap Runs	158.40
2.65	Interest	4.74
1,760.00	Membership Fees (2006)	
2,495.00	Membership Fees (2007)	730.00
	Membership Fees (2008)	1,450.00
	Miscellaneous	47.00
850.00	Presentation Night	840.00
	Transfer from Fun Run Account	3,625.24
1,504.00	Uniforms	3,647.00
<b>\$7,227.65</b>	<b>Total Income</b>	<b>\$10,902.38</b>
	<b><u>Expenditure</u></b>	
333.54	After Run Refreshments	291.90
61.34	AGM & Committee Meetings	153.10
899.00	ANSW Affiliation/Registration Fees (2006)	
	ANSW Affiliation/Registration Fees (2007)	877.75
25.90	Bank Fees	31.70
350.00	Birthday Night	342.50
	Burwood Council - Woodstock Kitchen	294.00
	Burwood Council - Woodstock Key	50.00
	Domain Name Registration (2 years)	33.00
598.85	Internal Runs	782.23
200.00	Postage & Printing (Rundown, Business Cards)	213.25
115.00	PO Box Rental	123.00
2,053.79	Presentation Night	1,893.90
	Marathon Trophy	312.60
	Miscellaneous	26.95
103.30	Register Now Fees (including Merchant Fee)	62.59
	Transfer to Fixed Deposit	3,000.00
2,880.00	Uniforms	2,731.00
78.80	Welfare Expenses	
<b>\$7,699.52</b>	<b>Total Expenditure</b>	<b>\$11,219.47</b>
<b>\$4,055.14</b>	<b>Net Balance as at 31/03/2008</b>	<b>\$3,738.05</b>
4,055.14	Balance @ 31/3/2008	3,738.05
0.00	Add: Unbanked Deposits	0.00
0.00	Less: Unpresented Cheques	0.00
<b>\$4,055.14</b>	<b>Balance @ 31/03/2008</b>	<b>\$3,738.05</b>
0.00	Add: Term Deposit	3,000.00
0.00	Add: Interest	89.49
0.00	<b>Term Deposit @ 31/3/2008</b>	<b>3,089.49</b>
<b>\$4,055.14</b>	<b>Total Balance @ 31/03/2008</b>	<b>\$6,827.54</b>

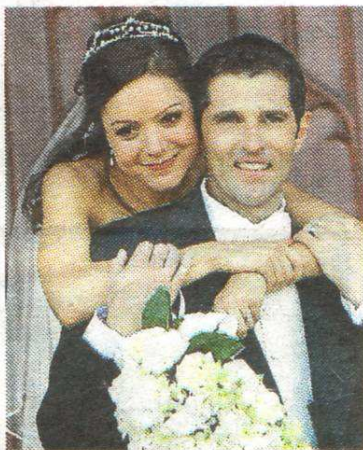
# Contribution Corner

May 18, 2008 THE SUN-HERALD

## Who else tied the knot?

### Thalia Anthony and Mark O'Donnell *Villa Rosa, Leichhardt*

In 2005, Thalia and Mark ran into each other on the Bay Run in Drummoyne. Although Mark had noticed Thalia before, it wasn't until then that he asked her to take a walk with him. Two years later Mark proposed at the same place, to congratulations from passing joggers. Photo: Gemma Clarke Photography



This month's contribution comes from  
Thalia and Mark O'Donnell.

Thalia and Mark were recently married and this piece appeared in the Sun Herald on Sunday May, 18th.

At a recent Saturday morning run, this article was passed around and led to one member to quip to another "Did Mark ask her to take a walk with him 'cause she was too quick for him?!"

Congratulations Thalia and Mark from all at Woodstock. We wish you many happy years (running) together!

\*\*\*\*\*

### Members...

Do you have anything you would like to share in the rundown? It could be a race report, running joke, photo, recipe or story. You can bring it to a run or email member contributions to:

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

## Beth's Nail Services

*In the comfort of your own home*

- Manicures
  - Pedicures
  - Acrylic Nails
  - Gift Vouchers
- Available*

Call Beth on  
9810-7619  
0405 849 098





# Welcome to Woodstock!

A big Woodstock welcome to our newest member Carl Wilson (no, not the Beach Boy!). Carl joined us after our breakfast run last Saturday. We all look forward to meeting you on a Tuesday night or a Saturday morning at a group run. Please take a little time to find out more about our club and upcoming club runs and events at [www.woodstockrunners.org.au](http://www.woodstockrunners.org.au)

Welcome back also to Max Crossley, who has rejoined us after spending some time in England.

Several other joggers have shown interest in coming along for a run with Woodstock lately. Please give all new runners a big Woodstock welcome when they do!

\*\*\*\*\*



Woodlands Tours p/l - ACC 34363  
Joseph & Therese - 0419 373 326  
email: [woodlandstours@hotmail.com](mailto:woodlandstours@hotmail.com)  
Sydney, Hunter Valley, Canberra  
Blue Mountains/Jenolan Caves  
Charter/Hire, Golfing Weekends,  
Function Transfers, Custom Trips, etc.  
Other enquiries welcome  
Competitive Rates

\*\*\*\*\*

## Winter Runs Program

Tuesday Runs. Meet at 6pm @ Woodstock, Burwood			Saturday Runs. Meet at 7:20 @ Brett Park, Drummoyne		
3/06/2008	Homebush Run	10km	7/06/2008	Timbrell Park	8km
10/06/2008	Campsie	9km	14/06/2008	Five Dock	7km
17/06/2008	Jak's Strathfield Run	8km	21/06/2008	Drummoyne	9km
24/06/2008	Burwood Park	10km	28/06/2008	Balmain Shores	7.5km
1/07/2008	Concord	9km	5/07/2008	Hell Hill	8km
8/07/2008	Canada Bay	11km	12/07/2008	Balmain	9km
15/07/2008	Homebush Run	10km	19/07/2008	Timbrell Park	8km
22/07/2008	Campsie	9km	26/07/2008	Five Dock	7km
29/07/2008	Burwood Park	10km	2/08/2008	Bay Run	7km
5/08/2008	Concord	9km	9/08/2008	Drummoyne	9km
12/08/2008	Woodstock Fun Run	8km (B'day Night)	16/08/2008	Balmain Shores	7.5km
19/08/2008	Canada Bay	11km	23/08/2008	Hell Hill	8km
26/08/2008	Homebush Run	10km	30/08/2008	<b>Handicap Run #3</b>	<b>7km</b>
2/09/2008	Campsie	9km	6/09/2008	Balmain	9km
9/09/2008	Jak's Strathfield Run	8km	13/09/2008	Timbrell Park	8km
16/09/2008	Burwood Park	10km	20/09/2008	Five Dock	7km
23/09/2008	Concord	9km	27/09/2008	Drummoyne	9km
30/09/2008	Canada Bay	11km	4/10/2008	Balmain Shores	7.5km

NB. During the winter months (April to August), a Hills training group will operate on Tuesday nights.  
The Winter program continues until Daylight Saving begins 5/10/2008

# Footy Tipping!

The big mover over the last month has been 'sb9' rocketing to the top of the table following some very shrewd tipping. '3553' continues to fill second place and is joined there by last month's leader 'Go Jana Love Tamsyn'. At the tail end of the table, the battle for the wooden spoon is definitely on with 'efbb' falling into the bottom three for the first time this year.

Rank	(LW)	Total	Tipster
1	(2)	108	sb9
2	(1)	106	3553
2	(2)	106	Go Jana Love Tamsyn
4	(4)	104	Trialex
5	(5)	102	Colin T_0
5	(5)	102	qazxs
7	(7)	92	LukeT1
8	(7)	89	efbb
9	(9)	88	stretchfowler
10	(10)	78	Brendan Davies

\*\*\*\*\*

## 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.



**PRICE CUTS!**

**SPORTSWEAR BARGAINS**

ON TRIATHLON, RUN, CYCLE  
& SWIM APPAREL!

COME TO OUR SHOP ON  
THE LAST SATURDAY OF EACH MONTH  
**8am - 1pm**

Shop 4 /21 Putland Close, Kirrawee  
(next to Kirrawee High School) Ph: 02 95217011

**Hot DESIGNS**  
SPORTSWEARE



**HUGE SAVINGS!**

**WHY PAY RETAIL ?**

BUY CANVAS IMAGES FROM FACTORY!!  
TO VIEW SOME OF OUR STOCK IMAGES  
GO TO [www.hotdesigns.com.au](http://www.hotdesigns.com.au)  
& COME TO OUR SHOP ON  
THE LAST SATURDAY OF EACH MONTH  
**8am - 1pm**

Shop 4 /21 Putland Close, Kirrawee  
(next to Kirrawee High School) Ph: 02 95217011

REVOLUTION IMAGING

# **SYDNEY MORNING HERALD INTERNAL TEAMS**

**18<sup>th</sup> May 2008**

## **First Place**

<b>Name</b>	<b>Estimated Time</b>	<b>Actual Time</b>	<b>Difference</b>	<b>Average</b>
Emanuel Finos	93.15	92.57	0.18	
Max McGown	115.00	117.33	2.33	
Rick Collins	115.00	115.10	0.10	
<b>Total</b>			<b>3.01</b>	<b>1.00</b>

## **Second Place**

<b>Name</b>	<b>Estimated Time</b>	<b>Actual Time</b>	<b>Difference</b>	<b>Average</b>
Mark O'Donnell	106.00	105.54	0.06	
Danielle van Zuylen	110.00	113.14	3.14	
David Blackwell	109.00	108.39	0.21	
<b>Total</b>			<b>3.41</b>	<b>1.14</b>

## **ThirdPlace**

<b>Name</b>	<b>Estimated Time</b>	<b>Actual Time</b>	<b>Difference</b>	<b>Average</b>
Thalia Anthony	106.00	104.38	1.22	
Laurence Ullio	115.00	116.04	1.04	
Max Crossley	103.00	106.10	3.10	
<b>Total</b>			<b>5.36</b>	<b>1.52</b>

## **Fourth Place**

<b>Name</b>	<b>Estimated Time</b>	<b>Actual Time</b>	<b>Difference</b>	<b>Average</b>
Martin Amy	90.00	89.46	0.14	
Deirdre Stewart	115.00	110.20	4.40	
Paul Barnett	115.00	Did not run		
<b>Total</b>			<b>4.54</b>	<b>2.27</b>

## **Fifth Place**

<b>Name</b>	<b>Estimated Time</b>	<b>Actual Time</b>	<b>Difference</b>	<b>Average</b>
Brendan Davies	79.27	80.24	0.57	
Jon Patrick	120.00	117.55	2.05	
Kim Cayzer	120.00	113.07	6.53	
<b>Total</b>			<b>9.55</b>	<b>3.18</b>

# RESULTS

**Members - Please email all results to**  
[rundown@woodstockrunners.org.au](mailto:rundown@woodstockrunners.org.au)

All events listed prior to May/June have yet to be published in the rundown this year.

Thank you to all members who submitted results via email. Your assistance is appreciated!

## Fishers Ghost Fun Run, 11/11/07

10km

John Phillips	1:03:47	
Eddie McLean	1:04:54	1st M70+

## JP Morgan Chase Corporate Challenge 14/11/2007

5.6km

John Murray	22:05	
-------------	-------	--

## Penrith Australia Day Fun Run, 26/01/08

5km

Dot Siepmann	26:51	3rd F50+
--------------	-------	----------

## Striders Lane Cove, 02/02/08

10km

Jeff Morunga	51:46	
Lorraine Spanton	52:13	

## Sydney Corporate Cup, #1 Series 60 06/02/2008

6km

John Murray	27:15	
-------------	-------	--

## Sydney Corporate Cup, #2 Series 60 20/02/2008

6km

John Murray	26:05	
-------------	-------	--

## Striders, North Head, 01/03/08

10km

Jeff Morunga	49:18	
--------------	-------	--

## AMA National Championships, 21-24/03/08

5000m Track

Eddie McLean	28:44	3rd M75
--------------	-------	---------

8km Cross Country

Eddie McLean	1:01:44	3rd M75
--------------	---------	---------

## SMC, 16/03/2008

5km Walk

Dot Siepmann	47:12	
--------------	-------	--

## Sri Chinmoy, Centennial Park, 24/03/08

14km Cross Country

John Dawlings	1:02:44	2nd M50+
---------------	---------	----------

## Striders/ANSW Champs, 03/05/08

10km

John Murray	39:33	
Dot Siepmann	56:31	1st F60-64

## Heart of the Lake Fun Run, 04/05/08

3km

Lyn Jackson	12:00	1st F40-49
Dot Siepmann	16:09	1st F60-69

10km

Thalia Anthony	47:51	3rd FO/All
Jeff Morunga	51:02	
Derek White	1:23:34	3rd M70+

## West Metropolitan Series #5, 11/05/08

2km

Eddie McLean	13:24	3rd M60+
--------------	-------	----------

## Mothers Day Classic - Parramatta, 12/05/08

4km

Lyn Jackson	16:23	1st F40-49
-------------	-------	------------

8km

Brendan Davies	29:47	2nd M30-39
Thalia Anthony	37:29	
Mark O'Donnell	37:29	
Lorraine Spanton	39:58	1st F50-59
Deirdre Stewart	39:59	
Lesley Maher	43:24	
Maree Lucas	47:29	
Dot Siepmann	48:16	2nd F60-69

## Sydney Corporate Cup, #1 Series 61 14/05/08

6km

John Murray	25:05	
Stephen Browne	53:40	

## West Metropolitan Series #6, 17/05/08

2km

Robyn Briscoe	9:02	1st F50-59
Eddie McLean	12:16	2nd M60+

4km

Steve Briscoe	16:51	3rd M50-59
Robyn Briscoe	17:50	1st F50-59

8km

Brendan Davies	30:15	2nd M30-39
----------------	-------	------------

## SMH Half Marathon, 18/05/08

21.1km

	<u>Net</u>	<u>Gun</u>
Brendan Davies	1:20:24	1:20:30
Martin Amy	1:29:46	1:31:18
Emanuel Finos	1:32:57	1:33:23
John Murray	1:34:07	1:35:24
Manal Garcia	1:44:12	1:46:29
Thalia Anthony	1:44:38	1:44:44
Mark O'Donnell	1:45:54	1:46:23
Max Crossley	1:46:10	1:46:42
Lorraine Spanton	1:47:04	1:49:22
David Blackwell	1:48:39	1:49:09
Deirdre Stewart	1:50:20	1:50:45
Kim Cayzer	1:53:07	1:57:07
Danielle van Zuylen	1:53:14	1:55:38
Rick Collins	1:55:10	1:57:40
Lawrence Ullio	1:56:04	1:59:58
Max McGown	1:57:33	2:00:22
Jon Patrick	1:57:55	2:01:38
Stephen Browne	1:58:04	1:58:23
Sonja Kukec	2:03:14	2:07:08
Bridget Akers	2:08:18	2:13:07
Jeff Morunga	2:08:35	2:09:03

7th F55-59

The Woodstock mixed team got third place in the 'FC' category in the SMH Half. The three people who are getting medals are Brendan Davies, Martin Amy and Thalia Anthony. Well done!



**Sri Chinmoy, Iron Cove, 18/05/08**8km

Greg Muir	30:53	3rd O/All
Dot Siepmann	47:54	1st F60-69

**West Metropolitan Series #7, 24/05/08**2km

Robyn Briscoe	9:14	1st F50-59
Eddie McLean	13:14	

4km

Robyn Briscoe	18:20	1st F50-59
Steve Briscoe	16:41	2nd M50-59

8km

Brendan Davies	33:19	2nd M30-39
----------------	-------	------------

**SMC, 25/05/08**5km

Greg Muir	18:22	2nd O/All
Dot Siepmann	27:31	1st F55-65
Therese Ayoub	30:20	3rd F45-55
Joe Ayoub	30:20	

10km

John Dawlings	42:45	
Lyn Jackson	42:55	1st F O/All
Lesley Maher	52:26	1st F55-65
John Phillips	1:03:31	

25km

Brendan Davies	1:35:50	5th O/All
Emanuel Finos	1:53:06	
Thalia Anthony	2:07:15	2nd F30-39
Mark O'Donnell	2:25:30	
Jeff Morunga	2:28:27	

**Rockdale Community Fun Run, 25/05/08**5km

Daniel Siepen	17:22	##
Chris Siepen	26:15	
Kerry Bray	27:20	

**ANSW Cross Country Relays, 31/05/08**4km (Splits)

Brendan Davies	14:15	##
Dot Siepmann	23:45	##

**MS Fun Run, 01/06/08**8km

Brendan Davies	29:41	1st M 30-39
Deirdre Stewart	41:58	
Lesley Maher	43:59	
Dot Siepmann	48:25	

**The Great NOSH, 01/06/08**15km

Thalia Anthony	1:30:33	
Brendan Davies	1:30:33	
Lorraine Spanton	1:33:04	1st F50-59
Danielle van Zuylen	1:40:48	



**Mark O'Donnell, finishing at the recent "Heart Of The Lake" Fun Run**

\*\*\*\*\*

**OUR FINANCING OPTIONS ARE SURPRISINGLY SIMPLE.**

It doesn't matter if you are **re-financing, purchasing a new home or investment property, renovating, or consolidating your debts**, at The Mortgage Professionals we offer over 450 value packed products so we're sure to have a financing solution that suits your individual needs.

To find out how surprisingly simple financing can be, call Hector Garcia on 0411 065 993 or 9572 9593 for an appointment today.

*For every loan application that successfully settles, Hector Garcia will donate a percentage to Woodstock Runners.*



**THE MORTGAGE  
PROFESSIONALS**  
SECURING YOUR FUTURE PROSPERITY



**MIAA**  
ACCREDITED MORTGAGE  
CONSULTANT

**Woodstock Runners Handicap Event, 24/5/2008**  
**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>
Ullio, Lawrence	37:25	7:38:35	8:15:02	0:36:27	1	28
Cayzer, Kim	38:30	7:37:30	8:15:03	0:37:33	2	27
Amy, Martin	28:00	7:48:00	8:15:12	0:27:12	3	26
Davies, Brendan	26:00	7:50:00	8:15:48	0:25:48	4	25
Burbidge, Julian	34:00	7:42:00	8:16:03	0:34:03	5	24
Ovenden, John	40:00	7:36:00	8:16:07	0:40:07	6	23
Morunga, Jeff	35:00	7:41:00	8:16:08	0:35:08	7	22
Finos, Emanuel	29:00	7:47:00	8:16:22	0:29:22	8	21
McGown, Max	35:00	7:41:00	8:16:31	0:35:31	9	20
Siepmann, Dot	42:00	7:34:00	8:16:42	0:42:42	10	19
White, Derek	1:02:30	7:13:30	8:16:43	1:03:13	11	18
Spanton, Lorraine	38:00	7:38:00	8:18:00	0:40:00	=12	16.5
Collins, Rick	37:50	7:38:10	8:18:00	0:39:50	=12	16.5
Purss, Tony (& buggy)	32:00	7:44:00	8:18:35	0:34:35	14	15
Vervoort, Willem	30:15	7:45:45	8:18:52	0:33:07	15	14
Crossley, Max	33:00	7:43:00	8:18:54	0:35:54	=16	12.5
Malcolm, Caroline ##	33:00	7:43:00	8:18:54	0:35:54	=16	12.5
Keys, Ross	38:15	7:37:45	8:21:36	0:43:51	18	11
Owen, Caroline ##	43:00	7:33:00	8:13:05	0:40:05	DQ	10
Rankin, Roy	43:00	7:33:00	8:13:08	0:40:08	DQ	10
Phillips, John	46:00	7:30:00	8:14:03	0:44:03	DQ	10
O'Donnell, Mark	33:30	7:42:30	8:14:19	0:31:49	DQ	10
Bray, Kerry	42:30	7:33:30	8:14:28	0:40:58	DQ	10
Van Zuylen, Danielle	36:00	7:40:00	8:14:36	0:34:36	DQ	10
Anthony, Thalia	33:30	7:42:30	8:14:42	0:32:12	DQ	10
Cole, Barry	45:30	7:30:30	8:14:45	0:44:15	DQ	10
Nash, Paul	42:00	7:34:00	8:14:45	0:40:45	DQ	10
Patrick, Jon	35:00	7:41:00			DNF	1
In this Handicap event, Lawrence Ullio, Kim Cayzer & Martin Amy took the first three places.						
There were 4 Handicap PB's set:						
	Lorraine Spanton	34:36	1:46 Handicap PB			
	Brendan Davies	25:48	0:56 Handicap PB			
	Thalia Anthony	32:12	0:44 Handicap PB			
	Martin Amy	27:12	0:33 Handicap PB			
The fastest male was Brendan Davies (25:48)						
The fastest female was Thalia Anthony (32:12)						

**Woodstock Runners - Handicap Series 2008**

		<u>23/02/2008</u>	<u>24/05/2008</u>	<u>30/08/2008</u>	<u>??</u>		
<u>Place</u>	<u>Name</u>	<u>Points</u>	<u>Points</u>	<u>Points</u>	<u>Points</u>	<u>Total (Best 3)</u>	<u>Count</u>
1	Davies, Brendan	24	25			49	2
2	Burbidge, Julian	23	24			47	2
3	Cayzer, Kim	15	27			42	2
3	McGown, Max	22	20			42	2
5	Ullio, Lawrence	5	28			33	2
6	Amy, Martin	5	26			31	2
6	Finos, Emanuel	10	21			31	2
8	Cole, Barry	20	10			30	2
9	White, Derek	8	18			26	2
10	Kearney, Jonathon	25				25	1
11	Anthony, Thalia	14	10			24	2
12	Collins, Rick	7	16.5			23.5	2
13	Ovenden, John		23			23	1
14	Spanton, Lorraine	6	16.5			22.5	2
15	Morunga, Jeff		22			22	1
16	Muir, Greg	21				21	1
17	McLean, Eddie	19				19	1
17	Siepmann, Dot		19			19	1
19	Mahony, Pat	18				18	1
20	Tichon, Larissa ##	17				17	1
21	Takahashi, Fumi	16				16	1
22	Bray, Kerry	5	10			15	2
22	Purss, Tony (& buggy)		15			15	1
24	Vervoort, Willem		14			14	1
25	Lucas, Kevin	13				13	1
26	Crossley, Max		12.5			12.5	1
26	Malcolm, Caroline ##		12.5			12.5	1
28	Cullen, Cullen	12				12	1
28	Patrick, Jon	11	1			12	2
30	Keys, Ross		11			11	1
31	Nash, Paul		10			10	1
31	O'Donnell, Mark		10			10	1
31	Owen, Caroline ##		10			10	1
31	Phillips, John		10			10	1
31	Rankin, Roy		10			10	1
31	Van Zuylen, Danielle		10			10	1
37	Richardson, Katherine	9				9	1
38	Cullen, Christine	5				5	1
38	Takahashi, Kazuaki	5				5	1

## indicates not a current financial member.

# A minute with a member...



**Name:** John Dawlings

**What is your occupation?** Project Manager in IT

**Running age group?** I've just turned 55 and moved up an age group. I wasn't too slow to win my age group before, I was just too young.

**Do you have family?** A wife, a 17 year old daughter and an 8 year old boy.

**How long have you been a Woody?** Rather lost track now but it must be close to 15 years. I joined when my old club, Earlwood Sports Centre, folded.

**Do you run on Tuesday night or Saturday morning?** Just Tuesdays now. I gave up Saturdays as I found that getting up early to run with Woodstock on Saturdays and then again to do a fun run on Sunday meant that I was tired the whole weekend. It didn't bother me but my family were less than impressed.

**Why do you enjoy running?** A really hard question. I certainly enjoy the competitive aspect and love racing. I love the atmosphere of suburban fun runs and do as many as I can. I have also made many friends and acquaintances through running and it is always good to

meet up with these people. Outside of races, I think that jogging does to me what meditation does to others - it clears the brain out and leaves me feeling mentally refreshed.

**What is your favourite running course/event and why?** Well I am heading for my 30<sup>th</sup> City to Surf this year so it would be churlish not to rate it near the top. The Woodstock run was great of course. I put on a run with a friend in Rozelle for a few years which gave me a lot of satisfaction (as well as headaches). Sutherland to Surf is always good for your ego as it gives you seriously inflated ideas of your ability. Bathurst too is good fun.

**What has been your running highlight?** My best run ever was the Sutherland to Surf many years ago. I ran far quicker than I believed possible, went through 10 kms in under 32 minutes and finished in under 35. I was heading for a similar run once in the SMH half but pulled a hamstring at the 18 kms mark - I nearly cried. Fourth place twice in the world vets road running championships are also right up there.

**Any lowlights (injury etc)?** Injuries over the last few years have forced me to back right off the intensity I was previously able to apply to my running which has been frustrating but possibly good for my marriage!

**What was the last race you went in and how did you go?** Had a shocker in the 5 kms track run at Sylvania last Thursday.

**Anything funny/unusual ever happened to you while you have been out running?** Many but probably best for a separate article. I'll give you copy of my story about being bitten by a dog in the Philippines sometime.

Cont...



**What other sports/hobbies are you involved in?** *None now apart from being treasurer for the local scouts. In the past I have played rugby fanatically (but not very well), reasonable cricketer and I was a pretty serious schoolboy fencer.*

**Favourite food/beverage?** *Beer. That should probably appear under hobbies as well. I love Indian and Thai food and lamb. So lamb rogan josh would be right up there.*

**If you could have dinner with anyone who would it be and why?** *Funny this, I really can't think of anyone that I don't know that I would like to have dinner with. Miss World possibly but I'm not sure she would be keen on having dinner with me.*

**Where would your ideal holiday be?** *I love visiting the Philippines with my family. One day I want to go to Carnivale but that might have to wait a while.*

**Interesting things we may not know about you?** *I once had a job artificially inseminating turkeys.*

***Thanks for sharing, John!***

\*\*\*\*\*

**Sydney Marathon Clinic**  
*Run Longer Live Better*



## **SMC Annual Presentation Night**

The SMC ANNUAL PRESENTATION Night is on this year, June 28, with doors opening at 6:45, at Wetherill Park Community Centre & Hall next to the Stockland Shopping Centre, Polding St Wetherill Park 2164.

There will be plenty of car park spaces. Doors open at 6.45pm and BYO drinks. The Hall will hold an alcohol permit for the night. This is always a fun night, with awards, a great dinner and entertainment!

RSVP no later than 22nd June 2008 with names of attendees to: [smc@sydney marathonclinic.org.au](mailto:smc@sydney marathonclinic.org.au)

For those runners who have completed a minimum of 6 runs of the same distance entree to the presentation is free. For all other entrants the costs are \$33.00 and children (under 12yrs) \$15.00.

*Ed's Note: From some very rough mathematics, it seems that Woodstock may well take home some serious bling bling this year! The following members have qualified for awards having run 6 races in the series: Brendan Davies, Thalia Anthony, Emanuel Finos, Lyn Jackson, Dot Siepmann, Vass Vassilou and Jeff Morunga. It would be wonderful to have a table together at the presentation night. All Woodstock runners are welcome to attend.*

\*\*\*\*\*

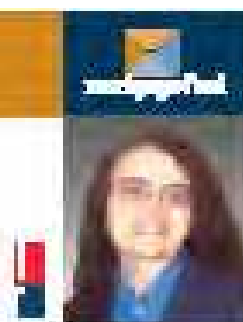
## Home Loans

Choosing the best home loan is easier when you get the full story

- Impartial FREE service
- Access to over 25 lenders
- Practical, independent advice you can trust

Woodstock Financial Pty Ltd (ABN 21 180 717 118) is a quality endorsed company.

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



# From the Archives



Woodstock Runners has a long and proud history. Each Rundown will now feature an article or story from the club's rich past. All articles are from various running magazines or club year books.

*This month's article comes from the February/March 1987 edition of 'Fun Runner' magazine.*

## AROUND THE CLUBS

with FRANK McCAFFREY



## Woodstock Runners



On Sunday, November 2, 1986 at 8.30 am, a bright and sunny morning, 700 runners lined up in a Burwood (NSW) street for the start of the Woodstock Community Run. This was 200 more than last year—and a far cry from an August day in 1980 when three or four people trotted out of the Woodstock Gardens for the first-ever training run.

The November '86 run was not just highly successful but was regarded by most, if not all, as the best event they had ever experienced—from all points of view. In fact the Road Runners

Woodstock Runners had an excellent year in the junior department, with JAMES MORAN winning the RRA Junior Male award and BRONWYN BICKFORD the Junior Female.

Association president John Fletcher was full of praise for what he saw and experienced, and the club was later awarded the coveted RRA prize for the best conducted run in 85/86. I'd go with that all the way.

Woodstock Runners came about when Kerry Bray (schoolteacher and mother of 4), Steve Brisco and Rohan Bray met with the Woodstock Community Centre and the Department of Sport and Recreation to discuss setting up a running group in the area. The decision was, 'Yes, let's go ahead and do it.' And go ahead they did, albeit slowly. Word soon got around of the club's existence, and the local press helped a lot, as did *Fun Runner*. Kerry Bray was at the helm—and things started happening.

Today, Woodstock Runners has a roll-call of close to 100. It isn't the biggest running group in Sydney, but I don't know of any other which handles organisation with such efficiency and with so little fuss, or gets so much top coordination from fellow local groups.

Without going into detail about all the other aspects of club life, I'd suggest to readers in the west of Sydney or not far from Burwood who may be thinking of enlisting in Woodstock's ranks to go along and run with them and check them out. You'd be made welcome, that's for sure, and would probably go home with a Woodstock T-shirt. Call Chris Siepen on (02) 819-7264 (h) or Kerry Bray 744-9835 (h), 569-9428 (w). ≠

\*\*\*\*\*

**CONCORD BODY CARE**  
Josephine Perrone

✓ Get Appointment

**CALL 97431284**

Massage Therapies Soul Healing Stone Sessions Natural Therapies

Do you just need to relax from all that running?  
Have you got sore, tight muscles? Do your muscles and joints ache and cramp? Do you have a chronic injury?  
It's time for a **massage!**

Remedial, Deep Tissue, Relaxation, Swedish, Sport, Injuries  
[www.concordbodycare.com.au](http://www.concordbodycare.com.au)  
[josephine@concordbodycare.com.au](mailto:josephine@concordbodycare.com.au)

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



# Upcoming Events

All events courtesy of: [www.coolrunning.com.au/calendar](http://www.coolrunning.com.au/calendar)

**Ongoing Winter Sydney West Metropolitan Cross Country Series:** <http://www.coolrunning.com.au/westmet>

## **June 2008**

**Sat 7 Jun SYDNEY STRIDERS 10KM SERIES**

10km race on an officially certified course at North Head. All runners over 18 welcome, no pre-entry, just register on the day from 6.00am. Race starts 7.00am, 60 minute limit. Striders \$5, non-members \$20 and includes refreshments. contact: Barbara Becker 0402-967-697. email: [info@sydneystriders.org.au](mailto:info@sydneystriders.org.au). Visit the [website](#) for more details.

**Sat 7 Jun KEMBLA JOGGERS 16K G-MAN BOLT MEMORIAL TROPHY**

The race is held over a fast flat road course that is conducive to fast times the race starts from the Integral Recreation Park Darkes road West Dapto. The race is a handicap event and starts at 1400hrs. contact: Gary Howard 4274-3411 or Neil Barnett 4227-4662. email: [neil@kemblajoggers.org.au](mailto:neil@kemblajoggers.org.au). Visit the [website](#) for more details.

**Sun 8 Jun MACLEAY RIVER MARATHON**

Full Marathon, 1/2 Marathon, 10k run, 5k walk contact: Mary Dunkley. email: [macsaw@midcoast.com.au](mailto:macsaw@midcoast.com.au). Visit the [website](#) for more details. Click here for an [entryform](#).

**Sun 8 Jun MANLY BEACH SOFT SAND CLASSIC**

This running event held entirely on Manly Beach. Distances are 21km, 9km, and 1.6km. Starts from Manly Surf Pavilion, South Steyne, Manly - Start times: 21km 7.00am, 9km - 10.00am, 1.6km - 11.30am. Registration: Up until 30mins prior to each race. contact: Scott Wood. email: [office@biglifesport.com.au](mailto:office@biglifesport.com.au). Visit the [website](#) for more details. Click here for an [entryform](#).

**Sun 15 Jun BAY TO BAY FUN RUN**

Distance: 12km. Event Time: 8:00am. Location of race: Woy Woy waterfront. Other details: Fast, flat and certified accurate 12km course bordering scenic Brisbane Water from Woy Woy to Gosford on the NSW Central Coast (1.5 hours drive north of Sydney CBD). Organised by Terrigal Trotters to raise money for Central Coast charities. Limited bus transport from Finish to Start before and after the event. Many categories and prizes. Presentation at 10:30am. Excellent feedback received from runners. contact: Barb Byrnes 0434 645115. email: [barbyrnes@yahoo.com.au](mailto:barbyrnes@yahoo.com.au). Visit the [website](#) for more details.

**Sun 15 Jun MINI-MOSMARATHON**

26th Annual MiniMos Fun Run, including the 2km Primary Inter-School Challenge, 5km Run and 10km Run; supporting Camp Quality and Mosman Public School. **EARLY BIRD** entry fee discounts available for the 5km & 10km events through 23rd May. 10km Start: 7:30am; 5km Start: 8:45am; 2km Start 9:45am. Register online now at our website. Registrations will be accepted through Race Day, or until we've reached capacity. **Preference Start** positions available for the 10km for 25 men and 25 women. Visit our website for preference start qualification details. contact: Doug Henry on 0404-467-065. email: [info@mini-mos.com](mailto:info@mini-mos.com). Visit the [website](#) for more details.

**Sun 22 Jun KATHMANDU ADVENTURE SERIES - ROYAL NATIONAL PARK**

Wanna have a fun Adventure this weekend? Enter a Kathmandu Adventure race and see what everyone is talking about! Imagine an off-road triathlon with simple navigation and short multiple stages with a few obstacles to add a little spice. So grab a team mate and race together undertaking simple navigation [you can read a street directory?], mountain biking 15-25km [mostly fire trail nothing too technical], kayaking 2-4km [we provide boats, paddles and lifejackets] and trail running 5-10km. Team categories are male, female and mixed teams of two. Adventure racing is a thinking sport requiring teams to work together to complete the secret course in the shortest time possible. contact: Gary Farebrother, ph 0403-820-282. email: [gary@maxadventure.com.au](mailto:gary@maxadventure.com.au). Visit the [website](#) for more details.

**Sun 22 Jun SRI CHINMOY SYDNEY SERIES RACE 4 - MIRAMBEENA 16 KM, 8 KM & 2 MILES.**

The 4th race in the Sri Chinmoy Sydney Series for 2008. Treat yourself to something special. An exquisite course for aficionados of fine running, through native bushland between Prospect Creek and Lake Gillawarna. Starting and finishing on the grassy expanse of Beatty Reserve, off Beatty Parade at the southern end of Mirambeena Regional Park. The 2 mile course is flat, while the 8 km and 16 km routes include a few bracing hills. Relax post-race on the banks of Dhurawal Bay. Parking at the end of Beatty Pde, off Captain Cook Dr, 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@srchinmoyraces.org](mailto:sydney@srchinmoyraces.org). Visit the [website](#) for more details. Click here for an [entryform](#).

**Sun 22 Jun CAMPBELLTOWN JOGGERS CLUB HANDICAP SERIES - H'CAP NO 5**

Race 5 of 9 for the 2008 Campbelltown Joggers Club Championship. Staggered start, meet at 7.00am for a challenging out and back 10km run from Bradbury Oval. New members welcome contact: Warren Gibbons. email: [wgib1966@optusnet.com.au](mailto:wgib1966@optusnet.com.au). Visit the [website](#) for more details.

**Sun 29 Jun WOODFORD TO GLENBROOK CLASSIC**

This is an approx 25km trail run along The Oaks firetrail, from Woodford to Glenbrook in the Blue Mountains, NSW. Starts approx 10:00am (after mountain bikers) from Woodford Railway Station. It is held in conjunction with a Mountainbike race, and all funds go to Careflight, a most worthwhile charity. Visit the [website](#) for more details.

**July 2008**

**Sat 5 Jul SYDNEY STRIDERS 10KM SERIES**

10km race on an officially certified course at Sydney Olympic Park. All runners over 18 welcome, no pre-entry, just register on the day from 6.00am. Race starts 7.00am, 60 minute limit. Striders \$5, non-members \$20 and includes refreshments. contact: Barbara Becker 0402-967-697. email: [info@sydneystriders.org.au](mailto:info@sydneystriders.org.au). Visit the [website](#) for more details.

**Sun 13 Jul SRI CHINMOY SYDNEY SERIES RACE 5 - DOLLS POINT HALF-MARATHON (21.1 KM), 10 KM & 5 KM.**

The 5th race in the Sri Chinmoy Sydney Series for 2008. Returning to the scene of the Sydney Sri Chinmoy Running & Fitness Festival staged in the 1990s. Choose one of the classic distances of Half-Marathon, 10 km or 5 km. The course is through Cook Park, adjoining the beautiful Botany Bay and includes spectacular views from Captain Cook Bridge over the mouth of the Georges River. Start and finish is in the historic Peter Depena Reserve. Parking at the end of Russell Ave or Sanoni Ave, Dolls Point. 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](mailto:sydney@srchinmoyraces.org). Visit the [website](#) for more details. Click here for an [entryform](#).

**Sun 13 Jul SHOALHAVEN KING OF THE MOUNTAIN**

The "King" as it's known locally, travels from the quiet rural village of Cambewarra (10 minutes drive from Nowra) via a series of bitumen and gravel roads over Mount Scanzi finishing in the historic township of Kangaroo Valley. A distance of 32km's that takes in the best sights and native sounds of the local area. The "King" features several fresh water creek crossings (with concrete causeways), rolling hills through unspoilt bushland and glorious views of sheer cliff faces, valleys and ravines. (Check out the website for the course map - view all the images and virtual tours, online entry and entry forms [www.kingofthemountainnowra.org.au](http://www.kingofthemountainnowra.org.au)) contact: Doug Jeffrey. email: [admin@kingofthemountainnowra.org.au](mailto:admin@kingofthemountainnowra.org.au). Visit the [website](#) for more details. Click here for an [entryform](#).

**Sun 20 Jul LAWLER PARTNERS WINERY RUNNING FESTIVAL - HUNTER VALLEY**

After a massively successful second year, with over 900 competitors, the Lawler Partners Winery Running Festival has been given the thumbs up by athletes and National Athletics officials after being given official Certification of the accuracy of the Marathon, Half Marathon, 10km and 6.25 courses. The event has a unique character that is difficult for city based events to match. This includes quiet rural roadways, cycle tracks and outstanding scenery. It's not everyday that you get to race in such a unique environment with the event running through part of the famous Hunter Valley Garden and past some of Australia's best loved wineries. contact: Paul Humphreys. email: [admin@hevents.net](mailto:admin@hevents.net). Visit the [website](#) for more details.

**Sat 26 Jul BUSH CAPITAL BUSH MARATHON FESTIVAL: 2K, 5K, 10K, 16K, 25K, 42K, 60K, 42K RELAY (ACT)**

2km, 5km, 10km, 16km, 25km, marathon, marathon relay and 60km ultra off road trail runs and 16km, 25km, 32 km bush walks from Campbell High School next to the Australian War Memorial. A fund raising event for the Australian Mountain Running Team contact: John Harding. email: [hackettrunner@hotmail.com](mailto:hackettrunner@hotmail.com). Visit the [website](#) for more details. Click here for an [entryform](#).

**Sun 27 Jul WESTLINK M7 CITIES MARATHON**

The course is predominantly on the Westlink M7 shared pathway, which runs alongside the motorway. The pathway is totally separated from the motorway, which makes the course unique, because it is an uninterrupted continuous path from Camden Valley Way, Prestons to Old Windsor Road, Glenwood. This makes it ideal for a Marathon footrace. contact: Mark Gibson. email: [mark.gibson@blacktown.nsw.gov.au](mailto:mark.gibson@blacktown.nsw.gov.au). Visit the [website](#) for more details. Click here for an [entryform](#).

**Sun 27 Jul SUTHERLAND TO SURF**

The Brooks-Fitness First Sutherland to Surf is the major community participatory event in the Shire and is recognised as the lead up race for the City to Surf. This great community event is held in July each year. The Brooks-Fitness First Sutherland to Surf brings more than 5000 competitors to race, wheel or walk 11kms from Sutherland Entertainment Centre to Wanda Beach. As part of the Sutherland to Surf, there is the Tradies Pro-Sprint category. This category comprises the first 100 fastest seeded competitors and attracts top class runners from the Australian Institute of Sport. The Tradies Pro-Sprint offers prize money to the first top four male and female competitors. The winners have gone on to be major place getters in the high profile Sun-Herald City to Surf. Visit the [website](#) for more details.

**Sun 27 Jul BAY RUN**

Distance: 7km. Event Time: 8.00am. Location of race: Near Leichardt Rowing Club. The Bay Run is around Iron Cove, one of Sydney's favourite running tracks. Individual, team and special owner/dog events available. Great lead up to the City to Surf and Blackmores Running Festival. Registration on the day available - please bring a completed entry form. contact: Alison Fredericks on 0400-077-748. email: [bayrun08@bigpond.com.au](mailto:bayrun08@bigpond.com.au). Visit the [website](#) for more details. contact: Alison Fredericks. email: [bayrun08@bigpond.com](mailto:bayrun08@bigpond.com). Visit the [website](#) for more details. Click here for an [entryform](#).