

The Woodstock Rundown



Internet address: www.woodstockrunners.org.au

Email: 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

**SEPTEMBER
2008**

The Rundown On Members

Happy 28th Birthday Woodstock Runners and huge thanks to Pat and Lesley for our wonderful party at Vee Vees. The large group of members present enjoyed a fabulous night and greatly appreciated the delicious food, the giveaways, the old photos of the Committee and of course, the excellent company of fellow members.

Deirdre and David were unable to attend the party due to their skiing accidents on the NZ slopes. We hope to see both of you back on the road pretty soon. Roy sustained an injury in the C2S, but is back walking already. Best wishes and speedy recovery to all who may be injured or unwell at this time.

Stretch is currently touring Europe (half his luck!) and Ray Dean is off to the Murray River for a couple of weeks. Hope you both have a wonderful time. Don't forget to keep up your running.

Derek travelled north recently and caught up with Frank Berlouis, who now resides in Port Macquarie. I quote Derek's letter on his visit to Frank home.... "A feature in the garden was a Woodstock singlet, waving gently in the breeze! We sipped a beer and talked about old times in Burwood. Frank sent best wishes to all his old running mates". Derek comments that Frank does not look any older.

Former member, Lindy Hou, was interviewed on the ABC before her departure for the Beijing Paralympics. We wish her well in the various cycling events in which she is participating.

Members have been very active in many runs including the Lake Taupo Half Marathon in NZ, Willy 2 Billy and of course, City2Surf. Thanks to John Dawlings for organising both official and internal teams for C2S. Congratulations to all who won prizes. Our official team placings are the most successful the Club has enjoyed for some time.

Thanks Colin for once again organising the Handicap Run and well done to the prize-winners. Our appreciation also to Pat for coordinating the BBQ breakfast and to Kevin, ably assisted by apprentice chef, Deirdre, for the excellent cooking.

Keep up the running and walking. Following Australia's great showing in Track and Field in Beijing, we can't let the side down.

Kerry

September Birthdays!

Caroline Owen - 3rd, Colin Townsend - 8th, John Murray - 10th, Sonja Kukec - 11th,
Susan Mrurray - 11th, Dot Siepmann - 12th, Martin Amy - 13th, Kevin Lucas - 14th,
Yvonne Fillery - 15th, Holly Muir - 16th, Paul Milazzo - 17th, Maree Lucas - 20th.

New Members!

A big Woodstock welcome to our newest members, **Michelle Warren, Megan and Bronwyn Hager, Tami Dower, Andrea Lung, Tristan Iseli and Caroline Owen.** Caroline's membership is rumoured to have been a birthday present from her doting partner Martin Amy. What a guy eh? I mean what more could a girl ask for on her birthday than a Woodstock membership!! We look forward to seeing you all at some club runs or events. Remember, Dot Siepmann is our uniform officer and she can fix you up for all your Woodstock gear.

Quite a few visitors have dropped by lately to have a run with our groups. Please make sure you make all these visitors welcome and offer them a visitors welcome kit. This welcome kit has recently been updated. We invite runners and walkers to run/walk with us as visitors before deciding whether we best suit your needs. Visitors are welcome to run with us for up to 4 weeks, but are then asked to become a member, to ensure that we meet the requirements of our public liability insurance.

Footy Tipping!

With the regular season now over, it is now down to the business end of the season with limited games left to catch up! The results of the regular season after 26 rounds are:

Woodstock Runners NRL Footy Tipping 2008 (Comp# 132981)							
THIS WEEK				OVERALL LADDER			
#	(LW)	TIPSTER	POINTS	#	(LW)	TIPSTER	TOTAL
1	(2)	Brendan Davies	12	1	(1)	sb9	254
1	(2)	Colin T_0	12	2	(2)	3553	252
1	(2)	Go Jana Love Tamsyn	12	2	(3)	Go Jana Love Tamsyn	252
1	(2)	stretchfowler	12	4	(4)	Colin T_0	248
1	(8)	Trialex	12	5	(5)	qazxs	239
6	(1)	3553	10	6	(6)	Trialex	236
6	(2)	sb9	10	7	(7)	stretchfowler	228
8	(7)	qazxs	8	8	(8)	LukeT1	220
9	(9)	efbb	7	9	(9)	Brendan Davies	206
9	(9)	LukeT1	7	10	(10)	efbb	181

Well done to sb9 on the 'Minor Premiership'! Tipsters, don't forget that the tipping comp will continue right throughout the finals series. I'll announce the overall winner in the next rundown!

Home Loans

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

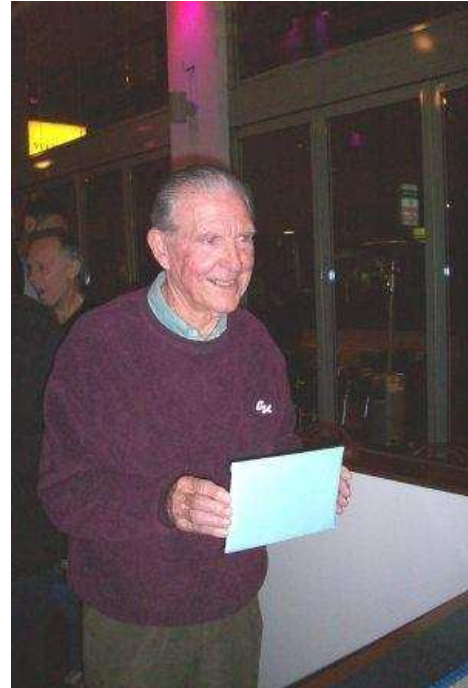
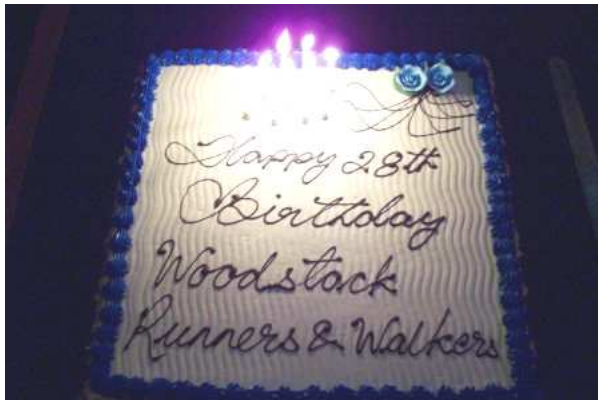
- Impartial FREE service
- Access to over 25 lenders
- Practical, independent advice you can trust

Woodpage Pty Ltd (ABN 2) 180 717 111 is a quality endorsed company

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



Woodstock Runners and Walkers 28th Birthday Party!!



Clockwise

Martin and Caroline, The lovely cake, and the double celebration - Eddie's 80th Birthday!!

TNT - Thursday Night Training

There is no better way to get your PB's down than to incorporate a bit of interval and speed work into your training.

When: Every Thursday Night, 6:30pm –7:30pm.

Where: Campbell Oval, part of Canterbury Park, Princess St, Canterbury. It is a grass athletics track with floodlights. Nb: it is the first park behind the tennis courts. 5 min walk from Canterbury Station. Toilets and change rooms available at oval.



What: Sessions will be mixed from week to week, ranging from sprints to 1km repeats, or you can simply do a session of your own. See run roster for details. All sessions start with a warm up jog and strides and finish with a warm down jog.

Cost: \$2 (to cover council costs)

More information is published on the website or contact Brendan on 0422233463 or bjdavies2000@yahoo.com

All members and friends welcome!

The Rotary Club of Gladesville and The Weekly Times Bridge to Bridge Fun Run/Walk. Kissing Point Park, Putney

Now in its twelfth year, the event will be held on Sunday 14 September commencing at 9:00am. Proceeds will go to Ryde Hospital, school bursaries and other Rotary community projects.

Once again, Woodstock Runners Inc. has been offered \$400 to assist on the day. As this is our only fund raiser, please consider keeping the morning of 14 Sept. free and come along to help and/or participate.

For more information, please see Barry Cole or 'phone on 9874 3148 or visit

<http://www.rydeaquaticfestival.com/events.html#fun%20run>

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*



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
SPORTSWEAR

HUGE SAVINGS!

WHY PAY RETAIL ?

BUY CANVAS IMAGES FROM FACTORY!!
TO VIEW SOME OF OUR STOCK IMAGES
GO TO 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

*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.*

Contribution Corner

Members, please email all contributions to rundown@woodstockrunners.org.au

This month's first contribution comes from Kerry Bray.

MY BIG “STUFF-UP”, CITY2SURF 2008

I was to run with my grand daughter, Taylah, while my daughter, Ellen was taking her son, Ben. While we ran the same times last year, I received a blue bib, they yellow ones. Having been informed my chip would not activate if I started in the Back of the Pack Group, and I was in a Woodstock team with Maree and Dot, we planned for me to start at the very back of the Blue Group and my daughter would be near the front of the Yellow Group. We would meet outside The Boulevard Hotel in William Street, or so we thought.

Yours truly arrived there just before the last group set off, looking intently for the purple helium filled balloon being carried by 10yr old Taylah. There I stood on the corner of Crown and William Streets for 45mins until the very last people in this year's C2S came through. I have never been so cold in my life. Everybody else saw me, except my family

Where were they? What was I to do? I had to get to Bondi and running appeared the only option. Have you tried running through the entire C2S pack? I think I covered almost a Half Marathon. My official time was lousy, though my running time was around 90mins.

On meeting up with the Woodstock group I was concerned that my family was not there. Fortunately they arrived soon after. I had run past and not seen them. I was very relieved.

The day improved from there. Both grandchildren did PBs. I enjoyed an Italian (because the Indian restaurant no longer exists) lunch with Dot, Barry, and Colin. We had Swiss ice cream as the Danish shop has closed. I loved some comments overheard from some of the walkers I passed, such as “we’ve arranged to meet on the eastern side of Bondi Beach” (hope they brought their costumes) and at the top of Heartbreak Hill “we’ve just past the 10k mark, not far from here”. Dot and I talked over yummy coffees at Bondi Junction and that was followed by a sleep on the train home.

And eve after that botch-up, **C2S is still my favourite run.**

Kerry

P.S. Maree, Dot and I gained 2nd place in the over 55 teams. (They obviously ran well. Thanks fellow team members.)

This month's second contribution comes from David Mathers, on a more serious note.

In the last *Rundown on Members* you learnt David Mathers had been in hospital (Who the hell is David Mathers? Ask someone who's been around since the early days. Anyway that doesn't matter. What matters is...) David Mathers, that is I was in hospital for surgery for prostate cancer. I was never sick, the cancer was detected by tests. If you wait till you get sick it's too late.

The reason I'm telling you this is prostate cancer effects all men unless something else gets them first ('A hundred year old man has a hundred percent chance of having prostate cancer.'). So if you're a bloke over fifty this is for you. And if you expect to be one day or care about someone who is or will be, re-jig the message as appropriate.

Be encouraged to discuss prostate cancer with your GP. The first step is usually a blood test (PSA) and just follow professional advice from there. You will be given plenty of information. If it comes to surgery, I can't promise you it's a walk in the park, but it sure beats being dead, and it certainly beats going through terminal cancer to get there.

If anyone wants to know, I'm dealing with the temporary annoyances that go with radical prostatectomy, but apart from that I'm wonderful.

David Mathers

A minute with a member...



Brendan, at the Macleay River Marathon earlier this year.

Name: *Brendan Davies*

What is your occupation? *Primary School Teacher*

Running age group? *M30-39*

Do you have family? *Yes, my lovely wife Nadine and our 2 dogs, Thommo & Lily (I'm a cricket tragic...)*

How long have you been a Woody? *Only about a year and a bit, since I relit my affair with running.*

When do you run with Woodstock? *I'm a regular Tuesday nighter and have started up the TNT-Thursday night*

training at Campbell Oval. Very occasionally I make it out of bed to get to the Saturday morning run.

Why do you enjoy running? *I love the earthiness of running—it's just you and the environment doing something that feels so natural. I love pushing my physical limits and achieving goals that I set myself. Of course I love the friendships formed as well.*

What is your favourite running course/event and why? *My favourite running course would be anywhere through the Australian bush. I have a few events I really look forward to like Fitzroy Falls Marathon and 6 Foot Track Marathon. I look forward to the City 2 Surf too (just for the sheer volume of bodies.)*

What has been your running highlight? *Finishing 6 Foot track this year in just over 4 hours was good, but what was even better was watching everyone finish and the emotions on display were pretty special. I just remember sitting back and thinking 'this is why I love running'. Running sub 4min km marathon (2:47) this year was special too.*

Any lowlights (injury etc)? *Thankfully, not to many injuries (they have yet to catch up with me), a twisted ankle here and there from running on the trails (or the roads around Burwood)!*

What was the last race you went in and how did you go? *The Fathers Day 5 event at Homebush. I wanted to get a PB and I achieved that in 17:47. It was only a PB by 10 sec but you have to be happy with that! Short distances are not really my forte.*

Anything funny/unusual ever happened to you while you have been out running? *At the NSW Mountain Running Champs this year half the field took a wrong turn going up a mountain and I ended up finishing 3rd, unfortunate for them! I didn't quite know how to feel! On a long run in Ouvea, New Caledonia this year I had a stray dog follow me for about 12km on this deserted road. The poor thing was so thirsty by the end of it I thought it went into the bush to die! Quite funnily, it came back about 5 minutes later with a coconut it had found clasped in its salivating mouth and began to rip it apart extracting every last*

bit of moisture from it that it could. I found that funny...a coconut eating dog! Obviously a local!!

What other sports/hobbies are you involved in? *I play pennant level squash and get out mountain biking as much as I can. I love travelling, either in Australia or abroad.*

Favourite food/beverage? *Favourite food has to be oysters, I could seriously eat a thousand of them in a sitting. I love all types of seafood really. My beer of choice is James Boag Draught from the Tap in any pub in Launceston (it doesn't get any better).*

If you could have dinner with anyone who would it be and why? *I know it sounds a bit corny, but I'd love to pick Rob De Castella's brains over a meal (of low fat-high protein of course!).*

Where would your ideal holiday be? *Trekking through Asia Minor, Nepal and the Himalayas has always been a something that has appealed to me. If I was looking for a lazy holiday, cruising the Caribbean with no time constraints!*

Interesting things we may not know about you? *I once weighed 85kg, I am currently wallpapering a wall at home with all my race numbers and I attend a Korean Church, but can't speak a word of Korean!*

Thanks for sharing, Brendan!

Annual Awards Night

This year's awards night is tentatively set for Sunday 7/12/08. Please keep it free! Don't forget to nominate members. The nomination sheets are attached!



Woodlands Tours p/l - ACC 34363
Joseph & Therese - 0419 373 326
email: 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			Thursday Intervals. Meet at 6:30pm @ Campbell Oval, Ashbury		Saturday Runs. Meet at 7:20am @ Brett Park, Drummoyne		
9/9	Jak's Strathfield Run	8km	11/9	1600,1200,1000,800,600,400,200m	13/9	Timbrell Park	8km
16/9	Burwood Park	10km	18/9	Parlov 300m's x 12	20/9	Not Five Dock *	7km
23/9	Concord	9km	25/9	4 x 1200m	27/9	Drummoyne	9km
30/9	Canada Bay	11km	2/10	10 x 400m	4/10	Balmain Shores	7.5km

NB. During the winter months (April to August), a Hills training group will operate on Tuesday nights, if demand dictates.
The Winter program continues until Daylight Saving begins 5/10/2008 *Name of run subject to change!

RESULTS

Members - Please email all results to
rundown@woodstockrunners.org.au

Balmoral Burn, 01/06/08

Larissa Tichon 2:06 ##1st F Open

Mizuno Half Marathon, Taupo NZ, 02/08/08

21.1km

David Blackwell 1:50:10
 Deirdre Stewart 1:51:35 10th F45-49

Sydney Corporate Cup, Series 61 #6, 06/08/08

6km

Stephen Browne 28:10
 John Murray 28:40

West Metropolitan Series #13, 16/08/08

2km

Eddie McLean 11:43 ## 1st M80+

4km

Steve Briscoe 15:10 1st M50-59
 Robyn Briscoe 16:47 1st F50-59

8km

Brendan Davies 29:25 ## 2nd M30-39

Bankstown Half Marathon, 17/08/08

5km

Kerry Bray 26:26 1st F60-69
 Dot Siepmann 27:46 3rd F60-69
 Eddie McLean 32:13 3rd M70+

21.1km

Brendan Davies 1:23:35 10th O/All
 Emanuel Finos 1:38:49 ## 3rd F O/All
 Ellen Glennan 1:39:19 (Kerry's daughter)
 Thalia Anthony 1:47:05 3rd F30-39
 Mark O'Donnell 1:47:27
 Jeff Morunga 2:03:28
 Michelle Warren 2:21:53 10th F30-39

Mt Wilson to Bilbin Bush Run, 23/08/08

35km

Lorraine Spanton 4:05:14
 Rick Collins 4:05:17
 Fumi Takahashi 4:34:14
 Larissa Tichon 4:34:14 ##
 Jeff Morunga 4:34:40
 Michelle Warren 4:46:26

Sutherland Half Marathon, 23/08/08

21.1km

Brendan Davies 1:23:03

West Metropolitan Series #14, 23/08/08

2km

Eddie McLean 11:56 ## 1st M80+

4km

Steve Briscoe 15:21 1st M50-59
 Robyn Briscoe 17:13 1st F50-59

Defence Lake Attack Fun Run, VIC, 24/08/08

10km

Thalia Anthony 47:10
 Mark O'Donnell 49:16

Sydney Tower Run Up, 29/08/08

1504 Steps

Larissa Tichon 11:59 ##
 Fumi Takahashi 14:35

West Metropolitan Series #15, 30/08/08

2km

Eddie McLean 11:35 ## 1st M80+

Lake Macquarie Half Marathon, 31/08/08

21.1km

Brendan Davies 1:23:40 6th M30-34
 Michelle Warren 2:21:46

Sydney Corporate Cup, Series 62 #1, 03/09/08

6km

John Murray 28:25

Striders North Head, 06/09/08

10km

Brian Ogilvey 50:46 ##

Fathers Day 5, 07/09/08

5km

Brendan Davies 17:47 PB, 8th M30-39
 John Ovenden 24:58 2nd M61-70
 Michelle Warren 28:25

Sri Chinmoy, Cooks River, 07/09/08

8km

Lyn Jackson 35:51 2nd F O/All
 Kerry Bray 43:35 1st F50-59
 Bridget Akers 44:32 9th F<50
 Dot Siepmann 44:46 2nd F50-59

16km

Martin Amy 1:01:17 1st O/All
 John Dawlings 1:07:01 1st M50-59
 Peter O'Sullivan 1:08:17 8th M<50
 Thalia Anthony 1:18:19 3rd F O/All

West Metropolitan Series, Final Point Score

Long Run

Brendan Davies ## 3rd M30-39

Medium Run

Robyn Briscoe 1st F50-59
 Steve Briscoe 2nd M50-59

Short Run

Eddie McLean ## 2nd M65+



Larissa and Fumi at the finish of the Mt Wilson to Bilpin Bush Run.

Well done girls, a top effort!

Woodstock Runners - City to Surf Times 10/8/08

<u>Surname</u>	<u>Given Name</u>	<u>Gun Time</u>	<u>Chip Time</u>		
Amy	Martin	56:20	55:05		6:40 PB
Anthony	Thalia	69:28	69:20		1:11 PB
Ayoub	Joseph	94:39	88:04		
Ayoub	Therese	94:40	88:45		
Barnett	Paul	78:14	72:10		
Bray	Kerry	161:29	136:14		
Browne	Stephen	68:26	68:04		
Burbidge	Julian	110:11	71:11		
Cayzer	Kim	124:17	100:23		##
Collins	Rick	76:03	69:31		
Davies	Brendan	52:43	52:37		10:50 PB
Dawlings	John	57:19	57:13		
Finos	Emanuel	61:52	61:35		
Fowler	Jonathan	84:28	78:52		
Garcia	Manal	65:14	64:49		## 4:38 PB
Hager	Bronwyn	70:42	65:44		## PB
Hager	Megan	70:42	65:44		## PB
Hill	Alex	62:09	61:34		0:52 PB
Jackson	Lyn	61:55	61:49		
Lucas	Kevin	156:09	138:03		
Lucas	Maree	94:00	89:56		
Laws	Steve	57:26	57:04		
McGown	Max	248:29	189:05		
Milazzo	Paul	131:21	94:30		##
Morunga	Jeff	131:21	73:50		
Muir	Greg	54:16	54:09		
Muir	Holly	83:13	63:40		## PB
O'Donnell	Mark	79:01	71:34		## PB
O'Sullivan	Peter	60:50	60:32		
Owen	Caroline	73:29	72:04		##
Patacsil	Charissa	78:56	71:37		
Purss	Tony	75:04	73:24		##
Rankin	Roy	94:47	80:21		
Siepmann	Dot	87:25	82:08		
Takahashi	Kazuaki	52:36	52:28		
Townsend	Colin	69:15	68:33		
Ullio	Lawrence	78:28	77:20		
Warren	Michelle	93:00	85:08		##
Whiteway	Paul	91:57	75:43		
<u>Others</u>					
Andrews	Geoffrey		107:00		##
## indicates not a member, or not in the club uniform					
The 'Gun' time is used for all official results, rankings, etc.					

CITY TO SURF 2008

INTERNAL TEAMS

First

Name	Estimated Time	Actual Time	Difference	Average
Brendan Davies	53.00	52.37	0.23	
Kevin Lucas	140.00	138.03	1.57	
Peter O'Sullivan	60.00	60.32	0.32	
Total	253.00		2.52	0.57

Second

Name	Estimated Time	Actual Time	Difference	Average
Colin Townsend	69.15	68.33	0.42	
Michelle Warren	90.00	85.08	4.52	
Thalia Anthony	69.00	69.20	0.20	
Fumi Takahashi	75.00	DNS		
Total	303.15		5.54	1.58

Third

Name	Estimated Time	Actual Time	Difference	Average
Julian Burbidge	70.00	71.11	1.11	
Roy Rankin	84.00	80.21	3.39	
Mark O'Donnell	70.00	71.34	1.34	
Total	224.00		6.24	2.08

Fourth

Name	Estimated Time	Actual Time	Difference	Average
Steve Browne	69.30	68.04	1.26	
Dot Siepmann	83.00	82.08	0.52	
Charissa Patacsil	76.00	71.37	4.23	
Total	228.30		6.41	2.14

Fifth

Name	Estimated Time	Actual Time	Difference	Average
Emanuel Finos	60.00	61.35	1.35	
Maree Lucas	92.00	87.56	4.04	
Laurence Ullio	75.00	77.20	2.20	
Total	227.00		7.59	2.40

Sixth

Name	Estimated Time	Actual Time	Difference	Average
Steven Laws	54.36	57.04	2.28	
Kim Cayzer	100.00	100.23	0.23	
Rick Collins	74.59	69.31	5.28	
Total	229.35		8.19	2.46

Seventh

Name	Estimated Time	Actual Time	Difference	Average
John Dawlings	58.00	57.13	0.47	
Paul Milazzo	90.00	94.30	4.30	
Paul Whiteway	79.00	75.43	3.17	
Total	227.00		8.34	2.51

Eighth

Name	Estimated Time	Actual Time	Difference	Average
Martin Amy	55.00	55.05	0.05	
Therese Ayoub	95.00	88.45	6.15	
Deirdre Stewart	78.00	DNS		
Total	228.00		6.20	3.10

Ninth

Name	Estimated Time	Actual Time	Difference	Average
Greg Muir	54.55	54.09	0.46	
Jo Ayoub	95.00	88.44	6.16	
Stretch Fowler	76.00	78.52	2.52	
Total	225.55		9.54	3.18

Tenth

Name	Estimated Time	Actual Time	Difference	Average
Alex Hill	65.00	61.34	3.26	
Paul Barnett	80.00	72.10	7.50	
Jon Patrick	80.00	DNS		
Tony Purss	68.00	73.24	5.24	
Total	293.00		16.40	5.33

Eleventh

Name	Estimated Time	Actual Time	Difference	Average
Kazu Takahashi	54.00	52.28	1.32	
Kerry Bray	109.00	136.14	27.14	
Holly Muir	65.00	63.40	1.20	
Total	228.00		30.06	10.02

CITY 2 SURF OFFICIAL TEAMS

Woodstock Mixed - second place	Woodstock Mens Vets - fourth place	Woodstock Men Masters - second place	Woodstock Women Masters - second place
Martin Amy	Kazu Takahashi	Rick Colliins	Kerry Bray
Brendan Davies	Greg Muir	Stretch Fowler	Dot Siepmann
Thalia Anthony	Steve Laws	John Dawlings	Maree Lucas

Woodstock Runners Handicap Event, 30/8/2008
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>
Anthony, Thalia	32:55	7:37:05	8:09:09	32:04	1	24
Van Zuylen, Danielle	35:00	7:35:00	8:09:13	34:13	2	23
Dower, Tami	37:00	7:33:00	8:09:15	36:15	3	22
Akers, Bridget	40:00	7:30:00	8:09:36	39:36	4	21
Cayzer, Kim	38:30	7:31:30	8:09:37	38:07	5	20
Ovenden, John	40:00	7:30:00	8:09:44	39:44	6	19
Burbidge, Tony	37:30	7:32:30	8:09:47	37:17	7	18
Spanton, Lorraine	35:00	7:35:00	8:09:52	34:52	8	17
Collins, Rick	35:00	7:35:00	8:09:53	34:53	9	16
Patacsil, Charissa	35:00	7:35:00	8:09:58	34:58	10	15
Siepmann, Dot	41:00	7:29:00	8:10:04	41:04	11	14
Iseli, Tristan	37:00	7:33:00	8:10:30	37:30	12	13
Phillips, John	45:12	7:24:48	8:10:39	45:51	13	12
Davies, Brendan	25:30	7:44:30	8:10:41	26:11	14	11
Maher, Lesley	36:17	7:33:43	8:11:16	37:33	15	10
Morunga, Jeff	35:00	7:35:00	8:11:52	36:52	16	9
Ullio, Lawrence	38:24	7:31:36	8:15:58	44:22	17	8
Cullen, Christine	51:00	7:31:28	8:16:16	44:48	18	7
White, Derek	02:30	7:13:13	8:17:32	1:04:19	19	6
Muir, Greg	35:20	7:34:40	8:08:24	33:44	DQ	5
Burbidge, Julian	35:20	7:34:40	8:08:29	33:49	DQ	5
Bray, Kerry	40:30	7:29:30	8:08:35	39:05	DQ	5
O'Donnell, Mark	32:55	7:37:05	8:08:40	31:35	DQ	5
Takahashi, Kazuaki	29:00	7:41:00	8:08:54	27:54	DQ	5

In this Handicap event, Thalia Anthony, Danielle Van Zuylen & Tami Dower took the first three places.

There were 5 Handicap PB's set:

	Tony Burbidge	37:17	4:53 Handicap PB			
	Kerry Bray	39:05	1:09 Handicap PB			
	Danielle Van Zuylen	34:13	0:23 Handicap PB			
	Mark O'Donnell	31:35	0:14 Handicap PB			
	Thalia Anthony	32:04	0:08 Handicap PB			

The fastest male was Brendan Davies (26:11)

The fastest female was Thalia Anthony (32:04)

DQ indicates disqualified for being more than one minute under estimated time, so they get the pointscore of 20th place.

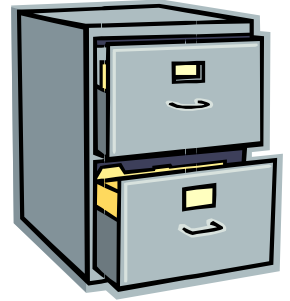
indicates not a current financial member, but points will be given if they join before the next Handicap Event.

Woodstock Runners - Handicap Series 2008

		<u>23/02/2008</u>	<u>24/05/2008</u>	<u>30/08/2008</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	Cayzer, Kim	15	27	20		62	3
2	Davies, Brendan	24	25	11		60	3
3	Burbidge, Julian	23	24	5		52	3
4	Anthony, Thalia	14	10	24		48	3
=5	McGown, Max	22	20			42	2
6	Ovenden, John		23	19		42	2
7	Ullio, Lawrence	5	28	8		41	3
=8	Collins, Rick	7	16.5	16		39.5	3
=8	Spanton, Lorraine	6	16.5	17		39.5	3
=10	Siepmann, Dot		19	14		33	2
=10	Van Zuylen, Danielle		10	23		33	2
12	White, Derek	8	18	6		32	3
=13	Amy, Martin	5	26			31	2
=13	Finos, Emanuel	10	21			31	2
=13	Morunga, Jeff		22	9		31	2
16	Cole, Barry	20	10			30	2
17	Muir, Greg	21		5		26	2
18	Kearney, Jonathon	25				25	1
=19	Dower, Tami			22		22	1
=19	Phillips, John		10	12		22	2
21	Akers, Bridget			21		21	1
22	Bray, Kerry	5	10	5		20	3
23	McLean, Eddie	19				19	1
=24	Burbidge, Tony			18		18	1
=24	Mahony, Pat	18				18	1
26	Tichon, Larissa ##	17				17	1
27	Takahashi, Fumi	16				16	1
=28	O'Donnell, Mark		10	5		15	2
=28	Patacsil, Charissa			15		15	1
=28	Purss, Tony (& buggy)		15			15	1
31	Vervoort, Willem		14			14	1
=32	Iseli, Tristan			13		13	1
=32	Lucas, Kevin	13				13	1
=34	Crossley, Max		12.5			12.5	1
=34	Malcolm, Caroline ##		12.5			12.5	1
=36	Cullen, Christine	5		7		12	2
=36	Cullen, Gerry	12				12	1
=36	Patrick, Jon	11	1			12	2
39	Keys, Ross		11			11	1
=40	Maher, Lesley			10		10	1
=40	Nash, Paul		10			10	1
=40	Owen, Caroline		10			10	1
=40	Rankin, Roy		10			10	1
=40	Takahashi, Kazuaki	5		5		10	2
45	Richardson, Katherine ##	9				9	1

indicates not a current financial member.

From the Archives



Woodstock Runners has a long and proud history.
Each Rundown features an article or story from the club's past.
All articles are from running magazines, club year books or other sources.

This month's piece comes from the 'coolrunning' website, from a post by John Dawlings on the 23rd June, 2002. It's an interesting insight to the joys of running in The Philippines!

I went out for a run last night, as I do most evenings here. It was planned to be an easy half hour run going up to Friendship Gate on base then turning round down Perimeter Road and stopping at Nifty's for a couple of beers.

No trouble getting to Friendship nor turning down Perimeter Road. But after about 200 metres I heard some noise behind me followed by a bite in the leg. I stopped and picked up a stone to throw at the offending dog (not that it would have helped much) when to my amazement half a dozen guys who had been hanging around the Friendship jeepney stop picked up sticks and started chasing the dog. I subsequently found out that it had bitten one of their sons earlier in the day and they were on the look out for it. As I watched, they chased the dog around a corner and by the time I reached them, the dog was on the floor and in its death throes.

"What do you want to do?", they said. I replied that I would like to take the dog to a vet to test for rabies. So they dumped the nearly dead animal in a tricycle, sat me behind the driver and then one of them joined the dog in the passenger compartment. On arriving, I went in to see the vet and the tricycle driver unceremoniously dumped the nearly dead dog in the vet's forecourt.

"They should not have killed it", she said, "It is best to observe it for 3 days to see if it has rabies". We looked at the animal which clearly had about 3 minutes to live rather than 3 days and agreed that this would be a mistake that would be hard to rectify. "Can you test it for rabies?", I asked. "Not here", she said, "You will need to take it to San Fernando (about 20 kilometres away). They will be shut now but you should cut its head off and keep it in the freezer overnight. Tomorrow put the head on ice and take it to the Animal Analysis Unit in San Fernando".

Fine. So there I was with a nearly dead dog that needed to be decapitated and its head put in the freezer. She gave me a sack and pair of surgical gloves and my Filipino companion put the nearly dead dog in the sack. We got a tricycle to our house, offloaded the dog only to find that my wife, Beth, had gone shopping and I had no keys.

Fortunately she turned up minutes later and a discussion ensued in Filipino about what to do with the dog. Now I have been studying Filipino for a while and am quite adept at phrases like, "What would you like to eat?" and "What is the time?". My Filipino does not stretch to anatomical decisions about how to decapitate a dog. It soon became apparent however that I was going to have rabies injections like it or not. Whether this was because of concerns about my health or Beth's views of having a dog's head in her freezer, I am not sure. I suspect the latter. My Filipino companion left with the dog, which had now mercifully stopped kicking. They eat dogs in the Philippines and I am not sure if mad ones are excluded or are perhaps a delicacy. As a precaution I shall avoid the cafes around Friendship Gate for a while.

Two hours after being bitten, I had my first rabies injection. The good news is that I am allowed to drink and run during the course of injections and that I will then be immune to rabies for 5 years. The bad news is that I didn't think any of this was strange until the following morning. I must have been in the Philippines too long.

John Dawlings

Upcoming Events

All events courtesy of: www.coolrunning.com.au/calendar

Sep 2008

Sun	14 Sep	<p>WAGGA'S LAKE TO LAGOON FUN RUN</p> <p>A 9.5km community Fun Run for runners, walkers and slow cyclists opened by Mayor of Wagga Wagga. Starts at Eastlake Drive, Lake Albert, at 10.30am continues up Lake Albert Rd turning right into Copland St before taking the cycling and walking track adjacent to Koorginal Rd through to the levee bank track to Day street before turning right into Tarcutta St to finish at the lagoon adjacent to the Civic Theatre. An Expo at the finish adds to the unique and carnival atmosphere of the event. coincides with the Wagga Jazz Festival. contact: Petrina Quinn. email: petrina.quinn@exemail.com.au. Visit the website for more details.</p>
Sun	14 Sep	<p>BRIDGE TO BRIDGE</p> <p>The Weekly Times and Rotary Club of Gladesville present the Bridge to Bridge Fun Run/Walk in association with Ryde Aquatic Festival. Distances are 5km and 10km. Starts and finishes in Kissing Point Park, Putney, on the northern shore of the Parramatta River. Start time 9:00am. contact: Barry Cole on (02) 9874-3148. Visit the website for more details.</p>
Sun	14 Sep	<p>COORANBONG FUN RUN</p> <p>The 7th annual Cooranbong Fun Run is on again this year with loads of fun and entertainment on the day. There is a 10km, 3km and 1km (just4fun). Age categories in each event. Beautiful scenic on-road and off-road course. Stalls, food, rides for the kids, animal farm, jumping castle, helicopter joy flights, art show and much more. contact: Bill Ward (02) 4977-0200. email: ward@avondaleschool.nsw.edu.au. Click here for an entryform.</p>
Sun	14 Sep	<p>BATHURST EDGELL JOG</p> <p>This will be 33rd running of this popular fun run 8 kilometres around the streets of Bathurst major draw prize o/seas trip cash prizes for outright male & female winners cash prize to break outright record well run event email: james.hallahan@bigpond.com.</p>
Sun	14 Sep	<p>GUNNEDAH GALLOP COMMUNITY FUN RUN</p> <p>32nd Annual Gunnedah Gallop, 8km Apex Fun Run and 3km BHP Run or Walk, Starts from the Gunnedah Showground 10am, Registration from 9am on the day, First 100 Entries receive a free commemorative T/Shirt, Entry forms can be picked up at the Namoi valley Independant office, Gunnedah or Ewings Real Estate, Gunnedah. email: jonandsteph@ozemail.com.au.</p>
Sun	14 Sep	<p>THE HILLS FUN RUN</p> <p>Location - Fred Caterson Reserve, Castle Hill. A great opportunity for the whole family to have fun together! Take pleasure running through native bushland, enjoying the scenery and the company. Serious runners will be keen to meet the off-road challenge a week before the Blackmores Running Festival. There are two runs of 4 and 8 kilometres, starting and finishing at the Sports (Basketball) Stadium in Fred Caterson Reserve. Keen runners will have the opportunity to run in both events with one hour between starting times. Prizes for category winners, U12, U16, U20, Open, 40+, 50+, 60+. Starting times are: 4km 8.00 am, 8km 9.00am. The 4K event is a loop course, including some hills, over paths and tracks through bushland in Fred Caterson Reserve. The 8K run is two laps of the 4K course. Water stations are provided. Entry Fees: U-18 \$5:00, 18 years+ \$10:00 or \$15:00 on the day. Can register at the Sports (Basketball) Stadium from 7:00 am on raceday. contact: Steve Whelan on 0411 145 190 or Dennis Williams 0425 243 974.. email: whelan@hillsathletics.com. Visit the website for more details. Click here for an entryform.</p>
Sat	20 Sep	<p>WAKE UP! FUN RUN 2008</p> <p>Organised by Wake Up!, the University of Newcastle Global Health Group. All Proceeds will go towards Operation Smile, an international charity organisation that provides free surgeries for children suffering from facial deformities. For more information, go to http://www.operationsmile.org/ Time: 2pm, report at 1pm, Venue: Blackbutt reserve, Richley Entrance, Distances: 1.5km x 4 relays, 5km, 10km email: pamela.chia@studentmail.newcastle.edu.au. Visit the website for more details.</p>
Sat	20 Sep	<p>KEMBLA JOGGERS MT BURELLI ORCHARD RUN</p> <p>15km and 5km bush run All running abilities welcome Race location start Mt Kemplab lookout Start time 7:00am. Registration \$5 each event non Kemplab 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.</p>
Sun	21 Sep	<p>BLACKMORES SYDNEY MARATHON & RUNNING FESTIVAL</p> <p>This event offers a great way for you and your family and friends to enjoy a day of fun, fitness and one of the best runs in the world across the Sydney Harbour Bridge and finishing at the Opera House. Even the kids can have a day to remember and are more than welcome to join in the fun! Depending on your fitness and motivation, you can choose from one of these truly memorable events: The Sunday Telegraph Family Fun Run (approx 4km) The Sunday Telegraph body+soul Bridge Run (approx 9km) Blackmores Half Marathon (21.1km) Blackmores Sydney Marathon (42.2km) Lots of discussions by CoolRunners here contact: Janine Farnell. email: janine.farnell@pont3.com. Visit the website for more details.</p>
Sat	27 Sep	<p>FITZROY FALLS FIRE TRAIL MARATHON + 10KM + 5KM TRAIL RUNS</p> <p>42.2km Marathon, 10km run, 5 km run. Event Time: 8am Marathon, 9am other events. Location of race: Fitzroy Falls, Southern Highlands. Now in its 7th year, the Fitzroy Falls Marathon is a run along the fire trails in the beautiful Morton National Park in the Southern Highlands. It is a fund raiser for the bushfire brigades in the Fitzroy Falls area and members of the brigades man the aid stations. A feature of the event is the barbecue lunch that is part of the entry fee. contact: MAX POWDITCH. email: comfrig@bigpond.com. Visit the website for more details.</p>
Sat	27 Sep	<p>WOOLGOOLGA CHARITY FUN RUNS</p> <p>2km and 5km. Everyone is a winner. no placings. medal and certificate to all who participate. \$4 entry for 2km \$6 entry for 5km. enter on the day. contact: lee-ann lloyd. email: leeannontour@hotmail.com.au. Visit the website for more details.</p>
Sun	28 Sep	<p>UMINA BEACH SAND SLOG</p> <p>The Umina Beach Sand Slog is a fun run extending from one end of Umina Beach to the other (conditions permitting). One lap is 5km, two laps for the more serious 10km. The two runs will be started at the same time at Umina Surf club going south on the soft sand and then turning around and heading north onto the hard sand for the 2km run to the point then turning to return to Umina Surf Club on the soft sand. There will be medals for the first three places in each age group and also lucky door prizes. The run will start at 10.00am and presentation at 12.00. The event is run by Umina Surf Life saving Club to raise money for equipment for the upcoming season. contact: Greg Brown. email: ggbrown@virginbroadband.com.au. Visit the website for more details.</p>

Oct 2008

- Sat 4 Oct **SNOWY HYDRO UPPER MURRAY CHALLENGE (VIC)**
25k race on Australia's most scenic & challenging course in the foothills of the Snowy Mountains. Finishes in Corryong, Vic. Held in conjunction with one-day multisport race. contact: Peter Dikschei. email: thedixies1@optusnet.com.au. Visit the [website](#) for more details.
- Sat 4 Oct **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. Visit the [website](#) for more details.
- Sat 4 Oct **KEMBLA JOGGERS MT BURELLI 6K**
6km and 3.2km Mountain race All running abilities welcome race location start Mt Kembla lookout Start time 7:00am Registration \$5 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.
- Sat-Sun 11-12 Oct **MAITLAND COUNTRY FUN RUN**
Runners have a choice of a 4km or 8km fun run around the scenic farmland and river area of the Historic township of Morpeth, NSW. The fun run is held as part of the Maitland Multi Sport Festival also hosting a stand alone river swim and mid and club distance triathlon. contact: H Events. email: paul@hevents.net. Visit the [website](#) for more details.
- Sun 12 Oct **WESTON CREEK FUN RUN (ACT)**
6km, 10:00am, Starting at the Irish Club at Weston contact: Race manager. email: funrun@westoncreekathletics.org.au. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun 12 Oct **THE BRIGHTON BEACHSIDE DASH**
The newest run to hit Sydney - and it promises to be one of the most beautiful and possibly the fastest!! Taking place in the beautiful beachside suburb of Brighton-Le-Sands - very close to Rockdale, and just beyond the airport to the south of Sydney - the 10km course follows the beachside paths and boardwalks from Cook Park to Kyeemagh and back again to finish in Peter Depena Reserve. The course is almost entirely flat and very beautiful with lovely city skyline and sea views all the way. There are three events to choose from - a 10km and 5km run and a 2km kidz mini-marathon for under 12's. The 10km run will be paced to give runners a great opportunity to challenge themselves and set a personal best time. If you've trained hard through the winter and are ready to see in the summer with a beautiful, flat and fast run, or if you are looking for an easy run to start your summer fitness program - this one's for you! The St.George Bank 10km starts at 8am. The event will be timed - bib collection and registration is from 6.30am. The event website will be launched on Thursday 28th August - visit www.stgeorgemrf.com.au/dash. The event will raise funds for vital medical research into cancer, arthritis and emergency medicine at the St George Medical Research Foundation. email: ceo@stgeorgemrf.com.au. Visit the [website](#) for more details.
- Sat 18 Oct **KEMBLA JOGGERS SANDON POINT TO BROKERS NOSE**
22k Mountain race all running abilities welcome race location. Start Sandon Point Bulli. Start time 7:00am 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.
- Sun 19 Oct **CORPORATE ADVENTURE CHALLENGE SYDNEY**
The most accessible of adventure-based events, lasting only 1 to 2 hours. Designed for anyone with basic fitness, regardless of gender, age or size, it's a fun, cost-efficient team-building event for corporation employees. It's also a great opportunity to raise funds for Clean Up Australia and do something for the environment. Teams of 3 people travel around a secret course by foot and kayak. 3 categories: Corporate Mixed, Corporate Female and Corporate Male. Kayaks, paddles, PFDs, maps and race instructions are provided. contact: Alina McMas-ter. email: info@arocsport.com.au. Visit the [website](#) for more details.
- Sun 19 Oct **BRINDABELLA CLASSIC AND BULLS HEAD CHALLENGE (ACT)**
Brindabella Classic (54.0km) starts at Cotter Reserve, runs to Bulls Head and return. Cotter Reserve is 20mins outside Canberra. Bulls Head Challenge (27.7km) starts near Bulls Head and finishes at Cotter Reserve. contact: Mick Corlis. email: mountainrunning@coolrunning.com.au. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun 19 Oct **SYDNEY ADVENTIST HOSPITAL FOUNDATION 'RUN FOR LIFE'**
Distances: 10km run, 5km run, 5km walk. Start Time: 8:00am. Location: Sydney Adventist Hospital 185 Fox Valley Road, Wahroonga. Description: This is an out and back course from the hospital front lawn and through the hilly streets of Wahroonga. This is the eighth year and the event for 2008 will be raising money for an Emergency Medical Unit at the hospital. contact: Rod Sayers. email: funrun@sah.org.au. Visit the [website](#) for more details.
- Sun 19 Oct **SYDNEY MARATHON CLINIC ROAD RACE SERIES**
21km, 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 social 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. contact: Luis Vazquez-Recio Mob 0414384552. email: smc@sydneymarathonclinic.org.au. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun 19 Oct **ROTARY MAROUBRA FUN RUN - 4KM RUN/WALK/WHEEL, 8KM RUN**
4km Run/Walk/Wheel, 8km Run, South Maroubra Surf Club -Arthur Byrne Reserve, Start Time 9.30am, Registration 7.30am - 9.00am, Trophies for all age groups, Certificates for all finishers, Spot prizes at Presentation Ceremony, Event presented by Maroubra & Districts Chamber of Commerce, Maroubra Lions, South Maroubra SLSC and Rotary Club of Maroubra. Online Entry: Adults \$16, Under-16 \$8, Family-of-4 \$35 contact: Richard Walsh, Walsh's Village Pharmacy, 02-9311-0088. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun 26 Oct **HORSELL COMMERCIAL RISKS WANDA BEACH CLASSIC**
8km beach run or walk and 2km soft sand beach run. Register from 7.30 am with the 8km at 9am and the 2km at 11am. Prize money for place-getters. Organised by Wanda SLSC. See website for more details. contact: Chris Fox. email: cfox9075@bigpond.net.au. Visit the [website](#) for more details.
- Sun 26 Oct **2008 AVON RACE FOR RESEARCH**
Avon Race for Research is an annual 5km fun run/walk for serious athletes as well as for beginners and families held on the Newcastle Fore-shore, NSW. The 2007 event attracted 2,365 entrants and is the largest not-for-profit fun run in the Newcastle and Hunter Region contact: Joanne Cranch. email: <http://www.bcia.org.au/content.aspx?page=frrace>. Visit the [website](#) for more details.

Woodstock Runners - City to Surf Rankings as at 5/09/2008

Rank	Surname	First Name	Time	Date	Non Woodstock PB
1	Owen	Jim	46:54	16/8/1992	
2	Murray	John	47:05	11/8/1991	
3	Briscoe	Steve	47:16	11/8/1991	
4	Dawlings	John	47:30	11/8/1996	46:20, 9/8/1987
5	Takahashi	Kazuaki	49:06	11/8/1991	
6	Maher	Seamus	49:16	14/8/1988	
7	Matruglio	Dominic	49:28	14/8/1988	
8	Crisp	Barry	49:46	7/8/1983	
9	Clark	Alan	50:15	9/8/1987	
10	Manchester	Peter	50:22	9/8/1987	
11	Carroll	Jak	50:31	10/8/1986	
12	Vassiliou	Chris	50:33	14/8/1994	
13	Burrows	Jim	50:39	13/8/1989	
14	Heath	Andrew	50:43	14/8/1988	
15	Clarke	Phil	50:44	9/8/1987	
16	Siepen	Chris	50:51	7/8/1983	
17	Siepen	Eleanor	F1 51:17	4/8/1985	
18	Xenita	Mark	51:17	13/8/1989	
19	Robertson	Lance	51:50	10/8/1997	
20	Moran	James	52:21	10/8/1986	
21	Knight	Stephen	52:27	12/8/1984	
22	Davidson	Bob	52:43	9/8/1987	
23	Davies	Brendan	52:43	10/8/2008	
24	Bickford	Bronwyn	F2 52:56	14/8/1988	
25	Muir	Greg	52:58	8/8/2004	
26	Townsend	Colin	53:10	11/8/1991	
27	Shoesmith	Gary	53:29	4/8/1985	
28	Mortimer	Derek	53:29	11/8/1991	
29	Murphy	Tony	54:00	4/8/1985	
30	Forrest	Andrew	54:16	12/8/1990	
31	Busteed	Maryanne	F3 54:18	9/8/1987	
32	Hughes	Brad	55:23	9/8/1987	
33	Ciappina	Oscar	55:24	16/8/1992	
34	Briscoe	Robyn	F4 55:30	11/8/1991	
35	Buckland	Gary	55:38	7/8/1983	
36	Moran	John	55:40	9/8/1987	
37	Flarrety	Ken	55:53	14/8/1994	
38	Spence	Gordon	56:00	11/8/1991	
39	Berlouis	Frank	56:02	11/8/1991	
40	Guano	Maria	F5 56:05	4/8/1996	54:02, 10/8/1992
41	Amy	Martin	56:20	10/8/2008	
42	Bayles	Michael	56:27	10/8/1986	
43	Vassiliou	Vass	56:35	11/8/1991	
44	Semitekolos	Peter	56:41	14/8/1994	
45	Summons	Adam	56:59	9/8/1987	
46	Laws	Stephen	57:08	14/8/2005	
47	Shearer	Bob	57:32	12/8/1990	
48	Drew	David	57:40	4/8/1985	
49	Pidsley	Janet	F6 57:52	12/8/1990	
50	White	Derek	58:12	12/8/1984	
51	Coates	Colin	58:15	16/7/2000	
52	Oakley	Michael	58:19	14/8/1988	
53	Jackson	Lyn	F7 58:36	13/8/2006	
54	Hall	Max	58:44	11/8/1991	
55	Byrne	Tony	58:50	11/8/1991	
56	Whitfield	Ian	59:12	14/8/1988	58:55, ??/??/????
57	Moran	Christine	F8 59:14	10/8/1986	
58	Furnell	Jason	59:16	9/8/1987	
59	Wako	Sora	59:19	8/8/2004	
60	Hams	Norm	59:20	10/8/1986	
61	Hogan	Michael	59:25	9/8/1987	
62	Siepmann	Dot	F9 59:27	4/8/1985	
63	Laing	Lloyd	59:27	14/8/1988	
64	Williams	Warwick	59:35	7/8/1983	
65	Dean	Ray	59:52	12/8/2001	57:01, ??/??/1993
66	Hewson	Mathew	59:57	14/8/1988	
67	Green	Colin	60:00	9/8/1987	
68	McGown	Max	60:05	14/8/1994	
69	Bolden	Ross	60:07	16/8/1992	
70	Buck	Brendan	60:09	10/8/2003	
71	McMahon	Terry	60:15	7/8/1983	
72	Fowler	James	60:15	8/8/2004	
73	Cockburn	Adam	60:24	13/8/1989	

Woodstock Runners - City to Surf Rankings as at 5/09/2008

Rank	Surname	First Name	Time	Date	Non Woodstock PB
74	Skillen	Sandy	60:31	11/8/1991	
75	Robinson	Brett	60:33	10/8/1997	
76	O'Brien	Michael	60:42	4/8/1996	
77	O'Sullivan	Peter	60:50	10/8/2008	
78	Blyth	Cameron	60:52	10/8/1997	
79	Tully	Alan	60:53	4/8/1985	
80	Farrell	Stuart	60:58	8/8/1993	
81	Boland	Ian	61:03	13/8/1995	
82	Kinder	Alan	61:04	11/8/1991	
83	White	Bill	61:08	9/8/1987	
84	Fahey	John	61:09	16/8/1992	
85	Hood	Ian	61:10	4/8/1985	
86	Marshall	Rob	61:10	13/8/1995	
87	Jewson	Greg	61:20	16/8/1992	
88	Bailey	Terry	61:24	10/8/1986	
89	Ayoub	Joseph	61:38	14/8/1994	
90	Muirhead	Hugh	61:41	15/8/1999	
91	Finos	Emanuel	61:50	12/8/2007	
92	Topfer	Charlie	61:52	4/8/1985	
93	Purss	Tony	61:52	11/8/2002	
94	Spasevski	Nick	61:59	9/8/1998	
95	Bolger	Kevin	62:00	9/8/1987	
96	Hill	Alex	62:09	10/8/2008	
97	Newey	Jeff	62:16	16/8/1992	
98	Bissett	Ian	62:18	9/8/1987	
99	Lane	Sharon	F10	62:24	10/8/1986
100	Ringuet	Charles	62:26	13/8/1995	49:54, ??/??/1977
101	O'Brien	Christine	F11	62:30	11/8/1991
102	Kirraly	Monica	F12	62:31	10/8/1997
103	McLean	Eddie		62:41	11/8/1991
104	Donnelly	Michael		62:49	4/8/1985
105	Camm	David		63:02	10/8/2003
106	Hood	Joy	F13	63:07	4/8/1985
107	Mayrhofer	Debra	F14	63:12	14/8/1994
108	Parrington	Anthony		63:20	4/8/1996
109	Johnstone	Brian		63:21	8/8/1993
110	Brownlie	Mark		63:38	14/8/1994
111	Hannaford	David		63:46	12/8/1990
112	Crossley	Max		63:47	11/8/2002
113	Barnett	Paul		63:48	14/8/2005
114	Silvestro	Donna	F15	63:50	14/8/1988
115	Pascoe	Phil		63:52	4/8/1985
116	Phillips	Brian		63:54	13/8/1989
116	Paul	Andrew		63:54	16/8/1992
118	Hou	Lindy	F16	64:00	13/8/1989
119	Mastrogiacomo	Vince		64:07	11/8/1996
120	Nash	Leanne	F17	64:15	8/8/1993
121	Duroux	Tony		64:17	11/8/1996
122	Lee	Joseph		64:35	13/8/1995
123	Bower	Michael		64:39	15/8/1999 62:??
124	Browne	Stephen		64:44	12/8/2007 56:42, 14/8/1977
125	Lloyd	Stephen		64:49	14/8/1994 51:52, ??/8/1975, (15km)
126	Phipps	Gerry		64:54	9/8/1987
127	Robinson	Margaret	F18	65:00	14/8/1988
128	Daly	Ron		65:32	14/8/1994 64:16, ??/??/????
129	Bailey	Kym	F19	65:38	14/8/1994
130	Mundy	Terry		65:52	10/8/1986
131	Franco	Daniel		66:01	4/8/1985
132	Blair	David		66:11	14/8/1988
133	Lollback	Matthew		66:15	15/8/1999
134	Cassidy	Michael		66:26	12/8/2001
135	Mathers	David		66:31	12/8/1990
136	Cox	Roger		66:45	15/8/1999 61:18, ??/??/????
137	Dartnell	Trevor		66:46	9/8/1998
138	Degabriele	Joe		66:54	14/8/1994 65:50, ??/??/????
139	Scaife-Elliott	Lance		67:07	12/8/2001 52:30, ??/??/????
140	Morunga	Jeff		67:18	10/8/2003 62:39, ??/??/????
141	Suryak	Wayne		67:30	10/8/2003
142	Byrne	Neil		67:36	12/8/1990
143	Maidlow	Jennie	F20	67:37	13/8/1995
144	Dolan	Fiona	F21	67:42	12/8/1990
145	Keys	Ross		67:56	14/8/1994 59:19, 7/8/1983
146	McLennan	Tony		68:00	13/8/1989

Woodstock Runners - City to Surf Rankings as at 5/09/2008

<u>Rank</u>	<u>Surname</u>	<u>First Name</u>	<u>Time</u>	<u>Date</u>	<u>Non Woodstock PB</u>
147	Ullio	Lawrence		68:05 14/8/2005	
148	Vera	Victor		68:11 13/8/1989	
149	Moriarty	Jo	F22	68:16 13/8/1995	
150	Renshaw	Brad		68:21 8/8/1993	
151	Beauchamp	Arnold		68:33 10/8/1997	
152	Jackson	Nicole	F23	68:49 16/8/1992	
153	Jackson	Keith		68:52 16/8/1992	
154	Davey	Michael		68:54 10/8/2003	
155	Moore	Ray		69:00 14/8/1988	
156	Lloyd	Rosalind	F24	69:02 14/8/1994	67:42, 13/8/1989
157	Bertram	Colin		69:06 12/8/1984	69:06, 12/8/1984
158	Maher	Lesley	F25	69:07 16/8/1992	
159	Patrick	Jon		69:12 15/8/1999	65:??, ??/??/????
160	Bray	Kerry	F26	69:14 12/8/1984	
161	Stewart	Deirdre	F27	69:15 9/8/1998	
162	Collins	Rick		69:16 8/8/2004	
163	Anthony	Thalia	F28	69:28 10/8/2008	
164	Horrocks	Sue-Ellen	F29	69:29 14/8/1994	
165	Trommestad	Chris		69:41 14/8/1988	
166	Tatam	Pauline	F30	69:57 14/8/1994	
166	Pollard	John		69:57 11/8/1996	59:57, ??/??/????
168	Sommerville	Andrew		70:10 13/8/1995	
169	Johnson-Ham	Sue	F31	70:24 11/8/1991	
170	Bolden	Nazha	F32	70:31 11/8/1991	
171	Silvestro	Phillip		70:37 12/8/1990	
172	Oakley	Virginia	F33	70:48 9/8/1987	
172	Phipps	Sue	F33	70:48 13/8/1989	
174	Gray	Danny		70:54 10/8/1986	
175	Green	Matthew		71:12 9/8/1987	
176	Dein	Tim		71:25 13/8/1989	
177	Clark	Tanya	F35	71:30 9/8/1987	
178	Peacock	Carole	F36	71:34 13/8/1989	
179	Murray	Susan	F37	71:40 12/8/2001	
180	Mastrogiamomo	Kathleen	F38	71:41 13/8/1995	
181	Gasparo	Sal		71:48 10/8/2003	
182	Hopkins	Frankie	F39	72:00 13/8/1989	
183	Leimon	Ritchie		72:12 8/8/2004	
184	Harris	Sharon	F40	72:13 8/8/2004	
185	Rowell	Katie	F41	72:18 8/8/2004	
186	McCarthy	Pat		72:27 4/8/1985	
187	Van Zuylen	Danielle	F42	72:29 14/8/2005	71:30, ??/??/????
188	Mahony	Pat	F43	72:41 10/8/1986	
188	Drahuszak	Marie	F43	72:41 8/8/1993	
190	Lucas	Kevin		72:48 12/8/1990	
191	Brown	Rosa	F45	73:09 13/8/2006	70:27, 12/8/2007
192	England	Sandra	F46	73:17 4/8/1985	
193	Brown	Tony		73:19 14/8/2005	69:54, 11/8/2002
194	Ayoub	Therese	F47	73:27 15/8/1999	
195	Williams	Lesley	F48	73:34 14/8/1988	
196	Andrews	Geoff		73:37 12/8/2001	64:26, 11/8/1991
197	Lay	John		73:38 13/8/1989	
198	Spanton	Lorraine	F49	73:53 8/8/2004	
199	Blackwell	David		73:59 10/8/2003	
200	Lee	Tanya	F50	74:08 12/8/1990	
201	Haswell	Jodie	F51	74:10 11/8/1991	
202	Rankin	Roy		74:12 15/8/1999	68:44, 14/8/1994
203	Di Domenico	Jean-Louis		74:13 15/8/1999	
204	Konkolawicz	Eva	F52	74:33 10/8/1986	
205	Cooper	Sarah	F53	74:43 12/8/2001	
206	Murray	Ken		74:58 9/8/1987	
207	Bailey	Michael		75:01 16/7/2000	
208	Jackson	Brian		75:08 8/8/1993	
209	Benvenuti	Angela	F54	75:09 10/8/2003	
210	Stewart	Greg		75:23 12/8/1990	
211	Lambiki	Maria	F55	75:30 8/8/1993	
212	Kelly	Peter		75:38 10/8/1986	
213	Johnson	Sarah	F56	75:39 9/8/1998	
214	Cole	Barry		76:00 11/8/1991	
215	Ackland	Roxanne	F57	76:05 4/8/1996	
216	Stirling	Sue	F58	76:11 4/8/1985	
217	Murray	Peter		76:42 10/8/1986	
218	Henao	Joanna	F59	76:45 11/8/2002	
219	Lee	Angela	F60	76:49 16/7/2000	

Woodstock Runners - City to Surf Rankings as at 5/09/2008

Rank	Surname	First Name	Time	Date	Non Woodstock PB
220	Brown	Calli	F61	76:51	14/8/2005
221	Stenton	Julia	F62	76:55	11/8/1991
222	Yewdall	Timothy		77:11	14/8/2005 76:??, 8/8/2004
223	Holmes	Rhoda	F63	77:45	10/8/2003
224	Ulricksen	Maria	F64	77:54	9/8/1987
225	Fillery	Yvonne	F65	78:41	10/8/1997
226	Fowler	Stretch		78:53	13/8/2006
227	Patacsil	Charissa	F66	78:56	10/8/2008
228	O'Donnell	Mark		79:01	10/8/2008
229	Hann	Leah	F67	79:02	16/8/1992
230	Akers	Bridget	F68	79:16	12/8/2007
231	Taylor	Vic		79:18	13/8/1989
232	Welfare	Jo	F69	79:58	9/8/1987
233	Engall	Judy	F70	80:05	15/8/1999
234	Sinclair	Don		80:22	8/8/1993
235	Ovenden	John		80:28	13/8/2006
236	Calleija	Leonie	F71	80:30	10/8/1986
237	McDonald	Kevin		81:23	4/8/1985
238	Child	Angela	F72	81:52	12/8/2001 78:??, 15/8/1999
239	Ackley	Jason		82:31	9/8/1987
240	Foulser	Len		82:35	9/8/1987
241	Ferrara	Luana	F73	83:03	16/7/2000
242	Lamb	Annette	F74	83:08	16/8/1992
243	Muir	Holly	F75	83:13	10/8/2008
244	Burstall	Janet	F75	83:18	14/8/2005
245	Robertson	Nita	F76	84:03	10/8/1987
246	Clark	Phillip		84:21	14/8/1988
247	Lucas	Maree	F77	84:21	12/8/2007
248	Benvenuti	Riccardo		84:31	10/8/1997
249	Melizza	Mary	F78	84:42	16/7/2000
250	Bennett	Rebecca	F79	84:49	10/8/1997
251	Matruglio	Patricia	F80	85:39	14/8/1988
252	Hewson	Nadine	F81	87:14	9/8/1987
253	Olson	Ron		89:39	14/8/1994
254	Croker	Sally	F82	89:41	14/8/1994
255	Patton	Christy	F83	90:20	12/8/2001 75:??, ??/??/????
256	Danis	Nihal	F84	90:45	11/8/2002
257	Kukec	Sonja	F85	90:55	13/8/2006
258	Rankin	Melanie	F86	91:19	12/8/2001
259	Takahashi	Fumi	F87	91:43	12/8/2007
260	Titmus	Derrick		91:44	13/8/1989
261	Whiteway	Paul		91:57	10/8/2008
262	Warren	Michelle	F88	93:00	10/8/2008
263	Omeragic	Mensura	F89	93:03	13/8/1989
264	Phillips	John		94:48	12/8/2007
265	Williamson	Geoffrey		97:20	11/8/2002
266	Izquierdo	Lydia	F90	97:42	13/8/1995
267	Townsend	Cathie	F91	97:52	4/8/1996
268	White	Margaret	F92	99:03	9/8/1987
269	Burbidge	Julian		110:11	10/8/2008
270	Cayzer	Kim	F93	124:17	10/8/2008
271	Corliss	Carleeta	F94	125:55	8/8/1993
272	Milazzo	Paul		131:21	10/8/2008
273	Andrews	Stephanie	F95	136:34	11/8/2002
274	Johnson	Kay	F96	168:42	12/8/2001
275	Pollard	Maureen	F97	169:06	8/8/1993 128:??, ??/??/????
276	Fiorentino	Mario		178:29	14/8/2005
277	Fiorentino	Alecia	F98	178:32	14/8/2005
278	Edwards	Bev	F99	190:19	13/8/2006
279	Ostrowski	Peter		??	??
	McGarva	Adrian			46:41, ??/??/????
	Hansen	Terry			59:56, 14/8/1994
	Thoroughgood	Chris			62:46, 10/8/1986
	Garcia	Manal	F		65:14, 10/8/2008
	Hager	Bronwyn	F		70:42, 10/8/2008
	Hager	Megan	F		70:42, 10/8/2008
	Grech	Paul			70:??, ??/??/????
	Owen	Caroline	F		73:29, 10/8/2008
	Fung	Julia	F		75:12, ??/??/????
	Tansley	Garry			75:37, 10/8/1986
	Williamson	Joanne	F		83:??, 15/8/1999
	Tozer	Susan	F		101:07, 8/8/2004



Woodstock Runners

Summer Program October 2008 to April 2009

Tuesday Runs

(Meet at 6.00pm at Woodstock, Burwood)

30/09/2008 Canada Bay 11km
 7/10/2008 Putney Punt 12km
 14/10/2008 Bayview 10km
 21/10/2008 Strathfield Stride 10km
 28/10/2008 Pack Run
 4/11/2008 Cooks River Canter 10km
 11/11/2008 Blue Mountains Express 10.5km
 18/11/2008 Cabarita 11km
 25/11/2008 Kev's Kadiddlehopper 10km
 2/12/2008 Parks Run 10km
 9/12/2008 Putney Punt 12km
 16/12/2008 Bayview 10km
 23/12/2008 Strathfield Stride 10km

25/12/2008 Thursday - Christmas Day Run - Bay Run from Brett Park, Drummoyne, 7.30am start
 26/12/2008 Friday - Rodd Point Run, meet at Rodd Point, 6.30am start, 10/15/20K options

30/12/2008 Cooks River Canter 10km
 6/01/2009 Blue Mountains Express 10.5km
 13/01/2009 Cabarita 11km
 20/01/2009 Kev's Kadiddlehopper 10km

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

27/01/2009 Parks Run 10km
 3/02/2009 Pack Run
 10/02/2009 Putney Punt 12km
 17/02/2009 Bayview 10km
 24/02/2009 Strathfield Stride 10km
 3/03/2009 Cooks River Canter 10km
 10/03/2009 Blue Mountains Express 10.5km
 17/03/2009 Cabarita 11km
 24/03/2009 Kev's Kadiddlehopper 10km
 31/03/2009 Parks Run 10km

Saturday Runs

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

4/10/2008 Balmain Shores 7.5km
 11/10/2008 Hell Hill 8km
 21/10/2008 Balmain 9km
 25/10/2008 Timbrell Park 8km
 1/11/2008 Five Dock 7km
 8/11/2008 **Handicap Run #4, Brett Park**
 15/11/2008 Drummoyne 9km
 22/11/2008 Balmain Shores 7.5km
 29/11/2008 Hell Hill 8km
 6/12/2008 Balmain 9km
 13/12/2008 Timbrell Park 8km
 20/12/2008 Five Dock 7km
 27/12/2008 Bay Run 7km

3/01/2009 Drummoyne 9km
 10/01/2009 Balmain Shores 7.5km
 17/01/2009 Hell Hill 8km
 24/01/2009 Balmain 9km

31/01/2009 Timbrell Park 8km
 7/02/2009 Five Dock 7km
 14/02/2009 Bay Run 7km
 21/02/2009 Drummoyne 9km
 28/02/2009 **Handicap Run #1, Brett Park**
 7/03/2009 Balmain Shores 7.5km
 14/03/2009 Hell Hill 8km
 21/03/2009 Balmain 9km
 28/03/2009 Timbrell Park 8km
 4/04/2009 Five Dock 7km

Summer program continues until Daylight Saving ends (5/4/2009)

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

Further Club information is on our website at www.woodstockrunners.org.au
 Please submit all event results to: results@woodstockrunners.org.au

Online Membership Renewals: <https://www.registernow.com.au/secure/Register.aspx?ID=66>
 Online Uniform Orders: <https://www.registernow.com.au/secure/Register.aspx?ID=503>

Woodstock Runners

Annual Award Nomination Form 2008

The Club Committee invites nominations from members for our annual awards. You are welcome to nominate members in as many categories as you like, but do not feel obliged to nominate for every category. After discussing the merits of each nomination against the award criteria, Committee members will determine the award winners via a 3, 2, 1 voting process.

NB. All awards are for the period 29/10/2007 to 2/11/2008, & all references to "running/runner(s)" are taken to include "walking/walker(s)".

A complete list of 2008 Results is available at:

www.woodstockrunners.org.au/drupal2/content/year-date-results-2008

List of Awards

1. Most Improved Runner of the Year **(Male and Female)**

"The persons that you consider have shown the greatest improvement in their running over the past 9- 12 months. ie improvement in times (refer Fun Run Book)."

Nomination:

Male: _____

Female: _____

2. Rookie of the Year

"The person who joined Woodstock Runners during the year as a relative newcomer to running and/or competing in road runs, and has made the most outstanding progress."

Eligible Members (joined between 29/10/2007 and 2/11/2008)

Bronwyn Hagar	Megan Hagar
Tristan Iseli	Andrea Lung
Holly Muir	Mark O'Donnell
Brian Ogilvey	Caroline Owen
Charissa Patacsil	Michelle Warren
Paul Whiteway	Carl Wilson

Nomination:

3. Long Distance Trophy

To qualify for this award, members must complete 3 events of 21.1 kms or over. The award will be made to the member who has most consistently improved their performance in events of 21.1 kms or over during the course of the year.

Eligible Members to 2/11/2008 (having completed 3 qualifying events, details of performances are in the Fun Run Book):

Martin Amy	Thalia Anthony
Rick Collins	Brendan Davies
Emanuel Finos	Jeff Morunga
Mark O'Donnell	Deirdre Stewart
Vass Vassiliou	

NB: Other members may still qualify for this award. Please let someone on the committee know if you have completed three runs and your name does not appear in the list.

Nomination:

4. Most Outstanding Individual Road Running Performance of the Year (Male and Female)

"This award is for a single performance of note."

Nominations:

Male: _____

Performance: _____

Female: _____

Performance: _____

5. Club Champion (Male and Female)

"The runners who have competed regularly, and consistently produced the fastest results in road races and met with much success throughout the 12 months."

Nomination(s):

Male: _____

Female: _____

6. Runner of the Year

"A highly valued member of the Club who inspires others by regular attendance at training, willingness to participate in teams, loyalty to the Club, always willing to offer assistance, support and encouragement to fellow runners, and gives 100% of themselves when participating in competitive road runs."

Nomination:

7. Champion Person Award

"That person who has done outstanding work for the Club throughout the year, with no thought of reward."

Nomination:

8. Most Outstanding Team Road Running Performance

The most outstanding performance in a team event."

Please select your nomination.

☐ **City to Surf – Mixed (2nd Place)**

Brendan Davies, Martin Amy, Thalia Anthony

☐ **City to Surf – Veteran Men 55+ (2nd Place)**

John Dawlings, Rick Collins, Stretch Fowler

☐ **City to Surf – Veteran Woman 55+ (2nd Place)**

Dorothy Siepmann, Maree Lucas, Kerry Bray

Other:

☐ _____

Submission of Nominations:

All nomination may be submitted by any of the following means **by Tuesday 4/11/2008:**

- Drop in the Award Nominations Box, available on Tuesday nights.
- Post to PO Box 672, Burwood NSW 1805
- Email to secretary@woodstockrunners.org.au
- Hand to any Committee member