

**The**

# **WOODSTOCK RUNDOWN**

## **October 2009**



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### ***The Rundown On Members***

Members are flying off to various parts of the world as others are returning. We wish happy holidays to Kay Johnson off to Germany and the UK; Alecia and Mario to Italy, France, Greece and HK; and Maria, Kevin and John O to Vietnam. Ray Dean enjoyed his 6 weeks in Canada and the US, while we wait to hear of John Phillips' trip to South America and Bronwyn's to the US.

Congratulations to Susan Murray who gained 14<sup>th</sup> place in her age category in the World Triathlon Championships held recently on the Gold Coast. Well done, Susan in the very top competition.

Derek is making amazing progress following his stroke. He is walking up to 5-6kms as we go to print and has tried a little running. As they say, "you can't keep a good man down". Likewise, Eddie is walking on a regular basis after undergoing spinal surgery not too many weeks ago. It must be that Woodstock spirit.

Peta and I spent a couple of days in Canberra last week and thoroughly enjoyed a morning run in a nature park just 1.5km from our hotel. Our track was crossed twice by kangaroos and further along 3 of them lined the track just keeping on eye on us. What a delightful experience. Floriade was good too.

Don't forget John Dawlings' Balmain Fun Runs, 2k, 5k and 10k on Nov 2 at 8.30am. If you are not competing, I'm sure John would love you to assist on the day.

Best of luck to Brendan who will represent NSW in the Australian Marathon Championships at the Melbourne Marathon on Oct 11 and good luck to everyone taking part in the many runs over the next few weeks.

Did you know that 12 Woodstockians will be competing in the World Masters Games between Oct 11 and 18? There is an article elsewhere in The Rundown. Good luck to all.

Happy running and walking.

*Kerry*

### ***This Month's Birthdays!***

**Calli Brown 18th; Glenda Zarate 19th; Emmanuel Chandran 20**  
**Max Crossley 27th; Ross Keys 27th**

## Letter from the editor

Hi Woodstock Runners and Walkers!

Let's welcome new member **Stella Baer** who just moved from Perth to Sydney and decided to join Woodstock Runners and Walkers.

Watch out for Brendan's email when entering as team for the upcoming **Maroubra and Fisher's Ghost Fun runs**.

Sounds like that injury is an epidemic as of the moment, hopefully recovery and getting well comes quicker. On the other hand, rumors are going around that there are potential quick runners that might join the club soon.

It's been good to see ex-woodstock (and-who-knows-soon to be members (again)) Lynn Jackson, Larissa Tichon, Kazu Takahashi's daughter Miki in running events.

Keep sending articles and photos for **our** year book project.

Lastly, Christmas is around the corner so please block your calendars as early as now for **December 6**, for our **Awards Presentation and Christmas Party**, watch out for emails and announcements.

- Editor

### Balmain Fun Run



**When:** Sunday, November 2, 2009, events start at 8:30

**Events:** 2Km, 5KM, 10KM

**Where:** King George Oval, Rozelle

**Contact:** Phone John Dawlings on 0422 819 468 or

Send an e-mail to [balmainfunrun@hotmail.com](mailto:balmainfunrun@hotmail.com)

**Visit:** <http://www.schoolwebsites.com.au/web/Default.aspx?PageID=3533&SiteID=21>

Support by participating as proceeds will go to the Balmain Public School P&C for the benefit of the school.

Erratum on Tristan's interview page 6. Should read: Do you have family? Mum, Dad, Lucie, ..., and Anything funny/unusual ever happened to you while you have been out running? I'm always funny and unusual when I'm out running!

## October-November Training Program

<u>Tuesday Runs</u> 6pm @Woodstock, Burwood,		<u>Thursday Night Intervals</u> 6:30pm@Campbell Oval, Ashbury.		<u>Saturday Runs</u> 7.20am at Brett Park, Drummoyne	
13/10/2009	Bayview 10km	15/10/2009	1200m x 4	17/10/2009	Five Dock 7km
20/10/2009	Strathfield Stride 10km	22/10/2009	"Command" or "Mona" Fartlek	24/10/2009	Handicap Run #4, Brett Park
27/10/2009	Pack Run	29/10/2009	"Hills" Session	31/10/2009	Drummoyne 9km
3/11/2009	Cooks River Canter 10km	5/11/2009	400m x 12	7/11/2009	Balmain Shores 7.5km
10/11/2009	Blue Mountains Express 10.5km	12/11/2009	"Doubles" Standard Pyramid	14/11/2009	Hell Hill 8km



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# WOODSTOCK AT THE WORLD MASTERS GAMES

Sydney will host the world's largest multi sporting event from October 10-18. The World Masters Games will see 29,000 competitors from over 100 countries take part in 28 different sports including tennis, basketball, rugby union, soccer, touch, rowing, golf, cycling, hockey, netball, water polo, sailing, surf lifesaving, weightlifting, swimming and of course athletics. 72 venues across Sydney will be used.

Crown Prince Frederick of Denmark will compete in sailing; Murray Rose in swimming; Mark Geyer, ex League player, will captain an over 40 touch team; ABC breakfast announcer, Adam Spencer is part of 702 United Soccer; the 1988 Olyroos will compete; many former Olympians and World champions will be there and all of these will be joined by 10 members of Woodstock Runners.

There will be an Opening and a Closing Ceremony, a Gala Ball, a night at the Opera and many social events. The Games are held every 4 years. The next will be in Italy.

Minimum ages range from 25 for diving and swimming, 27 for rowing and either 30 or 35 for all other sports. The oldest competitor is 101 and he will contest lawn bowls. Ruth Frith, a thrower from Qld, is the most senior competing in track and field at 100.

One gentleman, aged 69, is walking to The Games from Gympie, Qld, a distance of 1100km. He is covering 60km a day and sleeping under the stars. He figures it's an ideal form of training for his 4 athletic events, including the 1500m and the Half Marathon.

The athletics competition in Sydney will be the largest in the history of the World Masters Games with 2,800 competing. Woodstockians will contest events from the 800m to the Half Marathon. All athletic events will be held at Homebush with the cross country in Parramatta Park

This is a unique experience for all of us and while competition will be tough, I know all will do their best. I shall attempt to list everyone with their events. Please excuse any deletions or inaccuracies.

**Lorraine Spanton** 10k and Half Marathon

**Rick Collins** 10k and Half Marathon

**Linda Barwick** 10k

**Dot Siepmann** 800m, 5000m, 8k cross country, 10k and Half Marathon

**Deidre Stewart** 10k and Half Marathon

**Jeff Morunga** Half Marathon

**Brian Ogilwy** 10k and Half Marathon

**John Murray** swimming events

**Kazuaki Takahashi** Half Marathon

**Kerry Bray** 5000m, 8k cross country, 10k and Half Marathon

**Luana Ferrara** 10k

**Susan Murray** 10K, 8K Cross Country, Cycling Time Trial

I'm sure we all embody the Games motto of "**fit, fun and forever young**".

Good luck to everyone, Kerry

## World's Masters Games Event Schedules

For those interested and would like to watch our Woodies do their bests at the games I've tried to list the schedule from the website. Venue will be in Sydney Olympic Park, visit the website for more details.

### Athletics

Sat 17/10/09 10:22am 800m Final Female 60-69

Fri 16/10/09 10:10am 5000m Finals Female 60 +

Sun 11/10/09 7:00am 10km Final Male (Homebush, Sydney Olympic Park)

Sun 11/10/09 7:15am 10km Final Female (Homebush, Sydney Olympic Park)

Sun 18/10/09 7.30am Half Marathon Final (Homebush, Sydney Olympic Park)

Tues 13/10/09 2:00pm Cross Country Final All All Parramatta Park

### Swimming

Saturday 10 October 2009 - Saturday 17 October 2009 @ Sydney Olympic Park Aquatic Centre

### Cycling Time Trial

15 October 2009- Eastern Creek Raceway and Western Sydney International Dragway, Eastern Creek



## Thursday Night Track (TNT)

***Sick of plodding along at the same pace?***

***Want to do some speed work but hate doing it on your own?***

***Want a safe and secure training venue away from traffic and bitumen?***

### **Then TNT is for you!!!**

Everyone is welcome, regardless of your ability level. We have had men and women runners aged from 15 to 80 participate, with many different paced groups. The sessions are easily modified to cater for all ages and abilities. There is no cost for members! Cold drinks are supplied (*even some of Brendan's famous homebrew comes out in Summer!*) Visitors including family and friends are welcome to try us out.

Sessions range from hill repeats, fartlek training, pyramids, sprints and standard intervals. Variety is the key to enjoyment!

**Location details are: Campbell Athletic Field, part of Canterbury Park, Princess St Ashbury. Car park access is of Andrews Ave.**

Session starts at 6:30pm and are finished by 7:30pm.



Why not come down and check us out! You won't be disappointed.

For more information, contact Brendan on 0422 233463 or email at [bjdavies2000@yahoo.com](mailto:bjdavies2000@yahoo.com)

## **Footy Tipping**

Rank	Tipper	1-13	14	15	16	17	18	19	20	21	22	23	24	25	Round Score	Round Margin	Total Margin	Total Score
1	Alex Hill	62	5	4	4	5	4	2	5	4	7	6	5	7	7	4	352	127
2	Bron Hager	66	4	4	5	7	5	4	2	3	5	5	5	5	6	4	361	126
3	Mighty Rabbit	58	5	3	4	6	4	4	6	4	6	4	6	6	6	6	359	122
4	vass vassiliou	53	5	4	4	7	4	4	5	4	6	6	7	7	5	0	346	121
5	John Murray	54	5	5	1	8	4	5	5	5	6	8	6	5	5	0	387	122
6	Stretch	48	5	0	1	1	1	3	4	5	4	4	3	1	3	12	435	83
7	Colin Townsend	55	5	3	4	1	4	3	5	5	4	4	3	1	3	12	437	100
8	Luke Townsend	41	5	0	1	1	1	3	4	5	4	4	3	1	3	12	500	76
9	Mr D	58	4	4	4	8	3	4	4	4	7	3	6	6	3	24	414	118

**Did you know?**

We reached 101 in total membership this month!

# Minute with a member



**Name:** Terry Vohradsky

**What is your occupation?** Own business - Lawn mowing & car detailing

**Running age group?** 30-34

**Do you have family?** Yes, thankfully. I have my Mum and Dad and 1 younger Sister, and 1 much loved partner. Plus i have a beaut dog named Max, and couple of cats.

**How long have you been a Woody?** 3 months

**Do you run on Tuesday night/TNT/Saturday morning?** Sometimes Sat mornings, mostly fun runs on Sunday. Interested in the TNT if i can find the extra time around my busy work schedule.

**Why do you enjoy running?** Its great for fitness & weight loss and has a certain stress relief element to it. I enjoy getting out on the track, running with my friends and my partner! I like the thrill factor when in a big race/ fun run and the spectacle of running with hundreds of runners around me and the loud clatter of all the feet, running well and making it through the finish gates! The social element is fun. I have improved so much since I began running in March this year, and have gone from 3km to 7, to 10, 14, and 15km runs, and am confident In my first Half Marathon in 3 weeks time

**What is your favourite running distance/course/event and why?** I mostly like 7-10k distances, i like alot of courses but my fave local is the Bay Run in Drummoyne, and as far as events go i also like a few of them, though I'll pick City to Surf because of the challenge and sheer numbers of people the buzz of being part of it and i like to give heartbreak hill a

good flogging and coast down the hill to the beach for a well deserved beer and lunch.

**What has been your running highlight?** I ran a 48 minute PB for my 2nd 10km race at NSW Roads State Championship a few months ago, and then that gave me enough credit to make it into the Red Intermediate Start Section in City 2 Surf, and run alongside my partner.

**Any lowlights (injury etc)?** I have struggled to warm up on cold winter morning runs, and I've had a couple races where went out too hard early, and paid the price being out of breath and feeling my legs burning and bricking up, etc and not enjoying the run. No injuries as yet, but as I have upped the kms and advanced had a few annoying pains and strains affecting hamstrings, calves, knees and ankles. As time passes these have become less apparent, even gone away.

**What was the last race you went in and how did you go?** I ran the St George Beachside Dash at Brighton Le Sands in the 10km run last week and I had my calves on fire the whole way, since i have upped my running from once a week to two or 3 times a week in training for my half, and this wasn't very pleasing to me, though toughed it out and had a fair bit of fuel left to speed up in the last 4km and go for a PB, but missed by around 1 minute.

**Anything funny/unusual ever happened to you while you have been out running?** Not really. I have seen people dressed as Superman, Supermums running flat out in races with twins in prams.

**What other sports/hobbies are you involved in?** I'm not involved in any other sports, though as hobbies I enjoy things such as getting out for a bike, bbqs, going to the beach, dining out, making home brew beers, watching movies, catching up to family and friends, and getting out and about and being active and fit in general.

**Favourite food/beverage?** Tacos and Beer simultaneously.

**If you won 1 million, how you think going to spend the money?** I wont spend much of the money, rather just live off some of it, maybe buy a home but still get a loan for most of it, invest a bit in some stocks, maybe do a few random acts of kindness and help my family if i see them struggling, and relax on a boat in a bay somewhere, and doing some fishing and just continue working but part time, so the money didnt run out.

**If you could have dinner with anyone who would it be and why?** Probably my dad because he lives quite far away and i don't see him very often.

**Where would your ideal holiday be?** I am going to The Phillipines soon, and it will be ideal, and I'll be seeking warm sun soaked beautiful beaches, and all things fun and relaxing, plus the Australian Dollar buys alot more over there than it does here, so food and drinks shopping and accoms will be at a bargain price.

**Interesting things we may not know about you?** I ran as a ring-in and unofficial woodstocker for a couple of events in the prior weeks before joining, and achieved some good PB's but I am now trying to beat the PB's as a new Woodstockian, which i haven't been able to do yet.

*Thanks Terry! I made a rule for myself as an editor to try not to include newish member in profiles yet as there are so much original members I can publish. However, the members whom I sent the questionnaire are a bit busy and will return their replies to me when they get the chance. So watch out for the next edition of The Rundown.*

# Commonwealth Championships 100K – My Journey

By Brendan Davies

The 2009 Commonwealth Championships for Mountain Running and Ultra distance running have come to a close. It was a rich experience and one that I will always remember regardless whether this is the first of many or my one and only time representing our great nation. Yet it was but a small snapshot, albeit a memorable one, of a much more significant journey for me.

My journey to this point, of course, started around 3 years ago when I decided to do something about the extra tyres that I was carrying around my waistline. Soon after I joined Woodstock and started up my love affair with running, which up to that point had been very 'on and off'! Less than three years later I have gone from an 'obese' (technically I was) 85kg to an Australian representative. Sometimes I have to pinch myself!

It was my brother in law, Ian, who replanted the love of running in me in early 2007. I was a decent runner in Primary School. In High School, apathy and 'other distractions' meant running was far from the forefront of my mind! University was about drinking and socialising and then I like the sound of 'I was focusing on getting my career grounded' for the lack of activity during my mid and late 20's! Through these times, however, I still ran, mostly through intermittent periods. It was always something I enjoyed and deep down I knew was good at. I remember after the 2007 SMH Half Marathon, my first race in over 10 years, looking up local running clubs in the area. I stumbled across Woodstock Runners and thought that it looked like a good way to keep my training regular. At the 2007 Sutherland to Surf, I was sitting on the grassy knoll, in post race exhaustion, and remember seeing (who I didn't know at the time) Dot run through the finish in her Woodstock uniform. That's it, I thought! Next Tuesday I'm going up to Burwood and I'm going to see what this club is all about!

Not even three years later, I am at the point I am now. I'm sure most of you have caught up with my result. The short of it? I am extremely pleased. 9<sup>th</sup> out of 20 starters, 3<sup>rd</sup> Aussie home, team silver medal and a 36 minute PB at the inaugural Commonwealth Ultra Running Championships for the 100km road run. My time puts me in 12<sup>th</sup> spot on the all time list of 100km road runs by Australians.

The journey to Keswick, from that initial breakthrough period in 2007 has of course taken a lot of hard work, dedication and commitment. Thankfully, rarely has injury been a road block. It is a journey that I have done mostly solo, educating and coaching myself from books and online sources, and by listening to more experienced runners for advice. My tendency to jump into things head on has been beneficial. Some people ponder over entering a marathon for years, thinking they are never prepared enough. I entered my first one only after 3 months of serious running training! My first 100km run was done in January this year as a way to test my endurance. The last thing I was thinking of was representing Australia. Fortune does favour the brave sometimes!

Travelling over to England on the plane gave me an opportunity to reflect on what has been a very short but very rewarding running career so far. I realised I am not what you would ever call an 'elite' runner. I am simply a good runner who has taken the opportunities when they have presented themselves through daring to step out of my comfort zone. I have gotten to this point, partially because the laws of running dictate that the longer the distance, the less people are running them and therefore there is less competition. It is true! Over 10km, I finished 60<sup>th</sup> in the NSW State Champs this year, in the Half Marathon State Champs this year I was in the 20's. In the marathon, I would be in the teens somewhere in the State, but in the 100km? Well not too many crazies do that!

With this opportunity, also came a certain level of responsibility. I was determined to do the very best I could. This meant that I trained smarter and harder, ate more sensibly, abstained longer and thought more closely about this race in preparation than I have ever done for any other race. I guess it was at the fund raising night that it really hit home to me how much of an opportunity this was and a real honour to represent Australia. Not many people have a chance of doing that, and all those people were there on the night to congratulate and support me on my journey.

Once I got to Manchester, via Singapore and Amsterdam, I caught a train to the Lake District town of Penrith. From Penrith, an event minivan took me to the most beautiful little English town on Earth – Keswick. This place is quintessentially English; rolling green hills dwarfed by larger mountains, pristine verdant grass, pretty gardens, rabbits and squirrels running around etc. It was a scene straight off a Beatrix Potter plate! Thankfully, I had arranged to share accommodation with some other Aussie teammates and we were situated within 500m of the main



headquarters of the event. My room had was perfect, and my housemates were even better! Most of them were from the 24h team. This event was the first for the Championship, run around on a 1km loop around the local Keswick Park. The good thing about the 24hour run is that you can see the start, go shopping and then go watch a bit more. You can then go have dinner, come back and watch a bit more. Hell, you can even go to sleep, have a great night's rest, come back and see the finish! What an unusual event this is. I must say it did have the locals shaking their head in bewilderment. Indeed I think a lot of them thought the local loony asylum had rolled in to their town!



The following day was another rest day for me with the first of the mountain (fell running) taking place. I was busy preparing my strategy, my supplies for the run and my 'Garmin'. At this stage, we knew that Garmins were banned during the races (they had banned them for the 24h run), so I decided to make my own (see photo)! I didn't really know what time to target, but 7:45 sounded good to me!



<-- Tim and Brendan with team mate

-->Brendan's "Garmin". manually written time splits.



Next day, Race Day!!

The race couldn't have been run in better conditions, very cool and calm conditions, a slight drizzle coming after 3 hours that cooled us down and the route was the very scenic with enough twists and turns to keep it interesting. I was able to drive the whole course with my teammates and ran a part of it prior to raceday, I felt very confident that I could achieve my goal time of 7:45.

The course took us out of town for 20km before we started on the out and back section x 6 (5km stretches), before heading back into town. In the first 5km there were some significant hills before an undulating section to 15km. The out and back section was completely flat! The last 15km back into down had those undulating sections again, although the last 5km were mostly a descent back into town.

The start was conservative, all competitors were taking it easy wanting to cruise up the hills at the start without exerting themselves. Once past the main inclines, the pace started to pick up with a Canadian bravely taking the lead, with the Aussies working together. The field stayed very close together all the way to 10km. At 10km, I checked my 'Garmin' and realised that I was already way ahead of my schedule. This worried me and forced me to make a decision, continue on with the pace (ranging from 4:05s to 4:30's) or decrease and drop back through the field to 4:39 pace.



I chose to continue on with the current pace for a number of reasons; the favourable conditions, I was feeling great,



and I wanted to stay with the leaders. I was in this race to win after all! At about 15km, Terrence and I made a pact, I threw the pre race plans out the window and we were going to do our best to work together and stay together as long as we could. In previous events in Australia, Terrence and I have always finished very close to each other, sometimes he would beat me, sometimes I would beat him. I knew he was a good pacer (but also was worried that I wasn't running my own race)

This continued on to the marathon distance where we went through in 2:58. On target for a sub 7 h 100Km!! Could this pace be sustained was the big question. Through 50km in 3:30, the pace had dropped slightly feeling quite fresh still I lifted and caught back up to Terrence who had inched forward 20 metres or so. The other Aussies were a little further back; fellow Woodstocker Tim was about 1.5km behind and Michael a further kilometre who was running with Jackie Fairweather, our brilliant female competitor (who I secretly desired to finish ahead of!). The Canadian rabbit had burnt crashed and burnt, the leaders where now the strong English team (all these runners had to qualify by running sub 7:30!) but they were no more than 500-600m ahead and in fact were all taking turns out in front.

At around 60km, my pace started to drop and some quick maths told me a 7:15 to 7:30 finish was now the likely time. The crucial kilometres were to come when things can potentially go from great to tragic, but I resolved to dig in deep, and keep the form and ignore the pain and mental battle that was beginning to transpire. My pace and place (5<sup>th</sup>) remained more and less consistent between 60-80km. Great! However the business end was coming and I had a real battle on my hands.

The last out and back (80-85km) was indicating that the last 15km were going to hurt! I started feeling quite fatigued and was refluxing my Gus and Gatorade that I was taking on. My stride was shortening and the toe off was less powerful. My form was a bit wobbly which wasn't great knowing that I still had some significant distance and hills to go. I was facing the wall, hadn't quite hit it, but was looking right at it. My double marathon (85km time was still very good, 6:20ish.

At 85km, the Scot who had been shadowing me for most of the race passed me and despite best efforts, I couldn't go at his pace. Somewhere soon after fellow Woody Tim passed me. He was looking very very strong and had obviously ran a pretty smart race to have that left in the tank. I struggled up the hills at around 92-95km and my pace now was blowing out to 5 minute kilometres and I was facing a battle to finish under 7:30. At around 96, a kiwi runner who had been struggling early on (but was one of the race favourites) passed me. That caused me some annoyance and I forced my aching sweat soaked frame to dig and find whatever I had left to increase the pace down the hill to the town and the finish.

Stretching out over that last 400m would have been a sight! Once over the line I had to be caught by the team manager or I was going down! They plonked me on a seat and I just sat there for 20 minutes trying to suck in some oxygen and liquids. I'm sure I was very close to the limit! My friend Justin took a video of me finishing, once he passes that on to me I'll send it out for a laugh!

Overall, I had to be happy with the run, I gave it all I had, I ran to win and place as best as I could, the great time was a bonus!



As a recovery run the next day, I entered in a local Fell running race. I got lots of strange looks from locals when they recognised me from the 100km race the day before..."aren't you the Australian that ran yesterday..."?? "Yes I am crazy!" was my standard reply. But although it hurt like nothing else, and the downhill was akin to having red hot poker poked through my quadriceps, it was the most beautiful thing I did on the trip. The view from up the top was so simply stunning and I can say that if I lived in England, I would probably be a Fell runner! The course was outrageously steep (up and down) and ashamedly I had to DNF after one lap to the summit (it was a 3 lap course). But I did get some magnificent photos (attached) and a free T-shirt!

Finally, I am forever grateful for the amount of generous support offered to me and I will never forget that. It really was awesome to know that I have/had so many wonderful people cheering for me back home! I really was thinking heaps about everyone at my party and the kids and family at school who had supported me getting here in the last 20km when it hurt.

Thank you so much. In the famous words of Jeff Fenech, "I loves ya all!"

Brendan

PS: As a surprise, when I returned home I discovered I had been chosen to represent NSW at the Australian Marathon Championships this Sunday in Melbourne (they pay for me too!!)



<-- Brendan happy with his Silver Medal

-->Australia's Justin Scholz and Brendan after the fell running



### **Handicap Event, 24/10/2009**

The last event of the 2009 Handicap Series is on later this month (24/10/2009).

It starts from **7:30am sharp** near the normal Brett Park run, with runners & walkers handicapped according to pace. The entry fee is only \$2, with the usual "lucky place" prize of a pair of movie tickets.

Entrants nominate their own time. However, to be fair to all entrants:

- **Anyone beating their time by more than one minute will be disqualified.**
- **Watches are not permitted, to prevent "staged" finishes.**



The best three events for each member count towards the 2009 Pointscore Awards. The points basis is very simple - 1 point for last, 2 points for second last, etc.

The registration list will be available on Tuesday 20/10/2009 to register your time, or you can phone me on 9680 7476 or 0413 484 053 (or SMS) with your time, or by email on [colin\\_townsend@optusnet.com.au](mailto:colin_townsend@optusnet.com.au)

It is helpful if I can get your time estimates by 8:00pm 23/10/2009 (Friday night), so that the start can proceed without too many interruptions.

I look forward to seeing you there.

Colin

P.S. Should you think you are not running but would like to participate by volunteering, we would appreciate a member to be handing out flyers to promote Woodstock and for a join us for barbreaky.

Email: [rick\\_collins@hotmail.com](mailto:rick_collins@hotmail.com) or [rundown@woodstockrunners.org.au](mailto:rundown@woodstockrunners.org.au)

## Annual Award Nomination Form 2009

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 3/11/2008 to 25/10/2009, & all references to "running/runner(s)" are taken to include "walking/walker(s)".

The complete 2009 results are at: <http://www.woodstockrunners.org.au/drupal2/content/year-date-results-2009>

### Submission of Nominations:

All nomination may be submitted by any of the following means by **Sunday 18/10/2009** late entries **will NOT be considered. You can reply to an email that will be sent by Kerry shortly.**

- Drop in the Award Nominations Box, available on Tuesday nights.
- Post to PO Box 672, Burwood NSW 1805
- Email to [secretary@woodstockrunners.org.au](mailto:secretary@woodstockrunners.org.au) or [kerry.bray@bigpond.com](mailto:kerry.bray@bigpond.com)
- Hand to any Committee member

### 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(s):

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 3/11/2008 and 25/10/2009)

<b>Colin Bailey</b>	<b>Peta Bray</b>	<b>Michael Cantley</b>	<b>Rick Capel</b>	<b>Emmanuel Chandran</b>
<b>Tim Cochrane</b>	<b>Jennifer Crane</b>	<b>Kirsty Elwell</b>	<b>Theo Hastings</b>	<b>Phil Lobsey</b>
<b>Arnaldo Longart</b>	<b>Nick Marshall</b>	<b>Anthony Robinson</b>	<b>Terry Vohradsky</b>	
<b>Sarah Waladan</b>	<b>Glenda Zarate</b>	<b>Stella Baer</b>		

Nomination(s): \_\_\_\_\_

#### **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 31/7/2009 (having completed 3 qualifying events:

<b>Martin Amy</b>	<b>Thalia Anthony</b>	<b>Linda Barwick</b>	<b>Brendan Davies</b>	<b>Bronwyn Hager</b>
<b>Jeff Morunga</b>	<b>Mark O'Donnell</b>	<b>Charissa Patacsil</b>	<b>Anthony Robinson</b>	<b>Vass Vassiliou</b>
<b>Michelle Warren</b>	<b>Tomomi Yamazaki</b>			

Details of performances are on the website

<http://www.woodstockrunners.org.au/drupal2/content/longdistance-award-2009>

NB: Other members may still qualify for this award, the eligible members will be updated based on results appearing in The Rundown.

Nomination(s): \_\_\_\_\_

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

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

Nomination(s):

Male: \_\_\_\_\_ Female: \_\_\_\_\_

Performance: \_\_\_\_\_ 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(s): \_\_\_\_\_

## 7. Champion Person Award

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

Nomination(s): \_\_\_\_\_

## 8. Most Outstanding Team Road Running Performance

The most outstanding performance in a team event."

Please select your nomination(s).

### A. Fishers Ghost 9/11/08 (1st Female)

Bronwyn Hager, Chaia Patacsil, Megan Hager, Dorothy Siepmann

### B. Sydney Marathon Clinic 22/2/09 (1st Outright)

Brendan Davies, Martin Amy, Vass Vassiliou, Anthony Robinson, Thalia Anthony.

### C. SMH Half 17/5/09 (2nd Mixed)

Brendan Davies, Martin Amy, Bronwyn Hager

### D. Hunter Valley 2 Person Marathon 16/7/09 – (1st Female)

Bronwyn Hager, Chaia Patacsil

### E. M7 Marathon Relay 23/7/09 (2nd Outright)

Martin Amy, Peter O'Sullivan

### F. City to Surf 9/8/09 (3rd Mixed)

Brendan Davies, Martin Amy, Bronwyn Hager

### H. City to Surf 9/8/09 (2nd Veteran Men)

Kazuaki Takahashi, John Dawlings, Max Crossley

### I. City to Surf 9/8/09 (1st Veteran Women)

Dorothy Siepmann, Maree Lucas, Kerry Bray

Other:

\_\_\_\_\_  
\_\_\_\_\_

## Race Results

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

### Blackmore's Sydney Running Festival 20/9/2009

MARATHON	Gun	Net
Phil Lobsey	3:37:58	3:35:43 (PB)
Nick Marshal	4:12:23	4:09:56 #
Jeff Morunga	5:22:20	5:19:15

### Gladesville Bridge to Bridge Run - 13/9/09

#### 5 KM:

Peta Bray	27.09 (2nd 41-60 yrs)
Maree Lucas	29.19

#### 10 KM:

Brendan Davies	36.34 (3rd O/All)
Michael Cantley	37.07 (1st 20-30 yrs) 4th OAll
Kazuaki Takahashi	39.03 (2nd 51-60 yrs)
John Dawlings	43.34 (3rd 51-60 yrs)
Paul Whiteway	48.42
Fumi Takahashi	52.24 (1st U/20 yrs)
Charissa Patacsil	52.58 (1st 20-30 yrs)
Tami Dower	54.09 (2nd 31-40 yrs)
Tristan Iseli	57.00
Dot Siepmann	59.10 (1st 61+ yrs)
Christine Cullen	61.20

### Sri Chinmoy - Cook's River - 13/9/2009

#### 12 KM

Thalia Anthony	1:06:11 (4th U/50 yrs)
Mark O'Donnell-Anthony	1:09:37

HALF MARATHON	Gun	Net
Michael Cantley	1:20:06	1:20:0 4th(PB & 4th 25-29)
Paul withway	1:49:06	1:45:09
Rick Collins	1:48:08	1:47:27 (PB 9th M60-64) #
Manal Garcia	1:39:28	1:39:02 #
Brian Ogilwy	2:04:29	1:59:45 7th 65-69 #
Linda Barwick	2:04:16	1:57:43 (7th F55-59) #
Kerry Bray	2:13:42	2:09:21 (2nd 65-69)
Peta Bray	2:17:46	2:13:26

#### 9KM

Theo Hastings: 38.37  
Dot Siepmann: (5th 60-69)

### Commonwealth World Championship 19/09/2009

#### 100KM

Tim Cochrane	7:20:49 (5th O/all #)
Brendan Davies	7:31:15 (9th O/all PB #)

#### Fell Running

Brendan Davies

(continuation next page)



# Race Results

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

## Scody Just Tri It Triathlon, Penrith 3/09/2009

Stella Baer- Total time 54:51#  
 10:05 swim 300m  
 27:37 Bike 10km  
 17:09 Run 3km

(Continuation )

## ITU Triathlon World Championships 9-13/09/2009

Susan MURRAY 14th Age cat

### Aquathlon

Run 10:30 10F

Swim 18:53

Run 12:32

### Triathlon

Swim 27:18

Cycle: 1:07:15

Run: 46:01

## Tri-Pink Sydney 26/09/2009

Stella Baer - Total time: 55:43 #

9:53 Swim 300m

27:08 Bike 9km

18:42 Run 3km

## St Marys Spring Festival Fun Run - 27/09/09

### 6KM

Brendan Davies	21:50 (2nd o'all)
Barry Crisp	27:03 (2nd 50-59)
Dot Siepmann	32:21 (1st 60+ and Age Course Record)

Julia Stenton	42:56
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Michelle Warren	40:07
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## Orange Blossom Festival Run - 27/09/09

### 8KM

John Dawlings	33:34 (4th M50)
Charissa Patacsil	41:52 (5th F 20-39)
Terry Vohradsky	45:20

## Sydney Striders 10KM Series - Homebush 3/09/2009

### 10KM

John Dawlings	43:45	
Emanuel Finos	44:11	#
Manal Garcia	46:06	(3rd F35-39) #
Brian Ogilwy	48:42	(2nd M65-69) #
Linda Barwick	52:12	(1st F50-54) #
Jeff Morunga	55:35	#
Calli Michelle Brown	55:43	#

## Brighton Beachside Dash 4/09/2009

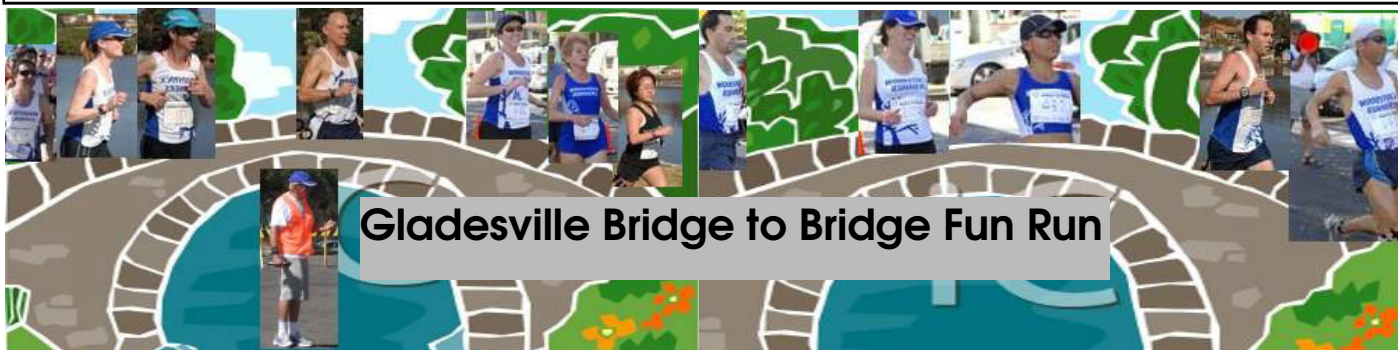
### 10KM

Brendan Davies	35:36 (8th Oall, 4th M30-39)
John Dawlings	41:58 (2nd M50-59)
Terry Vohradsky	47:35
Charissa Patacsil	47:57 (PB 9th F30-39)
Dorothy Siepmann	54:06 (1st F60+)

### 5KM

Brendan Davies	17:04 (1st Oall)
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# - means not in Woodstock top



## Gladesville Bridge to Bridge Fun Run

Woodies @ Bridge2Bridge: Tristan, Tami, Peta, John, Christine, Dot, Fumi, Bren, Maree, Chaia, Michael, Kazu and Race director Barry

## Pre-Summer Breakfast Run!



Tristan and Tami with the help of Rick, planned of making our usual Saturday run fun and thought of hosting a breakfast run.

**When:** 21st November 2009, 7:20am

**Where:** From Brett park then to 8 Sunnyside Ave, Lilyfield

Option 1: Run the Hell Hill course and detour to TnT's place

Option 2: Straight to TnT's Place

For more information,

contact Tristan ([t.iseli@garvan.org.au](mailto:t.iseli@garvan.org.au)) or Tami ([tamidower@gmail.com](mailto:tamidower@gmail.com))

# Upcoming events

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

## Sun 11 Oct SALT FUN RUN SERIES

Race 2 of the SALT fun run series. A 10km and 5km run to choose from, as well as a 5km walk and kids races. All events start and finish at SALT Central Park, with accommodation specials available at Mantra or Peppers resorts. Visit the website for further details. contact: Travis Ireland. email: [travis@corporatechallenge.com.au](mailto:travis@corporatechallenge.com.au). Visit the <http://www.corporatechallenge.com.au/funruns.php> for more details.

## Sat 17 Oct PADDY PALLIN ADVENTURE RACE SERIES - SYDNEY AREA

The first of the Paddy Pallin Adventure Race Series, this short adventure race has welcomed 10 teams from the Canterbury Bulldogs Rugby League team in the past: will they be back this year? Come find out! Teams of 3 navigate around a secret course and find their way from checkpoint to checkpoint on foot, bike and kayak. Heaps of fun for beginners and seasoned racers alike with an option of Novice, Classic and Advanced Course featuring extra bonus legs! Kayaks, paddles, PFDs, maps and race instructions are provided. Put a team together and come experience the most fun you'll have outdoors, you won't regret it! contact: Alina McMaster. email: [info@arocsport.com.au](mailto:info@arocsport.com.au). Visit the <http://www.arocsport.com.au/> for more details.

## Sat 17 Oct WAKEUP FUN RUN FOR OPERATION SMILE

This is a fun run organised by the WakeUp Global Health Group from the University of Newcastle for Operation smile. It's a fun day for all the family and is held at Blackbutt Reserve, Richley Entrance (near Newcastle). Last year over 100 runners competed and \$2000 was raised. This year we will also have other entertainment including a wildlife show, so bring the whole family! Categories include: - Relay: (4 x 1.5km) High school and Primary schools, University, Open - Men's and Women's Jnr(U16): 1.5km, 5km - Men's and Women's Open: 5km, 10km contact: Latecia Boddey. email: [Latecia.Boddey@studentmail.newcastle.edu.au](mailto:Latecia.Boddey@studentmail.newcastle.edu.au). Visit the <http://wakeupfunrun.wordpress.com/> for more details.

## Sun 18 Oct FORBES ROTARY CHARITY 7 KM FUN RUN

Forbes fun run is a 7 km run around lake Forbes. It is a flat run on a walking path around the lake. This will be our 11th fun run all in the aid of local charity. Strong support is given by the Orange Runners Club and locals in the area. The run starts at 9.30 am with the presentation at completion of the run. contact: Ian Bown 0268512277 Work Hours. email: [forbes@sportspower.com.au](mailto:forbes@sportspower.com.au).

## Sun 25 Oct SYDNEY ADVENTIST HOSPITAL 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 ninth year and the event for 2009 will be raising money for critical projects within the hospital. Entry form not available yet. contact: Rod Sayers. email: [funrun@sah.org.au](mailto:funrun@sah.org.au). Visit the <http://www.sah.org.au/> for more details.

## Sun 25 Oct BYRON LIGHTHOUSE RUN

10k Run around the lighthouse at Byron Bay along beach and road to raise money for the NSW Cancer Council. Enter online now. contact: Greg. email: [byronrun@gmail.com](mailto:byronrun@gmail.com). Visit the <http://www.byronrun.com/> for more details. Click here for an entryform.

## Sun 25 Oct GREAT STRIDES WALKATHON FOR CYSTIC FIBROSIS

Great Strides is a national event to raise funds for Cystic Fibrosis. Get a team together and join in the fun while putting your best foot forward for Cystic Fibrosis. It is a 7km route around one of Sydney's most stunning waterside walks in Canada Bay. The course takes 1.5 hours to complete walking at a moderate pace. contact: 02 9878 2075. email: [general@cysticfibrosisnsw.org.au](mailto:general@cysticfibrosisnsw.org.au). Visit the <http://www.greatstrides.com.au/> for more details.

## Sun 25 Oct ROTARY CLUB OF MAROUBRA FUN RUN

Events: 8Km run, 4Km run, 4Km walk and 4Km wheelchair. Out and back course. Start and finish at South Maroubra Surf Lifesaving Club, Arthur Byrne Reserve off Fitzgerald Ave at South Maroubra Beach. Start time: 9.30am, Oktoberfest follows the RUN. contact: Richard and Philip Walsh 02 9311 0088. email: [richard@walshspharmacy.com.au](mailto:richard@walshspharmacy.com.au). Visit the <http://www.maroubrafunrun.com/> for more details.

## Sun 25 Oct ACTIVATE 5KM FUN RUN

Free 5km Fun Run at Sydney International Regatta Centre, Penrith Lakes, as part of Activate 09. Prizes to be won! contact: 02 9623 6608. Visit the <http://www.penrithcity.nsw.gov.au/> for more details.

## Sun 25 Oct Sydney Marathon Clinic Series

SMC ROAD RACE SERIES Contact: Colin Jefftha (RD): 0466 110 136 Luis Vazquez (Pres): 0414 384 5522. 1km run 10km run 5km run & 5km Walk. 5km run & walk \$12, 10km Run \$15, Long Run \$18 or visit: [www.sydney marathonclinic.org.au](http://www.sydney marathonclinic.org.au)

## November 2009

## Sun 1 Nov BEROWRA BUSH RUNNERS 10KM ROAD RUN HANDICAP

This handicap race is held on the first Sunday of every month. 7:15am at Warrina Street Oval, Berowra. Join

## Upcoming events continuation ...

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

(continuation Berowra Bush Runners ...)

us at no cost and enjoy a free breakfast. We will record your time and and give you a handicap. Join the club for \$20/year (and Berowra RSL \$5) and race for weekly and yearly prizes and medals. We also have social runs every other Sunday. These are a combination of bush and road running. Check out our website. contact: Graham Leslie 9456 2002. Visit the <http://www.berowrabushrunners.com/> for more details. **Sun 1**

### **Nov BALMAIN FUN RUN**

A choice of a 2 kms, 5 kms or 10 kms run/walk around beautiful, traffic free Callan Park - the 2 kms being restricted to primary school children. Start and finish at King George Park next to Iron Cove Bridge, Rozelle. Plenty of parking in Manning Street and other local streets. Start times: 5kms and 10 kms 9:00 am, 2kms 8.30 am. Early bird entry \$15 for adults, \$10 for children, \$40 for a family. Late entries \$20 for adults, \$10 for children, \$50 for a family. Over 50 lucky draw prizes with many reserved for early bird entries. PLUS jumping castle for the kids. contact: John Dawlings on 0422-819-468. email: [balmainfunrun@hotmail.com](mailto:balmainfunrun@hotmail.com). Visit the <http://www.schoolwebsites.com.au/web/Default.aspx?PageID=3533&SiteID=21> for more details.

### **Sat 7 Nov SYDNEY STRIDERS 10KM SERIES**

10km race on an officially certified course at Lane Cove National 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 <http://www.sydneystriders.org.au/10k/> for more details.

### **Sun 8 Nov SALT FUN RUN SERIES**

Race 3 of the SALT fun run series. A 10km and 5km run to choose from, as well as a 5km walk and kids races. All events start and finish at SALT Central Park, with accommodation specials available at Mantra or Peppers resorts. Visit the website for further details. contact: Travis Ireland. email: [travis@corporatechallenge.com.au](mailto:travis@corporatechallenge.com.au). Visit the <http://www.corporatechallenge.com.au/funruns.php> for more details.

### **Sun 8 Nov FESTIVAL OF FISHER'S GHOST FUN RUN**

Starts at 8.30am; Location: University of Western Sydney, Campbelltown, Contact: 4645 4527; Entry fees: Adults \$20 and Children (under 16 years) \$8 visit <http://www.fishersghost.com.au/> for more information or call +61 02 4645 4921 or Email: [fishersghost@campbelltown.nsw.gov.au](mailto:fishersghost@campbelltown.nsw.gov.au)

### **Sun 8 Nov REBEL SPORT RUN4FUN**

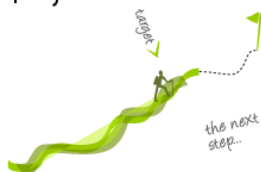
The Rebel Sport Run4Fun, presented by The Sun-Herald, is an exciting new fun run for Sydney. Held on Sunday, November 8 at Sydney Olympic Park it is a 10km classic course. For the first time since the year 2000 and evoking memories of the Sydney Olympics, participants will experience the spectacular journey through the tunnel of champions onto the hallowed turf of ANZ Stadium with a 100m finish straight. Runners, walkers and joggers are all encouraged to join in the fun of a healthy family friendly event with over \$10,000 worth of prizes on offer. contact: Fairfax Events. email: [fairfaxevents@fairfax.com.au](mailto:fairfaxevents@fairfax.com.au).

### **Sun 8 Nov GRAFTON JACARANDA FESTIVAL FUN RUN 2009**

Taking place at Caramana Park, Rogan Bridge Rd, Waterview Heights, the Jacaranda Fun Run is back again in 2009 in a new location. 8am start with a 2km run aimed at families and young children, run at and around Caramana Park. The 5km and 10km races start together after the 2km (approx 8.30 a.m.) and follow a 5km circuit taking in the Caramana Park, Caramana Drive, Kingfisher Place, Swan Drive and a short cross country section. The 10km follows the same circuit and then heads out into dairy country along Friars Lane. Entry fees are 2km - \$2, 5km - \$5, 10km - \$10. On the day registration from 7.00 a.m. at Caramana Park. Postal entries are welcome. Refreshments on sale. Medallions to outright winners and age category winners. Lots of spot prizes to lucky participants. RUNNERS AND WALKERS OF ANY ABILITY ARE ENCOURAGED TO PARTICIPATE IN THIS FUN EVENT. contact: Neil and Penny Burgess. email: [pnburgess@bigpond.com](mailto:pnburgess@bigpond.com). Visit the [http://jacarandafestival.org.au/official\\_events.htm](http://jacarandafestival.org.au/official_events.htm) for more details.

## **Belinda's OxFamGratitudes**

total received funds  
**\$5,156**



Belinda Essex and her team mates extends their THANK YOU to all who helped a success!

Their team raised in total of \$5,156, from pledges and their movie fundraising

night.

Asked if she will do it again, a disappointing NO was her answer, however she says its a good experience and its for a good cause. Maybe a team Woodstock next year?





# Have you seen a Woodstock lately?



Clockwise: Bren doing his Fell running; Terry@Brighton Beachside Dash; Kazu&John@Bridge2Bridge; Julia, Barry, Michelle, Dot&Bren@St. Mary's; John@Bridge2Bridge; Thalia@SriChinmoy;; Barry Crisp@St. Mary's

**Caption me**



**Guess who?**

