

# The Woodstock Rundown



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

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

Results: [rundown@woodstockrunners.org.au](http://www.woodstockrunners.org.au)

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

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

Postal Address: PO Box 672, BURWOOD NSW 1805

**AUGUST  
2008**

## The Rundown On Members

Thursday nights at Campbell Field, Canterbury are becoming popular and all who have gone along have agreed these sessions are definitely the way to improve our running times. Thanks to Brendan for the initiative and the organisation and also to Emmanuel for taking over the reins in Brendan's absence.

The Gold Coast Events were very well organised with runs and walks catering for everyone. Pauline Tatam says hi to all. She finished a minute ahead of yours truly in the Half Marathon. Well done to Martin Amy, recording 3.13 for the Marathon and to my daughter, Ellen, for her PB of 3.36.

John Dawlings has just returned from a holiday in Phuket and Brendan has been cruising around New Caledonia, Vanuatu and other glamorous places. It's good to have you both back. Thanks to John for, once again, organising the Internal teams for City2Surf. Don't forget to email your estimated time to him.

With City2Surf just around the corner we wish a very speedy recovery from injury to Sonja, John Phillips and Emanuel and hope Alecia and David Mathers are feeling stronger following their respective trips to the hospital.

Peter Conliffe called on Marlene and Barry recently. He and his brother have purchased the Clinton Lodge Motel in Goulburn and would love to see any Woodstock Runners passing through.

The Committee is looking forward to seeing a large turnout at our 28<sup>th</sup> Birthday Party on Friday August 15. We thank Pat and Lesley for all their hard work in organising the night and I'm sure an enjoyable time will be had by all who come along.

Good luck to all in the runs over the next month or so and to all our Olympians competing in Beijing. Let's hope we win some medals and maybe unearth some new talent, especially among the Track and Field athletes.

Happy running/walking

*Kerry*

## August Birthdays!

Julia Stenton - 4th, Mark O'Donnell - 7th, Angela Benvenuti - 13th, Trevor Dartnell - 15th,  
Eddie McLean - 15th (80!!), Stephen Browne - 16th, Charissa Patascil - 21st,  
Jon Patrick - 23rd, Greg Muir - 30th

# New Members!

A big Woodstock welcome to our newest member, **Holly Muir**, we look forward to seeing you at some runs or events. We know you come from a good bloodline so we anticipate seeing some top results (especially when you beat your dad!). Quite a few visitors have dropped by to have a run with our groups too lately. Please make sure you make all these visitors welcome and offer them a business card or 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!

Round 21, and the battle at the top of the overall ladder is very tight. 'Sb9' continues to lead from the mysterious '3553' and 'Go Jana Love Tamsyn'. Still within striking distance are 'qazxs', 'trialex', 'Colin T\_0' and LukeT1. Unfortunately it is season over for 'stretchfowler' and the least said about the last two entrants the better!!

## Woodstock Runners NRL Footy Tipping 2008 (Comp# 132981)

THIS WEEK				OVERALL LADDER			
#	(LW)	TIPSTER	POINTS	#	(LW)	TIPSTER	TOTAL
1	(7)	3553	4	1	(1)	sb9	188
1	(3)	Colin T_0	4	2	(2)	3553	184
1	(1)	Go Jana Love Tamsyn	4	2	(2)	Go Jana Love Tamsyn	184
1	(3)	qazxs	4	4	(4)	qazxs	180
1	(3)	sb9	4	4	(4)	Trialex	180
1	(9)	stretchfowler	4	6	(6)	Colin T_0	178
1	(7)	Trialex	4	7	(6)	↓ -1 LukeT1	176
8	(1)	LukeT1	2	8	(8)	stretchfowler	162
9	(3)	Brendan Davies	1	9	(9)	Brendan Davies	147
9	(10)	efbb	1	10	(10)	efbb	135

\*\*\*\*\*

**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](http://www.hotdesigns.com.au)  
& COME TO OUR SHOP ON THE LAST SATURDAY OF EACH MONTH  
**8am - 1pm**  
Shop 4 /21 Putland Close, Kirrawee  
(next to Kirrawee High School) Ph: 02 95217011

REVOLUTION IMAGING

*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.*

# Woodstock Runners and Walkers 28th Birthday Party

**Friday 15th August 2008**  
**All members and friends welcome**

**Cost- \$15.00 per person**

**Venue - VeeveeS**  
**700 Burwood Road, Burwood**  
**From 6.30pm till ??**



**Four meals to choose from-**  
**Hamburger, Steak, Thai chicken or Fish**  
**Meals come with salad and chips. Drinks not included, but can be purchased.**

**You can stay on later in the night for dancing if you choose.**  
**Plenty of street parking available or you can park in Westfield shopping centre's car park.**

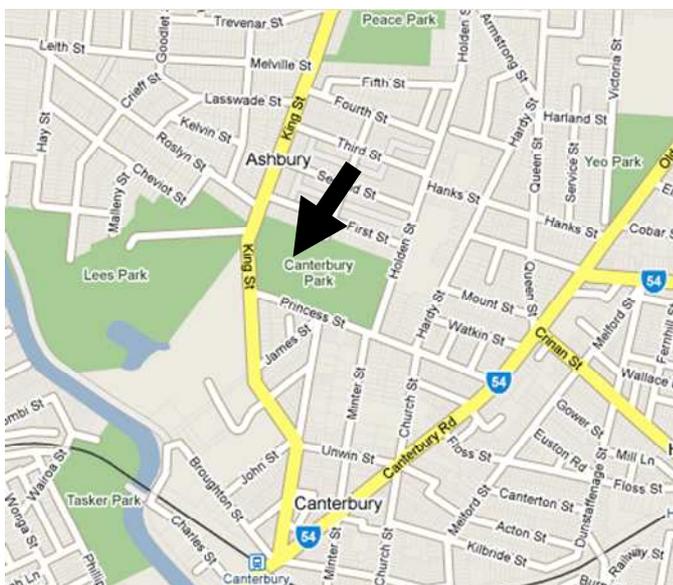
**So come along and join us for a fun night out and celebrate our 28th birthday. Please get you money to Pat Mahoney by next Tuesday. [patricemahony@hotmail.com](mailto:patricemahony@hotmail.com)**

## 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 will be published on the website shortly or contact Brendan on 0422233463 or [bjdavies2000@yahoo.com](mailto:bjdavies2000@yahoo.com)

**All members and friends welcome!**

## City to Surf 2008 Post Event Meeting Point

Woodstock members will be meeting straight after the City to Surf in our traditional spot.

After coming through the finish gates turn left immediately after the surf club and follow the path back up towards the footbridge and Campbell Parade.

We will be meeting just off to the left of the path in the shade of some trees opposite the merchandise tent (assuming the tent is in the same place as the last few years). The spot is shown on the map below by the big 'W'.

This is a great time to share the stories of woe or success, and let John know your finish time for the internal teams.

Typically a few members go for lunch/drinks afterwards, come and meet up on the day to find out the details.

**PS. Please remember to wear your Woodstock uniform, or see Dot Siepmann this week if you need a uniform to run in.**



**City to Surf Official Teams:**

**GD - Veterans Female 55+**

Dot Siepmann

Maree Lucas

Kerry Bray

**BC - Mixed**

Martin Amy

Julian Burbidge

Brendan Davies

Fumi Takahashi

Thalia Anthony

Charissa Patacsil

Holly Muir

**GC - Veterans - Male 55+**

Max McGown

John Ovenden

Kevin Lucas

Roy Rankin

Rick Collins

Jon Patrick

Stretch Fowler

John Dawlings

Barry Cole

**GB - Veterans Female 40-54**

Lyn Jackson

Therese Ayoub

Deirdre Stewart

**GA - Veterans Male 40-54**

Emanuel Finos

Lawrence Ullio

Tony Purss

Kazu Takahashi

Greg Muir

Colin Townsend

Peter O'Sullivan

Mark O'Donnell

Paul Barnett

Joe Ayoub

David Blackwell

Jeff Morunga

David Blackwell

## CITY TO SURF 2008

### INTERNAL TEAMS

<b>Name</b>	<b>Estimated Time</b>	<b>Actual Time</b>	<b>Difference</b>	<b>Average</b>
Brendan Davies	53.00			
Kevin Lucas	115.00			
Peter O'Sullivan	60.00			
<b>Total</b>	<b>228.00</b>			

<b>Name</b>	<b>Estimated Time</b>	<b>Actual Time</b>	<b>Difference</b>	<b>Average</b>
Kazu Takahashi	54.00			
Kerry Bray	109.00			
Holly Muir	65.00			
<b>Total</b>	<b>228.00</b>			

<b>Name</b>	<b>Estimated Time</b>	<b>Actual Time</b>	<b>Difference</b>	<b>Average</b>
Steven Laws	54.36			
Kim Cayzer	100.00			
Rick Collins	74.59			
<b>Total</b>	<b>229.35</b>			

<b>Name</b>	<b>Estimated Time</b>	<b>Actual Time</b>	<b>Difference</b>	<b>Average</b>
Greg Muir	54.55			
Jo Ayoub	95.00			
Stretch Fowler	76.00			
<b>Total</b>	<b>225.55</b>			

<b>Name</b>	<b>Estimated Time</b>	<b>Actual Time</b>	<b>Difference</b>	<b>Average</b>
Martin Amy	55.00			
Therese Ayoub	95.00			
Deirdre Stewart	78.00			
<b>Total</b>	<b>228.00</b>			

<b>Name</b>	<b>Estimated Time</b>	<b>Actual Time</b>	<b>Difference</b>	<b>Average</b>
Emanuel Finos	60.00			
Maree Lucas	92.00			
Laurence Ullio	75.00			
<b>Total</b>	<b>227.00</b>			

<b>Name</b>	<b>Estimated Time</b>	<b>Actual Time</b>	<b>Difference</b>	<b>Average</b>
John Dawlings	58.00			
Paul Milazzo	90.00			
Paul Whiteway	79.00			
<b>Total</b>	<b>227.00</b>			

<b>Name</b>	<b>Estimated Time</b>	<b>Actual Time</b>	<b>Difference</b>	<b>Average</b>
Colin Townsend	69.15			
Michelle Warren	90.00			
Thalia Anthony	69.00			
Fumi Takahashi	75.00			
<b>Total</b>	<b>303.15</b>			

<b>Name</b>	<b>Estimated Time</b>	<b>Actual Time</b>	<b>Difference</b>	<b>Average</b>
Alex Hill	65.00			
Paul Barnett	80.00			
Jon Patrick	80.00			
<b>Total</b>	<b>225.00</b>			

<b>Name</b>	<b>Estimated Time</b>	<b>Actual Time</b>	<b>Difference</b>	<b>Average</b>
Steve Browne	69.30			
Dot Siepmann	83.00			
Charissa Patacsil	76.00			
<b>Total</b>	<b>228.30</b>			

<b>Name</b>	<b>Estimated Time</b>	<b>Actual Time</b>	<b>Difference</b>	<b>Average</b>
Julian Burbidge	70.00			
Roy Rankin	84.00			
Mark O'Donnell	70.00			
<b>Total</b>	<b>224.00</b>			

**Rules:**

The difference between the estimated time of each runner and the actual time of that runner is calculated. The positive value is chosen.

The differences of the team members is added to get the total.

The total is divided by the number of runners in the team to get the average.

The team with the lowest average is the winner.

For instance, if all 4 members of a team estimate a time of 100 minutes and they run 95, 106, 97 and 90, the average difference for the team is  $(5 + 6 + 3 + 10) / 4 = 6$  minutes.

People not finishing the run or not members of Woodstock Runners or not wearing a Woodstock singlet are not eligible for prizes. Nor are their times counted.

The chip time is used in preference to the gun time.

## Handicap Event, 30/8/2008

The 2008 Handicap Series continues later this month (30/8/2008).

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 2008 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 26/8/2008 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)

All time estimates are required by 8:00pm 29/8/2008 (Friday night), so that the start can proceed without too many interruptions.

I look forward to seeing you there.

Colin

\*\*\*\*\*

## **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>

\*\*\*\*\*

## 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

Loanpage (incl. Pty Ltd) (ABN 21 187 717 118) is a quality endorsed company.

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



# Contribution Corner

Members, please email all contributions to [rundown@woodstock.org.au](mailto:rundown@woodstock.org.au)

This month's gem comes from our resident wordsmith, Derek White.

## Was Shakespeare a Distance Runner? A light-hearted romp with "The Bard of Avon"

By Derek White

The great bard has not been recorded in history as a running man but history often neglects interesting facets of the famous. We are left to read between the lines of Will's plays, sonnets and other poems to see if we can discover references to the sport. All else is conjecture; was Stratford the centre of the Elizabethan running scene? Did Anne Hathaway found the Avon Women's Marathon? Perhaps Will killed two birds with one stone by getting in training running to and from her cottage at Shottery from Stratford, a distance of one mile.

The casket scene in "The Merchant of Venice" could have been inspired by the presentation at a Fun Run that William attended in which there was a typical stuff-up over which trophy (gold, silver or lead) was for first, second and third places, while a greedy sponsor called Shylock kept calling for his cut.

Consider some other plots; "The Tempest" is the story of some shipwrecked travellers who, to avoid boredom, appeal to an old A.A.A. Official with a long beard and whiskers. He organises a marathon for them over a very tough course with his daughter as first prize. All are lost many times due to the absence of proper marshalls and drink stations but are reunited in a happy ending at the finishing line.

"The Taming of the Shrew" is about the trials of a poor athlete whose wife doesn't like sports, so persists in throwing his running shoes out into the garbage and refusing to wash his jocks. "All's Well That Ends Well" concerns a fellow who went out too fast but finished nevertheless. The there's "Measure for Measure" about the tribulations of dealing with too short or too long courses; "A Midsummer Night's Dream", - the story of a runner on a hot evening who falls asleep to find himself in a Fantasy Fun Run organised jointly by a Greek King, an Athenian trade union for Weavers, Joiners, Tinkers and Tailors and a bevy of gay fairies. After some particularly disgusting scenes involving a donkey he wakes up to realise the whole thing was due to too much carbo loading while watching The Liberace Show. "Julius Caesar", as is well known, was killed in the crush at the start of the 44 B.C. "Forum to Tiber" Run. A Forsooth-sayer had warned - "With all those kids and politicians pushing at the front, sooner or later somebody is going to get an 'ideing or even get killed!"

If you still doubt Will's familiarity with sixteenth century fun running, consider the following which is constructed using quotations from many of his plays.

### "Titass Androinickers"

**Dramatis Personae;** Beginner-Jogger  
Seasoned Competitor, a friend to Beginner-Jogger  
Officious Official

**Scene;** A Funne Runne, partly at ye Starte, partly on ye runne and partly at ye finish.

.....

**B.J.** (*nervously*) "The morn is bright"

**S.C.** (*confidently*) "Ready Sir?"

"Make way!" (*pushing to front*)

"Come on then!

Here is the number"

(*they pin on their chest numbers*)

**B.J.** "I shrink with cold"

**S.C.** "There's no such sport"

**B.J.** "There are some sports are painful"

*Titus Andronicus II/I*

*Measure for Measure IV/III*

*Taming of the Shrew I/I*

*Winters Tale II/I*

*King Henry V IV/VIII*

*As You Like It II/I*

*Love's Labour Lost V/II*

*Tempest III/I*

**S.C.** "Puff to win a vulgar station  
 "I'll hold thee any wager!"  
 (to a wench) "A race or two -  
 the prize I'll bring thee!"  
**B.J.** "See how the giddy multitude do point"  
 (The starting gun sounds)  
**B.J.** (suddenly confident) "I'll make all speed!"  
 (springs out into fast pace) "Out of our way!"  
 "The street is narrow"  
**S.C.** "Not too fast, soft, soft  
 Start not so wildly"  
 (They run on).....Enter O.O  
**O.O.** "Break off! Break off!"  
 (pointing at B.J. who is running in underpants)  
 I do not like the fashion of your garments, let  
 them be changed"  
**B.J.** "What's the matter?  
 I would not be in some of your coats!"  
 (O.O. scowls)  
 I see you are angry  
 I am a poor fellow  
 I will remedy this gear ere long"  
 (They evade O.O. and run on but B.J. slows)  
**S.C.** "Run more fast"  
**B.J.** "Must I go? -  
 I had rather walk"  
**S.C.** "Go to! Go to!"  
 Cramps fill all thy bones with aches"  
**B.J.** "I'll make a pause"  
**S.C.** "Jog on! Jog on!"  
 The way is but short"  
 (they cross the finishing line)  
**B.J.** "I can no further crawl  
 Give order for my funeral"  
**S.C.** "Cheer up!  
 Your looks are pale and wild;  
 Heaven prosper our sport!"  
 (Exeunt in direction of 'Staminade')

*Cariolanus II/I*  
*Merchant of Venice III/IV*  
*Winter's Tale IV/II*  
*Tempest IV/I*  
*Henry VI, 2 II/IV*

*Measure for Measure IV/III*  
*Tempest I/I*  
*Julius Caesar II/IV*  
*Twelfth Night I/V*  
*Hamlet III/II*

*Love's Labour Lost V/II*

*King Lear III/VI*  
*Cariolanus V/II*  
*Twelfth Night IV/I*

*Cymbeline III/VI*  
*All's Well that Ends Well I/III*  
*Henry VI, 2 III/I*

*King John IV/II*  
*Two Gentlemen of Verona III/I*  
*Merry Wives of Windsor I/I*  
*Pericles IV/I*  
*Tempest I/II*  
*Henry VI, 3 III/II*  
*Winter's Tale IV/II*  
*Love's Labour Lost II/I*

*Midsummer Night's Dream III/II*  
*Henry VI, 1 II/V*  
*Henry IV, 2 IV/IV*  
*Romeo and Juliet V/I*  
*Merry Wives of Windsor V/II*

\*\*\*\*\*

# 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		
5/8	Concord	9km	7/8	Parlov 300m's x 12		9/8	Drummoyne	9km
12/8	Woodstock Fun Run	8km	14/8	4 x 1200m		16/8	Balmain Shores	7.5km
19/8	Canada Bay	11km	21/8	10 x 400m		23/8	Hell Hill	8km
26/8	Homebush Run	10km	28/8	200,300,400,800,1000, 800,400,300,200m		30/8	<b>Handicap Run #3</b>	<b>7km</b>
2/9	Campsie	9km	4/8	5 x 800m		6/9	Balmain	9km
9/9	Jak's Strathfield Run	8km	11/8	1600,1200,1000,800,600,400,200m		13/9	Timbrell Park	8km
16/9	Burwood Park	10km	18/8	Parlov 300m's x 12		20/9	Not Five Dock *	7km
23/9	Concord	9km	25/8	4 x 1200m		27/9	Drummoyne	9km
30/9	Canada Bay	11km	2/8	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](mailto:rundown@woodstockrunners.org.au)

## Mothers Day Classic - The Domain, 12/05/08

### 4km

Charissa Patisca 0:19:35

## Sydney Corporate Cup, Series 61 #4, 25/06/08

### 6km

John Murray 26:50

Stephen Browne 27:55

## Striders, Homebush Bay, 05/07/08

### 10km

Greg Muir 38:41

Emanuel Finos 42:43

Peter O'Sullivan 43:05

Stephen Laws 43:45

Lorraine Spanton 49:17

Lesley Maher 53:32

Jeff Morunga 54:05

Dot Siepmann 58:53

## West Metropolitan Series #11, 05/07/08

### 2km

Eddie McLean 12:47

### 5km

Steve Briscoe 19:57 1st M50-59

Robyn Briscoe 22:10 1st F50-59

### 10km

Brendan Davies 39:45 3rd M30-39

## Gold Coast Marathon, 06/07/08

### 21.1km Gun Net

Kerry Bray 2:13:37 2:09:40 10th F60-64

### 42.2km

Martin Amy 3:14:24 3:13:31

## West Metropolitan Series #12, 12/07/08

### 2km

Eddie McLean 12:53 3rd 65+

### 5km

Steve Briscoe 20:29 3rd M50-59

Robyn Briscoe 23:01 1st F50-59

## Sri Chinmoy, Dolls Point, 13/07/08

### 5km

Kerry Bray 27:20

### 10km

Dot Siepmann 59:32 1st F60-69

### 21.1km

Lyn Jackson 1:37:47 4th F O/All

Thalia Anthony 1:49:37 7th F O/All

David Blackwell 1:50:37 4th M50-59

Deirdre Stewart 1:51:36 10th F O/All

Lesley Maher 1:57:31 1st F50-59

## ANSW Short Course Cross Country, 19/07/08

### 5km

Lorraine Spanton 25:25 ## 3rd F55-59

Dot Siepmann 31:48 ## 2nd F60-64

## West Metropolitan Series #13, 26/07/08

### 2km

Eddie McLean 0:11:51 ## 2nd M65+

### 5km

Steve Briscoe 0:19:29 1st M50-59

Robyn Briscoe 0:21:43 1st F50-59

### 8km

Brendan Davies 0:29:24 ## 2nd M30-39

## M7 'Cities' Marathon, 27/07/08

### 42.2km

Brendan Davies 2:54:07 7th M30-39, 17th O/All

Jeff Morunga 4:45:19

## The Bay Run Fun Run, 27/07/08

### 7km

Larissa Tichon 0:30:11 6th F15-29, 8th F O/All

Charissa Patacsil 0:34:29

Paul Millazo 0:42:13

## Sutherland to Surf, 27/07/08

### 11km

### Net

Greg Muir 0:40:19

Martin Amy 0:40:56

Holly Muir 0:45:26

Lyn Jackson 0:45:44

Peter O'Sullivan 0:46:58

Megan Hager 0:50:11 ##

Bronwyn Hager 0:50:12 ##

Caroline Owen 0:52:59 ##

Paul Nash 0:59:32

Dot Siepmann 1:00:44

Kerry Bray 1:01:39

John Phillips 1:05:01

## Sydney Corporate Cup, Series 61 #5, 30/07/08

### 6km

John Murray 0:27:15

Stephen Browne 0:29:20

## Striders, Lane Cove, 02/08/08

### 10km

Brendan Davies 0:36:23

Emanuel Finos 0:43:47 ##

Jeff Morunga 0:54:19 ##

## ANSW Road Relays, 02/08/08

### 4km

Brendan Davies 0:13:42 ##

Dot Siepmann 0:21:48 ##

## Sri Chinmoy, Prospect Creek, 03/08/08

### 12km

John Dawlings 0:50:21 1st M50-59, 7th M O/All

Lyn Jackson 0:53:38 1st F O/All

Caroline Owen 1:02:28 ## 3rd F O/All

Dot Siepmann 1:15:36 1st F60-69

### 24km

Brendan Davies 1:32:19 1st O/All

Martin Amy 1:35:58 3rd O/All

Thalia Anthony 2:04:52 4th F O/All

Mark O'Donnell 2:16:48

Michelle Warren 2:40:38 ## 8th F O/All

## A minute with a member...



Dot, (right) clowning around with the Ayoubs at the 2007 City 2 Surf.

**Name:** *Dot Siepmann*

**What is your occupation?**

*Retired, since February*

**Running age group?** *W60-64, 65 next month*

**Do you have family?** *Yes, a sister in the USA (Minnesota). I left the USA in 1971 & came to Australia via West Berlin in 1974.*

**How long have you been a Woody?** *About 26 years. I only started running at the age of 37 after attending a "Life be In It Jogging Clinic" at Sydney*

*Boys High School and quickly got hooked.*

**Do you run on Tuesday night or Saturday morning?** *Tues night*

**Why do you enjoy running?** *Getting outdoors, the feeling of movement. I love competing and would not be happy running only to keep fit, although that is a bonus. And I have met so many terrific people involved in running.*

**What is your favourite running course/event and why?** *I have a love/hate relationship with the City to Surf. Hate the crowds and waiting around but love the satisfaction of completing it (24 times so far). Also like the SMC series- nice and layback and reliable courses. Also like the straightforward fast course of the Sutherland to Surf.*

**What has been your running highlight?** *The Avon Womens Run from Frenchs Forest to Manly that I did in 1984. It was there that I ran my 10 km PB of 39.28. I got a real thrill out of being able to see the leading ladies for most of the run. I also won't ever forget my 4th place in my age category in the World Veterans Championships in Melbourne in 1987. The cheer squad from Sydney could not help but spur me on.*

**Any lowlights (injury etc)?** *Yes, various injuries over the years that have sidelined me from time to time. But now it is the fact that I am putting in just as much effort but getting ever slower.....and you discover that the injuries aren't injuries just the signs of advancing years.....*

**What was the last race you went in and how did you go?** *The Sri Chinmoy 12 km at Prospect Creek last Sunday. A lovely course run for the first time on cycle tracks and their welcome pancake breakfast afterwards. My time was nothing special but I enjoyed the run and pulled up well afterwards. Made me a bit more confident about the City to Surf next week.*

CONT...

**Anything funny/unusual ever happened to you while you have been out running?** *I was hit by a car while running on the road near Mittagong many years ago and don't recommend it. I was knocked around a bit- torn shoulder tendons, a cut on my head and lost some skin on the road. I spent a few hours in Bowral hospital getting x-rayed but no broken bones. I was back running the next day. I know I was very lucky and could easily have been killed. It's the best lesson in road awareness that I have had.*

**What other sports/hobbies are you involved in?** *I love dancing- Afro Rock, but don't get to do enough of it. And my favourite lazy relaxation is X-word puzzles.*

**Favourite food/beverage?** *At the moment, sweet chii calamari, Weis mango & macadamia ice cream or almost any ice cream and McGuigans Black Label Red and milk (but not together).*

**If you could have dinner with anyone who would it be and why?** *Nelson Mandela. I have great admiration for someone who has his patience and who has sacrificed so much of his life for his people. I would like to see what makes him tick.*

**Where would your ideal holiday be?** *Fiji, running the Bula Half Marathon and relaxing afterwards in a beach chair under a huge frangipani tree in one of their lovely resorts. ( My holidays always include running).*

**Interesting things we may not know about you?** *Aptitude tests, as I was leaving high school, told me that I should go on to be a POET.*

Thanks for sharing, Dot!

\*\*\*\*\*

## *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*

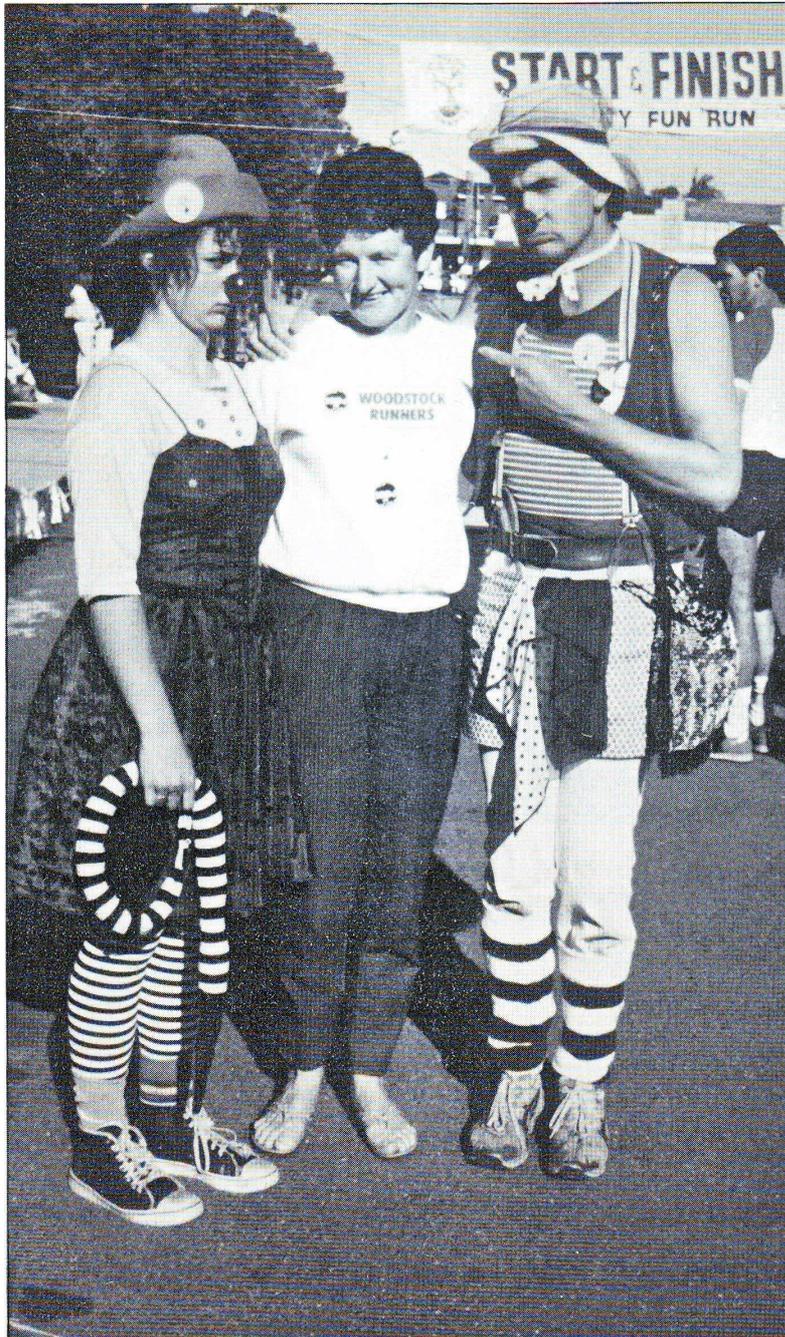


# From the Archives



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

*This months article comes form the February/March 1987 edition of 'Fun Runner' magazine.*



## WOODSTOCK RUNNERS (NSW) COMMUNITY FUN RUN (10km) — November 2 by FRANK McCAFFREY

Warm, sunny weather and top organisation with top performances put this run at the very top of the fun run stakes for 1986. Nothing was left to chance in pre-race planning, and the run itself was just wonderful. The scene afterwards at the Woodstock Community Centre, with crowds resting up on the lawns and drinking cool drinks, was delightful, and a real boost for the game of fun-running.

There were some hot performances in most divisions, the most noticeable perhaps being Ron Gribble (over-50) doing a great 35.14, and Pat Marshall in the women's 40-49 group with 39.17. These were both records, as were the times of the winners, Jamie Harrison and Kerryn Hindmarsh.

Well done and congrats, Woodstock. (Note that Woodstock received the RRA best fun run award of '86.)

### RESULTS

J. Harrison 30.10; M. Vassallo 30.46; M. Todd 31.10. Female—K. Hindmarsh 35.28. Male 12 & under—D. Costa 39.00. 13-17—R. Stokes 33.56. 18-23—G. Donges 31.23. 24-29—T. Gibbons 31.40. 30-34—G. Mallett 32.00. 35-39—J. Gumieniuk 31.48. 40-49—J. Box 33.05. 50-59—R. Gribble 35.14. 60 & over—C. Sparke 38.04. Female 12 & under—J. Perry 42.59. 13-17—J. Young 37.48. 18-23—L. Harrison 39.21. 24-29—T. Walsh 36.25. 30-34—C. Batman 37.48. 35-39—I. Friend 43.54. 40-49—P. Marshall 39.17. 50-59—M. McKinley 54.55. 60 & over—T. Davies 58.13. Open team (male)—Mt Pritchard Joggers 103.57; (female) Earlwood Sports 133.33. Mixed—OLMC Epping 170.49. Primary school (male)—Liverpool 135.27; (female) Fairfield West 158.37. Secondary school (male)—St Columba's Springwood 114.09; (female) OLMC Epping 154.23. Husband & wife—C. & P. Batman 75.32. Local—M. Todd 31.10. Oldest—R. Ryszkowski (76).

Organiser KERRY BRAY (centre) ensured that the Woodstock Community event was not only well organised but also a lot of fun. Both the event and Kerry herself won RRA awards as a result (see 'Road Running'). (Les Murray)

\*\*\*\*\*



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

# Upcoming Events

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

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

## **Aug 2008**

*Sun 10 Aug* **SUN HERALD SYDNEY CITY TO SURF**

14km. Starts 9:00am from corner Park and College Streets, Sydney. Entry form in Sun Herald Newspaper every Sunday from June 2008 or online. Note that you cannot enter on the day. Approx 62,000 field limit. [Lots of discussions by CoolRunners here.](#) contact: phone 1800-555-514. email: [city2surf@fairfax.com.au](mailto:city2surf@fairfax.com.au). Visit the [website](#) for more details.

*Fri- 15-16* **2008 AUSTRALIAN ROGAINING CHAMPIONSHIPS -**

*Sat Aug* A 24 hour rogaine-small team sport of 2 to 5-requiring travel cross country on foot-day and night-navigating with map and compass contact: Alan Mansfield. email: [nswrogaining@optusnet.com.au](mailto:nswrogaining@optusnet.com.au). Visit the [website](#) for more details.

*Sat 16 Aug* **GO NATURAL MULTISPORT - AKUNA BAY TO APPLE TREE BAY**

Saturday 16th August will see the fourth year running of the popular Go Natural Multisport Challenge. The course consists of a 32km road cycle, 12km paddle (kayaks available for hire) and a 12km trail run taking in some of the best scenery on the Northern Beaches of Sydney. Maximum Adventure are expecting around 300 athletes competing in solo, pairs or relay categories. The race is an excellent opportunity to shake off those winter cobwebs and compete for over \$5,000 worth of prizes. Competitors also stand a chance to win a Spirit racing ski sponsored by Prokayaks as a lucky door prize. contact: Gary Farebrother 0403-820282. email: [gary@maxadventure.com.au](mailto:gary@maxadventure.com.au). Visit the [website](#) for more details.

*Sun 17 Aug* **WAGGA WAGGA TRAIL MARATHON**

The Wagga Wagga Trail Marathon has it all, river tracks with bush scenery, sleepy lagoons, hill top views and the lake. Come to Wagga Wagga for this unique Marathon experience, run the magnificent Wiradjuri walking track around the city of Wagga Wagga. The Wagga Wagga Trail Marathon replaces the former Junee to Wagga marathon. contact: Mark Conyers. email: [waggawaggamarathon@bigpond.com](mailto:waggawaggamarathon@bigpond.com). Click here for an [entryform](#).

*Sun 17 Aug* **BANKSTOWN HALF MARATHON & 5KLM MAYORAL RUN/WALK**

The Races start and finish at the Western Districts Joggers and Harriers Clubhouse at Lake Gillawarna- 150m west of the footbridge over Henry Lawson Drive, between Flinders Rd and Georges Cres, Georges Hall. Start Times Half Marathon - 7.30am , 5km - 7.45am. The course ,reputed to be one of the best and most picturesque off-road running courses in Metro Sydney, follows pathways and trails in a park and Lake setting. It provides for a balanced and "honest" 21km course with a good mix of hills and flats. The 5km course is fast and flat for those who might wish to brag about their good kilometer rate times but it also provides for an "easy" course for the beginner runner and family groups. Awards for outright 1st,2nd &3rd Female and Male and with the same for the 10year age categories for both races. Categories for Corporate/Company and School Teams. Legendary Lucky Draw for all runners/walkers. Entry Half Marathon- \$30, 5klm Run/Walk \$20 contact: Joan Eisenhuth (02) 9724-4729. email: [westieswdjh@gmail.com](mailto:westieswdjh@gmail.com). Visit the [website](#) for more details.

*Sun 17 Aug* **THE SOUTHERN HIGHLANDS MITTAGONG PRESCHOOL KINDERGARTEN BUSH FUN RUN**

The Southern Highlands Mittagong Preschool Kindergarten Bush Fun Run - Are you up for a challenge then join us in a Bush Fun Run at the Welby Hockey fields fire trail in MT Alexandra Reserve, SUNDAY, August 17 2008, 2km, 5km and 10km, walk / run along the fire trail at MT Alexander Reserve. Races Start 9am - 10km & 10am - 5km & 10:40am - 2km. contact: Naomi Parkes on 0408 682 516. email: [mpsfunrun@hotmail.com](mailto:mpsfunrun@hotmail.com). Click here for an [entryform](#).

*Sat 23 Aug* **MT WILSON TO BILPIN BUSH RUN**

This is an approx 35km trail run along trails, tracks and dirt roads from Mt Wilson to Bilpin in the Blue Mountains, NSW. All fund from the raised are passed to the NSW Rural Fire Service. Starts 10am from Silva Plana Pk, Queen St, Mt Wilson. Bus from the finish line to start, so park car at Bilpin. First year of the event was 1996. contact: Michael Garvan. email: [organiser@bilpinbushrun.com.au](mailto:organiser@bilpinbushrun.com.au). Visit the [website](#) for more details. Click here for an [entryform](#).

*Sat 23 Aug* **SUTHERLAND HALF MARATHON AND CARNIVAL DAY**

Sutherland Athletic Club host an annual running carnival at Audley in The Royal National Park in Sydney's South. The runs are held along Lady Carrington Drive, a car free fire trail that follows the River through the heart of the National Park. Distances are 1k, 2k, 3k, 5k, 10k and 21.1k. contact: Bob Reus 02-9548-1399. email: [publicity@sutherlandathletics.com](mailto:publicity@sutherlandathletics.com). Visit the [website](#) for more details. Click here for an [entryform](#).

*Sat 23-24* **MUDGEES MARATHON WEEKEND**

*- Aug* **RACE CATEGORIES:** Marathon, Half marathon, 10km Fun Run, 5km Fun Run / Walk. The Mudgee Marathon Weekend enters its 8th year and 2008 sees the inaugural 10km Fun Run added to its usual program of the 5km Fun Run, Half Marathon & Marathon. The Mudgee race is well known for its relaxed friendly atmosphere which is perfect for the first timer who's looking for a no-pressure race, yet is still a course that is challenging to the experienced **CONT....**

marathoner. The course weaves itself through the picturesque Mudgee valley; past vineyards, farmland, grazing cattle, and a band of friendly and enthusiastic volunteers cheering you on! And while we believe that running a marathon is, well, a marathon effort, why not make it even more meaningful by running for a cause? This year we have joined up with MyCause.com.au where you can create your own fundraising profile page. It's a great way to encourage friends, family and co-workers to donate to your favourite cause while supporting your efforts. All successful finishers for the Marathon and Half Marathon receive a medal and quality Cool-Dri Finishers' T-shirt. Bottles of outstanding Mudgee wine, courtesy of Pieter van Gent Winery, awarded to place-getters, and spot

*Sun 24 Aug 16TH ANNUAL PUB 2 PUB FUN RUN & WALK*

13km from DY Beach to The Newport Arms Hotel starts at 8am. The Charity Pub-to-Pub Fun run/walk, held on Sydney's Northern Beaches is an iconic event touted as a smaller version of City-to-Surf. Travels along a course with a unique start on the sand at Dee Why Beach and along a picturesque route to The Newport Arms Hotel, probably Sydney's most famous hotel. The event attracts punters young and old, big and small and from near and far. The Pub-to-Pub is a one of the most popular community events for the Northern Beaches and is now an institution that forms part of the annual calendar for many local residents. The aim of the event is to raise much needed funds for local charities including local Surf Clubs, the Manly and Mona Vale Hospitals, local SES and the NSW Rural Fire Brigade. Over the past 15 years well over \$400,000 has been raised from this event with over \$50,000 being raised in 2007. NOTE: NO ENTRIES ON THE DAY. contact: Rotary Club of Brookvale. email: [info@pub2pub.com.au](mailto:info@pub2pub.com.au). Visit the [website](#) for more details. Click here for an [entryform](#).

*Fri- 29-31 OXFAM TRAILWALKER SYDNEY*

*Sun Aug* Oxfam TRAILWALKER is the world's greatest team challenge. And it's also one of the toughest. The challenge is to get your team of four across 100km of Australian bush in less than 48 hours - and, collectively, to raise at least \$1,000 to help to overcome poverty and suffering around the world. REGISTRATION opens online on 22nd April 2008 contact: Jane Denning. email: [trailwalkersydney@oxfam.org.au](mailto:trailwalkersydney@oxfam.org.au). Visit the [website](#) for more details.

*Sun 31 Aug LAKE MACQUARIE HALF MARATHON*

Follows the Lake Macquarie foreshore, starting and finishing in Warner's Bay. It is a relatively flat course, with no hills of significance. There is a 21.1km course (2 loops) and a 10.5 km run and 10.5 km walk. Road closures start at 7am and finish at 11am. email: [enquiries@lakehalf.com](mailto:enquiries@lakehalf.com). Visit the [website](#) for more details. Click here for an [entryform](#).

**Sep 2008**

*Sat 6 Sep SYDNEY STRIDERS 10KM SERIES*

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

*Sun 7 Sep SRI CHINMOY SYDNEY SERIES RACE 7 - COOKS RIVER 16 KM, 8 KM & 4 KM.*

The 7th race in the Sri Chinmoy Sydney Series for 2008. A peaceful, leafy oasis in the bustling inner south, this boutique course on cycle paths with a short off-road section follows a 4 km wooded loop alongside the Cooks River between Hurlstone Park on the north and Earlwood to the south. Complete 1, 2 or 4 loops for the distances of 4 km, 8 km and 16 km. Parking off Tennent Parade, Hurlstone Park (adjacent to Sydney Olympic Sporting Club); 500 metres from Hurlstone Park railway station. Races commence at 8 am, with registration and on-the-day entries from 7 am. Awards for age groups and post-race pancake breakfast for all. Enter early and save... contact: Prachar Stegemann. email: [sydney@srchinmoyraces.org](mailto:sydney@srchinmoyraces.org). Visit the [website](#) for more details. Click here for an [entryform](#).

*Sun 7 Sep FATHERS DAY 5*

The Fathers Day 5 @ Sydney Olympic Park and @ Melbourne Albert Park - a 5km experience open to the whole family - run or walk! Come and celebrate family spirit and healthy living in a fun and innovative way, with an interactive and entertaining event experience unfolding in the centre of the sports-famed Sydney Olympic Park/ Melbourne Albert Park. The event will pay particular focus to raising awareness and funds for prostate cancer research and treatment facilities (the Prostate Cancer Foundation of Australia is the event beneficiary and \$5 from each entry will be donated to the Foundation). So C'mon - Join in the fun at this Fathers Day! email: [fathersday5@sportingspectrum.com](mailto:fathersday5@sportingspectrum.com). Visit the [website](#) for more details.

*Sun 14 Sep WAGGA'S LAKE TO LAGOON FUN RUN*

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](mailto:petrina.quinn@exemail.com.au). Visit the [website](#) for more details.

*Sun 14 Sep BRIDGE TO BRIDGE*

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.

\*\*\*\*\*