

The

WOODSTOCK RUNDOWN

August 2011

Internet address: www.woodstockrunners.org.au

Email: info@woodstockrunners.org.au

Facebook Group: <http://www.facebook.com/group.php?gid=30549208990>

Email Results and Contributions to: rundown@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



The Rundown On Members

The weather gods are obviously runners and smiled on the City2Surf as usual. While it was not looking good at 7.30am the race was run without precipitation. Woodstock members turned out in force and many great runs were recorded. Commiserations go to those who were disappointed, though all must agree it is an amazing event, extremely well organised and a fabulous Sydney showpiece.

Congratulations to Thalia and Mark on the birth of Rosemary, who will naturally become a Woodie in future years. We wish you all many happy times and few sleepless night.

Following Anthony's great run in Comrades and while continuing his holiday in South Africa, he broke his wrist and spent the rest of his holiday in plaster. Now out of the cast, he is back to running. Ray Dean has a spur on his knee and is facing possible surgery. We wish you well, Ray and know how anxious you are to be back into running.

Brendan has provided us with many newsworthy and inspirational stories over the years. This newsletter is no exception. Following a holiday in Fiji, he ran the Kokoda Challenge on the Gold Coast, with his team winning and smashing the previous record. He has now been chosen to represent Australia in the Commonwealth 55k Ultra Championships in Wales next month. In addition, Brendan has been announced as Captain of the Australian team. Congratulations from all of us. You're a true Champion.

Next week Brendan and Nadine are moving to Woodford in the Blue Mountains. We wish them a wonderful life there and we know that even though we may see less of Brendan at Woodstock runs, you will never be able to take away his enthusiasm for his Club and the wonderful inspiration he had been to all of us.

Thanks are due to Martin and his loyal band of helpers and cheerers at the last Time Trial. The next will be held on Thursday August 25. Appreciation has been expressed to Joe, Therese and Martin for the organisation involved in the Hunter Valley trip. A good time was had by all. Thanks to Brendan for the Internal Teams at C2S.

Happy holidays to Bev off to Canada and Elmarie to Ireland.

We were saddened by the untimely death of former member, Frank Berlouis, who passed away on July 10. Those of us who knew Frank will always remember him as a loyal Club Member, a good runner and a genuinely nice guy. Max McGown and Ken Flarretty represented Woodstock at his funeral in Port Macquarie. We extend our sympathy to Marlene and family.

Good luck to all competing in the many events on the running calendar.

Happy running/walking,

Kerry

August Birthday Celebrants

**Julia Stenton 4th, Tony Burbidge 5th, Teresa Wood 7th, Eddie McLean 15th, ,
Barney McCarthy 21st, Charissa Patacsil 21st, Jon Patrick 23rd,
Mary Sherman 24th, Stephen Briant 29th, ,Greg Muir 30th**

Letter from the editor

Hi Woodstockians!

This edition of the rundown would be full of results. There will be few of the favorites, like minute with the member and the race reports missing as we have too much content to fit in under 2MB!! Do not worry, those pages will be back next month.

I'm happy to have been getting Pbs and course Pbs lately, and hoping it continues this year compared to my results last year. Few asked me, what have I been doing lately that has brought me these Pbs, I've running less in volume, but at least run a longish run a week, equal days of gym weights and core and a day of swim ming to recover. Well it looks like it is doing me good.

However its not all ups for me, just after C2S, I've a minor foot injury I am nursing and resting for a week, hoping it goes away soon. My Nana back home whom I grew with when I was a baby died last month and was down wasn't really up to any runs that week.

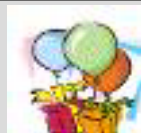
After that week, glad to bounce back and run my first ever relay with Elmarie at M7 Marathon.

It was a cold race to run, and not the easiest course, but it was good fun running for a team.

Onset is me having a massage after the M7 relay courtesy of ex-Woodie Lee Baker. Thanks Angela for the photos in this Rundown.



- Editor



Happy Birthday Woodstock Runners!

Come and join us celebrate the 31st birthday of our running club!!

**Where: Noi Due Italian & Lebanese Dining
40 Tennyson Rd, Mortlake NSW 2137**

When: Sunday 28 August

6-6.30pm arrival

**Cost: \$35 per person: children - \$20 each.
BYO**



Bookings can now be made online:

<https://www.registernow.com.au/secure/Register.aspx?ID=1981>

Contact Dierdre Stewart for questions at deirdre.s@hotmail.com or 0438 210 035

NEEDING NEW WOODSTOCK GEAR??

Everything is now available:

- Singlets (M or F): \$45
- Short sleeve runshirts (Unisex): \$50
- Long sleeve runshirts (Unisex): \$60
- Bra Tops (8 & 10) but others can be ordered: \$66
- Cotton T-shirts (Unisex): \$10
- Caps: \$20
- Old Style T-shirts (1 lge & 4 X/L only left): \$5
- Womens Hot Designs shorts (unlined, 1 size 10 only): \$40. No more of these will be ordered.

Shorts can be quite individual so choose whatever is comfortable in royal (Woodstock) blue or as near to that as possible.

All our Hot Design (Drifit) items are in stock as well as the basic cotton T-shirts so no need to run incognito.

For our new members, the membership fee of \$40 entitles you to the basic club cotton T-shirt or if you choose to pay \$60 that entitles you to either our Hot Designs (Drifit) singlet or short sleeve runshirt.

Any queries, feel free to contact me:

Dot Siepmann

Club Uniforms Officer

Email: dottledisco@y7mail.com

Phone: 02 9637-9536

Payment can be made by cash, cheque or online via RegisterNow:

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



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

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



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Woodstock Tipping

OVERALL	LAST WEEK	MOVEMENT	TIPSTER	POINTS
1	1	11	Brandon Davies	116
2	2	■	Trillex	115
3	4	④ +1	paulwhiteway	105
4	3	⑤ -1	Go Jena (Love Tammy)	103
5	6	④ +1	3553	101
6	4	⑤ -2	gaxos	99
7	7	11	Mickcan	94
8	8	■	Chutney1980	85
9	9	12	Colin T_0	73
10	10	■	brambora	47
10	10	12	tutto	47
12	12	■	Rebecca_Bergara	46
13	13	12	LukeT1	30
14	14	■	tee feedee	5
15	15	12	woodgood	3
15 TOTAL TIPSTERS				

Handicap Event, 27/8/2011

The 2011 Handicap Series continues later this month (27/8/2011). 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 2011 Pointscore Awards. The points basis is very simple - 1 point for last, 2 points for second last, etc.

The registration list will be available from Tuesday 16/8/2011 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

All time estimates are required by 8:00pm 25/8/2011 (Thursday night), so that the start can proceed without interruptions.

Free BBQ Breakfast!!!!

The free BBQ breakfast will be on once again, please bring along any interested non-members, so they can try us out. Membership Forms will be available on the morning, or they can join online.



Dear Woodies, Please welcome our new members! Brian Newton and Aaron Green!!

TEAM UPDATES

Sydney Running Festival – 18th September <http://www.sydneyrunningfestival.com.au/>

Just as we did for Canberra Running Festival, I have set up a team registration for the (Blackmores) Sydney Running Festival on the 18th of September. Although there doesn't appear to be any team categories per se in the competition sense, it does help the club know (as we have access to the entry list) who has entered so we can support each other in the lead up and on the day. This team applies for the family fun run (~4km), the bridge run (~9km), the half marathon and the big daddy marathon.

When you enter at <http://www.sydneyrunningfestival.com.au/>, select 'search for existing team' and do a search for 'woodstock'. The team "Woodstock Runners" will appear. This time we have to enter a password (their rule not mine!), so please enter 'woodstock' (without the quote marks) in the password field. Simply then just complete the entry process as you normally would.

Run4Fun - 6th November <http://www.run4fun.com.au/>. This is a 10km Fun Run at Sydney Olympic Park. When entering, select 'choose and existing team' and then type in 'woodstock'. Select the correct age categorised team and complete entry as normal.

"It's very hard in the beginning to understand that the whole idea is not to beat the other runners. Eventually you learn that the competition is against the little voice inside you that wants you to quit." – George Sheehan

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"Racing teaches us to challenge ourselves. It teaches us to push beyond where we thought we could go. It helps us to find out what we are made of. This is what we do. This is what it's all about." – PattiSue Plummer, U.S. Olympian

## Upcoming events

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

**Sat 20 Aug MUDGEES 5K / 10K** Distance: 5km / 10km Start: 3.00pm, Sat 20th Aug, Lawson Park Pavilion, Mudgee Entries taken on the day from 12.30pm. Cutoff at 2pm. Entry Fee: 5km - \$12 Adults \$8 under18/ 60+ 10km - \$20 contact: Doc on 0428 136 069. email: [acedirector@mudgeetriclub.hwy.com.au](mailto:acedirector@mudgeetriclub.hwy.com.au). Visit <http://www.mudgeetriclub.hwy.com.au/marathon/aceinfo.htm> for more details. Click [http://www.mudgeetriclub.hwy.com.au/marathon/online\\_entry.htm](http://www.mudgeetriclub.hwy.com.au/marathon/online_entry.htm) for an entryform.

**Sat-Sat 20-20 Aug GO NATURAL MULTISPORT - AKUNA BAY TO APPLE TREE BAY** Saturday 20th August will see the seventh 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. contact: Gary Farebrother 0403-820282. email: [info@maxadventure.com.au](mailto:info@maxadventure.com.au). Visit <http://www.maxadventure.com.au/multisport/default.htm> for more details.

**Sat 20 Aug SUTHERLAND HALF MARATHON & GALA DAY** The Sutherland Half Marathon is an historical annual event, that has been held for over 40 years. It is a truly beautiful out and back course alongside the river running on Lady Carrington Drive, Audley, Royal National Park where you might see many different types of wildlife such lyre birds, peacocks, wallabies, kangaroos, black cockatoos and echidnas. You must be 18 years of age or older to enter the Half Marathon. Novice to Elite runners of all ages welcome. Secure your place in this wonderful experience. Numbers are limited! contact: Sally Luxton. email: [publicity@sutherlandathletics.com](mailto:publicity@sutherlandathletics.com). Visit <http://www.sutherlandathletics.com/> for more details.

**Sun 21 Aug MUDGEES HALF AND FULL MARATHON** Certified half and full marathon, 7.00am, Sun 21st Aug Walkers Field, Short St, Mudgee Entry Fee: Full \$65 half \$45 contact: Doc 0428 136 069 . email: [acedirector@mudgeetriclub.hwy.com.au](mailto:acedirector@mudgeetriclub.hwy.com.au). Visit <http://www.mudgeetriclub.hwy.com.au/marathon/> for more details. Click [http://www.mudgeetriclub.hwy.com.au/marathon/online\\_entry.htm](http://www.mudgeetriclub.hwy.com.au/marathon/online_entry.htm) for an entryform.

**Sun 21 Aug TAMWORTH TEN & FUN FIVE** Test yourself over our flat 10 or 5 km course by running along our beautiful Peel River river flats. Walkers can participate on a 4km course. This year will again see the Dash For Cash conducted over 60m. Great prize money. Make the trip to the winner of the 2009 Australian tidiest city and stay a while to check out our many attractions. contact: Jeff Benson 02 67682420, Mob 0408279522. email: [jeff.benson@tafensw.edu.au](mailto:jeff.benson@tafensw.edu.au). Visit the <http://www.tamworthtriclub.org.au/> for more details. Click <http://www.coolrunning.com.au/calendar/will%20be%20available%20soon> for an entryform.

**Sun 21 Aug WAGGA WAGGA TRAIL MARATHON** contact: Helen Allen. email: [waggawaggamarathon@bigpond.com](mailto:waggawaggamarathon@bigpond.com). Visit the [http://www.waggawaggaroadrunners.com.au/Wagga\\_Wagga\\_Road\\_Runners/2011\\_Wagga\\_Trail\\_Marathon.html](http://www.waggawaggaroadrunners.com.au/Wagga_Wagga_Road_Runners/2011_Wagga_Trail_Marathon.html) for more details.

**Sun 21 Aug MITTAGONG PRESCHOOL BUSH FUN RUN** ARE YOU UP FOR A CHALLENGE? Come and join our Charity Bush Fun Run. It is a great way for family and friends to enjoy a day of Fitness, Food and Fun. When: Sunday 21 August 2011 Where: Welby Hockey Fields (corner of Currockbilly Street and Joadja Street, Welby) and surrounding Mt Alexandra bush fire trails. Distances and starting times: 10km - 8.45am, 5km -10.15am, 2km - 11am contact: Mittagong Preschool (02) 4871 1109. email: [mppsfunrun@hotmail.com](mailto:mppsfunrun@hotmail.com). Visit the <http://www.mittagongpreschool.org.au/> for more details. Click [http://www.coolrunning.com.au/calendar/public\\_html/2011/2011e036.pdf](http://www.coolrunning.com.au/calendar/public_html/2011/2011e036.pdf) for an entryform.

**Sat 27 Aug SUTHERLAND DISTRICT ATHLETICS CLUB CROSS COUNTRY & ROAD RUNNING SERIES - WORONORA** Start in the Park, opposite Woronora RSL, Prince Edward Park Road. Very tough, hilly course. Senior Scratch Championship race, and Junior Club Championship race. This is the last Handicap Point Score Day. Race distances over 1km, 2km, 3km, 5km, 10km. Registrations welcome on the day at the venue. All ages and fitness levels welcome. contact: Sally Luxton. email: [publicity@sutherlandathletics.com](mailto:publicity@sutherlandathletics.com). Visit the <http://www.sutherlandathletics.com/> for more details.

**Sun 28 Aug LAKE MACQUARIE RUNNING FESTIVAL** Runners enjoy traffic-free, flat road course around the scenic edge of Lake Macquarie. Events conducted include 21.1km Half Marathon, 10.5km Fun Run and 4km Kids Scamper. Visit our website to register online and for further details about our events. Great family day out with local exhibitors, free face painting and jumping castle on display. The Half Marathon event is an Athletics Australia Accredited Course. contact: Chad 0438 168 214 or Anne 0424 402 524. email: [enquiries@lakehalf.com](mailto:enquiries@lakehalf.com). Visit the <http://www.lakemacrunning.com/> for more details. Click [http://www.coolrunning.com.au/calendar/public\\_html/2011/2011e052.pdf](http://www.coolrunning.com.au/calendar/public_html/2011/2011e052.pdf) for an entryform.

## Upcoming events

### Continuation ...

**Sun 28 Aug 19TH ANNUAL PUB TO PUB CHARITY FUN RUN** Northern Beaches most famous fun run. The 19th annual Pub to Pub charity fun run and walk will be held at 8am sharp on Sunday August 28 and is proudly supported by major sponsor URM" United Resource Management and media partner " The Manly Daily. The race is hosted as a Charity Fund Raising Project by The Rotary Club of Brookvale in conjunction with The Newport Arms Hotel and it promises to be bigger and better than ever. The challenging race starts with a 500m sand start from the Dee Why Surf Club and winds its way via the back streets & beach vistas to end 13km later at Sydney most famous pub icon, The Newport Arms Hotel. You also have the ability to raise money for your favourite charity so register now & get started. Visit the <http://www.pub2pub.com.au/> for more details. Click <https://ssl4.ssllock.net/pub2pub.com.au/secure/register.aspx> for an entryform.

**Sun 28 Aug PARKINSON'S NSW UNITY WALK & FUN RUN** An 8km run at Sydney Olympic Park for all standards of runner and age groups with a prize of a return trip to Hawaii for the overall male and female winners and prizes for all placegetters in all age categories. contact: Pip at Parkinson's NSW. email: [philippa@parkinsonsnsw.org.au](mailto:philippa@parkinsonsnsw.org.au). Visit the <http://www.unitywalk.com.au/> for more details. Click [http://www.coolrunning.com.au/calendar/public\\_html/2011/2011e060.pdf](http://www.coolrunning.com.au/calendar/public_html/2011/2011e060.pdf) for an entryform.

September 2011

**Sun 4 Sep BEROWRA 10KM ROAD RUN** This handicap race is held on the first Sunday of every month. Start racing at 7:15am. Join us for the race and breakfast included in the entry fee. We also have social 1/2 road, 1/2 bush runs every Sunday. Check out our website for the calendar and race rules. \$7. Warringal Street Oval, Berowra. contact: Graham Leslie. email: [gles@inet.net.au](mailto:gles@inet.net.au). Visit the <http://www.berowrabushrunners.com/> for more details.

**Sun 4 Sep BANKSTOWN HALF MARATHON - THE HIDDEN HALF AND 5KM MAYORAL WALK/RUN (INCORPORATING ATHLETICS NSW STATE HALF MARATHON CHAMPIONSHIP)** 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. The course, reputed to be one of the most picturesque traffic free running courses in Sydney Metro, follows pathways and trails in a park and Lake setting, providing a balanced and "honest" 21 km course with a good mix of hills and flats. The 5km course is fast and flat but it also provides for an "easy" walk/Run course for the beginner runner and family groups. If you want to try out the course come down any Saturday for our Club's Saturday Run, 7.15am you will be most welcome. See our website for details. Awards for outright 1st, 2nd & 3rd Female and Male with age and other categories for both races. Legendary Lucky Draw for all runners/walkers. ONLINE REGISTRATION and downloads for the map and entry forms will be available on the web site mid June. contact: Joan 02 97244729 . email: [westiesjoggers@gmail.com](mailto:westiesjoggers@gmail.com). Visit the <http://westiesjoggers.com/> for more details.

**Sun 4 Sep GRIFFITH FERALS HALF ON THE HILL** Half marathon run on fire trails in Griffith NSW. Start is 8am at MTN Radio Station (across from golf course) on Remembrance Drive. Cost is \$20 for individuals (16years and older) Teams of three also welcome, cost is \$20 each team member. Each entrant receives a shirt, plus refreshments after race. Entries taken on the day only. contact: Janet Mazzarolo. email: [jmazzarolo@advancedrehab.com.au](mailto:jmazzarolo@advancedrehab.com.au). Visit the <http://www.griffithferals.org.au/> for more details.

**Wed-Wed 7 Sep-14 Dec SUTHERLAND DISTRICT ATHLETICS CLUB TRACK & FIELD SERIES - SYLVANIA WATERS ATHLETICS TRACK** The series is open to all age groups over 10 years of age, registered athletes, little athletes, schools, race walkers and other sporting disciplines and anyone interested in competitive fun and fitness. Our competitions are run on an all weather track so unless there is a tornado - we will be there! No membership is required. Register on the night - just \$2 for all you have the energy for! Dust off your spikes and join the fun. Beginners welcome. Program on website. contact: Bob Reus. email: [publicity@sutherlandathletics.com](mailto:publicity@sutherlandathletics.com). Visit the <http://www.sutherlandathletics.com/> for more details.

**Sat 10 Sep BUSH WAC 6K & 3K TRAIL RUNS** These two runs are located wholly within the bushy grounds of the Wollondilly Anglican College in Tahmoor, NSW, 100kms SW of Sydney. The races are part of the school's Annual Spring Festival. Lots of awards and a great barrel draw. contact: Picton Puffers. email: [run@bushwac.com](mailto:run@bushwac.com). Visit the <http://www.bushwac.com/> for more details. Click [http://www.coolrunning.com.au/calendar/public\\_html/2011/2011e054.pdf](http://www.coolrunning.com.au/calendar/public_html/2011/2011e054.pdf) for an entryform.

**Sun 11 Sep SRI CHINMOY SYDNEY SERIES RACE 7 - CENTENNIAL PARK HALF-MARATHON (21.1 KM), 7 KM & 4 KM CROSS-COUNTRY** Mackay Sportsground, near Robertson Rd gates, Centennial Park. The second of the Sri Chinmoy Marathon Team's Winter Half-Marathons, this time cross-country through the ever-refreshing Centennial Park " or choose from the shorter 7 km and 4 km options. Studies show that regular runners are not only healthier and more successful than sedentary folk " they are also considerably happier! (your smile is the proof!) Parking anywhere near the Robertson Rd gates. On-the-day registration opens at 6.45 am and closes at 7.55 am, with races starting from 8 am. contact: Prachar Stegemann. email: [sydney@srichinmoyraces.org](mailto:sydney@srichinmoyraces.org). Visit the <http://au.srichinmoyraces.org/>



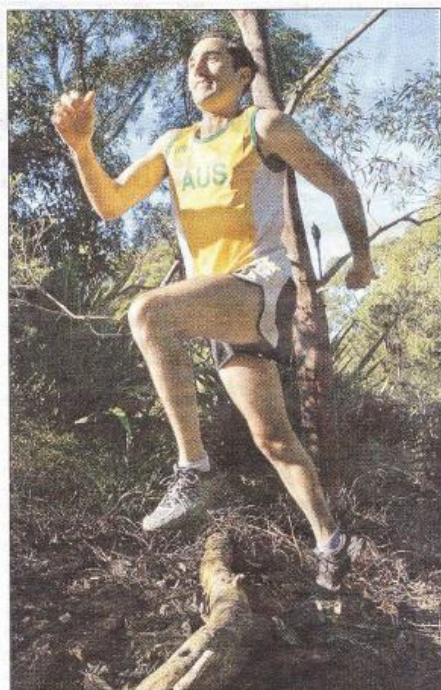
## Upcoming events Continuation ...

[sydneyraces 11](#) for more details. Click <http://au.eventdirector.net/Register.aspx?EventID=4395> for an entryform.

**Sun 11 Sep BUMBLE HILL BURN** (Inaugural) This run is not for the faint hearted. Starting 8.30am from the floor of the beautiful Yarramalong Valley in the hinterland of the NSW Central Coast, this 6km run winds its way up Bumble Hill Road to Kulnura, climbing approximately 300 metres (1000 feet) on the way. Known as an A-Grade hill climb, this is the first organised run up the hill and is part of the annual Yarramalong Valley Spring Festival (visit [www.yarramalongvalleyspringfestival.com.au](http://www.yarramalongvalleyspringfestival.com.au)). This is a great opportunity to fine tune for the Sydney Marathon the following Sunday. contact: Gerry Moulinie. email: [bumblehillburn@yarramalongvalley.com.au](mailto:bumblehillburn@yarramalongvalley.com.au). Visit the <http://www.bumblehillburn.com.au/> for more details. Click [http://www.coolrunning.com.au/calendar/public\\_html/2011/2011e049.pdf](http://www.coolrunning.com.au/calendar/public_html/2011/2011e049.pdf) for an entryform.

**Sun 11 Sep FORSTER RUNNING FESTIVAL** Kids fun run, charity walk, 5km fun run/walk, 10km run, half marathon contact: Peter Camilleri. email: [peter@forsterrunningfestival.com.au](mailto:peter@forsterrunningfestival.com.au). Visit the <http://www.forsterrunningfestival.com.au/> for more details. Click [http://www.forsterrunningfestival.com.au/event/?page\\_id=21](http://www.forsterrunningfestival.com.au/event/?page_id=21) for an entryform.

## From the archives



Runner Brendan Davies faces his toughest physical challenge in the US. Picture: NICK BLOUKOS

## Determined to summit without air

JOANNE VELLA

BELFIELD'S Brendan Davies can't get enough oxygen deprivation.

His regular sessions working out in an altitude chamber, which sucks out oxygen and replaces it with nitrogen, is part of his plan to conquer the 42.2km Pike's Peak marathon, one of the most punishing mountain courses in the world.

Davies knows he will face a gruelling battle on August 21.

The marathon will pitch him in a field of 760 competitors, many who are more accustomed to running at high altitude and steep gradients.

"I like to think I could (win) but I just can't train in these conditions like the Americans can, especially those guys who live in Colorado," he said.

"They're not even affected by altitude. Terrain in Australia is very different to what Colorado's going to be because we don't have these kind of mountains so I've really been focusing on training in a really specific way."

The challenge begins at the altitude of 1920m before reaching the 4302m-high summit.

It's a challenge set to be even more confronting with unpre-

dictable elements thrown into the mix.

"It's going to be a real torture test," Davies, 33, said.

"It can snow this time of the year (in summer). Lightning is a real big issue. It's one of the most standout running races in the world."

He will compete alongside fellow Australians Andrew Lee (NSW) and Stuart Gibson from Victoria.

"Mountain running in Australia isn't huge because we don't really have the mountains but overseas, especially in Europe and America, it's huge, so for an Australian to win it is quite an achievement," Davies said.

"I like to do all types of running, I don't just stick to one type."

Davies qualified for the US challenge after competing in the Deep Space Mountain Marathon in Canberra in March with a time of 3hr 50 minutes over 43km.

His time of 3:35 over 45min in the 6 Foot Track Marathon in the Blue Mountains, where he finished sixth, also earned him a chance to compete overseas.

NSW CANTERBURY-BANKS TOWN EXPRESS, Tuesday, July 27, 2010 49

## INTRODUCING ROSIE

At just 12 days old Rosemary has claimed her own table at the Bowan Island Coffee Shop and now has become a regular Saturday morning customer having a little sleep (dreaming of babychinnos) while Mark & Thalia shine as proud parents. Before we know it she will be making her first stroller trip around the Bay and then, alas, all of a sudden we will find her beating all of us around the Bay. Congratulations to Mark & Thalia from all the Woodies.

Contributed by Rick Collins



## Who and where are the Woodies in the woods?



### Woodie imposters in C2S

Did you know that there are other runners named

Joe Ayoub, Teresa Wood, and Peter O'sullivan in C2S?

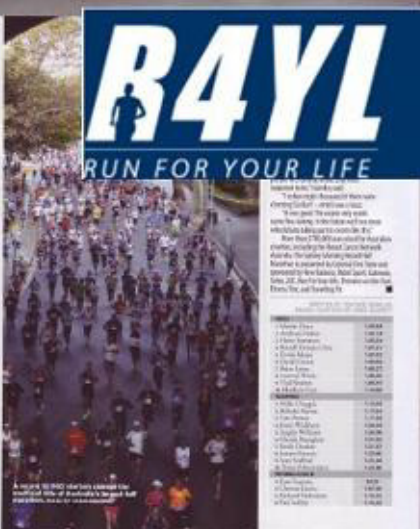
I had to check the photos to make sure i was getting the right times!





**RACE REPORTS**  
**Spidey Sydney Half Marathon**  
**REBEL RUN4FUN**  
**THE SYDNEY MORNING HERALD**  
**HALF MARATHON**  
**SUNDAY 16, 2011**

**M**ore than 10,000 runners participated in the Spidey Sydney Half Marathon on Sunday, the 16th of August. The race was held at the Sydney Olympic Park, and the weather was perfect. The race was held at the Sydney Olympic Park, and the weather was perfect. The race was held at the Sydney Olympic Park, and the weather was perfect.



**Marathon-Photos.com**

**BAYRUN11 SUNDAY 7 AUGUST**



Click on a thumbnail to see a larger picture.

Display 1 to 10 of 10 photos

## THURSDAY NIGHT TRACK (TNT)

Training by Level 2 Athletics Coaches - Brendan Davies and Martin Amy is looking forward to seeing you all down at Campbell Athletic Field, on Thursday's Interval trainings.

The venue is 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). \* last TNT of each month, drinks and/or dinner at Summer Hill Hotel after each session

No charge for Woodstock members. All visitors most welcome. Cold drinks provided. Toilets available.

## 5KM TIME TRIAL -SERIES



**When:** Thursday 25th August 2011

Following on from some sterling efforts at C2S, a few more races for you to get your running teeth into.

Same deal as previous TT's so send me through your estimated time and D.O.B Asap. For current Rankings head to

[http://www.woodstockrunners.org.au/drupal2/files/5km%20TT%20Rankings\\_0.pdf](http://www.woodstockrunners.org.au/drupal2/files/5km%20TT%20Rankings_0.pdf)



As you should know by now points on offer based on age-adjusted system. 4TT's required to qualify for Series Awards so still all to play for.

6:45pm - Gun goes off, so be there in good time for warm up...

\$2 entry for members, \$5 entry for non-members

There are on-the-night prizes too! For this to work, it means that you have to 'enter' NOW, as race orders/numbers and sheets needed to be sorted in advance to allow for timing and lap counting to happen on the night.

Email/call/text/message in Facebook Martin Amy your times: [martinamy1@gmail.com](mailto:martinamy1@gmail.com) /0404 623 257

As it's the end of the month, we'll be heading up to Ashfield Hotel after (8pm) to talk the usual rubbish and running chat about completed and future races, social events!

If anyone is injured or soft, who fancies helping out on the night, always welcome volunteers! I will need some help on the night (at least 3 willing helpers), so please, please let me know! Volleys get pts and km's for logbook, so all good!

So what are you waiting for, send through your details now, you just know it makes sense...

EI Prez



***Time trial results 14/07/11 Woodstock - 5km Time Trial Event 3***

| Name              | Actual Time | Estimated Tome | Age Adjusted Time | Points |
|-------------------|-------------|----------------|-------------------|--------|
| Takahashi Kazuaki | 0:19:22     | 0:20:00        | 0:16:07           | 25     |
| Bray Kerry        | 0:26:19     | 0:27:30        | 0:17:46           | 25     |
| Cantley Michael   | 0:17:11     | 0:16:45        | 0:17:11           | 24     |
| Siepmann Dot      | 0:31:47     | 0:27:30        | 0:21:27           | 24     |
| Davies Brendan    | 0:18:15     | 0:18:00        | 0:17:57           | 23     |
| Stewart Deirdre   | 0:25:19     | 0:27:00        | 0:22:23           | 23     |
| Vuong Thien       | 0:18:37     | 0:18:00        | 0:18:37           | 22     |
| Day Fiona         | 0:24:53     | 0:24:45        | 0:23:31           | 22     |
| Bogun Sandra      | 0:27:30     | 0:27:33        | 0:24:55           | 21     |
| McCarthy Barney   | 0:19:15     | 0:19:20        | 0:19:15           | 21     |
| Bray Peta         | 0:27:19     | 0:28:00        | 0:25:49           | 20     |
| Townsend Colin    | 0:21:52     | 0:22:15        | 0:19:54           | 20     |
| Doughty Patricia  | 0:27:56     | 0:30:00        | 0:25:54           | 19     |
| Lobsey Phil       | 0:20:57     | 0:20:45        | 0:19:57           | 19     |
| Stewart Lauren    | 0:27:57     | 0:29:00        | 0:27:57           | 18     |
| Hill Alex         | 0:20:24     | 0:20:25        | 0:20:21           | 18     |
| Mancuso Gaye      | 0:31:48     | 0:35:00        | 0:29:29           | 17     |
| Briant Steven     | 0:23:25     | 0:25:00        | 0:23:09           | 17     |
| McIntyre Fiona    | 0:37:15     | 0:38:00        | 0:32:56           | 16     |
| White Derek       | 1:04:00     | 0:58:30        | 0:36:13           | 16     |
| Rutherford Debbie | 0:38:59     | 0:38:00        | 0:36:51           | 15     |
| Haynes Angela     | volly       |                |                   | 15     |
| Robinson Anthony  | volly       |                |                   | 15     |
| Amy Martin        | volly       |                |                   | 15     |
| Whiteway Paul     | volly       |                |                   | 15     |

***5KM Time Trial to date Point Score***

|          |                   | 24/02/11 | 28/04/11 | 14/07/11 |       |
|----------|-------------------|----------|----------|----------|-------|
| position | Name              | TT1 Pts  | TT2 Pts  | TT3 Pts  | Total |
| 1        | Bray Kerry        | 25       | 25       | 25       | 75    |
| 2        | Davies Brendan    | 24       | 25       | 23       | 72    |
| 3        | Cantley Michael   | 22       | 23       | 24       | 69    |
| 4        | Thien Vuong       | 23       | 22       | 22       | 67    |
| 5        | Lobsey Phil       | 21       | 21       | 19       | 62    |
| 5        | Mccarthy Barney   | 20       | 20       | 21       | 61    |
| 7        | McIntyre Fiona    | 16       | 18       | 16       | 50    |
| 7        | Takahashi Kazuaki | 25       | 0        | 25       | 50    |
| 9        | Haynes Angela     | 15       | 19       | 15       | 49    |
| 10       | Rutherford Debbie | 13       | 17       | 15       | 45    |

***5KM Time Trial to date Point Score***

|          |                    | 24/02/11 | 28/04/11 | 14/07/11 |       |
|----------|--------------------|----------|----------|----------|-------|
| position | Name               | TT1 Pts  | TT2 Pts  | TT3 Pts  | Total |
| 11       | Day Fiona          | 0        | 22       | 22       | 44    |
| 12       | Bogun Sandra       | 20       | 0        | 21       | 41    |
| 13       | Amy Martin         | 12       | 13       | 15       | 40    |
| 14       | Siepmann Dot       | 14       | 0        | 24       | 38    |
| 15       | Ayoub Joseph       | 19       | 17       | 0        | 36    |
| 16       | Robinson Anthony   | 0        | 19       | 15       | 34    |
| 17       | White Derek        | 16       | 0        | 16       | 32    |
| 18       | Whiteway Paul      | 0        | 16       | 15       | 31    |
| 19       | Mansfield Alan     | 12       | 13       | 0        | 25    |
| 19       | Davies Nadine #    | 12       | 13       | 0        | 25    |
| 21       | Hager Bronwyn      | 24       | 0        | 0        | 24    |
| 21       | Stanley Karen #    | 0        | 24       | 0        | 24    |
| 21       | Muir Greg          | 0        | 24       | 0        | 24    |
| 24       | Patacsil Charissa  | 23       | 0        | 0        | 23    |
| 24       | Murray Susan       | 0        | 23       | 0        | 23    |
| 24       | Stewart Deirdre    | 0        | 0        | 23       | 23    |
| 27       | Yamazaki Tomomi    | 22       | 0        | 0        | 22    |
| 28       | Callanan Bridget # | 21       | 0        | 0        | 21    |
| 28       | Colenbrander Emma  | 0        | 21       | 0        | 21    |
| 30       | McIntyre Jess #    | 0        | 20       | 0        | 20    |
| 30       | Townsend Colin     | 0        | 0        | 20       | 20    |
| 30       | Bray Peta          | 0        | 0        | 20       | 20    |
| 33       | Amaro Helena       | 19       | 0        | 0        | 19    |
| 33       | Doughty Patricia   | 0        | 0        | 19       | 19    |
| 35       | Tutt Graeme        | 18       | 0        | 0        | 18    |
| 35       | Hong Keith #       | 0        | 18       | 0        | 18    |
| 35       | Stewart Lauren     | 0        | 0        | 18       | 18    |
| 35       | Hill Alex          | 0        | 0        | 18       | 18    |
| 40       | Vohradsky Terry    | 17       | 0        | 0        | 17    |
| 40       | Akers Bridget      | 17       | 0        | 0        | 17    |
| 40       | Briant Steven      | 0        | 0        | 17       | 17    |
| 43       | Haynes Jackson #   | 15       | 0        | 0        | 15    |
| 43       | Kistle Dave #      | 0        | 15       | 0        | 15    |
| 45       | Bortolussi Daniel  | 0        | 14       | 0        | 14    |
| 46       | Pint Shaun #       | 0        | 13       | 0        | 13    |
| 46       | Lyons Martina      | 0        | 13       | 0        | 14    |
| 48       | Crossley Max       | 12       | 0        | 0        | 12    |
| 48       | Lucas Kevin        | 12       | 0        | 0        | 12    |
| 48       | Lucas Maree        | 12       | 0        | 0        | 12    |
| 48       | Essex Belinda #    | 12       | 0        | 0        | 12    |



## ASK THE EXPERTS: THE SPECIALISTS

Not quite the delights of a Singapore sling... Introducing the posterior sling.

Last newsletter we introduced a rotational exercise that increases rotational core strength, enhances neuromuscular control of the lower extremity, thereby helping to reduce lower limb injuries. This exercise focuses on the front of the body- an action we call the anterior sling. But what about the back and the posterior sling?

The posterior sling includes hamstrings & low back muscles on one side and then the latissimus dorsi, mid back and external shoulder rotator muscles on the other. These muscles also contribute to power development, spinal stability, mid back motion and shoulder extension- all important components of a good runner, but often neglected in our training schedule.

So incorporate the exercise below to train our posterior sling. This exercise will still focus on those core muscles for frontal stability whilst training the often neglected back muscles that are so crucial for rotation and shoulder movement- both key generators of hip & leg power.



This exercise requires strong upright runners position, good activation of your deep abdominal muscles to maintain hip stability and a good recruitment of the muscles between the shoulder blade to help initiate rotation.

Chris Knee (B.Sc, M.Chiro)  
Tobias Hudson (B.ScExSp, M.Chiro)  
Spine Associates

145/2-18 Buchanan St Balmain

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[www.spineassociates.com.au](http://www.spineassociates.com.au)

[www.twitter.com/spineassoc](https://www.twitter.com/spineassoc)

  
spine  
assoc.

## Where are the Woodies?



Man the barricades: Road closures and detours were in place during the fun run.



# Race Results

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

## Bay to Bay (Woy Woy to Gosford)

12KM

Stephen Briant 59:52.

## KOKODA CHALLENGE / QLD 16/7/11

96 KMS

WINNING TEAM: "NO ROADS EXPEDITIONS" (321)

Brendan Davies

Andrew Lee

Clark McClymont

Mick Donges

10 Hrs. 17 Mins. (New Course Record)

## HUNTER VALLEY RUNNING FESTIVAL 17/7/11

10 KM

**2ND MALE TEAM:** "Woodstock Runners"

Martin Amy, Stephen Briant, Terry Vohradsky, Joe Ayoub

**1ST FEMALE TEAM:** "Woodstock Runners"

Charissa Patacsil, Emma Pryor, Bridget Akers, Teresa Wood

Mick Cantley 37:37 2nd Oall

Martin Amy 42:56

Therese Mary Ayoub 76:32

Barney McCarthy 44:45

Stephen Briant 50:45

Terry Vohradsky 54.38 course PB

Joe Ayoub 68.05

Charissa Patacsil 51.25 course PB

Emma Pryor 57.00 course PB

Bridget Akers 57.53 course PB

Teresa Wood 61.40

## SUTHERLAND TO SURF 24/7/11

11 KM

Kerry Bray 61.23

Peta Bray 66.02

Sandra Bogun 62.54

John Dawlings 43.19

Fiona McIntyre 89.11

John Phillips 74.13

Debbie Rutherford 84.37

Dot Siepmann 61.54

Damon Bray\* 46.11

## KEMBLA JOGGERS OPEN HALF MARATHON 3/7/11

Thien Vuong 81.01 (4th O/All)

## SRI CHINMOY / PROSPECT CREEK 31/7/11

24 KM

Sandra Bogun 2.29.43

John Dawlings 1.47.06 (1st M50)

12 KM

Bridget Akers 67.54

Emma Pryor 65.36

Dot Siepmann 74.38 (2nd W60)

Lauren Stewart 70.40

6KM

Fiona McIntyre: 44.45

## ANSW SHORT COURSE X/C / RYDALMERE

30/7/11

5 KM

Dot Siepmann

32.45 (1st W65)

## WESTLINK M7 MARATHON

31/7/11

42.125 Km

Stephen Briant

3.59.36 (Debut)

Brendan Davies

2.59.56 (3 Hr. Pacer)

Jeff Morunga

5.38.42

## M7 MIZUNO MARATHON RELAY

HALF MARATHON

4th out of 28 Male Teams

"Woodstock Vets"

2.56.32

Martin Amy

1.24.47

Peter O'Sullivan

1.31.44

4th out of 14 Female Teams

Woodstock Female

03:22:18

Charissa Patacsil

1.47.52

Elmarie O'Regan

1:34:25

## SYDNEY STRIDERS SERIES / LANE COVE 6/8/11

10 KM

Lesley Maher

53.37

Jeff Morunga

53.23

Dot Siepmann

60.43

Thien Vuong

34.58 (5th O/All)

## BAY RUN

7/8/11

7 KM

Martin Amy

24.49

Sandra Bogun

40.02

Stephen Briant

45.52

Brendan Davies

23.30

John Dawlings

27.04 (5th M50)

Fiona Day

33.38

Anita Doig

28.54

Gaye Mancuso

45.56

Barney McCarthy

26.02

Charissa Patacsil

32.10 PB

Dot Siepmann

41.45

Lauren Stewart

37.51

Lawrence Ullio

33.47 PB

Terry Vohradsky

34.34

Paul Whiteway

33.40

BAY RUN TEAMS: (Out of 43 teams)

**"WOODSTOCK RUNNERS A" (4th Team)** Time 1.49.09

Brendan Davies, John Dawlings, Barney McCarthy & Chaia Patacsil

**"WOODSTOCK RUNNERS B" (11th Team)** Time 2.11.59

Fiona Day, Anita Doig, Terry Vohradsky & Lawrence Ullio

**"WOODSTOCK RUNNERS C" (22nd Team)** Time 2.42.27

Sandra Bogun, Gaye Mancuso, Dot Siepmann & Paul Whiteway

## WEST MET SERIES X/C / BAULKHAM HILLS

6/8/11

8 KM

Anita Doig

(2nd F/Open)

## CITY TO SURF

14/8/2011

14km

Brendan Davies

50:30

Martin Amy

53:02

Terry Vohradsky

1:13:30

Tristan Iseli

1:16:36



# Race Results

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

## City 2 Surf continuation ...

|                   |            |
|-------------------|------------|
| Sarah Waladan     | 1:09:19 PB |
| Emma Colenbrander | 1:10:03    |
| Kim Cayzer        | 1:14:16    |
| Bridget Akers     | 1:17:42    |
| Emma Pryor        | 1:16:28    |
| Mary Sherman      | 1:26:01    |
| Angela Haynes     | 1:37:06    |
| Rebecca Bangura   | 1:17:45    |
| Thien Vuong       | 50:01PB    |
| Michael Cantley   | 50:50 PB   |
| Charissa Patacsil | 1:08:19 PB |
| Peter O'sullivan  | 58:37      |
| David Kistle      | 1:01:33    |
| Barry Cole        | 2:09:20    |
| Tony Purse        | 1:07:56    |
| Scott Murray      | 1:15:22    |
| John Dawlings     | 0:58:26    |
| Paul Whiteway     | 1:12:23    |

|                    |            |
|--------------------|------------|
| Rick Collins       | 1:16:38    |
| Joseph Ayoub       | 1:27:22    |
| Kazuaki Takahashi  | 1:00:20    |
| Kevin Lucas        | 2:06:05    |
| Barry Crisp        | 1:22:58    |
| Teresa Wood        | 1:19:56    |
| Peta Bray          | 1:27:30    |
| Fiona McIntyre     | 2:00:13    |
| Kerry Bray         | 1:20:47    |
| Dorothy Siepmann   | 1:28:20    |
| Maree Lucas        | 1:30:10    |
| Therese Mary Ayoub | 1:42:05    |
| Nick Marshall      | 1:17:51    |
| Christine Cullen   | 1:28:00    |
| Lesley Maher       | 1:18:02    |
| Alex Hill          | 1:00:07 PB |
| David Miller       | 1:21:26    |
| Phil Lobsey        | 1:01:56    |
| Brian Ogilwy       | 1:19:25    |
| Anita Doig         | 1:05:53    |
| Aaron Green        | 1:05:13    |
| Tomomi Yamazaki    | 1:17:58    |
| Jeff Morunga       | 1:21:18    |
| Colin Bailey       | 1:37:39    |
| Stacy Gurrie       | 1:27:43    |

## Internal City2Surf teams

| 1st - Team 2    | Estimated Time | Actual Time |
|-----------------|----------------|-------------|
| Michael Cantley | 0:49:30        | 50:50       |
| Kevin Lucas     | 2:06:00        | 2:06:05     |
| Terry Vohradsky | 1:14:00        | 1:13:30     |
| Total           | 4:09:30        |             |
| Diff            | 0:01:55        |             |
| Ave             | 0:00:38        |             |

| 2nd - Team 9  | Estimated Time | Actual Time |
|---------------|----------------|-------------|
| Alex Hill     | 1:01:00        | 1:00:07     |
| Maree Lucas   | 1:29:00        | 1:30:10     |
| Nick Marshall | 1:17:00        | 1:17:51     |
| Total         | 3:47:00        |             |
| Diff          | 0:02:54        |             |
| Ave           | 00:00:58       |             |

| 3rd - Team 13 | Estimated Time | Actual Time |
|---------------|----------------|-------------|
| Paul Whiteway | 1:12:00        | 1:12:23     |
| Kerry Bray    | 1:24:00        | 1:20:47     |
| Bridget Akers | 1:18:00        | 1:17:42     |
| Total         | 3:54:00        |             |
| Diff          | 0:03:31        |             |
| Ave           | 0:01:10        |             |

| 4th - Team 11 | Estimated Time | Actual Time |
|---------------|----------------|-------------|
| Tony Purss    | 1:05:00        | 1:07:56     |
| Barry Crisp   | 1:25:00        | 1:22:58     |
| Emma Pryor    | 1:17:00        | 1:16:28     |
| Total         | 3:47:00        |             |
| Diff          | 0:05:30        |             |
| Ave           | 0:01:50        |             |

| 5th - Team 10     | Estimated Time | Actual Time |
|-------------------|----------------|-------------|
| Phil Lobsey       | 1:02:00        | 1:07:56     |
| Mary Sherman      | 1:26:00        | 1:26:01     |
| Emma Colenbrander | 1:17:00        | 1:10:03     |
| Total             | 3:45:00        |             |
| Diff              | 0:07:02        |             |
| Ave               | 0:02:21        |             |

| 6th - Team 8   | Estimated Time | Actual Time |
|----------------|----------------|-------------|
| Kazu Takahashi | 1:00:00        | 1:00:20     |
| Peta Bray      | 1:30:00        | 1:27:30     |
| David Miller   | 1:16:54        | 1:21:26     |
| Total          | 3:46:54        |             |
| Diff           | 0:07:22        |             |
| Ave            | 0:02:27        |             |

## Internal City2Surf teams

| 7th - Team 12   | Estimated Time | Actual Time |
|-----------------|----------------|-------------|
| Chaia Patacsil  | 1:11:00        | 1:08:19     |
| Dot Siepmann    | 1:24:00        | 1:28:20     |
| Rebecca Bangura | 1:17:00        | 1:17:45     |
| Total           | 3:52:00        |             |
| Diff            | 07:46          |             |
| Ave             | 0:02:35        |             |

| 8th - Team 4    | Estimated Time | Actual Time |
|-----------------|----------------|-------------|
| Barney McCarthy | 0:55:30        | n/a         |
| Angela Haynes   | 1:40:00        | 1:37:06     |
| Deirdre Stewart | 1:14:30        | n/a         |
| Total           | 3:50:00        |             |
| Diff            | 0:02:54        |             |
| Ave             | 0:02:54        |             |

| 9th - Team 6     | Estimated Time | Actual Time |
|------------------|----------------|-------------|
| Peter O'Sullivan | 0:57:00        | 58:37       |
| Therese Ayoub    | 1:36:00        | 1:42:05     |
| Tristan Iseli    | 1:15:00        | 1:16:36     |
| Total            | 3:48:00        |             |
| Diff             | 0:09:18        |             |
| Ave              | 0:03:06        |             |

| 10th - Team 7 | Estimated Time | Actual Time |
|---------------|----------------|-------------|
| John Dawlings | 0:58:00        | 0:58:26     |
| Joe Ayoub     | 1:36:00        | 1:27:22     |
| Teresa Wood   | 1:16:00        | 1:19:56     |
| Total         | 3:50:00        |             |
| Diff          | 0:13:00        |             |
| Ave           | 0:04:20        |             |

| Team 1         | Estimated Time | Actual Time |
|----------------|----------------|-------------|
| Thien Vuong    | 0:48:53        | 50:01       |
| Fiona McIntyre | 2:10:00        | 2:00:13     |
| Rick Collins   | 1:12:00        | 1:16:38     |
| Total          | 4:10:53        |             |
| Diff           | 0:15:33        |             |
| Ave            | 0:05:11        |             |

| Team 3         | Estimated Time | Actual Time |
|----------------|----------------|-------------|
| Brendan Davies | 0:51:00        | 0:50:30     |
| Barry Cole     | 1:51:00        | 2:09:20     |
| Lesley Maher   | 1:14:20        | 1:18:02     |
| Total          | 3:56:20        |             |
| Diff           | 0:22:32        |             |
| Ave            | 0:07:31        |             |

| Team 5       | Estimated Time | Actual Time |
|--------------|----------------|-------------|
| Martin Amy   | 0:57:00        | 53:02       |
| Scott Murray | 1:37:00        | 1:15:22     |
| Kim Cayzer   | 1:15:00        | 1:14:16     |
| Total        | 3:49:00        |             |
| Diff         | 0:26:20        |             |
| Ave          | 0:08:47        |             |

**Top Estimator:** Mary Sherman - 00:00:01

**Way off Award:** Scott Murray - 0:18:20

**Ave Chip Male:** 1:12:55, Quicker by 2:27 from 2010

**Average Chip Female:** 1:24:40 Slower by 4:02 from 2010

**Ave chip Time all members:** 1:18:00, Amazingly, exactly the same as last year!

- Brendan Davies  
Teams Coordinator

## *In Memory of Frank Berlouis*

"The legend of "Bulli" Berlouis will always live on for Woodstock and for all who had the pleasure of knowing him. He always was so friendly and welcoming with his smile. It was great when Frank's immediate family of Marlene and Stephen came to many a Woodstock function back in the 80's/90's and they often joined Frank in providing great support and help at many of our Woodstock Runs.

Frank was a wonderful team player and wore the blue and white with pride.

Port Macquarie is a lovely place and will be the final resting place for a really lovely man. While we won't be there in person our thoughts will be with Frank, his family and friends this Saturday and beyond." - Chris and Elle Siepen

"We all enjoyed Frank's company on the many club and community runs we entered in the 1980s & 90s, and also enjoyed the many social rehydration sessions we needed to recover after the runs." - Max McGown

"Frank was a member from around the late 80's / mid 90's, a great bloke to have around.

He will always be remembered as Frank "Bulli" Berlouis. The "Bulli" came when one year he ran the last leg of the Sydney to Wollongong relay, and mistakenly took the Bulli turn-off. I believe that his team mates lost him out on the course, then after some searching, found him down along the Bulli road." - Colin Townsend

Francis Joseph Berlouis  
(Frank)

7<sup>th</sup> January 1947 - 10<sup>th</sup> July 2011



### **Miss Me - But Let Me Go**

Edgar A. Guest

When I come to the end of the road  
And the sun has set for me  
I want no rites in a gloom-filled room.  
Why cry for a soul set free?

Miss me a little—but not too long  
And not with your head bowed low.  
Remember the love that we once  
shared,  
Miss me—but let me go.

For this is a journey that we all must take  
And each must go alone.  
It's all a part of the Master's plan,  
A step on the road to home.

When you are lonely and sick of heart  
Go to the friends we know  
And bury your sorrows in doing good  
deeds.  
Miss Me—But Let me Go!



## **OFFICIAL CITY2SURF TEAMS**

### **Open Men- 6th out of 134 teams. Total Time 2:54:19**

Brendan Davies      Martin Amy      Barney McCarthy

Non Scoring Members: Terry Vohradsky      Tristan Iseli

\* Barney's ENtry was taken by Larissa 'Sponge Bob' Tichon, a non-member

Team coordinator's COmment" A bit of Cheeky result with Barney Pulling out pre-race with injury, bbutthey, Sponge Bob Square Pants is a guy so it still kinda counts!

### **Open Women- 5th out of 213 teams. Total Time 3:38:41**

Sarah Waladan      Emma Colenbrander      Kim Cayzer

Non Scoring Members: Bridget Akers \*\*      Emma Pryor      Mary Sherman      Angela Haynes

Rebecca Bangura      Iseli Dower\*

\* Was Actually Bridget Akers

\*\* Bridget Aker's friend

### **Mixed Open - 6th out of 1009 Teams. Total Time 2:50:44**

Thien Vuong      Michael Cantley      Charissa Patacsil

Not quite the heady heights of first place from last year, but each member ran a PB so we could not ask for more!

### **Veterans - Men (Aged 40 to 49) - 3rd out of 10 teams Total Time 3:29:48**

Peter O'Sullivan      David Kistle      Tony Purss

Non Scoring Member: Scott Murray

A great Podium spot, albeit with guest 'Associate member' David Kistle joining in. A big margin to 4th spot so had Scott's Time count, the position would have not changed.

### **Veterans - Women (Aged 40 to 49) - 3rd out of 11 Teams. Total time 3:29:19**

Teresa Wood      Peta Bray      Fiona McIntyre

Non Scoring Members: Dierdre Stewart

A very desrving bronze medal that can only go one way next year. Let's hope Kazu can get in early enough next year to run with his deserved red bib and doesn't have to spend the run dodging gorillas!

### **Veterans - Men (Aged 50 and Over) - 4th out of 21 teams: total time 6:19:48**

John Dawlings      Paul Whiteway      Rick Collins

Non Scoring Members: Joseph Ayoub      Kazuaki Takahasjhi      Kevin Lucas      Barry Crisp

Max Crossley

Fantastic Resuult for the ladies! These ladies can only improve for next year. A very much higher result was for the taking had sickness forced Deirdre's withdrawal from the race

### **Veterans - Womenen (Aged 50 and Over) - 1st out of 14 Teams. Total Time 4:53:52**

Kerry Bray      Dorothy Siepmann      Maree Lucas

Non Scoring Members: Therese Mary Ayoub

Another wonderful victory for our most popular of teams! These ladies only get better with age!

One 1st, two 3rds and all teams in the Top 10 is a brilliant results for our club. Well done all team members who participated.

Long gone are the days of Fairfax handling out awards to Top 3 teams, but at least the winning ladies team should win something.

It was fantastic to see so many teams enter and the Woodstock uniforms on show on the day were fantastic.

See you next year,

Brendan, team coordinator

## *Woodstock at City 2 Surf*





# run woodie, run!



Peta@Sri Chinmoy Cook's River



Teresa, Joe&Tez@Hunter Valley 10KM



Sandra&Lauren@Bay Run



Barney trying not to get chicked@Hunter Valley



Lawrence&Paul@ Bay Run- New Woodstock rivals



Brendan@Bay Run



Dottie@Sri Chinmoy's Prospect Creek



Elmarie's debut half Marathon@M7 Relay



Woodstock Gang @Bay Run



Jeff@M7 Marathon



John@BayRun



ElPrez@M7 Relay



Kerry@Sri Chinmoy's Cook's River



Bridget@Hunter Valley



Steve@M7 Marathon - Debut



Woodies having a chit chat after the Hunter Valley 10KM