

The **WOODSTOCK RUNDOWN**

December, 2008



Internet address: www.woodstockrunners.org.au

Email: info@woodstockrunners.org.au

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

Email Results 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?>

The Rundown On Members

Thanks to those involved in organising the Saturday morning barbecue to farewell Danielle and her family. The Van Zuylens are off to northern NSW to a plant nursery business. We wish you all well and hope it is most successful. We shall miss you, however, but hope you continue your running, Danielle.

We were shocked to hear of Kim's recent illness necessitating a stay in hospital. It was terrific to see you, Kim, looking so well at the Christmas party and we hope your running returns to your pre illness best...

David Blackwell is recuperating well following his knee surgery. We trust you will be back running and skiing before too long, David. Eddie received a sound report from the cardiac specialist after his little episode while at the Masters Games in the Alice. At present he is troubled by a sciatic problem. We wish you luck with that, Eddie.

Drummoyne Sailing Club saw over 40 of us celebrate Woodstock's Christmas party and presentation of awards. Thanks you to Pat, Marlene, Barry and Kay for the organisation of the day. It was exciting to see so many new faces and gave us all an opportunity to meet you. I don't remember as many new members to our Club in any one year as we have seen this year. I certainly hope you will all stay with us, become involved in the Club and we can almost guarantee your running will take off. It's great to have you on board.

Congratulations to all members who were nominated for the various awards and especially to the winners who were announced at the presentation. It was a very successful year for Woodstock, so the award winners were most deserving.

Sunday March 1 is the date for the Cronulla Breakfast Run. Enter the date in your diary. There will be a 6k, 9k and 15k option, with a swim after if you wish and breakfast at a beach cafe. Rick Collins will probably run from his home at Longueville if you wish to join him. More details will be available in the coming weeks.

I extend best wishes for Christmas and the New Year to everyone and I wish a happy holiday to all those who will be travelling. Good luck in your running and walking for 2009.

Kerry

This Month's Birthdays!

Chris Siepen - 1st, Annika Humphreys - 5th, Therese Ayoub - 9th, Kay Johnson - 9th,
Roy Rankin - 14th, Belinda Essex - 17th, Lyn Jackson - 20th, Stephen Laws - 31st

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December Runs Program

Tuesday Run. Meet at 6pm @ Woodstock, Burwood			Thursday Intervals. Meet at 6:30pm @ Campbell Oval, Ashbury		Saturday Run. Meet at 7:20am @ Brett Park, Drummoyne		
16/12	Bayview	10km	18/12	'Mile Down' Session	20/12	Five Dock	7km
23/12	Strathfield Stride	10km	25/12	Christmas Day - NO TNT!	27/12	Bay Run	7km
25/12	Thursday - Christmas Day Run - "Bay Run" from Brett Park, Drummoyne, 7:30am start, 7km						
26/12	Friday - Boxing Day Run - "The Darling - Hyde Distance" Run, from Rudd Point, 6:30am start, 9/17km options						
30/12	Cooks River Canter	10km	01/01	'Parlov' 300m x 12	03/01	Drummoyne	9km
06/01	Blue Mountains Express	10.5km	08/01	1200m x 4	10/01	Balmain Shores	7.5km
13/01	Cabarita	11km	15/01	'Command' Fartlek	17/01	Hell Hill	8km

Good Luck Woodies at SMC!

The Sydney Marathon Clinic is conducting a 'Teams Challenge' event on the 21st of December for the 10km race. Thanks to the fine organisation by John Dawlings, Woodstock will be entering two teams on the day. Each team needs to be made up of five people, with at least one female. The best four times, one of which must be a female's, counts towards the total team score. The two teams competing for Woodstock are:

Team A: Martin Amy, Alex Hill, Bronwyn Hagar, Lyn Jackson and Willem Vevoort

Team B: Rick Capel, Lesley Maher, Deirdre Stewart, Michelle Warren and Olatz Arbelaiz

Bridge to Bridge Fun Run

Bridge to Bridge Fun Run/Walk, 14 Sept. 2008.

On Monday evening 17 November a cheque for \$10,000 was presented to Ryde Hospital along with \$2,000 to Life Education.

Three \$1,000 school bursaries will be awarded after the end of term 4.

The monies were raised from Fun Run and Dragon Boat entry fees and Sponsor donations. I guess we could have donated more had the deluge stayed away.

On behalf of Gladesville Rotary, I would like to thank all members who came along to run and/or help thus making the above results possible.

Barry Cole



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.

Welcome New Member!

A big Woodstock welcome to our newest member, Rick Capel. We look forward to seeing you at one of our training runs in the near future. We encourage all our new members to check out the Woodstock website to learn more about our club and our club training nights. Remember, Dot Siepmann is our uniform officer and she can fix you up for all your Woodstock gear.

Go to <http://www.woodstockrunners.org.au/drupal2/content/uniforms> to have a look at our great range of Woodstock gear.

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

John Dawlings Gets Life Membership!

At the recent Awards night, John Dawlings was awarded Life Membership of Woodstock Runners. This is a well deserved award for many years of fine service to the club. Below is the nomination put forward to the committee, who voted in favour of awarding Life Membership to John.

"I would like the Committee to consider the award of Life Membership to John Dawlings.

John has been a member of Woodstock Runners since 1994 and in all that time has shown a keen interest and extreme loyalty to the Club.

He has been its President and Team Captain for many years and even when not in the position of Captain has continued to organise teams both externally and internally. He has managed the Handicap Run on numerous occasions to assist Colin. John has generously opened his home at least once every year for a Breakfast Run.

John has always been a wonderful ambassador for Woodstock as an exceptional runner. He has enjoyed great success in Fun Runs throughout the State and even further a field at times. Our Club has been recognised in all these runs as John would be "flying our colours" by wearing his Woodstock gear. John ran his 30th City2Surf this year. He has generously put his name forward to run in countless teams for the Club.

John's running has been recognised prolifically by the Club. He has been Woodstock's Club Champion 10 times (1995-2001 and 2003-2005), a winner of the Most Outstanding Performance on 4 occasions and a member of the winning Team Performance 4 times.

"The Rundown" was named by John and he has been a valuable contributor to it. His tale of the dog in the Philippines is no doubt the best story we've had.

John continues to be an inspiration to us all. He has battled many injuries in recent years, but shows perseverance and determination to return to his running and at present is recording times as good or better than prior to the injury period.

I recommend Life Membership for John for his loyalty, contribution, brilliant running and inspiration to Woodstock Runners and all its members."



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2008 Award Winners

A large contingent of Woodstock members attended the Christmas and awards night at Drummoyne Sailing Club last Sunday. The award winners for 2008 are:

Most Improved Runner

Male : Martin Amy

Female: Michelle Warren



Rookie Of The Year

Mark O'Donnell



Long Distance Trophy

Martin Amy

Most Outstanding Individual Road Running Performance

Male: Brendan Davies (Macleay River Marathon, 2nd in 2:47:37)

Female: Holly Muir (Sutherland 2 Surf, in 45:26)



Club Champion

Male: Brendan Davies

Female: Lyn Jackson

Runner Of The Year

Brendan Davies

Champion Person

Colin Townsend

Most Outstanding Team Road Running Performance

City to Surf – Mixed (2nd Place)

Brendan Davies, Martin Amy,
Thalia Anthony



Allan Tully Award (race participation)

Brendan Davies

Presidents Award

Rick Collins



Membership Awards

10 years

Trevor Dartnell, Alex Hill,
Maree Lucas, Jon Patrick

20 Years

Joe Ayoub, Barry Cole, Kevin Lucas,
Max McGown, Julia Stenton,
Vass Vassiliou



Handicap Series

Point Score

1st Place: Brendan Davies

2nd Place: Julian Burbidge

3rd Place: Kim Cayzer

Life Membership

John Dawlings



Log Book Awards

Runners: Roy Rankin (758km), Jon Patrick (598),
Barry Cole (481), Vass Vassilou (471), John
Ovenden (461), Dot Siepmann (436), Ray Dean
(436), Brendan Davies (406), Emanuel Finos (406),
Eddie McLean (405), Jenny Vassilou (398), John
Dawlings (398), Greg Muir (384), Maree Lucas
(377), Kazuaki Takahashi (370)

Walkers: Pat Mahoney (244), Ken Murray (218),
Kay Johnson (193)



A Minute With A Member!



Name: *Charissa Laita Patacsil*

What is your occupation? *Software Support Engineer (corporate slave!)*

Running age group? *20-29 (I'm 29)*

Do you have family? *Dad, Mum and Grandma back in the Philippines with two younger sisters (and 5 dogs and 6 cats)*

How long have you been a Woody? *I joined July that makes it 5 months*

Do you run on Tuesday night, TNT, Saturday morning? *Saturday mornings*

Why do you enjoy running? *It's a stress relief and therapy aside from being fit*

What is your favourite running course/event and why? *In Australia, so far, course wise I'll say the Iron Cove-Blackwattle Bay-Balmain because its near where I stay and it has good scenery and a share of hills, Event wise, the Blackmore's Sydney Bridge (it is a bit expensive though :-(). In The Philippines, I like the Subic Bay Marathon event, because it's closer to the nature.*

What has been your running highlight? *So far, since I've moved to Australia, I've shaved minutes off from my running records, so I can say I have been greatly improving. Having had joined Woodstock for me, makes it feel I have a family here specially that I just moved in Oz without any relatives or friends.*

Any lowlights (injury etc)? *Just learned days ago I got an injury that is related to the Superior/Inferior Retinaculum muscles. Its been going on and off lately*

What was the last race you went in and how did you go? *The Sydney Marathon Clinic for 10Kms, it went well @ sub 50 at 49:20"81.*

Anything funny/unusual ever happened to you while you have been out running? *There was one 10KM race back in Philippines where I tripped and fell on the road because of a cat's eye! Rolled twice, got up but managed to finish the race (with bruises, after which work colleagues thought I was bashed somewhere during the weekend).*

What other sports/hobbies are you involved in? *I play badminton/table tennis and go to the gym regularly. I love travelling and trying to explore Australia as of the moment and I do get to read lots of books/magazines whenever I'm in the plane/train travelling.*

Favourite food/beverage? *I do love Pizza and I'm a coffee junkie. But I love good food generally.*

If you could have dinner with anyone who would it be and why? *A bit difficult to choose who, I'd pick the simplest. My (RIP) Granddad, father side, he was a track coach and a Spanish language instructor; I was too young to should have learned a lot from him in running and Spanish. My family is not very athletic in both sides, so it would be interesting maybe I got my inclination of sports from him.*

Where would your ideal holiday be? *Nowhere in particular, as long as work does not ring me! But I have not visited most parts of the world yet so anywhere in South America, Europe, Mediterranean or Africa will be very nice.*

Interesting things we may not know about you? *I just migrated to Oz 8 months ago, and lost almost 14-15 Kls in my weight since I started running seriously a year ago, Also I was looking for a women's soccer team for fitness, I was playing for the varsity way back in highschool, but I found running as a replacement for soccer.*

Thanks for sharing, Chaia!

Woodstock Runners - Handicap Series 2008

		<u>23/02/2008</u>	<u>24/05/2008</u>	<u>30/08/2008</u>	<u>8/11/2008</u>		
<u>Place</u>	<u>Name</u>	<u>Points</u>	<u>Points</u>	<u>Points</u>	<u>Points</u>	<u>Total (Best 3)</u>	<u>Count</u>
1	Davies, Brendan	24	25	11	26	75	4
2	Burbidge, Julian	23	24	5	25	72	4
3	Cayzer, Kim	15	27	20	17	64	4
4	McGown, Max	22	20		15	57	3
5	Morunga, Jeff		22	9	24	55	3
6	Dower, Tami			22	30	52	2
7	Anthony, Thalia	14	10	24	8	48	4
8	Amy, Martin	5	26		16	47	3
9	Ovenden, John		23	19		42	2
-10	Iseli, Tristan			13	28	41	2
-10	Ullio, Lawrence	5	28	8		41	3
=12	Siepmann, Dot		19	14	7	40	3
=12	Collins, Rick	7	16.5	16		40	3
=12	Spanton, Lorraine	6	16.5	17		40	3
15	White, Derek	8	18	6	12	38	4
16	Rankin, Roy		10		27	37	2
=17	Bray, Kerry	5	10	5	18	33	4
=17	Van Zuylen, Danielle		10	23		33	2
19	Burbidge, Tony			18	14	32	2
20	Finos, Emanuel	10	21			31	2
21	Cole, Barry	20	10			30	2
22	Lung, Andrea				29	29	1
23	Akers, Bridget			21	6	27	2
=24	Muir, Greg	21		5		26	2
=24	Purss, Tony (& buggy)		15		11	26	2
=26	Kearney, Jonathon	25				25	1
=26	Patacsil, Charissa			15	10	25	2
=26	Patrick, Jon	11	1		13	25	3
29	Merciera, Mark				23	23	1
=30	Hill, Alex				22	22	1
=30	McLean, Eddie	19			3	22	2
=30	Phillips, John		10	12		22	2
=33	Cullen, Christine	5		7	9	21	3
=33	Pryor, Emma				21	21	1
=33	Takahashi, Fumi	16			4.5	21	2
36	Fowler, Stretch				20	20	1
37	O'Sullivan, Peter				19	19	1
=38	Mahony, Pat	18				18	1
=38	O'Donnell, Mark		10	5	3	18	3
40	Tichon, Larissa ##	17				17	1
41	Takahashi, Kazuaki	5		5	4.5	15	3
42	Vervoort, Willem		14			14	1
=43	Lucas, Kevin	13				13	1
=43	Crossley, Max		12.5			13	1
=43	Malcolm, Caroline ##		12.5			13	1
46	Cullen, Gerry	12				12	1
47	Keys, Ross		11			11	1

Results

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

Fishers Ghost Fun Run, 09/11/08

5km

Michelle Warren 0:31:29 10th F30-39

10km

Brendan Davies 0:37:36 8th M30-39
Martin Amy 0:38:05 3rd M20-29
Greg Muir 0:41:39 4th M50-59
Bronwyn Hager * 0:46:03 9th F O/All, 2nd F20-29
Charissa Patacsil * 0:51:23 4th F20-29
Jeff Morunga 0:52:08
Megan Hager * 0:57:19 1st F16-19
Dot Siepmann * 0:58:27 1st F60-69

10km Team

"Woodstock Women" * 3:33:12 1st Womens Team

Sydney Marathon Clinic, 16/11/08

5km

Dot Siepmann 0:28:02 1st F55-65

10km

Charissa Patacsil 0:49:20 7th F O/All, 2nd F20-34
Deirdre Stewart 0:54:09 8th F O/All, 2nd F45-54
Lesley Maher 0:56:53 1st F55+
Michelle Warren 1:03:24 3rd F35-44

21.1km

Brendan Davies 1:21:53 5th M O/All, 2nd M30-39
Martin Amy 1:22:27 6th M O/All, 1st M20-29
Vass Vassiliou 1:38:28
Mark O'Donnell 1:48:51
Thalia Anthony 1:50:33 6th F O/All, 2nd F30-39
Jeff Morunga 1:54:45
Linda Barwick 2:03:20 2nd F50-59

Sydney Corporate Cup, Series 62 #6, 19/11/08

6km

John Murray 0:28:10
Stephen Browne 0:29:40
Michelle Warren 0:41:05

Sri Chinmoy, Centennial Park, 23/11/08

4km

Peta Bray 0:24:13 ##
Kerry Bray 0:24:14
Daniel Siepen 0:13:49 ## 2nd O/All, 1st M<17
Chris Siepen 0:20:53

7km

Michelle Warren 0:43:53
Linda Barwick 0:36:24 3rd F50-59
Dot Siepmann 0:42:43 1st F60-69

21.1km

Martin Amy 1:23:53 8th MO/All
Mark O'Donnell 1:44:52

Sydney Summer Twilight Series, Race 1, 05/12/08

5km

Brendan Davies 0:18:16
Linda Barwick 0:25:26
Michelle Warren 0:30:54

10km

Peter O'Sullivan 0:44:12

Central Coast Half Marathon, 12/07/08

21.1km

Brendan Davies 1:20:13 7th O/All, 2nd M30-39
Martin Amy 1:34:36 6th M20-29
Thalia Anthony 1:45:09 10th F30-39
Charissa Patacsil 1:50:11 4th F20-29
Mark O'Donnell 1:51:40
Linda Barwick 1:52:30 1st F50-59

When members aren't just running!!

Nepean Triathlon, 16/11/08

1km/30km/10km

Peter O'Sullivan 2:01:15

Sydney Sprint Series Triathlon, Kurnell, 30/11/08

750m/20km/5km

Peter O'Sullivan 1:11:07 9th M45-49

3 Points Challenge, Swim/Run/S/R/S/R, 06/12/08

400m/1500m/300m/1500m/200m/3km

Jonathan Fowler 1:33:24

Tough Bloke Challenge, 13/12/08

7km and 12 obstacles

Brendan Davies 0:33:24 2nd O/All



Linda Barwick picking up a PB and category honours at the Central Coast Half Marathon.

Upcoming Events

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

- Wed 17 Dec SYDNEY SUMMER TWILIGHT SERIES - RACE 2 SILVERWATER**
Race 2 - Wednesday, December 17 6:30PM - Wilson Park, Silverwater. Toilets, parking. This is a flat course with no slopes or hills. Course is bike path. Colin's famous 'brouhaha' if any left after C2K. Host: Colin, PM me for details. Further details on the website and coolrunning forum page. Free, all levels welcome. PLEASE NOTE CHANGED DATE. contact: Post a note on the Coolrunning forum thread. Visit the [website](#) for more details.
- Sun 21 Dec SYDNEY MARATHON CLINIC ROAD RACE SERIES**
21km, 10km, 5km and 5km walk. At Rosford St. Reserve, Smithfield. A series of road-races which are designed to help you to train for and gauge your level of fitness for the marathon and fun-run season. Held usually on the 3rd Sunday of each month. Join a very friendly and sociable group of runners at 7.00am (long run and walks) or 7:30am (5km, 10km runs), Entry is on the day and everyone is welcome. Series certificates, hot showers, fresh fruit, hot drinks & entry in lucky draw after each race. contact: Luis Vazquez-Recio Mob 0414384552. email: smc@sydneymarathonclinic.org.au. Visit the [website](#) for more details. Click here for an [entryform](#).
- Fri 2 Jan SYDNEY SUMMER TWILIGHT SERIES - RACE 3 THE BAY RUN**
Race 3 - Friday, 2 January, 7:00PM - The Bay Run, starting at Henley Marine Drive, near Drummoyne Rowers. Options: 10km (out and back on CoolRunning Sydney 5km Challenge course), 5km (out and back to the 2.5km marker). Note: both these courses are accurate, good for the first time trial of the year! Bring something to throw on the BBQ in Brett Park (opposite start) if you want to stick around afterwards. Limited supply of the famous Coolrunning Bayrunners Brew courtesy Corin. Host: sook54 - PM me if you can help out with organisation - last year was very popular! contact: Post a note on the Coolrunning forum thread. Visit the [website](#) for more details.
- Fri 9 Jan SYDNEY SUMMER TWILIGHT SERIES - RACE 4 TAREN POINT**
Race 4 - Friday, January 9, 7:00PM -Taren Point. Park and start at St George Sailing Club, Riverside Drive San Souci. Over bridge to Taren Point Fishing Club, then to Alexander Ave and return for 5km. Do again for 10km. Link to map coming soon. Host: Wildcoyte, Granddad Merv and Mum Amanda. contact: Post a note on the Coolrunning forum thread. Visit the [website](#) for more details.
- Sat 10 Jan KEMBLA JOGGERS STALKYS HORRIBLE HALF MARATHON**
21k mountain race all running abilities welcome race location start Obriens Road Figtree Opposite High school Start time 7:00am Registration \$5 each event non Kemplab Joggers members or pay \$20 fee covers Mountain running series and Summer series. contact: Contact Geoff Stalker (02) 4627-1246. Visit the [website](#) for more details.
- Sat- 10-11 Jan NARRABEEN ALLNIGHTER**
An overnight ultramarathon, with the choice of two events - 100km or 12 hour. The race is held on a bike/ pedestrian pathway, around Narrabeen Lake. The 5km multi lap course is flat, fast and scenic. Distances are certified and the race is a qualifying event for the Australian 100km team. contact: Ron Schwebel. email: rschwebel@bigpond.com.au. Visit the [website](#) for more details. Click here for an [entryform](#).
- Fri 16 Jan SYDNEY SUMMER TWILIGHT SERIES - RACE 5 CENTENNIAL PARK**
Race 5 - Friday, January 16 7:00PM - Centennial Park. Start/Finish at corner of Parkes Drive and Dickens Drive. Course is an indented loop of 5 kms along Dickens Drive and Loch Avenue then left onto Grand Drive footpath for one lap returning via Loch Avenue and Dickens Drive. Course Map. Colin will be 'hosting', but would like to palm off on someone else...or we can just rock up and run anyway. contact: Post a note on the Coolrunning forum thread. Visit the [website](#) for more details.
- Sun 18 Jan SYDNEY MARATHON CLINIC ROAD RACE SERIES**
21km, 10km, 5km and 5km walk. At Rosford St. Reserve, Smithfield. A series of road-races which are designed to help you to train for and gauge your level of fitness for the marathon and fun-run season. Held usually on the 3rd Sunday of each month. Join a very friendly and sociable group of runners at 7.00am (long run and walks) or 7:30am (5km, 10km runs), Entry is on the day and everyone is welcome. Series certificates, hot showers, fresh fruit, hot drinks & entry in lucky draw after each race. contact: Luis Vazquez-Recio Mob 0414384552. email: smc@sydneymarathonclinic.org.au. Visit the [website](#) for more details. Click here for an [entryform](#).