

The

WOODSTOCK RUNDOWN

November 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

Firstly, I must acknowledge and thank Woodstock Members for the incredible support and encouragement given to me from the time I first mentioned I wanted to run another Marathon after a gap of more than 2 decades. The many runs with you; extra distances with some; the positive reinforcement at races; the genuine sympathy from everyone when I broke my foot last year; the massive Facebook entries; and messages sent across the sea to NYC. My race report is later in this publication.

We are all fortunate to belong to a Club like Woodstock Runners.

Congratulations to all who travelled across the Tasman to compete in the Auckland events. Well done everyone on your efforts and particularly to Kim, Sandra and Peta, all debut marathoners. Oh, what a feeling! I hear a good time was had by all.

Many thanks to all involved in the recent 5km Time Trial and the Handicap. Congrats to those who ran and achieved good times.

Thanks Chaia for all The Rundowns throughout the year. I know we all enjoy the read each month and appreciate it is no easy job. Last month's articles by and about Graeme made good reading, as did Brendan's report of the Commonwealth Ultra Trail Championships.

Good luck to those travelling to the Central Coast with Joe's bus. I'm sure it will be a great weekend and lots of good runs coming up.

Let's show the Club's true colours at the Balmain Run on Dec 4 where you have the opportunity to take part in the races and/or help out on the day in a myriad of jobs. Just talk to John Dawlings. Later that day we will be celebrating Woodstock's Presentation of Awards and Christmas Party.

I trust in my absence everyone has returned from injury and illness. We can always hope.

Happy running and walking,

Kerry

WOODIES TRAIN HARD, BUT PARTY HARDER!

What: Woodstock Awards Night/Christmas Party

When: 4 December 2011 5PM

Where: Sanders Waterfront Restaurant, Cabarita

Cost: \$50.

Register online: <https://www.registernow.com.au/secure/Register.aspx?ID=4943>

Please RSVP to **Maree Lucas**: klu42116@bigpond.net.au or call **0418164 179**

November Birthday Celebrants

**John Ovenden 4th, Tony Purss 6th, Rick Collins 11th, Emma Colenbrander 14th,
Lauren Stewart 15th, Deirdre Stewart 20th, Gaye Mancuso 21th, Mario Zilevski 22nd
Barry Cole 25**

Letter from the editor

Dear Woodstockians,

The year is almost come to an end and Summer is just weeks away.

There's not much races soon, but I hope you still keep on training, specially to those who are doing the Hobart Marathon in January!

We will be missing Barney as he will go back to London. But we are sure we'll see him one day in one of the international Fun runs. Thank you for being an interim coach for two of the TNT nights.

Another woodie, Kim Cayzer will soon live overseas in Hawaii, watch out for our Woodie running in grass skirt next year!!

It was also been a good visit at Brendan and Nadine's crib weeks ago and delighted to do a training run with him, and one of the rare moments he putts along ;-)

Goodluck woodies on the upcoming Central Coast Marathon!!

- Editor

GETTING WARM AND YOU NEED A WOODSTOCK SINGLET?

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>



Woodland Tours p/l - ACC 34363

Joseph @ Therese - 0419 373 326

Email: woodlands_tours@hotmail.com.au

Sydney, Hunter Valley, Canberra, Blue Mountains/Jenolan caves, Charter/Hire, Golfing Weekends, Function Transfers, Custom trips, etc.

Other enquiries welcome

Competitive rates.

A marathon woman

By Maria Galinovic

KERRY Bray can be seen most mornings, pounding the paths around Cronulla, getting her body into even better shape for the New York City Marathon.

Ms Bray, 67, starts her day a little after 4.30am, eases into a 10-12 kilometre run, after which she makes her way to her administrative department job at Aquinas College, Menai.

She will be in New York City by November 6 to join about 45,000 people in "the biggest marathon in the world".

"The winning male is likely to do it in about two hours and three minutes, the winning female will do it in about two hours and 20 minutes, and I'll be a few hours behind them," Ms Bray said.

"If I finish under five hours I'll be very happy."

Ms Bray is back running marathons after having a break of almost three decades.

"When I ran marathons 27 years ago I thought I would like to run an international one, but my body was not standing up to it," she said.

About 10 years ago she visited a chiropractor in Miranda who was able to sort out her body mechanics including problem achilles tendons, and she was up and running again.

She was ready to do the New York run last year but broke her foot two weeks before the event. So this is the year.

Although she will represent Woodstock Runners, the Burwood club she helped start, Ms Bray has been sponsored by Crust Cronulla, which is assisting with flights and training gear.



Aiming high: Kerry Bray is off to New York City.

Picture: Jane Dyson

AT GEORGE & SYDNEYLAND THREE
Leader
Australia's best community news website

Community Newspapers of Australia's
"Best Community News Website"
for 2006, 2010 and 2011.

JOIN THE FUN IN RUNNING, BALMAIN FUN RUN!

What: Balmain Fun Run

10KM/5Km/2KM(Kids)

When: 4 December 2011. 8AM for 2KM; 8:30 for 5 and 10KM

Where: King George Oval, Rozelle

Fees: on or before 25/11/2011

Adult: \$20; **Child:** \$10; **Family:** \$50

After 25/11/2011 to race day:

Adult: \$25; **Child:** \$15; **Family:** \$65

Register and more info at: <http://balmainfunrun.com/>



oneLifeCat

100% Fitness 100% Sweat 100% Life

<http://www.facebook.com/pages/onelifecat/104046396300519>

<http://onelifecat.wordpress.com/>

Spoof and inspirational fitness merchandise. Clothing, mugs, aprons, caps and more!

MARATHON RACE REPORTS: RUNNING OUR FIRST MARATHON - OVERSEAS!

From working mom to marathon mommy!

By Kim Cayzer

I first attempted to complete a marathon in April but was sabotaged by injury. I was incredibly disappointed but after some gentle persuasion by El Prez I set my sights on the Auckland Marathon.

I was pretty excited come race morning and the 3:45am wake up didn't phase me. What was meant to be a cool and overcast day turned out to be humid then sunny and warm. I struggled a little with the heat considering I had been training in the cooler Canberra climate.

The first half of the race went according to plan - I was slightly under my goal pace and feeling great. The hills (which were aplenty) didn't bother me and I was looking forward to the flat stretch of running along the waterfront. Once I hit 21km though I had a little mental breakdown and thought 'how am I going to do this all over again?'. My times then slowed. Once I made it to 29km I knew the turn around wasn't too far away and then I would be running the last 10km to the finish line. However by this stage I was too hot to go any faster. I ended up breaking the last 10km down into 2.5km chunks and employed lots of positive self-talk to keep running despite the heat.

The last 2km were probably the most enjoyable of all. There were plenty of spectators cheering as I wound my way around the streets. Everytime I turned a corner though there was another corner to go. The finish line finally came into view and I had never been happier to see one!



I finished in 4:16:23. Slightly slower than my goal but still happy and proud considering it was my first marathon and it was warm conditions. I did take home some extra race momentos though in the form of some impressive blisters on my feet!

My non running friends think my effort is pretty impressive. But even though I'm very proud of what I have achieved I figure if I can train and complete a marathon with a 4 year old and an 18 month old while working than anyone can! You've just got to start running

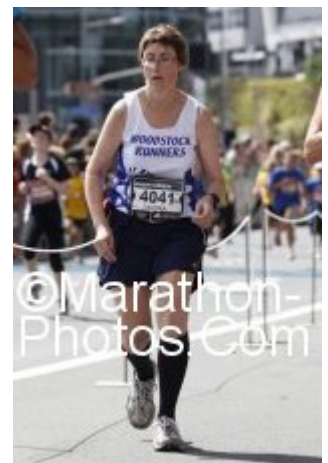
Sandra did a Tutu

By: Sandra Bogun

Running a marathon always seemed like a good idea, sometime before I die I will do one, when I have plenty of time - and then in the bus coming back from Canberra Marty makes a good point, why wait until you get old, it's never going to be easier than now - so I sign up.

My emotions ran between terrified and exhilarated for the four months of training, sometimes changing every other minute, and that continued right up until 3.30am on Sunday 30th October when the alarm went off and I woke excited and as the morning progressed I got more and more excited. Having the team around me was also a great motivator and while I had been on that 4.30am ferry to the start line before this time I was a Marathon entrant, and it felt great.

With a limited number of people on the ferry arriving pre dawn meant plenty of room and no queue for the toilet, so the pre race evacuation challenge started, Peta won hands down and Teresa and I resolved



to go on the course if we needed to – some things just can't be rushed.

The gun went off at 6.10am and it was only 2 minutes before those of us at the back of the pack crossed the mat and started our journey. Such a pleasure to have a "run slow" mandate for the first half and the company of Peta meant we had a really fun time chatting to supporters and other runners and enjoying the view – especially how close to the water we were heading over the bridge. Having run that half before it was all very familiar, until we rounded the corner and hit the "marathoners turn left" sign that signaled the start of our real test. At 22km we both had to do a toilet stop, thankfully no line like earlier opportunities but Peta did get stuck here and from now on I was running on my own.



While I had never run the waterfront in an event before, it was familiar territory as this was a training ground from a few years back when I worked in downtown Auckland. The predicted rain did not turn up, instead we had a very warm breeze and the trees providing a bit of shade were very welcome. This is where the real work began and I thought of pretty much everyone in the club as I ticked off milestones: 24km, prospect creek with John Dawlins, 25km, Glenbrook to Woodford run with Teresa (who was somewhere in front of me running the Marathon – never did see her), 30km, my longest run in training which included the hidden half and Kerry's great run that day. Every step after 30km was one further than I had ever run before and I kept waiting for the shit to hit the fan and the wall and the pain to turn up. I thought about all the training runs, following Dots psychedelic feet around Burwood, Angela's support on long runs all over Sydney, Marty's unwavering faith in my abilities and special words of encouragement that we all know and love, Kerry's amazing abilities that had inspired me from that very first Tuesday night run – the whole Club joined me on that last 12kms.

I had a friend waiting for me at the turn around and managed a smile and a chat with them and then finally – 11kms to go and every step is taking me closer to stopping. I was feeling great, no leg pain, but starting to get very hot and those black compression socks no longer seemed like a very good idea. We were heading back the way we had come, but now in the middle of the road so no shade, and that breeze had stopped too. Every drinks station it was 2 or 3 cups of water before heading off again and while I thought of it a lot, I managed to keep moving the whole way. At 2km to go I was just desperate to finish and get my shoes off and cool down and as I still felt quite energetic I decided it was time to push just a bit and make sure there was nothing left when I crossed the line – in hindsight this was probably not the best move to make. 800meters to go I pushed a bit more and then I could see the finish, see the Woodstock banner and hear my Mum yelling my name, the clock said I was on for a 4:45ish finish and then I was over the line and the relief was huge – for about 10 seconds - and then I pulled a "Tutt".

For some reason my legs didn't work, someone grabbed my arm to stop me from falling, Angela appeared from nowhere and the next thing I remember I am on a stretcher in the first aid tent evacuating all the liquid I hadn't absorbed earlier and surrounded by concerned Woodstock faces – and El Prez is taking photos! The next half an hour was quite unpleasant, cramps, nausea and generally feeling very out of it (including thinking I could see through my feet) and I was adamant I would never do that again, as they were showing me my medal I said, it just was not worth it.

One saline drip later and normality started to return, I finally cooled down and after a couple of

hours was on my feet and walking back to the apartment. Later that day I went for a nice long walk along the beach and apart from a bit of difficulty walking down stairs for a couple of days and four black toe nails I suffered no other ill effects from the run – and you guessed it – I am planning another one. I have to do one more so I can do the next one without falling over and enjoy the post run gloating I missed out on this time – but I will be making sure I learn the lessons this run taught me about hydration and looking for a cooler climate - Alaska anyone?

Will not be the first and the last Marathon

by Peta Bray

My very early morning of the marathon began with a sleepless night due to nerves and also excitement, so was glad for the distractions from the other Woodstock runners when catching the ferry to the start, even if it meant discussing bathroom needs while waiting. The weather forecast was correct with no rain and a cool start, but that wasn't to last.

I was grateful to start and end up running half the marathon with Sandra, who also was doing her first marathon. It was a little quiet and uneventful running through the streets of Devonport, but was lucky to be given a bit of a tour from Sandra, who pointed out various things along the route. However, I have no recollection as to what she said (but I was listening at the time) and having to run for so long, it passed the time.

So Sandra and I continued to follow all the bright green, 'marathon' shirts for 2011 and making sure we drank lots of water. We got cheers of, 'Go Woodstock' which was great to hear and the locals who were nice enough to cheer us on as we made our way over the Harbour Bridge at the 14km mark and thankful for a sign saying, 'last drink station before the Bridge'.

By this stage both Sandra and I were feeling ok and we were running at a comfortable pace. Things got a little harder, but we kept running for some time and because of seeing a drink station below the Bridge, was looking forward to some water. Unfortunately, it was quite some time before we actually got to the drink station as we headed up some hills, around corners and a turn around, then all the way back to under the Bridge, before finally needing that hard earned drink.

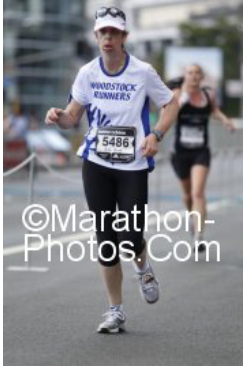
After that, it was very uneventful running though the streets of Auckland with no scenery, but I still had Sandra as company. Then at about 23km, Sandra and I parted ways, as I got held up waiting a long time for the toilet. Once I finished, I was on my own and wasn't able to catch Sandra.

I remained confident as I found the first half went quickly for me and my legs and knees were behaving. I just had to get through the other half which I found to be difficult. So along the Harbour I continued running, seeing some scenery, boats moored and at last some spectators to keep me going. I was then later to find out that we actually had to keep running along the harbour shore and back again for the remainder of the run.

It was certainly challenging to keep your mind occupied, when all you could see in front of you were runners and the bright green shirts. However, I persisted and kept thinking that each kilometre would take me closer to the finish line. It was now starting to take even longer because my legs were getting tired and later even more tired along with the heat creeping in.

As I was more shuffling, than running (I think!), I thought I was seeing things when I saw a 'cow' and also 'Batman & Robin' along the way. I was delighted to then see a familiar Woodstock runner (Martin), as he was on his way home and I still had to keep running before later turning around. I then saw Kim as well coming back and finally just before reaching the turn around, I saw Sandra too as she had turned around.

I had made it this far and now all I needed was to run all the way back again and then to the finish in Victoria Park. With my extremely tired legs and the heat, (as I had been on my feet for now 4hrs), I was feeling a bit helpless and just wanted to get it over and done with. But I still had

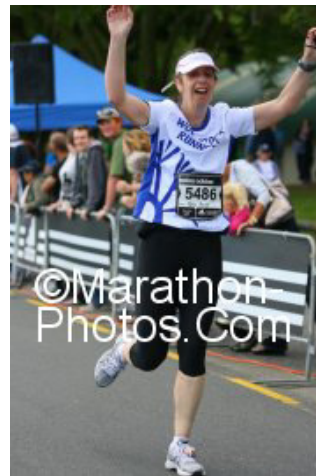


about 8-9km to go. What could I do?

Well, lots of positive talking to myself, that's the only thing I could really do, because it was even more quiet around me with no one talking, no cheering and some runners opting to walk. Then my knee began to feel a little sore, so I made the decision to also walk a bit. Although I didn't want to, I remembered my goal was just to finish and I wanted to remember finishing.

For the next few kilometres I ran and walked for a bit. It helped a lot and I got through with only 3-4km to go. It was easier at this stage because I was so close to the finish line and there were plenty of spectators and crowds cheering you on. I got myself together and off I ran slowly along the harbour side again.

As I was running and getting closer and closer, I was getting excited and realised that all my hard work had paid off. We had to weave around corners and up some small hills before I finally could see the black banner with 'adidas' on it, the crowd cheering and only having to run a short distance to the line.



Knowing that I would never be doing a 'first' marathon again, I wanted to soak up the atmosphere and the moment. I was feeling extremely happy and ecstatic at this stage and more so, when I hi-fived some of the 'woodies' who had been waiting for me. I then got down to business with only metres to go and ran. As I approached the line, I put my hands up in the air, smiled and felt absolutely delighted and proud of what I had achieved. It was lovely to hear people congratulating me as I collected my medal and to finally catch up with all the woodies for a post race talk and rest in the park, after running for 5hrs and 10mins.

Thanks again for everyone's support and encouragement and especially to the woodies who came to Auckland. It made it much easier for me to complete my first marathon.

P.S. As I continued my holiday by resting and recovering after the marathon in Kerikeri (Bay of Islands), I later learned that the winning woman was a jokey and later that same afternoon, she rode and won her horse race. She hopes to qualify for the London Olympics.

I've missed more than 9,000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed. -Michael Jordan

MY 2011 NYC MARATHON

by Kerry Bray

The day dawned on 48,000 expectant runners who had been transported to Staten Island on buses and ferries. The anticipation hovered over the gathering as we all availed ourselves of the generous breakfast, giveaways, entertainment and religious service in this 1st borough of New York City.



First off were the wheelchairs and handcycles followed by the elite women, then men, all started with a gun. We masses were divided into colours, then waves within those. Everything went like clockwork and fellow competitors, though mightily keen, were so very friendly. Each of our groups was started with a cannon fire.

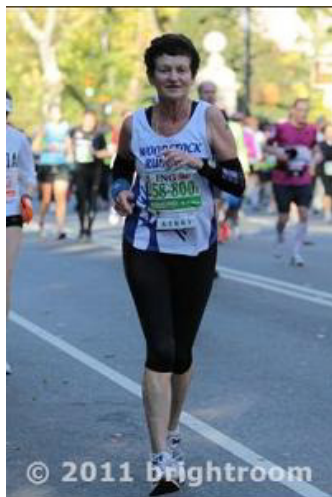
Then we were off and straight across the magnificent Verrazano Bridge on both decks. This took us into Brooklyn where the crowds erupted. They were loud, enthusiastic and so witty. How exciting was this going to be. We ran half of the Race in this 2nd borough.

Queens is the 3rd borough and we reached it via the Pulaski Bridge and the turnout was just as huge. They had so much to cheer as there were runners from over 100 countries; 491 from Australia. All the way people were screaming for Woodstock. What better place than the US to be “promoting” Woodstock. It caused massive interest and kept spurring me on.

We crossed the Queensboro Bridge into Manhattan, our 4th borough, and the crowds were 8 to 10 deep in places along First Avenue. It was electric, which I appreciated as it was past half way and I had dropped my pace somewhat. However, the spectators, estimated at 2.5 million, kept us all running. In addition, there were 130 bands or entertainment acts, which were sensational.

After a straight 6k along First Avenue we crossed the Harlem River into The Bronx, our 5th borough and lo and behold, there on a giant screen at the 33k mark were Maree and Kevin Lucas sending their good wishes to me. Of course I was unable to hear their voices over the screaming crowds, but WOW, didn't it encourage me just at a time I really needed it. We ran just a few kms there before crossing back over the River into Manhattan.

There were still 8kms till that ever-important finish line. Did I have it in me? Could I keep it up, even though I had continued to slow. Down Fifth Avenue past many famous museums, but who was contemplating art at this stage. I just had to finish. Of course the gatherings approaching Central Park were massive and screaming for us, waving placards and flags.



We entered Central Park with 5kms to go. My legs started to cramp and I would slow down, and then stretch them. I had to make it. I had thought about this Race for a long time and had trained hard. 8000 volunteers had helped us through this. 40 medical aid stations with defibrillators were there for us. Gosh, I hope I don't have to visit one now.

The spectators were extraordinary as we ran through the Park and approached the slightly uphill section to the FINISH LINE. I can make it from here, so out came the Aussie flag and it flew across the line with me. I could have cried with delight, but I kissed the lovely young girl as she gave me my beautiful medal. Then it was the photographers, the space blanket around us, the bag of edible goodies, the congratulations from fellow runners, officials, volunteers, police and anyone else around. My baggage took all of 30 seconds to retrieve.



I was over the moon with 4hrs41mins and especially when I realised I had pushed Geoffrey Mutai of Kenya to run the fastest ever NYC Marathon, 2hr5mins.

The organisation of this Event from beginning to end is incredible. The whole City embraces the Marathon as its own. Nobody complains about the ever busy northern part of Manhattan Island being shut down to traffic most of the day. Runners wear their medals in the street for the next couple of days and everyone acknowledges and congratulates them. What a buzz!

If anyone gets the opportunity to run this Race, grab it with both hands and train hard. It will be well worthwhile and an experience you'll never forget.

Not inspired enough??



Fauja Singh, 100 - Toronto Water front Marathon.

Contributed by Alex Hill

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..** * 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.



Thank you Tobias and Chris of Spine Associates for visiting TNT and doing a stretch demo for the members!

ASK THE EXPERTS: THE SPECIALISTS

Movement specific core conditioning.

A recent article has suggested that if both sides of the abdominal muscles are contracted at the same time it can lead to an increase in reaction time.

So what you say?

Well this means that with every step you take during your run, your abdominals (which creates spinal stability) are ever so slightly delayed in activating and therefore are delayed in doing there job- spinal stability, rotational power and upright dynamic stability.

What does this mean?

So we can change the way we train our core muscles by alternating the side which is being activated (or trained). Single sided, standing rotations and alternating arm/leg type core exercises will help create a movement pattern that is single sided and more specific to how we run.

Chris Knee (B.Sc, M.Chiro)

Tobias Hudson (B.ScExSp, M.Chiro)

A: 145/2-18 Buchanan Street Balmain NSW 2041 T: 61 2 806 55 896

E: info@spineassociates.com.au W: spineassociates.com.au

Like us in FB: <https://www.facebook.com/spineassociates>



If you set your aim too high and don't fulfill it, then your enthusiasm turns to bitterness. Try for a goal that's reasonable, and then gradually raise it.

Emil Zatopek

Time trial results 27/10/2011 Woodstock - 5km Time Trial Event 3

Name	Actual Time	Estimated Time	Age Adjusted Time	Points
Bray Kerry	0:25:49	0:26:54	0:17:25	25
Davies Brendan	0:16:46	0:16:30	0:16:30	25
Siepmann Dot	0:31:12	0:31:00	0:20:43	24
McCarthy Barney	0:19:42	0:19:45	0:19:41	24
Lucas Maree	0:29:32	0:30:30	0:21:53	23
Ayoub Joseph	0:24:31	0:25:00	0:20:14	23
Patacsil Charissa	0:23:02	0:24:00	0:22:58	22
Muir Greg	0:25:33	0:24:00	0:21:16	22
Day Fiona	0:25:48	0:26:30	0:24:23	21
Whiteway Paul	0:25:41	0:26:00	0:21:55	21
Amaro Helena	0:30:16	0:30:00	0:30:07	20
Tutt Graeme	0:25:31	0:25:15	0:22:19	20
Amy Martin	0:00:00	0:00:00	volly	20
Mancuso Gaye	0:00:00	0:00:00	volly	20
Lobsey Phil	0:00:00	0:00:00	volly	20
Gold Nick #	0:00:00	0:00:00	DNF	20

Closest to Estimated Time (Spot On) : Barney McCarthy 0:00:03

Age adjusted rank (1st, 2nd, 3rd): Brendan Davies, Kerry Bray, Barney, McCarthy

Male adjusted (1st, 2nd, 3rd): Brendan Davies, Barney McCarthy, Joe Ayoub

Female adjusted (1st, 2nd, 3rd): Kerry Bray, Dot Siepmann, Maree Lucas

Overall (1st, 2nd, 3rd): Brendan Davies, Barney McCarthy, Chaia Patacsil

Female (1st, 2nd, 3rd): Chaia Patacsil, Fiona Day, Kerry Bray

Rankings can be found on the website

5KM Time Trial to date Point Score

		24/02/11	28/04/11	14/07/11	25/08/11	27/10/11		
position	Name	TT1 Pts	TT2 Pts	TT3 Pts	TT4 Pts	TT5 Pts	Total	Top 4 Pts
1	Bray, Kerry	25	25	25	25	25	125	100
2	Davies, Brendan	24	25	23	25	25	122	99
3	Vuong, Thien	23	22	22	20		87	87
4	Lobsey, Phil	21	21	19	24	20	105	86
4	Day Fiona		22	22	21	21	86	86
4	Siepmann Dot	14		24	24	24	86	86
7	Mccarthy Barney	20	20	21		24	85	85
8	Ayoub Joseph	19	17		22	23	81	81
9	Whiteway Paul		16	15	21	21	73	73
10	Cantley Michael	22	23	24			69	69
11	Amy Martin	12	13	15	16	20	76	64
12	Muir Greg		24		16	22	62	62
13	Patacsil Charissa	23			16	22	61	61
14	Bogun Sandra	20		21	18		59	59

5KM Time Trial to date Point Score (continuation)

		24/02/11	28/04/11	14/07/11	28/08/11	27/10/11		
position	Name	TT1 Pts	TT2 Pts	TT3 Pts	TT4 Pts	TT5 Pts	Total	Top 4 Pts
15	Lucas Maree	12			23	23	58	58
16	Robinson Anthony		19	15	23		57	57
17	McIntyre Fiona	16	18	16			50	50
17	Takahashi Kazuaki	25		25			50	
19	Haynes Angela	15	19	15			49	49
20	Rutherford Debbie	13	17	15			45	45
21	Callanan Brigid #	21			20		41	41
22	Amaro Helena	91				20	39	39
23	Tutt Graeme	18				20	38	38
24	Briant Stephen			17	19		36	36
25	Doughty Patricia			19	16		35	35
25	Bangura Rebecca	18			17		35	35
27	Wood Teresa			15	19		34	34
28	White Derek	16		16			32	32
29	Lucas Kevin	12			16		28	28
30	Mansfield Alan	12	13				25	25
30	Davies Nadine #	12	13				25	25
32	Hager Bronwyn	24					24	24
32	Stanley Karen #		24				24	24
34	Murray Susan		23				23	23
34	Stewart Deirdre			23			23	23
36	Yamazaki, Tomomi	22					22	22
36	Waladan Sarah				22		22	22
38	Colenbrander Emma		21				21	21
39	McIntyre Jess #		20				20	20
39	McIntyre Jess #			20			20	20
39	McIntyre Jess #			20			20	20
39	Gold Nick #					20	20	20
39	Mancuso Gaye					20	20	20
44	Hong Keith #		18				18	18
44	Stewart Lauren			18			18	18
44	Stewart Lauren			18			18	18
47	Vohradsky Terry	17					17	17
47	Akers Bridget	17					17	17
49	Doig Anita				16		16	16
50	Haynes Jackson #	15					15	15
50	Kistle Dave #		15				15	15
52	Bortolussi Daniel		14				14	14
53	Pint Shaun #		13				13	13
53	Lyons Martina		13				13	13
55	Crossley Max	12					12	12
55	Essex Belinda #	12					12	12

Nominations for Awards Night December 2011

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

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

Nomination(s):

Male

Stephen Briant
Brendan Davies
Phil Lobsey

Michael Cantley
John Dawlings
Barney McCarthy

Female

Bridget Akers
Kerry Bray
Gaye Mancusa

Sandra Bogun
Angela Haynes
Chaia Patascil

2. Rookie of the Year

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

Eligible Members (joined 18/10/2010 to 16/10/2011)

Emma Colenbrander
Lauren Stewart

Gaye Mancusa
Thien Young

Fiona McIntyre
Debbie Rutherford

3. Long Distance Trophy

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

Eligible Members to 31/8/2011 (having completed 3 qualifying events):

Bridget Akers	Martin Amy	Rebecca Bangurra	Sandra Bogun
Kerry Bray	Peta Bray	Stephen Briant	Kim Cayzer
Emma Colenbrander	Brendan Davies	John Dawlings	Angela Haynes
Phil Lobsey	Nick Marshall	Barney McCarthy	Jeff Morunga
Brian Ogilwy	Chaia Patascil	Emma Pryor	Anthony Robinson
Thien Young	Teresa Wood		

Details of performances are on the website

<http://www.woodstockrunners.org.au/drupal2/content/long-distance-award-2011>

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

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

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

Nomination(s):

Male

Michael Cantley - SMH Half, 1:18:32, PB
Brendan Davies - Commonwealth Ultra Trail Championships, 53.73km, 3:38:45
Anthony Robinson – Comrades Marathon, 86.9km, 9:14:06

Female

Kerry Bray - Blackmore's Half, 1:59:12, 2nd F50
Kerry Bray - Western Districts Half, 2:00:42, 1st F60
Peta Bray - Canberra Half, 2:05:53, PB
Emma Colenbrander - Blackmore's Marathon, 3:59:36
Theresa Wood - Canberra Ultra, 50km, 5:30:55, Debut

5. Club Champion (Male and Female)

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

Nomination(s):

Male

Martin Amy
Barney McCarthy

Brendan Davies
Thien Young

John Dawlings

Female

Chaia Patascil
Elmarie O'Regan

6. Runner of the Year

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

Martin Amy Sandra Bogun Kerry Bray Barry Cole Brendan Davies Angela Haynes
Chaia Patascil Dot Siepmann

7. Champion Person Award

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

Martin Amy Joe Ayoub Brendan Davies Ray Dean Chaia Patascil Colin Townsend

8. Most Outstanding Team Road Running Performance

The most outstanding performance in a team event."

Please select your nomination(s).

A. Hunter Valley Festival 17/7/11 (1st Female)

Bridget Akers, Chaia Patascil, Emma Pryor, Teresa Wood

B. City to Surf 14/8/11 – 3rd Veteran Men (40-50)

Peter O'Sullivan, David Kistle, Tony Purss

C. City to Surf 14/8/11 – 1st Veteran Women (50+)

Kerry Bray, Dot Siepmann, Maree Lucas

Triathlon NSW Affiliation

The Woodstock Runners are now affiliated as a Recognised Triathlon Club (RTC) with Triathlon NSW Triathlon Australia. This means that both new and existing members are able to join Triathlon NSW as a registered triathlete, and participate in our training sessions.

Our Juniors Triathlon programme for Term 4 commenced on Sunday 23rd October (7 to 15 year olds) and Wednesday 26th October (13 to 18 year olds).

Any new triathlon members can join online as Junior Club Members of TriNSW, TA and Woodstock Runners, just follow the membership links at the following site, and select "Woodstock Runners" in the club field - <http://www.trinsw.org.au/>

Our Term 4 programs (Wed/Sun) are attached below, please contact Susan Murray on Ph. 0410 881 004 for further details.

We look forward to seeing you at one of our sessions.

Read more in our website: <http://www.woodstockrunners.org.au/drupal2/content/triathlon-nsw-affiliation>

7 Woodies and who are they?



Taken from post-SMC Series run in Smithfield, there are seven Woodies in this photo:

- 1) Terry Vohradsky
- 2) Chaia Patascil
- 3) Jeff Morunga
- 4) Angela Haynes
- 5) Tomi Yamazaki
- 6) Teresa Wood
- 7) Sandra Bogun

Upcoming events

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

Sat 19 Nov VALLEY STAMPEDE The mud is thick, the obstacles are crazy and the cows are ready to charge. Valley Stampede is definitely not your average fun run. Take it off-road, add a whole lot of mud, some crazy obstacles and angry cows and hold on for the most insane day of your life. Bring your mates, have a laugh and expect the unexpected all the way to the finish line. Run for your life. Visit <http://www.valleystampede.com.au/> for more details.

Sat 19 Nov URBAN MAX ADVENTURE SERIES - SYDNEY In Sydney's very own Amazing Race, teams of two (male, female and mixed) are given the opportunity to experience the city's urban landmarks in fun urban adventure lasting between 3 to 6 hours. Speed is not necessarily the deciding factor in this race with a strong emphasis on route selection and problem solving skills. Armed with a map and clue sheet, teams have to navigate their way around the host city to locate and complete a variety of tasks and challenges. Some challenges will be physical, while others will test knowledge, teamwork, resourcefulness and the ability to make decisions on the fly. Teams are only allowed to travel by foot or use public transport. If you can think outside the box, know your way around the city and want to have some fun in your very own "Amazing Race" .. get your entry in today! contact: Min Petkovic. email: info@maxadventure.com.au. Visit <http://www.urbanmax.com.au/> for more details.

Sat 19 Nov KEDUMBA HALF MARATHON, RUNNING WILD RACE 3 7.30am Queen Victoria Hospital, Tableland Road, Wentworth Falls Visit <http://www.runningwildnsw.com/kedumba-half-marathon/> for more details.

Sun 20 Nov SMC ROAD RUN - EVENT 2 OF 9 Half marathon, 10km, 5km run and 5km walk. Half marathon and 5km walk start at 7:00am. 10km starts at 7:30am. 5km run starts at 7:35am. All events start from Rosford Street Reserve, Smithfield. Run on sealed roads on an Athletics Australia certified course with accurate markers every 1km. Electronic timing tags for everyone. Regular drink stations with water and sports drinks. Fresh fruit, hot showers and hot drinks available afterwards. The series is a friendly and sociable group for runners of all ages and abilities. contact: SMC Enquires. email: smcroadraceseries@gmail.com. Visit <http://www.sydneymarathonclinic.org.au/> for more details.

Sun 27 Nov SRI CHINMOY SYDNEY SERIES RACE 9 - COOKS RIVER 16 KM, 8 KM & 4 KM Ewen Park, Tennent Parade, Hurlstone Park. This inner-west haven follows cycle paths along both sides of the Cooks River, between Hurlstone Park and Earlwood - a tranquil, friendly and intimate course with tree-cover for most of the way. Treat yourself to something special, then reward yourself even further with a post-race pancake breakfast. Parking in car parks on Ewen Parade, only 500 metres from Hurlstone Park Station. 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. Visit http://au.srichinmoyraces.org/sydneyraces_11 for more details. Click <http://www.coolrunning.com.au/calendar/on%20line%20at%20web%20site> for an entryform.

Sun 27 Nov CENTRAL COAST HALF MARATHON & 10KM FUN RUN Fantastic 1/2 Marathon and 10km Fun takes runners along the cycleway of Tuggerah Lake from The Entrance to Chittaway Point and return. Picturesque, flat trail. Both courses certified. Organised by the Central Coast Hash House Harriers. contact: Christine Laing, Race Director. email: clarkent@westnet.com.au. Visit <http://www.centralcoasthalfmarathon.com/> for more details.

Sun 27 Nov GLENBROOK TRAIL MARATHON 25km, 34km and 42km trail races. 7.30am, Sunday 27/11/2011. Euroka Clearing, Glenbrook (Blue Mtns National Park) contact: Organiser. email: runningwildnsw@gmail.com. Visit <https://www.registernow.com.au/secure/Register.aspx?ID=4039> for more details. Click <https://www.registernow.com.au/secure/Register.aspx?ID=4039> for an entryform.

Sun 27 Nov VARIETY SANTA FUN RUN The Variety Santa Fun Run is the perfect opportunity for you, your family, your friends and your work colleagues to make history whilst raising money for children in need! Join us at this year's 3rd annual Variety Santa Fun Run which is gearing up to be even bigger and better with a twist to the route and another spectacular finish. Grab your running shoes, your Santa suit (included in registration fee) and most importantly - your Christmas Spirit, and join us on Sunday 27th November for the fun run of the year! The Santa Fun Run is a 5km run through Sydney city that is done in an official Variety 'Aussie' Santa suit. Sounds like a whole lot of fun doesn't it? contact: Samantha Holt. email: samantha.holt@varietyNSW.org.au. Visit <http://www.varietysantafunrun.com.au/> for more details. Click <http://www.coolrunning.com.au/calendar/on%20line%20at%20web%20site> for an entryform.

Dec 2011

Sat 3 Dec MUD RUN - RUN, WADE AND CRAWL "The Mud Run is an obstacle jumping, mud crawling, hill climbing gallop around the world famous Sydney Equestrian Cross Country Course! Follow in the footsteps of Olympians on this insane course that constantly throws up surprises around every corner. You will get wet, you will get muddy, you will occasionally neigh or grunt like a horse but you will definitely earn your sugar cube at the finish. Don't forget to save some energy for the final furlong where

you will meet some unexpected surprises.... contact: Todd Stafford. email: info@maxadventure.com.au. Visit <http://www.mudrun.com.au/> for more details.

Sat 3 Dec 3 POINTS CHALLENGE & OCEAN SWIM First event is a 2km Ocean Swim around our spectacular headland. This is followed by the main event, the 3 Points Challenge, with surf swims at North Curl Curl, South Curl Curl and Freshwater beaches, interrupted with runs along the 3 km stretch of scenic coastline in between the swim legs. A unique and testing event. Top 6 place getters of these two events (male & female) are then invited to the Dash for Cash with more money up for grabs contact: Louis Tassone. email: nccslsc-3points@optusnet.com.au. Visit <http://www.nthcurlcurlslsc.com.au/3PointsChallenge.php> for more details.

Sun 4 Dec BALMAIN FUN RUN A choice of a 2 kms, 5 kms or 10 kms run/walk around beautiful, traffic free Callan Park - the 2 kms being restricted to primary school children. Start and finish at King George Park next to Iron Cove Bridge, Rozelle. Plenty of parking in Manning Street and other local streets. A large number of lucky draw prizes with many reserved for early bird entries. PLUS jumping castle for the kids. contact: John Dawlings 0422-819-468. email: Balmainfunrun@hotmail.com. Visit <http://balmainfunrun.com/> for more details.

Fri 9 Dec COAST TO KOSCIUSZKO This is a 240 km run from sea level to the highest point in Australia, Mount Kosciuszko, 2229m above sea level. The race starts at Boydtown Beach near Eden. It has been measured by GPS and carries full approvals. Crews are necessary and crews and crew cars must comply with the requirements of the NSW State Police. contact: Paul Every. email: peverydweaver@hotmail.com. Visit <http://www.coast2kosci.com/index.html> for more details.

Sun 11 Dec SRI CHINMOY SYDNEY SERIES RACE 10 - CENTENNIAL PARK 14 KM, 7 KM & 4 KM CROSS-COUNTRY Mackay Sportsground, near Robertson Rd gates, Centennial Park. With the Christmas party season upon us, it's as well to reward the body and spirit with what they really love best: an enlivening morning run in uplifting surrounds and the best company! Celebrate the year's achievements in the best possible way, in our favourite park in Sydney. 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. See you there! contact: Prachar Stegemann. email: sydney@srichinmoyraces.org. Visit the http://au.srichinmoyraces.org/sydneyraces_11 for more details. Click <http://au.eventdirector.net/Register.aspx?EventID=4399> for an entryform.

Sun 11 Dec RUNNING WILD TERRACE FALLS 12K 7.30am Old Lawson Golf Club, Blue Mountains Visit the <http://www.runningwildnsw.com/terrace-falls/> for more details.

Sun 18 Dec SMC ROAD RUN - EVENT 3 OF 9 Half marathon, 10km, 5km run and 5km walk. Half marathon and 5km walk start at 7:00am. 10km starts at 7:30am. 5km run starts at 7:35am. All events start from Rosford Street Reserve, Smithfield. Run on sealed roads on an Athletics Australia certified course with accurate markers every 1km. Electronic timing tags for everyone. Regular drink stations with water and sports drinks. Fresh fruit, hot showers and hot drinks available afterwards. The series is a friendly and sociable group for runners of all ages and abilities. contact: SMC Enquires. email: smcroadraceseries@gmail.com. Visit <http://www.sydneymarathonclinic.org.au/> for more details.

UNIFORM OFFICER CAUGHT IN ANOTHER UNIFORM?!?!



Check who I stalked and found these!!

Uh-oh! Make sure to wear your Woodstock Uniforms the next race or u don't want Dot chasing you!!



Handicap - 12/11/2011/Bay Run, 7KM

Name	Estimated Time	Start Time	Finish Time	Actual Time	Finish Place	Points
Bogun, Sandra	47:00	7:21:00	8:07:30	46:30	1	24
McDowell, Anneliese	34:30	7:33:30	8:07:53	34:23	2	23
Collins, Rick	37:00	7:31:15	8:07:58	36:43	3	22
Ullio, Lawrence	37:30	7:30:30	8:08:13	37:43	4	21
Takahashi, Kazu	28:30	7:39:30	8:08:15	28:45	5	20
McCarthy, Barney	27:15	7:40:45	8:08:38	27:53	6	19
Muir, Greg	28:30	7:39:30	8:08:40	29:10	7	18
Patrick, Jon	37:30	7:30:30	8:08:43	38:13	8	17
Tutt, Graeme	36:30	7:31:30	8:09:05	37:35	9	16
Day, Fiona	34:30	7:33:30	8:09:06	35:36	10	15
Pryor, Emma	38:00	7:30:00	8:09:10	39:10	11	14
Haynes, Angela	41:15	7:26:45	8:09:13	42:28	12	13
Schneider, Hilary	45:00	7:23:00	8:09:24	46:24	13	12
Akers, Bridget	38:00	7:30:00	8:09:34	39:34	14	11
Iseli, Tristan	38:00	7:30:45	8:09:38	38:53	15	10
Sullivan, Mark	45:00	7:23:00	8:10:00	47:00	16	9
McGown, Max	36:30	7:31:30	8:10:10	38:40	17	8
Morunga, Jeff	35:00	7:33:00	8:10:28	37:28	18	7
Siepmann, Dot	41:50	7:26:10	8:11:11	45:01	19	6
Patacsil, Chaia	33:00	7:40:45	8:14:37	33:52	20	5
Waladan, Sarah	35:00	7:38:45	8:15:32	36:47	21	4
Scarf, Helen	43:00	7:25:00	8:05:50	40:50	DQ	3
Phillips, John	49:30	7:18:30	8:06:19	47:49	DQ	3
Iseli, Tami					DNF	3

In this Handicap event, **Sandra Bogun, Anneliese McDowell & Rick Collins** took the first three places.

There are NO Handicap PB's set this time.

The fastest male was Barney McCarthy (27:53)

The fastest female was Barney McCarthy (27:53)

DQ indicates disqualified for being more than one minute under estimated time, so they get the pointscore of 22nd place.

Thanks to helper volunteers - **Martin Amy & Phil Lobsey**

Watch out on the awards night, the series winner will be announced!

Winning is not about headlines and hardware "medals". It's only about attitude. A winner is a person who goes out today and every day and attempts to be the best runner and best person he can be. Winning is about struggle and effort and optimism, and never, ever, ever giving up. Amby Burfoot

Race Results

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

MAROUBRA FUN RUNS 23/10/11

Maroubra SLC

8 KMS

Bridget Akers	44.15
John Dawlings	33.25 2nd M50
Charissa Patacsil	39.12 8th F20-39
Emma Pryor	44.40
Kazuaki Takahashi	30.52 1st M50
Terry Vohradsky	42.13

TEAMS (8 KM): 2nd Open: Woodstock Runners (John Dawlings, Charissa Patacsil, Kazuaki Takahashi)

4 KM

Barry Cole	28.28 2nd M70
Fiona McIntyre	30.15
Dot Siepmann	25.00 1st F60

AUCKLAND MARATHON 30/10/11

Auckland, New Zealand

42.125 Km

Martin Amy	3.15.56
Sandra Bogun	4.45.18 (Debut)
Peta Bray	5.10.18 (Debut)
Kim Cayzer	4.16.23 (Debut)
Teresa Wood	4.32.42

Half-Marathon

Bridget Akers	2.02.21
Angela Haynes	2.31.56

ST. MARYS FUN RUN 30/10/11

8 KM

Barry Crisp	37.24 3rd M60
John Dawlings	31.44 1st M50
Dot Siepmann	45.23 3rd F60

4 KM WALK

Eddie McLean	36.01
--------------	-------

RUMBALARA BUSH RUN 30/10/11

Gosford, NSW

16.2 KM

Charissa Patacsil	1.59.41 3rd W30
-------------------	-----------------

ING NEW YORK MARATHON 6/11/11

42.125 Km

Kerry Bray	4.41.37 12th Age Cat.
------------	-----------------------

SPRING INTO SHAPE / P'MATTA 5/11/11

4 KM

Fiona McIntyre	30.40
Dot Siepmann	23.09 1st F60

RUN4FUN / HOMEBUSH 6/11/11

10 KM

Bridget Akers	55.02
Kathryn Bolitho	49.35
John Dawlings	41.29 10th M50
Frank Hidvegi	55.07
Barney McCarthy	39.26
Fiona McIntyre	1.21.54
David Miller	59.11
Lisa Pinsson	60.05
Emma Pryor	58.49
Dot Siepmann	61.52 5th F60

FITZROY FALLS FIRETRAIL MARATHON 8/10/2011

Fitzroy Falls, NSW

42.125 km

Brendan Davies	2:55 4th O'all Course PB
----------------	--------------------------

JP MORGAN CORPORATE CHALLENGE 09/11/11

5.6km

Angela Haynes	34:35
---------------	-------

MORRINSVILLE COLLEGE FUN RUN 06/11/11

New Zealand

10km

Angela Haynes	1:01:37
---------------	---------

PINK TRIATHLON

Swim/bike/run (300 m/9Km/3Km)

Lesley Maher	55:00 (SWIM 00:07:06;BIKE 00:31:48;RUN:00:16:06) 2ndf55-59
Deirdre Stewart	52:34 (SWIM 00:09:24; BIKE 00:26:25; RUN :00:16:45)

TRI-SHAVE WOMENS FESTIVAL

Swim/bike/run (500 m/20Km/5Km)

Fiona DAY	1:23:22 (Swim: 13:20; Cycle:45:47; Run 24:13)
Lesley MAHER	1:33:37 (Swim-17:24; Cycle-48:59; Run-27:14) 6thF50-59

FISHER'S GHOST FUN RUN 13/11/2011

Cambelltown, NSW

10 KM

John Dawlings	41.11 4thM50-59
Jeff Morunga	56.17

5KM

Dot Siepmann	25:59 2nd F60-69
--------------	------------------

BARE CREEK TRAIL RUN 13/11/2011

St. Ives, NSW

10Km

Elmarie O'regan	50:27 4thF35-44, 7thF'Oall
Charissa Patacsil	55:40 4th F20-34
Lisa Linssen	69:55

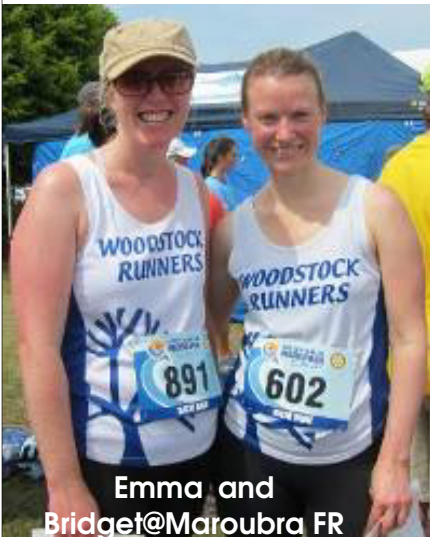
GREAT NORTH WALK 12/11/2011

100Kms

Brendan Davies	11:36:00 Course Record 1st O'all
----------------	----------------------------------

A man can fail many times, but he isn't a failure until he begins to blame somebody else.
Steve Prefontaine

Running Moments



Emma and
Bridget@Maroubra FR



John@Kazut@Maroubra FR



Woodie baby Claire
Cantley



Emma @Brighton
Beachsides Dash



Kazu@Maroubra
FR



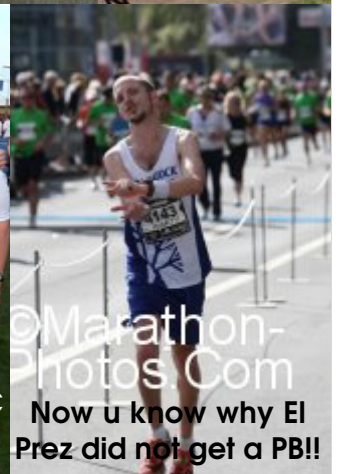
Barry@Maroubra FR



Jeff@Fisher's Ghost
FR



Angela&Friends@C
orporate Cup



©Marathon-
Photos.Com
Now u know why El
Prez did not get a PB!!



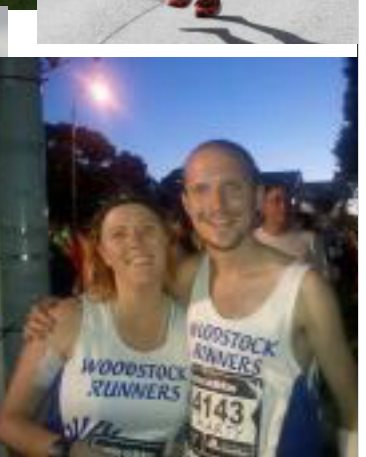
Dot@Maroubra FR



Chaid keeping up with the
boys@Brighton



Bridget, Teresa & Martin@Auckland NZ



Brendan after the 100KM GNW



Who and how many woodies can you find in this photo?