

THE RUNDOWN

WOODSTOCK RUNNERS

Running and walking
in Sydney's Inner West

JUN 2014

www.woodstockrunners.org.au

www.facebook.com/groups/woodstockrunners

THE RUNDOWN ON MEMBERS

Kerry Bray

Well done to the outgoing Committee in guiding our great Club through the last 12 months and what a year it was with a massive increase in membership and wonderful camaraderie among all members. We thank Martin, especially, for steering Woodstock brilliantly over the past few years. Thank you to those generous people who raised their hands to sit on the Committee for the coming year and we'll be expertly led by Angela as our new President.

Thanks to all involved in the recent Handicap. Congrats to place-getters along with the timekeepers, recorders and chefs. Don't forget the 5k Time Trial at Campbell Field Thursday June 26 followed by Pub Night. Estimated times etc will need to be emailed to Martin.

Many members have been travelling to all parts of the globe. Steve Garamy spent 5 weeks in Europe; Marty was in the UK for his sister's wedding; Mary holidayed in Bali; daughter, Melinda will be away a couple of months in South America and has tickets to World Cup games; Peta ran the Christchurch Half Marathon part of the way on ice; and Chaia is in The Philippines with work. Alex Hill hasn't surfaced as yet following his wonderful effort in the Cairns Ironman Triathlon. His 12hrs17mins in a first attempt at the distance is quite terrific. Congrats Alex.

Many members have been recording great results in various parkruns around the place. Wes won at Parramatta last week in a sub 17mins, while Bronwyn and Nic consistently set brilliant times weekly. First lady in Mt Penang's second event was former member, Deirdre Moran, daughter of Christine and John, also ex- members.

The Glow Worm Half Marathon attracted a committed group to a real challenge at the weekend. As true Woodies, they rose to the challenge and recorded excellent times.

With Sutherland to Surf, City to Surf, Mudgee Events, along with many other runs on the calendar, we wish everyone enjoyable days, lots of PBs and heaps of fun. We must never forget these are called "FUN RUNS".

Happy running and World Cup watching.
Kerry



WEBSITE



FACEBOOK



TWITTER



YOUTUBE



EMAIL

Co-edited by Michael Anderson and Bronwyn Hager

2014 WOODSTOCK ANNUAL GENERAL MEETING



Please join us in welcoming the new Woodstock Committee for 2014/2015

| | |
|-------------------------------|--|
| President | Angela Haynes |
| Vice President | Rick Collins |
| Secretary | Ali Guerreiro |
| Treasurer | Diane Green |
| Social Secretaries | Maree Lucas Joe Ayoub |
| Welfare Officer | Kerry Bray |
| Website Administrators | Colin Townsend David Miller |
| Uniforms Officer | Charissa Patacsil |
| Publicity Officer | Matthew Bulman |
| Rundown Editors | Michael Anderson Bronwyn Hager |
| Walkers Representative | Barry Cole |
| Teams Coordinator | Frank Hidvegi |
| General Committee | Elmarie O'Regan Vass Vassiliou Kathryn Bolitho Clive Mooney |

Our outgoing President, Martin Amy, presented us with his Presidents report for 2013 and 2014 and we have included it here for you incase you weren't present.

President's Report - 2013-2014

Well it surely has been another bumper 'Woodies' with the Woodstock machine continuing to grow exponentially, and in all seriousness am not quite sure what 'exponentially' means but I think it means sort of in an upward direction and fast.

The introduction of another track session, our 4th weekly session has been great and the Tours continue to be great fun, with our inaugural International Tour to Hawaii something that I and those who went will undoubtedly never forget. Who would've also thought that 'Woodies' would've been teeing it up at Orange Golf Club!

Our social gatherings throughout the year, running events put on by members in different locations, all of these and their efforts come from what I see as a desire to offer something to the Club and to be around those people that they enjoy spending time with, which are your fellow Woodies.

Much can be made of Membership numbers and how they can be a great 'stat' to show how healthy a Club is, and 'lord knows' I love a good 'stat',

Though through the last year to me it has become more clear if it wasn't already, that whether Woodstock has 10 or 10,000 members, it is all about 'the members' and making the 'members' running enjoyment and experiences as good or great as it can be, whilst having as much F.U.N as possible while we do it and 'by jove' throughout the last year we have had heaps of F.U.N!

As always, the exponentiality (is definitely not a word as it comes up with a red jagged line) cannot be achieved without endless involvement from many mainly unsung heroes. They sit beside me, they sit beside you, and some sit on the couch at home, oh actually he (Dave M) is here...

Though in all seriousness there are so many people to thank for their continued efforts over the last year. be it at the track, handicaps, cordial stockists, BBQers or just helping with odd-jobs, there is no way we would be able to do a fraction of the things we do without their time and amazing efforts.

I am super thankful to all those contributors and I do ask, that if you are keen on helping with any aspect of the Club, you don't need to be on the Committee to do so, so please make yourself known!

I haven't mentioned anyone specifically as that may be considered inappropriate, but as many may have become aware by now, I can on occasions, say and possibly do things that may be considered 'inappropriate'.

So I will mention only three people:-

Firstly, Kerry 'Mum' Bray. Mum has been there since I was honoured to be given the President's post 3 years ago. Being in my early 20's (!) it was quite daunting to sit in this seat, but also to think of being at the helm of something she partly founded (cue Sound Machine) and the only thought - 'I better not mess this up!' She has been forever my advisor, supporter, motherly influence and for someone like me that is needed. Thanks! For a cameo and second person Derek White, as he would say "a ship can only sail well, if it has a good First Mate."

This leads me onto my third and final person.

The voice of reason and the person that has kept me in check, Angela.

Like 'Mum', Angela has always been there, but luckily for 'Mum', Angela has had to listen to my continuous ideas, rants and general incessant chatter far more. She has in the main been polite, but there has more than one occasion when the old sarcastic retort 'Yeah, good one Marty' has surfaced.

Though when all is said and done and after a few inexpensive Shiraz's, Derek is absolutely right and my tenure has been made infinitely easier by Angela and to her I will be eternally grateful.

So with that I pass the baton on.

I don't think I quite realised at the time what a privileged position I was given 3 years ago particularly given the motleyhood of the crew at the time.

But looking back now, with all the fun, jokes, smiles, laughter we've have not only every year but every single week, I feel extremely proud to say that I was, not only President of this Running Club, but President of a great bunch of people.

Marty
a.k.a El Prez

Mudgee Running Festival



**MARATHON
HALF MARATHON
5KM / 10KM FUN RUNS**

A WOODSTOCK TOUR

Expected cost:

- Mr Joe's Magic Bus Trip ~\$80 (or you can self-drive – and we are helping with car pooling too)
- "The Lodge" ~\$55 share room; \$130 own room for two
- Saturday night dinner at "The Lodge" ~\$35

Registration for the run:

You need to register yourself for the event

<http://mudgeetriclub.hwy.com.au/mudgee-running-festival/>

Registration for Woodstock travel, accommodation and dinner:

- Send an e-mail to Diane – diane_green@iprimus.com.au specifying travel method and type of accommodation
- Make your deposit of \$100 to Woodstock bank account BSB 062 284 A/c 10491392
- o (Note the deposit with "Mudgee - your name", eg "Mudgee – First-name Last-name")

'The plan' and run sheet:

We travel in style with WOODLANDS TOURS and depart from Ashbury

Contacts: Mr Joe 0419 373 326 or Diane 0403 204 397

| | |
|---------------------------------|---|
| Saturday 23rd | |
| 8:30 | Check in for Mr Joe's magic bus |
| 9:00 | Departure of Mr Joe's magic bus for Mudgee |
| 11:30 | Refreshment and relief break at Lithgow Services |
| 2:00 | Arrive Mudgee, quick check in at "The Lodge", then bus to Lawson Park |
| 3:00 | Pick up race packs (from Lawson Park 12:00 5:00) |
| | |
| 6:30 | Group dinner at "The Lodge" \$35 per head (drinks own cost) |
| Evening | Increase running fever by telling inspiring running stories..... |
| Sunday 24th | |
| Early morning | Rise and undertake own routine to be ready to run! Make own race day breakfast – bring own including cup/plate/cutlery. There is a kettle and toaster in all rooms. Some rooms have a microwave. |
| 6:40 | Verbal briefing at race start from organizers |
| 7:00 | Marathon and Half Marathon start (woooooooo!) |
| 9:00 | Start of 5K and 10K start (woooooooo!) |
| 9:30-10:00 | Bus Half Marathoners back to "The Lodge" for wash down and check out Back to park to see Marathoners arrive in.... |
| 11:30-12:00 | Bus Marathoners back to "The Lodge" for wash down and check out (before 1pm) |
| Lunch | All those with a running bib get a complimentary BBQ lunch. Plus there is a range of food and drink available in the completion area for purchase. |
| 1:00 | Race presentation |
| 1:30 | Mr Joe's magic bus leaves for Sydney |
| En route | Refreshment and relief break at Lithgow Services – plus Mr Joe always has something interesting to show and tell! |
| 6:30-7:00 | Arrive back at Ashbury |

WOODLANDS TOURS

For all your tour needs!

Servicing Sydney, Hunter Valley, Canberra, Blue Mountaints/Jenolan Caves amongst others.
Charter/Hire, golf Weekends, function transfers, custom trips etc
Other enquiries welcome!
Competitive rates.



Call Joe or Therese on 0419 373 326

ACC 34363

THE WOODSTOCK TIMES

SNIPPETS OF NEWS FROM THE WOODSTOCK RUNNING WORLD

EGGS

THE COOKS RIVER FUN RUN

A big thanks to Bronwyn Hager and Kazu and Tsukiko after this weekends Cooks River Fun Run.

Bronwyn has been instrumental in the running of the run with Strathfield Council and this year was another cracker run with a huge contingent of runners from Woodstock.

Again this year Kazu and Tsukiko hosted a brilliant breakfast after the run so a big thank you for their hospitality.

If you haven't attended these events in the past, make sure you put it in the diary for next year, it's a great Woodstock staple.

WOODSTOCK POLICIES

Did you know, that your clubs safety and privacy policies, as well as copies of our insurances and incorporation, are available on the website?

Click on this text for a link directly to the right section of the site. We suggest you have a quick look.

MONDAY NIGHT TRACK

MNT is going strong and is it any wonder with such an amazing backdrop? Come on down and join us for some track work!

R UNDOWN CONTENT

You will have noticed out new look and some new content thanks to the introduction of Bron as a co-editor to help Mike with the Rundown each month.

BUT, we need your help. If you have a story about a run you have done (no matter how big or small), a picture of a Woody out and about in their Woodstock gear, an idea for a new section, anything that you think we could use then please send it on to us at: rundown@woodstockrunners.org.au.

QUICK OPINION PLEASE

We would like to get people involved in adding their opinions and ideas to future editions of the Rundown so we are going to ask a quick question each month and ask you to send us a quick opinion on it. Just a sentence or two, or a whole page if you like!

This month, Do you run the day before a race?

Send your quick responses to: rundown@woodstockrunners.org.au.

runners.org.au. JUNE BIRTHDAYS

| | |
|---------------------|----|
| Tym Blackwell | 1 |
| Bronwyn Hager | 2 |
| Adam Wilczek | 7 |
| Lesley Maher | 8 |
| Gemma Cutting | 11 |
| Kim Cayzer | 11 |
| Michelle Livingston | 13 |
| Michael Anderson | 13 |
| Emma Pryor | 24 |
| Robyn Barnes | 29 |

NEW MEMBERS

Claudia Beyer
Deborah Patterson
Natalie Karl
Alex Fensham
Chris Bown
Lou Harriss
Erin Taylor
Luci Martin
Gwenola Le Lu
Duncan Stenger
Vanessa Daniels
Frances Lordan
Ant Nolan
Sharon Barlow

CITY 2 SURF 2014 TRAINING RUNS

As mentioned in Rundown and in the C2S training Plan, we're offering two opportunities to run the C2S course in lead up to the 2014 event. This is an open invite to any members who for example may not have the course before, or those who are well-acquainted with route, but are trying to hit a goal time! We are unable to exactly simulate what is the largest fun run in the World, as we don't know 70-80,000 odd people, but we can help with our experience of the course and in your preparation!

With it being racing season, planning dates for this do coincide with some races, and am sorry if you have signed up for race on that day and wanted to may be do the trip from the City to Bondi! This is a great opportunity to not only get onto the course, but also how to get to the start and the best way attack the course. So -



- Dates = Sunday 29 June 2014
Sunday 27 July 2014
- Start = 8:00am (you must be ready to go at this time)
- Location = North-Eastern corner of intersection College and Park Streets (Cook & Phillip Park Aqu Cen)
- Finish = Campbell Parade, Bondi
- Distance = 14km
- Course Map = <http://www.city2surf.com.au/course-details/>
You MUST bring a copy of the course map with you.
- Drinkstops = One at approx. 7km (just before HBH – bring labelled drinks bottles), alternatively bring Hydration Pack/Water Bottles to carry
- Bag Drop = YES (The vehicle with bags will leave Start Location at 8:00am)
- Toilets = Likely some public toilets on route. Note pacers won't stop
- Entry = Free!
- At Finish = Your Bag

Breakfast 10:00am - must advise if attending breakfast, so we can book

Anyone can do the run, but for those who may be looking at a specific time, some kind people have volunteered to pace groups for the following times = 60mins, 75mins and 90mins.

The pacing groups will stick to the times.

There will be the opportunity for 15 people to get a lift back (cost \$5) on the Woodies bus, but this is on a first-in, best-dressed opportunity. The bus will leave Bondi and will drop people off at Central Station, then anywhere along Broadway/Parramatta Road, until Ashfield. If you would like to be brought back and that route suits you, first-In, best-dressed. There is no house-drops, unless you live along that route

Notes:

- You run on pavements at all times and respect all road rules as you would on any run.
- Bring halfway drinks (labelled)
- Bring post-race drinks
- Bring Course map (in plastic bag)
- Wear gloves
- Bring Loo Paper

So, all that you need to do if you intend to run, please email through the following –

1. Name – XX
2. Running 29 June 2014 – YES/NO
3. Running 27 July 2014 – YES/NO
4. Pacing Group – YES/NO
5. Pacing Group Time – 60/75/90
6. Bus Spot – YES/NO
7. Breakfast – YES/NO

Email your reply to coaches@woodstockrunners.org.au

If anyone wishes to help with pacing, please send them through.

If you just want to come for breakfast too, you're more than welcome, just email that through so can include you in café booking. The café is likely to be Café Bondi - <http://www.cafebondi.com/>.

Any other questions - coaches@woodstockrunners.org.au

Thanks!

Woodstock Coaches

A MINUTE WITH A MEMBER

Occupation - Maritime Warfare Officer, Royal Australian Navy

Running Age Group - 25-29

How Long Have You Been A Woody - 8 Months

Do You Run On Tues, MNT, TNT or Sat Morning - Tuesday nights mainly, MNT and TNT when motivation hits.

Why Do You Enjoy Running - I enjoying getting out and seeing parts of the country that other people don't necessarily get to see. I enjoy the challenge of a technical or otherwise difficult race. And the competition of course.



Favourite Running Distance - anything over 2.5km

Running Highlight - Not coming last in the Mens Elite Category at this years Easter three Days Orienteering Carnival. Doesn't seem like a highlight but it defiantly is.

Running Lowlight - Over training prior 2010 Australian Orienteering Champs and ending up with Shin Splints.

Last Race - Sydney Metr-O League race #3 at Oatley Park

Funny or Unusual Running Story - In one of the the 2012 Perth Trail Series races I was sitting comfortably in 4th position, far enough behind the lead pack that I wasn't going to catch them and far enough ahead of 5th that I wasn't thinking about him. I finished the race, cooled down, and had something to eat, not thinking to much about the race I had just finished. During the presentations it was announced that the first 3 place getters had taken a wrong turn on the well marked course and would therefore be disqualified. I won a pair of Inov-8 trail runners. It was a good day.

Other Sports/Hobbies - Orienteering, Rogainning, Trail running, Cooking, Gardening

Dinner Partner - Billy Connelly, I imagine he would have some amazing stories to tell.

Ideal Holiday Destination - Either driving around Australia or backpacking in Europe.

The Woodstock Log Book

Update

with Joe Ayoub

Have you ever wondered why it's so important to sign in at each Woodstock run? This is why, the Woodstock Log Book. Prizes are given each year for people with the most km's run with Woodstock, and not just for the top loggers. So make sure you're signing in!

| Position | Name | Events | Distance (km) |
|----------|-------------------|--------|---------------|
| 1 | Wayne SURYAK | 68 | 559 |
| 2 | Greg MARSH | 66 | 545 |
| 3 | Joe AYOUB | 72 | 523.95 |
| 4 | Therese AYOUB | 60 | 445.45 |
| 5 | Nic BAILEY | 52 | 434.95 |
| 6 | Jenny VASSILIOU | 51 | 433.35 |
| 7 | Bronwyn HAGER | 53 | 420.95 |
| 8 | Clive MOONEY | 51 | 406.85 |
| 9 | Mary BOWMAN | 53 | 398.1 |
| 10 | Greg MUIR | 48 | 389.2 |
| 11 | Frank HIDVEGI | 56 | 381.75 |
| 12 | Kathryn BOLITHO | 49 | 356.75 |
| 13 | Ali GUERREIRO | 49 | 345 |
| 14 | Murray CLARKE | 37 | 340.85 |
| 15 | Kerry BRAY | 38 | 339.95 |
| 16 | Vass VASSILIOU | 29 | 298.35 |
| 17 | Diane GREEN | 43 | 298 |
| 18 | Matt BULMAN | 41 | 294 |
| 19 | Kazuaki TAKAHASHI | 34 | 263 |
| 20 | Charissa PATACSIL | 39 | 260 |
| 21 | Patricia DOUGHTY | 34 | 257.5 |
| 22 | Barry COLE | 50 | 250 |
| 23 | Bridget AKERS | 32 | 238 |
| 24 | Rick COLLINS | 33 | 236 |
| 25 | Kate BARNES | 26 | 226.5 |
| 26 | Alice WESTWOOD | 28 | 226.25 |
| 27 | Martin AMY | 35 | 222 |
| 28 | Matt WESTWOOD | 25 | 210.25 |
| 29 | Roy RANKIN | 24 | 199.35 |
| 30 | Maree LUCAS | 33 | 198 |
| 31 | Max MCGOWN | 25 | 197 |
| 32 | Lawrence ULLIO | 27 | 184 |
| 33 | Phil COOTE | 26 | 182.5 |
| 34 | Scott MITCHELMORE | 25 | 181 |
| 35 | Julie JARRETT | 24 | 176 |
| 36 | Alex HILL | 16 | 167.5 |
| 37 | Dot SIEPMANN | 28 | 167 |
| 38 | Joe DEGABRIELE | 21 | 157.35 |
| 39 | Bill ALLEN | 22 | 154 |
| 40 | Louise BROOKS | 25 | 152 |
| 41 | Jeff MORUNGA | 19 | 150 |
| 42 | Maria GUANO | 15 | 149 |
| 43 | Ken MURRAY | 29 | 146 |
| 44 | Melinda BOWMAN | 17 | 134.75 |
| 45 | Robyn BARNES | 20 | 131 |
| 46 | Colin TOWNSEND | 13 | 128.45 |
| 47 | Lorraine SPANTON | 11 | 126 |
| 48 | John PHILLIPS | 20 | 120 |

| Position | Name | Events | Distance (km) |
|----------|---------------------|--------|---------------|
| 48 | John PHILLIPS | 20 | 120 |
| 49 | Ciara FOLEY | 17 | 119 |
| 50 | Tony PURSS | 15 | 118 |
| 51 | Elmarie O'REGAN | 16 | 115 |
| 52 | Jon PATRICK | 15 | 115 |
| 53 | Emma PRYOR | 13 | 115 |
| 54 | James HERBERT | 14 | 114 |
| 55 | David MILLER | 17 | 114 |
| 56 | Gemma CUTTING | 16 | 112 |
| 57 | Graeme TUTT | 16 | 112 |
| 58 | Beverley EDWARDS | 22 | 110 |
| 59 | John DAWLINGS | 20 | 109 |
| 60 | Helene SCARF | 14 | 109 |
| 61 | Teresa WOOD | 16 | 108.5 |
| 62 | Ryan MANSOUR | 18 | 108 |
| 63 | Luana FERRARA | 15 | 107 |
| 64 | Peter O'SULLIVAN | 11 | 104 |
| 65 | Riccardo BENVENUTI | 12 | 103.5 |
| 66 | Jenna CURTIS | 14 | 103 |
| 67 | Tony LLOYD | 12 | 97 |
| 68 | Michael ANDERSON | 16 | 96 |
| 69 | Carina GREGORY | 16 | 95 |
| 70 | Angela HAYNES | 16 | 95 |
| 71 | Angela ROCHE | 12 | 94 |
| 72 | David KINNANE | 9 | 93.1 |
| 73 | Tym BLACKWELL | 14 | 86 |
| 74 | Stephanie PHILIBERT | 11 | 86 |
| 75 | Fiona DAY | 12 | 84 |
| 76 | Mathew VERBERNE | 13 | 83.5 |
| 77 | Paul WHITEWAY | 11 | 83 |
| 78 | John OVENDEN | 14 | 79 |
| 79 | Wesley HARRISON | 13 | 77 |
| 80 | Nick STRYBOSCH | 11 | 77 |
| 81 | Brian NEWTON | 10 | 72 |
| 82 | Kate WALSH | 10 | 71 |
| 83 | Michael SEMARK | 11 | 67 |
| 84 | Larissa TICHON | 8 | 66.1 |
| 85 | Lisa GRANT | 11 | 66 |
| 86 | Robert NORMAN | 10 | 66 |
| 87 | Hal PAWSON | 7 | 63 |
| 88 | Katie BROADFOOT | 10 | 61 |
| 89 | David RUSTON | 10 | 61 |
| 90 | Steven GARAMY | 6 | 57.5 |
| 91 | Martin VU | 8 | 57 |
| 92 | Frances CRANSTON | 9 | 54 |
| 93 | Carson WONG | 6 | 53.35 |
| 94 | Dianne GALEA | 9 | 53 |
| 95 | Cassia FERGUSON | 5 | 51 |



Saturday the 31st of May saw the second installment of the Bay Run Hadicap series for 2014 with a record 31 runners.

Greg Marsh collected his second podium place for the year, taking out the first place honours, and shotting to the top of the series leaderboard at the half way mark. Well done also to Brian Newton and Jenna Curtis who took out second and third place.

Congratulations also to Di Green who took out the fastest female time for the second time running. And let's not forget Wes Harrison who was the fastest male in 25:22 – that's the fastest time we've seen since 2011 and ranks him sixth in the overall Handicap rankings! See where you are in the rankings on our website at www.woodstockrunners.org.au/wood-stock-runners-rankings.

Special thanks to all of the volunteers, especially those who took charge with some very late notice. It is much appreciated. Thanks also to Kev and Maree for oragnising the BBQ.

Handicap number three will be on Saturday the 23rd of August so we'll see you there!

| Name | Points | Margin | Estimate | Actual | Comment |
|-------------------|--------|--------|----------|--------|-----------------|
| Greg MARSH | 31 | -00:55 | 36:00 | 35:05 | 1st |
| Brian NEWTON | 30 | -00:47 | 30:00 | 29:13 | 2nd |
| Jenna CURTIS | 29 | -00:28 | 38:00 | 37:32 | 3rd + pb |
| Clive MOONEY | 28 | -00:26 | 29:45 | 29:19 | pb |
| Ryan MANSOUR | 27 | -00:22 | 29:20 | 28:58 | |
| Natalie KARL | 26 | -00:18 | 35:00 | 34:42 | |
| Peter O'SULLIVAN | 25 | -00:10 | 28:30 | 28:20 | pb |
| Scott MITCHELMORE | 24 | -00:05 | 30:00 | 29:55 | |
| Graeme TUTT | 23 | +00:19 | 37:10 | 37:29 | |
| Wesley HARRISON | 22 | +00:22 | 25:00 | 25:22 | Fastest male! |
| Tym BLACKWELL | 21 | +00:24 | 27:30 | 27:54 | |
| Jon PATRICK | 20 | +00:30 | 39:00 | 39:30 | |
| Max MCGOWN | 19 | +00:33 | 36:30 | 37:03 | |
| Kate WALSH | 17.5 | +00:52 | 39:00 | 39:52 | |
| Helen BEARD | 17.5 | +00:52 | 39:00 | 39:52 | |
| Angela ROCHE | 16 | +00:58 | 40:00 | 40:58 | |
| Erin MARDEN | 15 | +01:06 | 41:00 | 42:06 | |
| Frank HIDVEGI | 14 | +01:11 | 30:15 | 31:26 | pb |
| Diane GREEN | 13 | +01:16 | 31:30 | 32:46 | Fastest female! |
| Matt BULMAN | 12 | +01:22 | 28:00 | 29:22 | |
| Tony PURSS | 11 | +01:31 | 35:00 | 36:31 | |
| Louise BROOKS | 10 | +02:41 | 56:05 | 58:46 | |
| Sharon BARLOW | 10 | -05:58 | 55:00 | 49:02 | DQ |
| Julie JARRETT | 10 | -02:47 | 41:00 | 38:13 | DQ; pb |
| John PHILLIPS | 10 | -02:24 | 56:00 | 53:36 | DQ |
| Emma PRYOR | 10 | -01:46 | 40:00 | 38:14 | DQ |
| Phil COOTE | 10 | -01:37 | 34:00 | 32:23 | DQ |
| Mary BOWMAN | 10 | -01:24 | 46:00 | 44:36 | DQ |
| Nick STRYBOSCH | 10 | -01:23 | 29:00 | 27:37 | DQ |
| Michael SEMARK | 10 | -01:10 | 31:00 | 29:50 | DQ |
| Rick COLLINS | 10 | -01:04 | 37:00 | 35:56 | DQ |
| Kathryn BOLITHO | 10 | | | | Volunteer |
| Ivy COOTE | 10 | | | | Volunteer |
| Ali GUERREIRO | 10 | | | | Volunteer |
| Charissa PATACSIL | 10 | | | | Volunteer |
| Ciara FOLEY | 10 | | | | Volunteer |
| Kevin LUCAS | 10 | | | | Volunteer |
| Angela HAYNES | 10 | | | | Volunteer |

| | Handicap Race 1 | Handicap Race 2 | Series Points |
|---------------------|-----------------|-----------------|---------------|
| Greg MARSH | 28.5 | 31 | 59.5 |
| Jenna CURTIS | 23 | 29 | 52 |
| John PHILLIPS | 30 | 10 | 40 |
| Angela ROCHE | 24 | 16 | 40 |
| Frank HIDVEGI | 25 | 14 | 39 |
| Ryan MANSOUR | 11 | 27 | 38 |
| Charissa PATACSIL | 27 | 10 | 37 |
| Scott MITCHELMORE | 13 | 24 | 37 |
| Diane GREEN | 22 | 13 | 35 |
| Tony PURSS | 21 | 11 | 32 |
| Max MCGOWN | 11 | 19 | 30 |
| Brian NEWTON | | 30 | 30 |
| Mathew VERBERNE | 28.5 | | 28.5 |
| Clive MOONEY | | 28 | 28 |
| Lesley MAHER | 26 | | 26 |
| Natalie KARL | | 26 | 26 |
| Julie JARRETT | 15 | 10 | 25 |
| Peter O'SULLIVAN | | 25 | 25 |
| Mary BOWMAN | 14 | 10 | 24 |
| Matt BULMAN | 11 | 12 | 23 |
| Graeme TUTT | | 23 | 23 |
| Wesley HARRISON | | 22 | 22 |
| Phil COOTE | 11 | 10 | 21 |
| Rick COLLINS | 11 | 10 | 21 |
| Ivy COOTE | 11 | 10 | 21 |
| Ali GUERREIRO | 11 | 10 | 21 |
| Tym BLACKWELL | | 21 | 21 |
| Jon PATRICK | | 20 | 20 |
| Gavin TUNSTALL | 19.5 | | 19.5 |
| David MILLER | 19.5 | | 19.5 |
| Thalia ANTHONY | 18 | | 18 |
| Kate WALSH | | 17.5 | 17.5 |
| Helen BEARD | | 17.5 | 17.5 |
| Jenny GIBSON | 17 | | 17 |
| Wayne SURYAK | 16 | | 16 |
| Erin MARDEN | | 15 | 15 |
| Bridget AKERS | 12 | | 12 |
| Stephanie PHILIBERT | 11 | | 11 |
| Amy LOVEGROVE | 11 | | 11 |
| Michael ANDERSON | 11 | | 11 |
| Paul WHITEWAY | 11 | | 11 |
| Louise TAPSELL | 11 | | 11 |
| Tami ISELI | 11 | | 11 |
| Julia STENTON | 11 | | 11 |
| Kazuaki TAKAHASHI | 11 | | 11 |
| Martin AMY | 11 | | 11 |
| Elmarie O'REGAN | 11 | | 11 |
| Louise BROOKS | | 10 | 10 |
| Sharon BARLOW | | 10 | 10 |
| Emma PRYOR | | 10 | 10 |
| Nick STRYBOSCH | | 10 | 10 |
| Michael SEMARK | | 10 | 10 |
| Kathryn BOLITHO | | 10 | 10 |
| Ciara FOLEY | | 10 | 10 |
| Kevin LUCAS | | 10 | 10 |
| Angela HAYNES | | 10 | 10 |



REHAB LAB

MATT BULMAN

How do you prevent hamstring injury? And is there a best way to return from hamstring injury?

A Woodstock member recently asked about how she could better stretch her hamstrings. Curious to know, I asked, "Why do you want to stretch your hamstrings?"

She said, "I feel tight, I want to prevent injury."

Contrary to common belief, stretching will not prevent injury . And following an injury to the hamstrings, all types of stretching seem to be less effective than other treatments at rehabilitating the muscle. How much less effective? A researcher performing very high quality studies on hamstring injuries in runners, Carl Askling, has recently published an excellent article comparing rehabilitation protocols within athletes returning to sport. Acute hamstring injuries in Swedish elite sprinters and jumpers: a prospective randomised controlled clinical trial comparing two rehabilitation protocols. In this study, they found athletes who performed a series of lengthening "eccentric" exercises returned to sport more quickly than those who performed other stretch and traditional strengthening exercises. On average, those who performed the eccentric exercises returned to sport at 49 days post injury; Those who performed a traditional routine including stretching returned at 89 days. The traditional group also had higher rates of recurrence.

While there are some differences between this group of sprinters and your average road runner, the same trends were found in other athletes. A group of soccer players were also studied : those athletes who performed eccentric exercises returned more quickly than did those who performed concentric exercises. In the soccer player group, the eccentric exercise group returned to sport on average in 23 days; the concentric group on average in 46 days. Again, the concentric group had a higher rate of recurrence.

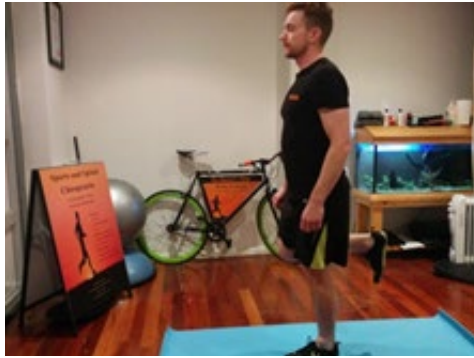
And researchers have known for years that eccentric exercises can decrease injury rates in certain certain athletes. What does this mean to your average Woody?

- 1) Certain exercises are better than others when returning from a hamstring injury
- 2) Some exercises may be preventative for hamstring injuries in runners
- 3) It's not a bad idea to incorporate these into your exercise routine



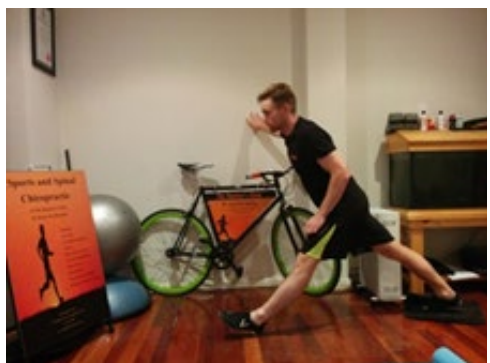
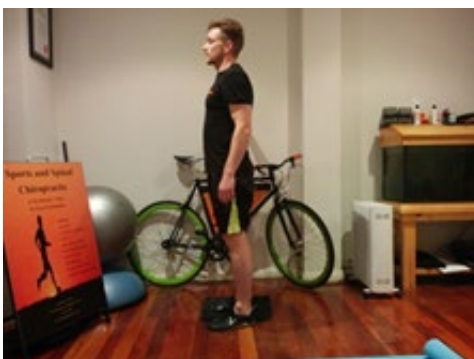
The Extender:

3 sets of 12 repetitions 2x daily. With the hip at 90 degrees, slowly extend the leg to a point just short of pain.



The Diver:

3 sets of 6 repetitions, perform every other day. Should be performed slowly. Hinge through the hip.



The Glider: 3 sets of 4 repetitions, every 3rd day. With a frictionless mat on a floor, load 80 percent of your weight on the injured leg, and glide the uninjured leg backward. You are placing the strain through the injured hamstring. Progress is made by extending the uninjured leg more quickly and a greater distance.

Matt Bulman is a sports chiropractor with a special interest in running biomechanics, rehabilitation and injury prevention. He works out of a practice in the Inner West, and regularly attends Woodstock's TNT. www.therunnersclinic.com.au



The ultra adventures of Woodsy & Di - Narrabeen All Nighter, 6 Foot Track and The North Face 50

"It's not the mountain we conquer but ourselves"- Edmund Hilary

The story of Woodsy and I started when we volunteered to support Miles for the North Face 100 last year. At the time I was fascinated with the event. To me, there was no greater pinnacle or achievement in running than doing a 100km in such an extreme environment. I thought, and still believe, that it is the ultimate physical and mental challenge.

We were at the 86 km mark and standing by for Miles' arrival. It was dark and absolutely freezing. We had been on support duty from early morning, and both Woodsy and I were battling fatigue, despite the fact neither of us were running. We could barely see the head torches of runners bobbling their way through darkness. At that point I remember thinking this run is ridiculous, promise yourself you'll never enter the North Face 100. I really meant it too. I remember someone from the club saying "I bet you'll do that next year" and saying I wouldn't. Woodsy felt the same, it wasn't for us.

Fast forward 6 months and I'd completed my first ultra – the 60 km Carcour Cup. Woodsy and I were chatting on the phone just after, and the conversation went something like this:

W: North Face 50 Di?

D: Nah we're doing the 100 Woodsy

W: 100?!?!

D: Yep, we are

W: Okay then

We finished the chat with a laugh and that was it. Within a few weeks we'd entered Narrabeen All Nighter, 6 Foot Track and the North Face 100. Let the journey begin.

Narrabeen All Nighter

12 hours of running, fatigue, laughing, being silly, having fun, Big Mac meals thanks to Joe & Therese at midnight, Woodsy vomiting from Big mac, rain, cramping, a very sweet finishing line supported by J & T who had been there all night, and Chaia and Matty who came in the morning. It was a proud effort notching up 80 km, but we were both very sore.

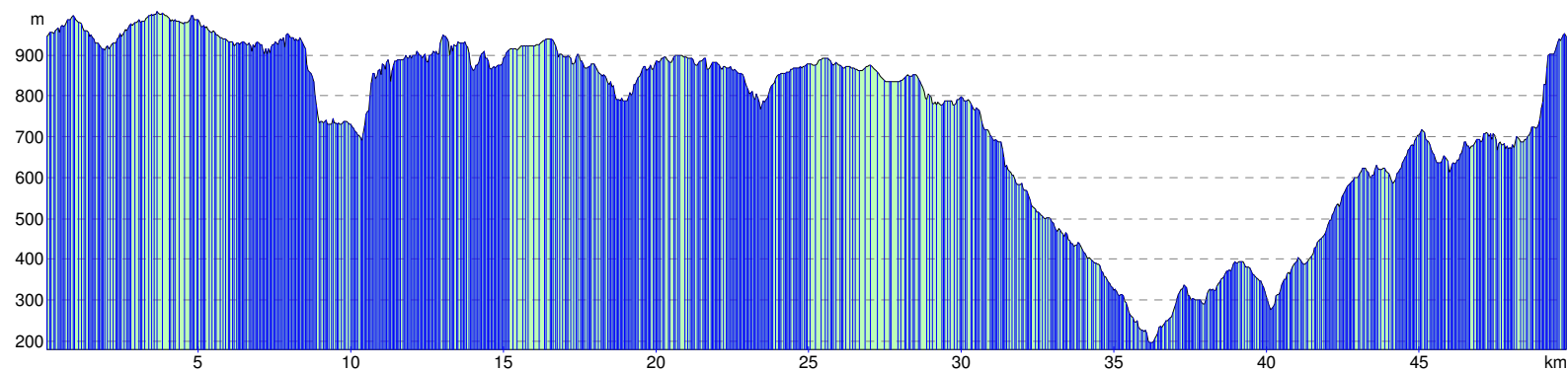
6 Foot Track

Testing, grueling, pesky pacers, massive hills, more hills, a leech on my arse the night before, a leech that almost jumped on my arse on the day (stop laughing)! A big snake that blocked my path, fatigue, no gels left at aid stations, a finishing line that was bitter sweet. Finishing that run without Woodsy by my side was harder than any hill or snake. She willed me to go ahead in an unselfish manner and cheered me across the line. A testament to her character, and I knew she would come back stronger.

We both went into 6 Foot Track under prepared because of work and injuries. We backed ourselves, but knew we weren't where we should be and the North Face 100 was only 6 weeks away.

"Life is not an mp3 where you can play what you want but life is a radio where you have to enjoy what's being played." –Zayn Malik

The North Face 50



Immediately after crossing the finish line at 6 ft track we discussed the North Face and both agreed that attempting the 100 km wasn't a good idea. We decided to do the best we could in the 50km. We backed ourselves, and importantly we had proven that we worked well as a team. We were definitely disappointed, but knew it was the right decision.

Race morning: The start and finish this year was at Scenic World. It was a new course for both the 100 and 50km runners. We arrived early enough to see the 100 km runners leave. It was a beautiful morning and our adrenaline was pumping. It was exciting and yet scary. Ready set go, off we went, on an adventure we'd been waiting for but didn't know what to expect.

Running is real and relatively simple...but it ain't easy." —Mark Will-Weber

What we carried in our race vests:

- Thermal long sleeve top
- Wet weather jacket
- Head torch
- Compass
- Phone
- Maps
- Whistle
- Space blanket
- 2 x bars
- 3 litres of water
- Chocolate
- 10 gels
- Jellybeans
- Cookie
- Banana
- Hydralite tablets



Highlights from the start to 28 km mark: The multiple views from Cliff Drive, the cliff top walk to Echo Point, the Giant Stairway, Dardanelles Pass, Leura Forest, Amphitheatre Track, Bridal Veil Falls, Leura Cascades, lookouts along Prince Henry cliff walk, the Pool of Siloam, Golf Links lookout, Lilians Glen and Wentworth Falls. The biggest highlight was seeing Joe & Therese!

Interesting facts: There are only 3 aid stations on North Face 50. A normal half or full road run will have water every 3-4 km. Due to the environment this is impossible. Out of the three stations there is only one aid station at 28 km that has more than just water. We were greeted by Joe and Therese at that aid station. We took our time as it was the only opportunity to eat something substantial. We feasted on 2 minute noodles, indulged on my favourite endurance treat – coke, and stocked up on gels, cookies and a banana.

Obstacles: I slightly rolled my ankle at the 10 km mark, was tender for the run but some heavy duty strapping got me through. Woodsy had a decent fall and grazed her legs, but in true Woodsy fashion, she dusted herself off and got on with the job. I slid down a small hill and had a guy fall behind me with his walking sticks in my back.

My lowest point was around the 32 km mark, and lasted for a good 10 km. We both put our headphones in to try and distract ourselves a little. By the 40 km mark everything hurt. We started slogging up hills again, but knew we had done most of the work and just had to be patient from this point in. 10 km doesn't sound far, but in that environment it is. I felt deflated but determined.

"Run when you can, walk if you have to, crawl if you must; just never give up." —Dean Karnazes

Highlights from 28km - 50km: Kedumba Pass and the views to Mt Solitary and The Three Sisters, the old sewerage treatment works site, Federal Pass walking track with rainforest and waterfalls, the spectacular views of the cliffs from many locations on Furber Steps and finishing The North Face 50. Therese and Joe met us at the finish with their smiles. I can't thank these guys enough for their support.

The final stretch: We climbed from the 41 km mark and started to trek towards the finish. Our last kilometre took us up 933 stairs and 200 meters of elevation. It was hell, but strangely I felt good. It's amazing how different you can feel when you sense the finish. Climbing up those stairs we could hear the MC at the top of the cliff and excitement mounted. Woodsy and I had decided we would cross the line together. We started the journey together and we would finish it together.

During that last climb, I looked behind at Woodsy and was thankful to have shared it with her. She has tremendous strength, resilience, courage, has a great sense of humour and was the perfect partner to have experienced this journey with.

"When people ask me why I run, I tell them, there's not really a reason, it's just the adrenalin when you start, and the feeling when you cross that finish line, and know that you are a winner no matter what place you got." — Courtney Parsons



As we emerged from that cliff top just before darkness and in a mammoth time of 9:43, we saw the finish line. People were cheering us in, and I can't describe the happiness I felt. Something clicked with Woodsy and she started to sprint home. I followed, and the crowd responded with extra big cheers. We raised our arms and crossed the finish line together with an extreme feeling of 'we did it'!!!

I finished the run with a feeling of immense pride. Only 4 years ago I could barely run the bay, and now I had done one of the toughest trail runs. I'd proven I could do anything if I wanted too, and that feeling extends to my everyday life. Nothing is impossible; you just have to want it.

We celebrated the day by going out to a beer and pizza bar. Ironically it was the same place we went to after 6 Foot Track, only this time we both had something to celebrate. Thank you to all of you that have followed our little adventure and been so supportive and encouraging. An extra special thank you to Joe Joe and Therese, no words can describe how thankful I am to you both.

There's only one thing left to do now.....

The North Face 100.



TEAMS WITH FRANK



Hi all

Teams have been set up for the following events,

The Bayrun

www.bayrun.com.au



Teams for Gold Coast Airport Marathon have been set up

<http://goldcoastmarathon.com.au/>



Teams for C2S have also been set up

<http://www.city2surf.com.au/>



Sydney Running Festival

<http://www.sydneyrunningfestival.com.au/>



teamscoordinator@woodstockrunners.org.au

If you have any problems entering in teams events for any of the events above please don't hesitate to ask.

Keep on running !!

WOODIES UNIFORMS



Our standard
uniform range includes:
Woodstock 2XU tech running singlets
Woodstock t-shirt and long sleeved tech shirts
Woodstock caps
Email Chaia to order your gear

Style and Pricing

3/4 compression leggings – \$90
Full compression leggings – \$95
Compression shorts – \$60
Arm warmers – \$50
Calf guards without stir-up – \$50

Please send your size and style
with your order to Chaia when
ordering
<http://www.2xu.com.au/sizeguide>



| Men's Sizing Chart Measurements in CM | | | | | | | |
|--|-------|-------|-------|--------|---------|---------|---------|
| Sizes | 2XS | XS | S | M | L | XL | 2XL |
| Chest | 75-78 | 79-85 | 86-94 | 95-102 | 103-109 | 110-120 | 120-127 |
| Waist | 57-62 | 63-70 | 71-79 | 80-86 | 87-97 | 98-107 | 107-115 |

| Women's Sizing Chart Measurements in cm | | | | | | | |
|--|-------|-------|-------|--------|---------|---------|---------|
| Sizes | 2XS | XS | S | M | L | XL | 2XL |
| Chest | 70-76 | 76-81 | 81-86 | 87-93 | 94-99 | 100-106 | 106-110 |
| Waist | 50-56 | 56-61 | 61-66 | 67-72 | 73-79 | 80-86 | 87-92 |
| Hip | 81-86 | 86-91 | 91-86 | 96-101 | 101-106 | 106-112 | 113-117 |

We are considering seasonal items, depending on the minimum
order required by the supplier and the costs, keep your
eyes on the Rundow and Facebook

Email your orders, name, option, gender, size and quantity to:
uniforms@woodstockrunners.org.au or call/message at 0434 672 273

Snaparazzi:

*Pics of
Woodstock Runners
out and about*



Send your pics of our Woodies in their Woodstock gear to rundown@woodstockrunners.org.au



RESULTS

MONTHLY DATABASE RESULTS

5km PARK RUN - PARRAMATTA (NSW) on 2014-05-24

| Name | Estimate | Pace/km | PB |
|-----------------|----------|---------|-----------|
| Wesley HARRISON | | 17:23 | 03:29 |
| 2nd overall | | | |
| Clive MOONEY | | 20:24 | 04:05 |
| Lisa LINSSEN | | 24:18 | 04:52F7th |
| Angela HAYNES | | 32:26 | 06:29 |

5km PARK RUN - ST PETERS (NSW) on 2014-05-24

| Name | Estimate | Pace/km | PB |
|----------------|----------|---------|-------|
| Alice WESTWOOD | | 22:01 | 04:24 |
| F4th | | | |
| Graeme TUTT | | 25:25 | 05:05 |

5km PARK RUN - PENRITH LAKES (NSW)

| Name | Estimate | Pace/km | PB |
|----------------|----------|---------|-------------|
| Brendan DAVIES | | 16:48 | 03:221st |
| Nic BAILEY | | 17:42 | 03:324th |
| Bronwyn HAGER | | 18:37 | 03:43F1st / |
| 8th overall | | | |

5km SYDNEY MARATHON CLINIC on 2014-05-25

| Name | Estimate | Pace/km | PB |
|---------------|----------|---------|-------|
| Gwenola LE LU | | 21:16 | 04:15 |
| Dot SIEPMANN | | 33:10 | 06:38 |

5km ROCKDALE FUN RUN on 2014-05-25

| Name | Estimate | Pace/km | PB |
|----------------|----------|---------|-------|
| Carina GREGORY | | 26:29 | 05:18 |

10km SYDNEY MARATHON CLINIC on 2014-05-25

| Name | Estimate | Pace/km | PB |
|------------------|----------|---------|-------|
| Peter O'SULLIVAN | | 41:34 | 04:09 |

21.1km SYDNEY MARATHON CLINIC on 2014-05-25

| Name | Estimate | Pace/km | PB |
|----------------|----------|---------|-----------|
| Brendan DAVIES | | 1:14:06 | 03:311st |
| Nic BAILEY | | 1:19:03 | 03:45 |
| Bronwyn HAGER | | 1:25:43 | 04:04 1st |
| David MILLER | | 2:24:42 | 06:51 |

4km ANSW CC RELAYS / MIRANDA on 2014-05-31

| Name | Estimate | Pace/km | PB |
|--------------|----------|---------|-------|
| Dot SIEPMANN | | 30:24 | 07:36 |

5km PARK RUN - PARRAMATTA (NSW)

| Name | Estimate | Pace/km | PB |
|--------------|----------|---------|-------|
| David MILLER | 28:30 | 28:27 | 05:41 |
| Lisa LINSSEN | | 38:20 | 07:40 |

5km PARK RUN - ST PETERS (NSW) on 2014-05-31

| Name | Estimate | Pace/km | PB |
|---------------|----------|------------|----|
| Bronwyn HAGER | 18:36 | 03:43F 1st | |
| Nic BAILEY | 19:57 | 03:59 | |

5km PARK RUN - ISLE OF WIGHT (UK)

| Name | Estimate | Pace/km | PB |
|------------|----------|---------|----------|
| Martin AMY | | 18:41 | 03:442nd |

5km PARK RUN - GUNGAHLIN (ACT) on 2014-05-31

| Name | Estimate | Pace/km | PB |
|----------------|----------|---------|-----------|
| Matt WESTWOOD | | 20:10 | 04:02 8th |
| Alice WESTWOOD | | 21:13 | 04:15 |

3km HEART OF THE LAKE on 2014-06-01

| Name | Estimate | Pace/km | PB |
|---------------|----------|---------|-------|
| Angela HAYNES | | 19:42 | 06:34 |
| Dot SIEPMANN | | 20:28 | 06:49 |
| Eddie MCLEAN | | 31:11 | 10:24 |
| Derek WHITE | | 1:17:38 | 25:53 |

9.5km MS FUN RUN on 2014-06-01

| Name | Estimate | Pace/km | PB |
|----------------|----------|---------|-------|
| Chris ROBINSON | | 47:48 | 05:02 |

10km HEART OF THE LAKE on 2014-06-01

| Name | Estimate | Pace/km | PB |
|------------------|----------|---------|-------|
| Bronwyn HAGER | | 39:37 | 03:58 |
| Peter O'SULLIVAN | | 40:58 | 04:06 |
| Clive MOONEY | | 42:34 | 04:15 |
| Kerry BRAY | | 58:47 | 05:53 |
| David MILLER | | 1:00:34 | 06:03 |

16km GREAT NOSH FOOTRACE on 2014-06-01

| Name | Estimate | Pace/km | PB |
|---------------|----------|---------|-------|
| Anthony NOLAN | | 1:20:30 | 05:17 |
| Greg MARSH | | 2:06:46 | 08:19 |

21.1km CHRISTCHURCH AIRPORT MARATHON

| Name | Estimate | Pace/km | PB |
|-----------|----------|---------|----|
| Peta BRAY | 2:10:56 | 06:12 | |

PARK RUN - PARRAMATTA (NSW) on 2014-06-07

| Name | Estimate | Pace/km | PB |
|--------------|----------|---------|-------|
| Nic BAILEY | | 18:03 | 03:37 |
| Clive MOONEY | | 20:06 | 04:01 |
| Lisa LINSSEN | | 24:20 | 04:52 |
| Dot SIEPMANN | | 31:00 | 06:12 |

5km PARK RUN - CAMPBELTOWN (NSW)

| Name | Estimate | Pace/km | PB |
|---------------|----------|---------|-------|
| Bronwyn HAGER | | 18:20 | 03:40 |

PARK RUN - ST PETERS (NSW) on 2014-06-07

| Name | Estimate | Pace/km | PB |
|------------------|----------|---------|-------|
| Peter O'SULLIVAN | | 19:32 | 03:54 |
| Matt BULMAN | | 20:24 | 04:05 |
| Carina GREGORY | | 27:57 | 05:35 |
| Kerry BRAY | | 28:31 | 05:42 |
| Louise BROOKS | | 39:25 | 07:53 |

5km PARK RUN - MAITLAND (NSW) on 2014-06-07

| Name | Estimate | Pace/km | PB |
|----------------|----------|---------|-------|
| Matt WESTWOOD | | 20:02 | 04:00 |
| Alice WESTWOOD | | 22:01 | 04:24 |

21.1km FONTANA DAYS HALF MARATHON

| Name | Estimate | Pace/km | PB |
|------------|----------|---------|-------|
| Kim CAYZER | | 1:34:25 | 04:28 |

4km SRI CHINMOY / CENTENNIAL

| Name | Estimate | Pace/km | PB |
|---------------|----------|---------|-------|
| Peta BRAY | | 22:51 | 05:43 |
| Angela HAYNES | | 27:18 | 06:50 |

7km SRI CHINMOY / CENTENNIAL PARK

| Name | Estimate | Pace/km | PB |
|-------------------|----------|---------|-------|
| Peter O'SULLIVAN | | 28:47 | 04:07 |
| Scott MITCHELMORE | | 29:03 | 04:09 |
| Steven GARMY | | 40:23 | 05:46 |
| Kerry BRAY | | 41:07 | 05:52 |

21.1km SRI CHINMOY / CENTENNIAL PARK

| Name | Estimate | Pace/km | PB |
|-----------------|----------|---------|-------|
| Danny BURGESS | | 1:18:49 | 03:44 |
| Wesley HARRISON | | 1:20:03 | 03:48 |
| Tym BLACKWELL | | 1:33:44 | 04:27 |
| Ryan MANSOUR | | 1:35:01 | 04:30 |
| Frank HIDVEGI | | 1:50:49 | 05:15 |
| Greg MARSH | | 1:52:25 | 05:20 |

42.195km CAIRNS IRONMAN TRIATHLON

| Name | Estimate | Result | Pace/km | PB |
|---|----------|---------|---------|----|
| Alex HILL | | 4:17:34 | 06:06 | |
| 3.8km swim in 1:19:56 180km cycle in 6:25:33 and 42.2km run in 4:17:34 (+14:23 for transitions) | | | | |

5km PARK RUN - PARRAMATTA (NSW)

| Name | Estimate | Result | Pace/km | PB |
|-----------------|----------|--------|---------|----|
| Wesley HARRISON | | 16:59 | 03:24 | |

5km PARK RUN - ST PETERS (NSW) on 2014-06-14

| Name | Estimate | Result | Pace/km | PB |
|----------------|----------|--------|---------|----|
| Alice WESTWOOD | | 21:38 | 04:20 | |

**A shout out to Dot - We missed
her galant effort from
the Sydney 10
She came in 2nd in her age group
and was give the 1stANSW medal
on the day.
Congrats Dot!!**