

**The**

**August 2012**

# **WOODSTOCK RUNDOWN**

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

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

Results / Contributions to: [rundown@woodstockrunners.org.au](mailto:rundown@woodstockrunners.org.au)

Postal Address: **PO Box 672, BURWOOD NSW 1805**

**Find and follow us on FACEBOOK**



## **The Rundown on Members: Kerry Bray**

Our Club was saddened by the death last week of Lloyd Laing, aged 87. Lloyd joined Woodstock Runners 25 years ago and has flown our colours brilliantly over the years. He was a fantastic runner over distances from 5k to the Half Marathon; won many awards and held numerous State and Australian records. Lloyd was a dedicated carer of his wife, Beryl, as she became ill and lost a great friend on her death. His funeral notice stated "Lloyd has run his last race".

Handicap thanks are in order to Martin, Tym, Mark and the BBQ team of Maree, Kevin, Tristan and Tami and congrats to Colin, Kazu and Kerry who took out the placings, along with those running PBs. Many thanks also to Frank who has taken over the reins for TNT while Marty is away. We all appreciate Angela's efforts in organising the hoodies order (or should we say Whoodies order).

Our President, Marty, is currently running around the UK in his Woodstock singlet, at the Park Runs, not the Olympics. Elmarie is holidaying in Ireland. Jon Patrick has recently retired, though is as busy as ever. I caught up with Maureen Gazal 3 weeks ago. She and Greg live in Coolangatta. Jean Foulser has a broken wrist which hampers her somewhat. She still, however, manages to visit Len frequently in the nursing home where he has been now for 3½ years.

Congratulations to all who have contested the various runs in and around Sydney, especially all who have achieved PBs. There are plenty more events on the calendar over the next few months. Most will be published in this Rundown. Good luck to everyone who has a go.

Sydney's great attraction, the 42<sup>nd</sup> City2Surf, is just over a week away and Woodstock Runners will be well represented among the 85,000+ field. Don't forget the meeting place at the finish, followed by a get together in the park. The Woodies trip to Mudjee is fast approaching and we thank Sandra for organising the trip, while she is training for the Marathon there. We wish you the very best, Sandra, along with everyone who is contesting the various events.

Until next month, happy running and walking. Kerry

## **BIRTHDAY Wishes: August:**

4<sup>th</sup> Julia Stenton, 5<sup>th</sup> Tony Burbidge, 7<sup>th</sup> Teresa Wood, 15<sup>th</sup> Eddie McLean, 21<sup>st</sup> Scott Mitchelmore and Charissa Patacsil, 23<sup>rd</sup> Jon Patrick, 24<sup>th</sup> Mary Sherman, 29<sup>th</sup> Stephen Briant and Mark Rodgers, 30<sup>th</sup> Greg Muir 30

**NEW MEMBERS:** Zaklina Civijovski, Carson & Siobian, Joe Degabriele, Scott Mitchelmore, Marta Purinan

## **A note from your Editor:**

Hello Woodies, we have had this note from Robyn Briscoe which I wanted to share with you all.  
*"I've just read the Woodstock Newsletter. I was very moved to see that they have named a trophy after Steve. Please pass on my thanks. It is a wonderful gesture. Steve will be smiling."*

Another action packed edition for you, there has been so much activity in the club recently and thank you to everyone for your contributions, massive thanks to Brendan for the C2S teams. I look forward to seeing everyone at the birthday party where I hope to be celebrating a good PB for the Mudjee marathon, as long as I don't end up on a drip at the end of this one it will be a result, I suspect frost bite is a bigger issue than dehydration in Mudjee: Happy Reading, Sandra

## Woodstock Birthday Party – 32 years young - Saturday August 25th

**WHEN:** 5pm Saturday August 25<sup>th</sup>

**WHERE:** Tigers Club Five Dock, Barnstaple Road Five Dock

**THEME:** Its fancy dress time, let's get creative people (now is when you raid the kids play box for stuff that will fit you). Come dressed in something sponsored by the letters W or R.

**HOW MUCH:** Adults \$35, Children \$15 (covers your meal)

Pay online: <https://www.registernow.com.au/secure/Register.aspx?ID=6902>

QUERIES TO MAREE LUCAS or anyone on your committee

## The Runners HI (You know HI as in high and the acronym for the state Hawaii...) Kim Cayzer



I have been living in Honolulu now for 6 months (with another 2.5 years to go) with my Navy husband and two small children (2 and 4 year old). At the moment my life consists of putting out fires started by my children and running. The stories about my children's adventures and mishaps are very entertaining but apparently this is the **RUN**down.

Quite a lot of you have heard me harp on about how amazing it is to run in Hawaii but in case you didn't hear – running in Hawaii is AMAZING! What makes it amazing you ask? Here are a few reasons:

- the plethora of available races in all distances and on all surfaces imaginable  
there is an event pretty much every weekend to choose from
- incredibly supportive running ohana (ohana = family and family is serious business here)
- all runners regardless of age and ability are celebrated
- cheap events with tons of free stuff (Fairfax could learn a thing or two)
- the beautiful scenery
- I have managed to podium in an event or two
- there are 3 stores in Honolulu dedicated to running gear (not to mention the bike and tri stores)
- awesome race bling
- I have made some wonderful friends from chatting on the start line
- CHEAP running gear



hill! Diamond Head in Waikiki,  
most races use part of Diamond

But let's ignore the fact that it's freakin hot, hilly and windy though shall we! I head out for a run three times a week when the kids are in preschool and my runs vary from speed/interval sessions, tempo, hills and long. My location in Honolulu dictates that I have no choice but to run in the heat and blazing sun, up hills and into head winds. That's gotta be good for me, right? There are plenty of running clubs to choose from but as yet I haven't joined any. Consider it my loyalty to Woodstock ☺. I also manage two strength based sessions a week on the sand with a club called SOHI Fitness. The kids get to run around at the beach while I sweat my %&#\$ off. Have I mentioned how hot it is? I have discovered the joys of electrolyte replacement and I am now the master in preventing chaffing.



TRX training at Ala  
Moana Beach Park.

Some of the more memorable races include the Hapalua (that's Hawaiian for half) half marathon in March with 40+mph winds. My feet were getting blown out from under me. Or the 'pram friendly' 5km race on a ranch where they filmed movies like Jurassic park and where I had to negotiate boulders and 5 cattle grids in 2.5km with a double pram. The 3:30am get up to join 20,000+ others in bus queues to run the Great Aloha Run (Honolulu's answer to the City2Surf). Running in a sea of hot pink during Women's only 10km and half marathon races. Chasing runners dressed in Banana costumes on segways in a 5km race. Winning free touristy things and a cool t-shirt (it's no TV but I'll

take it). Most recently running in Kona on the big island amongst lava rock and meeting another Kym Kaiser – we both placed 1<sup>st</sup> in our age groups and caused some confusion. I have managed to place in the top 3 overall females and in my age group a few times. I won't bore you with the details but you can check out my results for yourselves. I'm not fast by any means (although I am getting faster) but it's nice to get awards for all the hard work I've been putting in. They have very unique awards here too. So far I have collected an engraved pint glass, engraved metal drink bottle and a hand painted plaque. I have my eye on a wooden tiki statue and shot glasses ☺

Other than the differing climate and terrain conditions there have been a few other issues on my learning curve. I have had to learn the lingo to understand race directions. Ma'kai = oceanside and mauka = mountainside. I have to remind myself constantly to stick to the right during out and back races. 'Awesome' is the only adjective that is used to describe a fun race, a good time and to give encouragement to someone. I am now a pro at converting miles to kilometres for distance, speed and pace. It gives me something to do during longer races.

I have a few more events planned for the rest of the year. My first trail half marathon with the XTerra World Championships, a 5km where you get paint bombs thrown at you and the Honolulu Marathon in December. So have I inspired you to come and visit Hawaii? We have a spare room with Woodstock's name on it! What about a Woodstock tour????? I can get you cheap local rates!

Check out <http://www.runningroomhawaii.com/> if you want more details on race dates if you are considering planning a holiday. Feel free to stalk me on facebook <https://www.facebook.com/kimberlee.cayzer> if you want to ask me anything, keep up with my running adventures or just laugh at my crazy children.

Keep posting your race results on facebook. I draw inspiration from you all and I wish I was back in Sydney to enjoy the Woodstock camaraderie. Well kind of – I don't really want to leave Hawaii just yet. Can't you all just come here?

29 Jan 12	10km Sharon's ride, run, walk	50:12 3 <sup>rd</sup> F 30-34 PB
5 Feb 12	5km Try Fitness Women's	23.34 3 <sup>rd</sup> F O/A
20 Feb 12	13.11km Great Aloha Run	1:07:13 PB
04 Mar 12	10km Hawaii Pacific Health Women's	52:28
11 Mar 12	½ Mara Hapalua Honolulu	1:53:13
01 April 12	½ Mara Wahine Women Only	1:49:03
14 April 12	5km Kalaheo	23:15 3 <sup>rd</sup> F O/A
21 Apr 12	5km Ka'a'awa Valley	No time
29 Apr 12	5km Honolulu kids	23:13 1 <sup>st</sup> F 30-34
05 May 12	5k Jamba Juice Banana Man	22:40 PB
27 May 12	½ Mara Hibiscus	1:44:41
24 Jun 12	½ Mara Kona	1:42:12 1 <sup>st</sup> F 30-34 PB
04 July 12	10k Freedom Run	48:25 1 <sup>st</sup> F 30-34
15 July 12	8k Coconut Chase	37:53 3 <sup>rd</sup> F 30-39

Aloha Kim Cayzer



Try Fitness Womens 5k 3rd O/A; Honolulu Kids 5km, Honolulu Kids 5km 1<sup>st</sup> 30-34; Hibiscus Half Marathon, Ka'a'awa valley not so pram friendly 5km; Freedom 10k Run 1<sup>st</sup> 30-34

**Editors Note: Kim I think you should prepare for more than one Woodie turning up on your doorstep!**



## Members Profile – Debbie Rutherford

**What is your occupation?** Project Coordinator at UNSW

**Running age group?** 40-49

**Do you have family?** Had a husband for 10yrs, but got rid of him a few months ago. So at the moment my cat, Eleanor, is my family ☺

**How long have you been a Woody?** About a year.

**Why do you enjoy running?** I love the sense of accomplishment of completing a run, but I actually don't like running while I'm doing it.



**What is your favourite running distance, course, event and why?** 10km is my favorite distance, it's still a big challenge for me but I'm fit enough to push myself through to the finish. I particularly enjoy the Sri Chinmoy Centennial park course which goes off into the trails, and because of the free pancakes!

**What has been your running highlights?** Completing my first 10km fun run at the Olympic Park stadium was a massive highlight. More recently, the Nike She Runs had me on a runners high for 2 weeks afterwards.

**Any lowlights (injury etc)?** Coming last in the Mudgee fun run last year, every step of that run felt like an epic and I did not enjoy it at all. I'm looking forward to the Woodies road trip this year to settle some scores with that run!

**What was the last race you went in and how did you go?** Maclay River 10km. Loved it and got a PB that day. I especially enjoyed the camaraderie of the Woodies crew all weekend, you guys rock!

**Anything funny/unusual ever happened to you while you have been out running?** There has probably been several funny things that have happened, but I'm usually so focused on how much pain I'm in from running that I hadn't noticed them!

**What other sports/hobbies are you involved in?** At the moment just running and boxing circuits. Have been involved in lots of other sports over the years - canyoning, cycling, mountain biking, trekking, swimming, golf, gym etc. Have way too many hobbies to list.

**Favourite food/beverage?** Anything with chocolate in it.

**If you could have dinner with anyone who would it be and why?** I have traveled extensively over the years and so many great friends who live in different countries. I'd love to have dinner with all of them again.

**Where would your ideal holiday be?** Anywhere that has a mixture of beautiful scenery, culture, shopping, plenty of active options and relaxing. Nepal covered all of those and I was fortunate enough to go there last year.

**Interesting things we may not know about you?** I was addicted to rock climbing for over 10yrs, climbed most weekends and spent a few years traveling the world to climbing destinations. I put it on the back burner because I got hooked on trying to pretend to like running and I can't multi-task.

**What's your current running goal?** I'm being nagged to try a half marathon...not committed yet, but slowly being worn down. Maybe the Hidden Half in Sept...watch this space.

**Editors Note:** *Debbie has been clocking up some impressive long training runs and the half marathon will be happening – well done mate.*

# Woodstock Runners and Walkers

## City 2 Surf 2012 – Official Teams

<b>Woodstock Men Open</b>	<b>Woodstock Veterans - Men 40-49</b>	<b>Woodstock Veterans - Men 50+</b>
Nick Marshall	Frank Hidvegi	Rick Collins
Evan Palkias	Scott Murray	John Dawlings
Tym Blackwell	David Miller	Paul Whiteway
Michael Anderson	Alan Wigg	Joseph Ayoub
Nils Herold	Tony Purss	
	Murray Clarke	
<b>Woodstock Women Open</b>	<b>Woodstock Veterans - Women 40-49</b>	<b>Woodstock Veterans - Women 50+</b>
Angela Haynes	Peta Bray	Kerry Bray
Mary Sherman	Kathryn Bolitho	Maree Lucas
Rebecca Bangura	Teresa Wood	Therese Mary Ayoub
Bridget Akers		Dorothy Siepmann
Lisa Llinssen		
Emma Pryor		
Sarah Waladan		
	<b>Rules</b>	
<b>Woodstock Mixed Open</b>	<ul style="list-style-type: none"> <li>• Top three times from each category are added up to make a combined time.</li> <li>• <b>Gun times are used (C2S rules, not ours), so get there early for a good position in your respective group!</b></li> </ul>	
Charissa Patacsil		
Michael Cantley		
Brendan Davies		

City2Surf usually award trophies to category winners and medals to placegetters (to each member), however, this does change from year to year. Last year only one trophy was awarded to our winning mixed team, not to each member. But there is a new race director this year so you never know!

# Woodstock Runners and Walkers

## City 2 Surf 2012 – Internal Teams

Team 1		Est. Time
Brendan	Davies	0:49:00
Kath	Whiteway	2:10:00
Sarah	Waladan	1:09:00
	<b>Total</b>	<b>4:08:00</b>
Team 2		Est. Time
Mick	Cantley	0:52:00
Therese	Ayoub	1:55:00
Mark	Mercieca	1:10:00
	<b>Total</b>	<b>3:57:00</b>
Team 3		Est. Time
Kazu	Takahashi	0:56:00
Joseph	Ayoub	1:55:00
Murray	Clarke	1:11:00
	<b>Total</b>	<b>4:02:00</b>
Team 4		Est. Time
Tym	Blackwell	0:56:00
Mary	Sherman	1:35:00
Paul	Whiteway	1:11:00
	<b>Total</b>	<b>3:42:00</b>
Team 5		Est. Time
Miles	Pullen	0:58:33
Emma	Pryor	1:25:00
Rick	Collins	1:14:59
	<b>Total</b>	<b>3:38:32</b>
Team 6		Est. Time
John	Dawlins	1:00:00
Kerry	Bray	1:24:00
Rebecca	Bangura	1:15:00
	<b>Total</b>	<b>3:39:00</b>
Team 7		Est. Time
Anita	Doig	1:04:00
Angela	Haynes	1:23:00
Miriam	Herold	1:17:00
	<b>Total</b>	<b>3:44:00</b>
Team 8		Est. Time
Frank	Hidvegi	1:05:00
Dot	Siepmann	1:22:00
Teresa	Wood	1:17:00
	<b>Total</b>	<b>3:44:00</b>
Team 9		Est. Time
Michael	Anderson	1:08:00
Peta	Bray	1:20:00
Alan	Wigg	1:18:00
	<b>Total</b>	<b>3:46:00</b>
Team 10		Est. Time
Chaia	Patacsil	1:08:30
Nils	Herold	1:20:00
Bridget	Akers	1:18:00
	<b>Total</b>	<b>3:46:30</b>
Team 11		Est. Time
Evan	Plakias	1:09:00
Lisa	Linssen	1:20:00
Nick	Marshall	1:18:00
	<b>Total</b>	<b>3:47:00</b>
Team 12		Est. Time
Kathryn	Bolitho	1:09:00
David	Miller	1:20:00
Scott	Murray	1:18:00
	<b>Total</b>	<b>3:47:00</b>

# Woodstock Runners and Walkers

## City 2 Surf 2012 – Internal Teams

### Rules

- The difference between the estimated time of each runner and the actual time of that runner is calculated. The difference can be either under or over the estimated time.
- The differences of the team members is added to get the total “team time difference”
- The total is divided by the number of runners in the team to get the average.
- The team with the lowest average is the winner.
- For instance, if all 4 members of a team estimate a time of 100 minutes and they run 95, 106, 97 and 90, the average difference for the team is  $(5 + 6 + 3 + 10) / 4 = 6$  minutes.
- People not finishing the run, not starting the run or not members of Woodstock Runners are not eligible for prizes.
- Woodstock uniform does not need to be worn.
- The chip time is used in preference to the gun time.

### Prizes

- **1st Place**

One bottle of wine and two movie tickets for each team member.

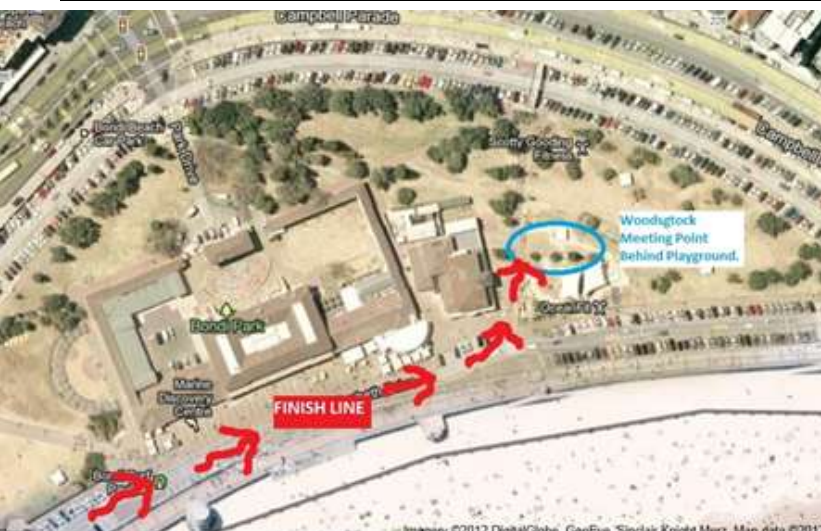
- **2nd Place**

Two movie tickets for each team member

- **3rd Place**

A bottle of wine for each team member

**SPECIAL MYSTERY PRIZE FOR “BEST ESTIMATOR” AND “WAY OFF”**





## City2Surf 2012 – After the Race

- 1) Through the finish line, get your medal/water and meet fellow Woodies at our post-race meeting point which is behind the childrens' playground (same place as last year). Look for the banner.
- 2) Then walk south to Marks Park for a picnic, post mortem and a few cheeky drinks...BYO share plates and drinks.

### WHAT YOU SHOULD DO NOW ...

- Pack following items:
  - o Warm Clothes (it gets windy), picnic blanket, yummy picnic food, esky and drinks - (yes alcohol is ok).
- Drop them to either... before Friday night 10 Aug:
  - o Joe Ayoub – 20 Woodlands Road, Ashbury (0419 373 326)
  - o Angela Haynes – 10 Foss St, Hunters Hill (0419 444 010 ).
- On Sat 11 Aug morning, Joe and Angela will take loaded vehicles and park them as close to Marks Park as possible ready for the picnic.
- Make own way home or on to other celebrations if you fancy, afterwards. Teresa Wood will be in the Bondi Hotel celebrating her birthday.

*All Woodies and families/friends welcome.*

## Woodies Weekends Away

Join your fellow Woodies about Joe's Woodlands Tours bus for an action packed, fun filled trip to an out of town run. Accommodation and a group meal are part of the package and it's a great chance to support some smaller clubs fun runs while having a jolly good time.

If you are interested in joining a trip please let Sandra know early [sandra.bogun@yahoo.com.au](mailto:sandra.bogun@yahoo.com.au) so she can try and predict numbers, organise accommodation and meals. A deposit will be needed a few weeks out and full payment a week before. Any questions give Sandra a call 0435305463

### **Central Coast Half Marathon and 10km – 24/25 November 2 Day Trip - Cost TBC**

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.

Looking to head out of Sydney on Friday 23<sup>rd</sup> and return Sunday 25<sup>th</sup> after the run.

Fancy trying out any other runs? Be sure to let us know and we will see what can be arranged.



Woodland Tours p/l - ACC 34363  
Joseph @ Therese - 0419 373 326  
Email: [woodlands\\_tours@hotmail.com.au](mailto: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.



## Woodford to Glenbrook

By Charissa Patacsil

Hills! Who says hills are not fun? I am one of the population of runners who hated hills (before), but slowly by time I came to appreciate and had some epiphany, that running hills makes us stronger. Doesn't mean I now find it easy running up a hill, but the attitude has changed.

I have heard for years now from members who ran the Woodford to Glenbrook, that it is a hard run. They say those who have ran it, half way of the course that is 12KM is uphill and the second half is down-hill. Some find it hard since it is a trail run, hard on the ankles, some find it difficult on the downhill for the quads. Does sound very challenging! I cannot remember what made me register in the run, I think it's just the Angela's offer for a free ride up the Mountains! 25kms on trail, and hills actually daunted me, but then I just told myself, I'd just take it easy and have fun and take it as a training run. That means I shun from choosing flat PB Cook's River Fun run course on the same Sunday which I was half thinking of registering and thinking if I would be able to break my current 10KM PB time on the same course, BUT, I did not. Away from the road and closer to the nature looks like a good change for a "fun" run.

Woodford2Glenbrook run is actually a fundraising event yearly for the Careflight services. Now I remember why I registered for the run... not just for the beauty of the nature, was hoping the sight of good-looking-fit firemen be inspiring to run the hills. Okey I was just kidding, who's idea was that good-looking-firemen again?! It's a all-girl-woodie-team signed up under Angela's school bus, with her still-recovering-from-broken-ribs-husband, (poor) Matt, was assigned to be our school bus chauffer, to drive the car to the finish at Glenbrook. There was Sandra, Sally, Rebecca and Me in the team. Angela hasn't ran this distance as far before! So we all waited and converged at our favorite Coffee shop at Drummoyne, Bowan Island, waiting for our bus. ☺ On my way to Bowan, I forgot my race bib –duh! I was just on time on my way and now, I probably be running late, went back home and grabbed the Bib. Glad Angela and Matt have not yet arrived.



I was actually bit scared with the 12KM straight uphill, for years I always have been picturing a dreadful mountain climb and I have to run that? No – way! Well silly me, I am now! that Sunday's mantra was "I am running this as a training run." No pressure, no stress.

So we started our journey to the mountains, and arrived around 30 minutes to spare or more before our race starts. There was a bit of traffic at the bridge at Woodford bridge to the start, as the last wave of Cyclist were about to start. I forgot about that! Yes there are MTBikers on the course doing the same race. We were all anticipating the temperature was going to be cold as it is THE Mountains, so we trying to work out ourselves while we do our toilet business what top we are suppose to wear. It was chilly, and bit of wind. I decided to wear my long sleeves and arm warmers, which I can tie around my waist and roll the sleeves down should I get warm. We some Woodies and friends. Saw Brendan, Rick, Lorraine, Stella Baer, Stephen Laws and Luanna . We dawdled to the start, positioning ourselves at the back of the pack. And posed for some photos while waiting for the race to start.

Then we were alerted for an announcement, that the start will be delayed 5-15 minutes than scheduled. There was an accident with the last wave of MTBikers and the volunteers and organizers have to clear the track. We were also oriented that there are signs along the course like red and green tapes, which can mean safe, or danger down the cliff if you go too quick! It was a long wait, and the sun was already shining up the sky. Not really worried its going to be hot, as long as the course is covered by trees. So the moment arrived, we started! The event is actually supported by number of runners. A little bit crowded at the start and we were warned by Sandra not to be deceived by the downhill start. Just taking it easy and maybe after a kilometer or so, I was already warm! I took my L/S top off. But I can feel the chill in the wind but still bearable. Well yea, the hills started. Some on loose gravel up hill, trying not to walk. There were hills that can go on and on as soon as you reach the corner a hill is waiting for you. Some sections you can recover for few meters before the other hills start. So many fit trail runners too. So many passed me everytime we hit a hill but I wasn't worried but I was being courageous jogging and not walking the hills. I probably did walk twice in total up the hill and once at a water station and I actually did literally stop and paused for good 30-40 seconds appreciating the scenery.

Then we hit the half way mark and that means down hill baby! I reached the 14Km and nature is calling, I had to stop in the woods. Much cleaner than the portaloos! I would have lost another 30 seconds there. So the people I passed already were ahead of me because of that. Doesn't bother me. Just like the uphill bits, there are some areas that have loose gravel, uneven trails, but some of them can be flattened dirt, but some of the hills are steep, I'm so hesitant to go full speed on them on a trail!



I was able to gain back my position and overtook those two male runners and I was tailing two female runners. Wasn't sure if I can keep up with them, so inched slowly till I was just 10 meters away from them then suddenly one of them twisted her ankle so bad so they stopped. I paused as I ran past them asking if she's okay and if needed help to tell next checkpoint/water stop. The lady said she's okay but she was swearing in pain. Now I was bit worried, well I was actually worried from the start of the run. I was more concerned of twisting an ankle if anything else. I continued on running down down and down the hill. Did actually get abit monotonous going downhill and after passing a half-marathon distance, I did feel soreness and exhaustion from the downhill. My quads were getting stiff.

So with that, I did try to ease of slowly reducing my pace to make it more bearable, from that time on I was counting the kilometers and the time. I was already calculating how much time I'd be reaching the finish line. I can hear from kilometer or two the sound system, so I was telling myself just to hold on I'd be at the finish soon. And what delight was it, when I saw the finish chute hundred meters down the hill, down some very grassy bit, a little bit of incline and across the wooden bridge I crossed the finish line as they announced my name, so good if the runners are spread across so evenly that you actually get to have your name announced and acknowledged! I honestly did enjoy that finish. As I stand at the end of the finish chute looking and appreciating that finish, you can see runners as they come down the hill. And so inspired to see that lady who twisted her ankle bad was just few minutes behind me and she endured and finish the race with the pain!

I wasn't sure if I did break a 25 KM Distance PB which was on a road in one of the SMC races 3 years ago, maybe just tad seconds. While waiting for the team, chatted to Brendan, who came 3<sup>rd</sup> overall. After me, Rick and Lorraine crossed the Finish, then Rebecca and Sandra and Sally and then Angela. I think, it wasn't that bad, and I will do it again the next years if possible. And I got home to find put I actually broke my PB by 42 seconds.



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!





**Woodstock Runners Handicap Event, 14/7/2012,**  
**held around the 7km Bay Run course**

<b><u>Name</u></b>	<b><u>Estimated Time</u></b>	<b><u>Start Time</u></b>	<b><u>Finish Time</u></b>	<b><u>Actual Time</u></b>	<b><u>Finish Place</u></b>	<b><u>Points</u></b>
Townsend, Colin	1:00:00	7:12:00	8:11:01	59:01	<b>1</b>	24
Takahashi, Kazuaki	29:00	7:43:00	8:11:35	28:35	<b>2</b>	23
Bray, Kerry	42:00	7:30:00	8:11:40	41:40	<b>3</b>	22
Brown, Calli	36:00	7:36:00	8:11:41	35:41	4	21
Patacsil, Chaia	32:50	7:39:10	8:11:44	32:34	5	20
Mitchelmore, Scott	31:00	7:41:00	8:12:04	31:04	6	19
Ullio, Lawrence	34:15	7:37:45	8:12:32	34:47	7	18
Hidvegi, Frank	31:20	7:40:40	8:12:35	31:55	8	17
Bolitho, Kathryn	32:00	7:40:00	8:12:39	32:39	9	16
McGown, Max	36:30	7:35:30	8:13:44	38:14	10	15
Morunga, Jeff	35:00	7:37:00	8:15:44	38:44	11	14
Aherne, Jacqueline	36:30	7:35:30	8:16:26	40:56	12	13
Cole, Barry	49:00	7:23:00	8:17:56	54:56	13	12
Collins, Rick	36:00	7:36:00	8:18:41	42:41	14	11
Purss, Tony	33:30	7:48:30	8:20:36	32:06	15	10
Cantley, Mick	26:30	7:57:00	8:22:33	25:33	16	9
Livingston, Michelle	50:00	7:37:45	8:23:50	46:05	17	8
Phillips, John	50:00	7:22:00	8:08:24	46:24	DQ	7
Schneider, Hilary	43:55	7:28:05	8:08:53	40:48	DQ	7
Mancuso, Gaye	49:00	7:23:00	8:10:29	47:29	DQ	7
Day, Fiona	35:10	7:36:50	8:10:41	33:51	DQ	7
Newton, Brian	31:30	7:40:30	8:10:45	30:15	DQ	7
Mercieca, Mark	33:30	7:38:30	8:10:45	32:15	DQ	7
Haynes, Angela	40:00	7:32:00	8:10:55	38:55	DQ	7

In this Handicap event, Colin Townsend, Kazuaki Takahashi & Kerry Bray took the first three places.

There were 5 Handicap PB's set this time.

	Mark Mercieca	32:15	0:50 Handicap PB			
	Fiona Day	33:51	0:30 Handicap PB			
	Angela Haynes	38:55	0:25 Handicap PB			
	Frank Hidvegi	31:55	0:19 Handicap PB			
	Calli Brown	35:41	0:01 Handicap PB			

The fastest male was Mick Cantley (25:33)

The fastest female was Chaia Patacsil (32:34)

DQ indicates disqualified for being more than one minute under estimated time, so they get the pointscore of 19th place.

Thanks to helper volunteers - Mark Sullivan, Tym Blackwell, Tami & Tristan Iseli, Maree & Kevin Lucas, & Martin Amy.

## Results July

### Omission from last Rundown

Cooks River 10km Murray Clarke 47.53

### 30 June 2012

#### **WEST MET SERIES / PROSPECT**

**2 KM** - Dot Siepmann: 11.31

#### **4 KM**

John Murray: Time ? (2nd M40)

Daniel Murray: 19.46 (1st U/16)

#### **8 KM**

Anita Doig: Time ? (2nd F20)

Dot Siepmann: 50:55 (1st F60)

### 7 July 2012

#### **ANSW ROAD RELAYS / OURIMBAH**

#### **2 KM**

Dot Siepmann: 11.24

Justin Murray: 9.11

#### **4 KM**

Anita Doig: 16.23

John Murray: 16.31

Dot Siepmann: 24.34

#### **STRIDERS SERIES - 10 KM**

Brendan Davies: 34.36 (3rd O/All)

Lesley Maher: 54.04

Jeff Morunga: 58.34

### 8 July 2012

#### **SRI CHINMOY / DOLLS POINT**

#### **HALF MARATHON**

Tym Blackwell: 1.29.12

Miles Pullen: 1.30.34

Sandra Bogun: 2.07.21

Kerry Bray: 2.12.35 (1st F60)

Peta Bray: 2.03.20

Frank Hidvegi: 1.41.52

#### **10KM**

Martin Amy: 37.18 (1st U/50)

Evan Plakias: 47.07

Michael Anderson: 46.21 (2.30 PB)

Anita Doig: 43.41 (5th U/50)

Angela Haynes: 57.59

Elmarie O'Regan: 42.01 (4th U/50)

Charissa Patacsil: 48.20

#### **5 KM**

Miriam Herold: 25.42 (4th 17+)

Nils Herold: 30.34

#### **SYDNEY HARBOUR 10 KM**

Dot Siepmann: 59.16 (3rd F60)

### 14/15 July, 2012

#### **KOKODA CHALLENGE 96 Kms.**

Winning team: "No Roads Expeditions":

Brendan Davies 11 Hrs. 43 Mins.

with, C McClymont, A Lee, E Horsburgh

#### **ANSW CC / RYDALMERE 5 KM**

Dot Siepmann: 32.04 (1st W65)

Eddie McLean: 38.47 (10th M70+)

### 22 July, 2012

#### **SUTHERLAND 2 SURF - 11 KM**

Sarah Waladan: 51.26

Kathryn Bolitho: 51.31

Frank Hidvegi: 51.37

Charissa Patacsil: 52.18

Paul Whiteway: 54.35

Peta Bray: 59.11

Miriam Herold: 59.12

Angela Haynes: 59.60

Kerry Bray: 60.57 (4th F60)

Patricia Doughty: 61.50

Sandra Bogun: 63.18

Dot Siepmann: 63.26

John Phillips: 74.53

### 29 July, 2012

#### **SRI CHINMOY / CENTENNIAL PARK**

#### **Half Marathon**

Tym Blackwell: 1.29.40

Miles Pullen: 1.32.27

John Dawlings: 1.37.51 (3rd M50)

Peta Bray: 2.13.03

#### **7 KM**

Kerry Bray: 40.11

Dot Siepmann: 45.50

#### **4 KM**

Miriam Herold: 20.26 (3rd O/17)

Fiona McIntyre: 29.25

#### **ROSEVILLE CHASE ROTARY - 10 KM**

Charissa Patacsil: 48:50 (8th W30-39)

Angela Haynes: 60.01

#### **WESTLINK M7 CITIES MARATHON**

Brendan Davies: 2.43.53 (7th O/All)

Jeff Morunga: 5.27.36

#### **M7 MARATHON RELAY**

"Running Rampant" 3rd Open Female Team

Anita Doig: 1.44.50

Rosemary Roediger\*: 1.37.56



Jon discovers the finish is a long way off yet – and up





## Farewell Lloyd Laing

1985	Lloyd Laing	60.04	
	Bill Holmes	65.19	197.44
	Alan Wilson	72.21	
1986	Lloyd Laing	60.35	
	Bill Holmes	66.24	199.48
	Alan Wilson	72.49	
1987	Frank Byrne	58.33	
	Lloyd Laing	60.35	188.19
	Frank McCaffery	69.11	
1988	Peter Piper	58.02	
	Lloyd Laing	59.30	177.36 Record
	Derek White	60.04	
1989	Derek White	59.40	
	Max Hall	61.01	182.49
	Lloyd Laing	62.08	
1990	Max Hall	59.33	
	Lloyd Laing	61.34	186.29
	Eddie McLean	65.22	
1991	Max Hall	58.44	
	Lloyd Laing	59.46	178.39
	Derek White	60.49	
1992	Lloyd Laing	62.25	
	Max Hall	63.42	193.29
	Eddie McLean	67.22	
1993	Lloyd Laing	62.16	
	Max Hall	64.24	191.60
	Eddie McLean	65.	
1994	Lloyd Laing	62.02	
	Max Hall	65.28	192.02
	Derek White	70.35	
1995	Lloyd Laing	64.08	
	Eddie McLean	70.36	209.16
	Derek White	74.32	
1996	Lloyd Laing	64.20	
	Eddie McLean	67.11	199.30
	Max Hall	67.59	
1997	Lloyd Laing	64.24	
	Eddie McLean	69.56	212.32
	Max Hall	70.12	

### Lloyd's C2S times 1985-1997

1985	- 60.04
1986	- 60.35
1987	- 60.35
1988	- 59.30
1989	- 62.08
1990	- 61.34
1991	- 59.46
1992	- 62.25
1993	- 62.16
1994	- 62.02
1995	- 64.08
1996	- 64.20
1997	- 64.24

### Some stories and memories of Lloyd:

Many years ago at Sutherland to Surf, Lloyd, while at the truck and talking to fellow runners, stripped off, secured his plastic bag and threw it into the truck bound for Wanda. As the wind blew he realised he was standing in his undies, having taken off his shorts with his trackpants. There was much searching in the truck for his numbered bag. With minutes to spare it was found; Lloyd, dressed appropriately, ran an awesome race to Wanda.

To celebrate both Lloyd's and Ron Daly's 80th birthdays we had a dinner at a sports club in Drummoyne. Adjourning to the general area of the club with dance floor and band, Lloyd vowed to dance with every female in the club. As far as I'm aware, he accomplished his mission, much to the delight of the young girls. He was a real hit.

A great guy and an inspiration. Was always on the lookout for a nice looking Sheila

Very sad news. I hope he went knowing how much his cheeky personality will be missed by club members new and old.

We shall all remember him as a wonderful man, a great runner and a man without a politically correct bone in his body. He said what he thought (often to the dismay of those around him). He lived a great life and there will be an abundance of very funny stories to tell at his wake. Which, I am sure, is what he would love! My thoughts are with his family. Xxx

One politically incorrect story told on the way back from Sutherland to Surf involved Lloyd making a bold statement at Bowen Island one morning to Angela, that of course she would run slow carrying all that extra weight, Lloyd would be very proud of the trim and speedy Angela today.

When I was new to running 23 years ago, he taught me how to attack hills and to this day, I think of him when running up hills.



## Upcoming Events from Cool Running Website - AUGUST

Sun 12 Aug City2Surf – you all know where to go by now

Sat 18 Aug GO NATURAL MULTISPORT - AKUNA BAY TO APPLE TREE BAY

Saturday 18th August will see the eighth year running of the popular Go Natural Multisport Challenge. The course consists of a 32km road cycle, 12km paddle (kayaks available for hire) and a 12km trail run taking in some of the best scenery in Northern Sydney. Maximum Adventure are expecting around 300 athletes competing in solo, pairs or relay categories. The race is an excellent opportunity to shake off those winter cobwebs and compete for over \$5,000 worth of prizes. contact: Gary Farebrother. email: [info@maxadventure.com.au](mailto:info@maxadventure.com.au).

Sat 18 Aug WINTER SERIES - SUTHERLAND HALF MARATHON GALA DAY - AUDLEY

Hosted by Sutherland District Athletics Club, part of the Winter Series but also open to all non-members. Race distances 1k, 2k, 3k, 5k, 10k & 21.1k. All runs are along the beautiful but undulating Lady Carrington Drive in the Royal National Park. Trophies awarded to place getters in 10k & half marathon. Cash prizes for male and female winners of half marathon. contact: Sally Luxton. email: [publicity@sutherlandathletics.com](mailto:publicity@sutherlandathletics.com).

Sat-Sun 18-19 Aug MUDGEES RUNNING FESTIVAL 2012

Running over 2 days - 5km & 10km Fun Runs on Sat Aug 18 ; and on Sun Aug 19, the Mudgee Marathon & Half Marathon. The Half Marathon course is undulating but not too difficult. The Marathon course can be challenging with a bit of a hill about the 16k mark. Course profile can be found at <http://www.mapmyrun.com/routes/view/16741591> Bring family and friends for a great weekend away. contact: Nick Kastelein. email: [racedirector@mudgeetriclub.hwy.com.au](mailto:racedirector@mudgeetriclub.hwy.com.au).

Sat 25 Aug WINTER SERIES- PRINCE EDWARD PARK, WORONORA

Hosted by Sutherland District Athletics Club every Saturday afternoon. Races at same time every week - approximately same distances - this week - 1km (1.50pm), 2km (2.00pm), 3km (2.15pm), 5km (2.30pm) & 9.6km (3.00pm). Start in the park, opposite Woronora RSL, Prince Edward Park, Woronora. This is a challenging hilly course. Senior Scratch Championship Race & Junior Club Championship Race. Handicap points apply for everyone every week. Casual and new members of all ages/abilities, novice-elite welcome every week. Just turn up and sign up! FINAL HANDICAP POINT SCORE contact: Sally Luxton. email: [publicity@sutherlandathletics.com](mailto:publicity@sutherlandathletics.com).

Sun 26 Aug PARKINSON'S UNITY RUN

The Parkinson's Unity Run celebrates 5 years in 2012 with both an 8km and 4km run. Held at Sydney Olympic Park amongst a backdrop of iconic venues and bushland. The winning male and female runners overall will win a return trip to Hawaii and an option to compete in a choice of Hawaiian run events and there are prizes for the male and female placegetters in the different age groups. ALL monies raised goes to charity. contact: Karina Dealtry. email: [karina@parkinsonsnsw.org.au](mailto:karina@parkinsonsnsw.org.au).

Sun 26 Aug PUB TO PUB

Northern Beaches most famous fun run, The 19th annual Pub to Pub charity fun run and walk will be held at 8am sharp on Sunday August 28 and is proudly supported by major sponsor URM, United Resource Management and media partner, The Manly Daily. The race is hosted as a Charity Fund Raising Project by The Rotary Club of Brookvale in conjunction with The Newport Arms Hotel and it promises to be bigger and better than ever. The challenging race starts with a 500m sand start from the Dee Why Surf Club and winds its way via the back streets & beach vistas to end 13km later at Sydney's most famous pub icon, The Newport Arms Hotel. You also have the ability to raise money for your favourite charity so register now & get started. Online entries available soon.