

The Woodstock Rundown



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

Postal Address: PO Box 672, BURWOOD NSW 1805

OCTOBER
2008

The Rundown On Members

It's been a great month for our Club with numerous wonderful performances by many members. Brilliant marathon runs by both Martin and Brendan were highlights and a debut marathon by Michelle Warren was extraordinary when we consider that she struggled to finish 10k in Canberra in April. Woodstock took many placings in the Sri Chinmoy and St Marys events.

Despite inclement weather, a large number of Woodstockians turned out for the Bridge to Bridge Run at Putney. Once again the Club was successful in bringing home many medals, while others contributed by assisting in registration, timing, recording and marshalling. Well done to Race Director Extraordinaire, Barry Cole, for his overall coordination on the day.

David Mathers was there at Putney following surgery and let me know of Debra Mayrhofer and her involvement with cycling in WA. She is (or was) the Executive Officer of the cycling group in the west and has a number of articles published in their magazine. It was back in 1986 that the 2 DMs (Debra and David) fronted up to Woodstock on the same evening.

We hope Maree enjoys her holiday in Bali as well as any others who may be tripping around. Best wishes to anyone injured at present. I'm pleased to report that John Pollard recovered well from a fall last week. At least now we'll be able to see the uneven pavements following the commencement of daylight saving.

Best wishes to Megan Hager who will be sitting her HSC very soon. We know you have worked hard, Megan and trust you will reap the rewards you deserve.

Welcome to all the new members who have recently joined. We look forward to meeting you. Please make yourselves known to us and we trust you will enjoy the camaraderie of fellow members.

Don't forget to submit some nominations for the end of year awards. Remember no one can receive any accolades unless they are nominated by a member. You need not enter names in every category, just one or two would be wonderful.

Hope to see everyone out there in the Club's colours at some of the runs coming up and good luck to all.

Kerry

October Birthdays!

Danielle van Zuylen - 3rd, Calli Brown - 18th, David Blackwell - 20th,
Tara Pryde - 20th, Max Crossley - 27th, Ross Keys - 27th

New Members - We have reached 100!

A big Woodstock welcome to our newest members, **Lee Baker, Tomomi Yamazaki, Anna Nightingale, Gwen Parker, Tara Pryde and Linda Barwick**. Linda is very well known on www.coolrunning.com.au where she goes by her alias 'sook54'. We look forward to seeing you all at one of our runs in the near future. We encourage all our new members to check out the Woodstock website to learn more about our club. Remember, Dot Siepmann is our uniform officer and she can fix you up for all your Woodstock gear.

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

Footy Tipping!

Well the Grand Final has been played and won. The table (overall ladder) reveals our Champion!

Woodstock Runners NRL Footy Tipping 2008 (Comp# 132981)							
THIS WEEK				OVERALL LADDER			
#	(LW)	TIPSTER	POINTS	#	(LW)	TIPSTER	TOTAL
1	(2)	3553	2 ★	1	(1)	sb9	268
1	(6)	Brendan Davies	2 ★	2	(2)	3553	266
1	(6)	Colin T_0	2 ★	3	(3)	Go Jana Love Tamsyn	264
1	(2)	Go Jana Love Tamsyn	2 ★	4	(4)	Colin T_0	260
1	(2)	sb9	2 ★	5	(5)	Trialex	250
1	(6)	stretchfowler	2 ★	6	(6)	qazxs	246
1	(1)	Trialex	2 ★	7	(7)	stretchfowler	236
8	(6)	efbb	1	8	(8)	LukeT1	229
8	(2)	LukeT1	1	9	(9)	Brendan Davies	215
8	(6)	qazxs	1	10	(10)	efbb	188

Well done to sb9! You are the Woodstock footy tipping champion for 2008 and have earned bragging rights! So brag away and reveal yourself! Thank you to all participants who took part. The footy tipping competition will be back next year!

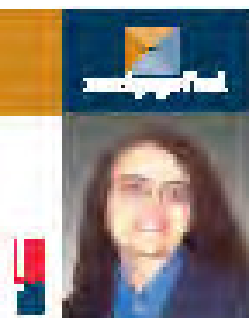
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Message from Stretch in Europe

Hi all,

I was thinking of the Woodies this morning as I ran around Bruges with a couple of other backpackers. More like a canal run than a bay run.

The run in Paris with Hash House Harriers was also a hoot.

Cheers,

Stretch HHH Paris



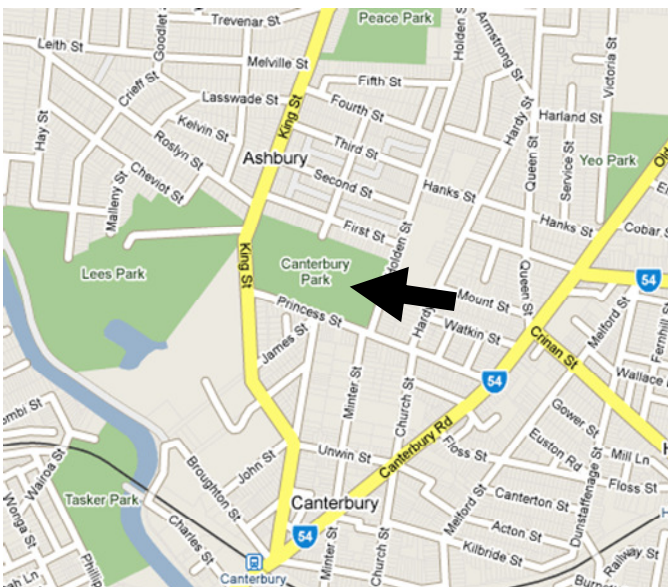
Ed's note: Love the dress, Stretch, really highlights your pins and goes together well with the Woodstock singlet but what the heck is going on with the dude on the right's shorts??!

TNT - Thursday Night Training

There is no better way to get your PB's down than to incorporate a bit of interval and speed work into your training.

When: Every Thursday Night, 6:30pm –7:30pm.

Where: Campbell Oval, part of Canterbury Park, Princess St, Canterbury. It is a grass athletics track. Nb: it is the first park behind the tennis courts. 5 min walk from Canterbury Station. Toilets and change rooms available at oval.



What: Sessions will be mixed from week to week, ranging from sprints to 1km repeats, or you can simply do a session of your own. See run roster for details. All sessions start with a warm up jog and strides and finish with a warm down jog.

Cost: \$2 (to cover council costs)

More information is published on the website or contact Brendan on

0422233463 or

bjdavies2000@yahoo.com

All members and friends welcome!

Club Uniforms

Just a reminder to all members and particularly the NEWER members that for any performances to be eligible for any club awards, members are required to wear the club uniform, unless the event rules stipulate otherwise. The current items are:

- Singlets \$40
- Short Sleeve Tops \$45
- Long Sleeve Tops \$55
- Bra Tops \$60 (size 10 only)
- Caps \$20
- Old T-Shirts \$5 (very limited sizes)
- Old Singlets \$5 (womens med. only)
- Polar Fleece \$28 (small & med only)

Club colours are royal blue & white. In the past we've had difficulty stocking shorts, but feel free to buy your own in royal blue or as close to that as possible.

For new members the joining fee also entitles you to a basic club T-Shirt of which we are out of stock at the moment. New members are always welcome to apply a \$10 discount to any other item in lieu of this or I can put you on a waiting list for the basic shirt when our order which is in the pipeline arrives.

Wearing the uniform makes it easier for your club mates to spot you in events, and also raises our profile, particularly as our great Hot Designs clothing is so striking and highly visible.

For anyone wanting to get some uniform items, I am the Uniforms Officer and will do my best to help you. You can contact me in the first instance via email on -

uniforms@woodstockrunners.org.au or by phone: 9637-9536 to see if the items/sizes are available.

Payment can then be made in cash, cheques (to Woodstock Runners please) or via RegisterNow - <https://www.registernow.com.au/secure/register.aspx?ID=503>

Happy and successful running everyone and a special welcome to all our new members. Hope I can meet you all soon...

Dot Siepmann

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Contribution Corner

Members, please email all contributions to rundown@woodstockrunners.org.au

This month's first contribution comes from Dot Siepmann.

SUNDAY, SUNNY SUNDAY SEPT. 21

Woodstock at The Blackmore's Running Festival

I left home by train at the crack of dawn taking full advantage of my recently acquired, you-beaut Seniors discount fare. Woohoo! I arrived at Milsons Point station in good time in the company of masses of runners ready for my big 9 km. Bridge Run. I was pre-occupied getting psyched up, stretching and queuing for the toilets and I didn't run into a single Woody before the start- amazing since there were 21 of us there on the day doing the Marathon, Half-marathon and 9 km. Bridge Run. (Full results elsewhere in this Rundown and congratulations to you all for many good efforts).

Finally it was 8.30 & we were off- all 12,000 + of us on the Bridge Run. After about a minute and half of shuffle I crossed the timing mats at the start & broke into a faster shuffle.

After the hundreds of runs I have done I still get a real buzz out of taking off- especially here where we get to see and run along the very special sights of Sydney. I spotted Kerry Bray further along into the run and we actually found each other again at the finish. We got our baggage and went to do a quick change in the portaloos which seemed to be the only place available to make ourselves decent. Then we were off to see Martin Amy finish the Marathon which he hoped to do in 3 hours. However, he was too quick for us as he'd already finished (in 2.55.51 chip time).

We wandered along to the recovery area and eventually spotted Martin, flat on his face on the ground, a bit non-compus mentis and getting massaged on one leg by good friend, Caroline and on the other by her sister, Victoria. I mean, what red-blooded man wouldn't run a marathon just for this! I guess he did deserve a little TLC after such a humungous effort.

However, this was only part of the day. Using the same you-beaut Seniors ticket again in the afternoon, I found my way to Le Palace de Bogan in Summer Hill (where Martin actually resides). There we (Woodies, girlfriends, housemates, neighbours, etc) enjoyed a terrific afternoon swapping running stories, yakking, and eating lots. I personally "tested out" 3 different beers (and I don't normally drink beer). And Thalia brought along a home-baked boiled fruit cake. She claims she stuffed up the recipe but I didn't find anything wrong with it- I actually had 3 pieces (No, Martin, not 4) and it was yummy- and I don't usually eat fruit cake. And we enjoyed the "meaty" sausages as described by John Dawlings and the BBQ chicken all very ably cooked by friend, Van, I believe. As the sun sank below the yardarm I was back on the train wending my way home- missing out on the late arriving Muir Hoover.

Martin eventually came back to life and we're quite sure he enjoyed himself as well. Many thanks, Martin and your housemates for the hospitality and also for the inspiration which may motivate the rest of us to put a little more effort into our running.

Now, turn me loose - Woohoo!

Dot Siepmann



Martin wins Male Marathon Trophy

With his superb 2:55 marathon at the Sydney Running Festival, Martin is the newest recipient of the Male Marathon Trophy. This is a perpetual trophy presented to any member who runs the fastest time in any given marathon. Members must be in Woodstock uniform to be eligible for the award. For full list of past winners, go to <http://www.woodstockrunners.org.au/drupal2/content/male-marathon-champions>

There is a women's trophy too. I have heard a rumour a particular lady is going to take on the Melbourne Marathon? - **Ed**

Handicap Event #4, 8/11/2008

The 2008 Handicap Series finishes early next month (8/11/2008).

It starts from **7:30am sharp** near the normal Brett Park run, with runners & walkers handicapped according to pace. The entry fee is only \$2, with the usual "lucky place" prize of a pair of movie tickets.

Entrants nominate their own time. However, to be fair to all entrants:

- **Anyone beating their time by more than one minute will be disqualified. Watches are not permitted, to prevent "staged" finishes.**



The best three events for each member count towards the 2008 Pointscore Awards. The points basis is very simple - 1 point for last, 2 points for second last, etc.

The registration list will be available on Tuesday 28/10/2008 to register your time, or you can phone me on 9680 7476 or 0413 484 053 (or SMS) with your time, or by email on colin_townsend@optusnet.com.au

All time estimates are required by 8:00pm 7/11/2008 (Friday night), so that the start can proceed without too many interruptions.

I look forward to seeing you there.

Colin

Annual Awards Night

This year's awards night is tentatively set for Sunday 7/12/08. Please keep it free! Don't forget to nominate members for these awards. The nomination sheets are attached! More info soon!

October Runs Program

Tuesday Runs. Meet at 6pm @ Woodstock, Burwood			Thursday Intervals. Meet at 6:30pm @ Campbell Oval, Ashbury		Saturday Runs. Meet at 7:20am @ Brett Park, Drummoyne		
7/10	Putney Punt	12km	9/10	"Doubles" Pyramid Session	11/10	Hell Hill	8km
14/10	Bayview	10km	16/10	800m x 6	18/10	Balmain	9km
21/10	Strathfield Stride	10km	23/10	"Mile Down" Session	25/10	Timbrell Park	8km
28/10	Pack Run	?	30/10	"Parlov" 300m x 12	1/11	Not Five Dock	7km
4/11	Cooks River Canter	10km	6/11	1200m x 4	8/11	Handicap Run #4	7km
Summer program continues until Daylight Saving ends (5/4/2009)							



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RESULTS

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

Sutherland to Surf, 27/07/08 - Category Results

11km	Net	
Greg Muir	40:19	3rd M50-54
Megan Hager	50:11	## 2nd F<20
Dot Siepmann	1:00:44	2nd F60+

Sydney Corporate Cup, Series 62 #1, 03/09/08

6km	
Michelle Warren	36:35

Bridge to Bridge Fun Run, 14/08/08

5km		
John Ovenden	25:48	1st M61+
Maree Lucas	29:09	2nd F41-60
Dot Siepmann	29:17	1st F61+
Derek White	46:50	3rd M61+
10km		
Brendan Davies	39:10	2nd M31-40
Kazu Takahashi	39:29	1st M51-60
John Dawlings	42:39	2nd M51-60
Lyn Jackson	45:51	1st F41-50
Bronwyn Hager	46:20	1st F20-30
Mark O'Donnell	48:05	2nd M41-50
Thalia Anthony	48:58	2nd F20-30
Charissa Patacsil	51:07	3rd F20-30
Michelle Warren	1:01:09	

Sydney Corporate Cup, Series 62 #2, 17/09/08

6km	
John Murray	26:50
Stephen Browne	28:25
Michelle Warren	35:30

Sydney Running Festival, 21/09/08 (all net times)

Bridge Run, 9km		
Brendan Davies	31:47	10th M30-39
Bronwyn Hager	39:32	
Caroline Owen	43:38	
Paul Whiteway	45:41	
Bridget Akers	49:40	
Dot Siepmann	50:35	4th F60-69
Kerry Bray	52:05	6th F60-69
Paul Milazzo	57:04	
Half Marathon, 21.1km		
Andrea Lung	1:41:24	
Lorraine Spanton	1:50:05	## 4th F55-59
Rick Collins	1:50:25	##
Brian Ogilwy	1:52:28	## 5th M65-59
Tami Dower	1:52:29	
Charissa Patacsil	1:53:02	
Linda Barwick	1:56:26	
Marathon, 42.2km		
Martin Amy	2:55:51	PB, 4th M20-29
Manal Garcia	3:50:33	## Debut Marathon
Fumi Takahashi	4:27:46	
Stephen Browne	4:39:29	Debut Marathon
Michelle Warren	5:19:34	Debut Marathon
Jeff Morunga	5:29:07	## Pacer

Fitzroy Falls Fire Trail Marathon, 27/09/08

10km	
Michelle Warren	1:10:58
42.2	
Brendan Davies	3:07:37 ## 3rd O/All

St Marys Spring Fun Run, 28/08/08

6.2km		
Brendan Davies	22:35	1st M30-39
John Dawlings	24:34	1st M50-59
Lynette Jackson	27:23	2nd F O/All
Dot Siepmann	36:06	1st F60+
Michelle Warren	39:48	1st F30-39
Eddie McLean	43:53	

Sydney Corporate Cup, Series 62 #3, 01/10/08

6km	
Stephen Browne	30:30

Striders Homebush, 10/04/08

10km	
Brendan Davies	37:07
Stephen Laws	41:48 ##
Emanuel Finos	45:03 ##
Bronwyn Hager	45:11 PB
Brian Ogilwy	49:26 ##
Lee Baker	49:32 ##
Lorraine Spanton	49:38 ##
Jeff Morunga	52:02 ##



Bronwyn Hager

1st 20-30 at the Bridge to Bridge fun run at Gladesville.



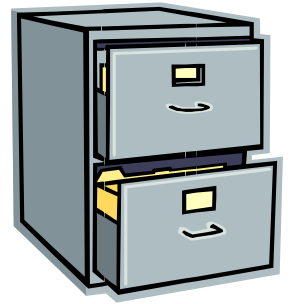
Woodstock was well represented and picked up many medals at the St Marys spring fun run.



Martin Amy

Captured during his brilliant Sydney Marathon

From the Archives



Woodstock Runners has a long and proud history.
Each Rundown features an article or story from the club's past.
All articles are from running magazines, club year books or other sources.

I was reminded of an article I read in one of the Woodstock year books (from long ago...thanks Derek) while watching the recent Paralympics. I found the article - it comes from the 1983 Woodstock Year Book, written by the then prominent member Robyn Nash. It certainly is a great 'reality check'!

Silent Inspirations

I am not going to write about any one person in particular. I just want people to be more aware of the quiet inspirers in running. I don't mean the Robert De Castellans, or the Cliff Youngs; even though these two people are excellent inspirations in themselves.

No, I mean those people who go unnoticed and are never recognised publicly. The people who participate in fun runs with physical handicaps, diseases, or those who come in near the end. These are the people who should be patted on the back. Here we are always complaining about one injury or another, or depressed over a poor time. Do we ever stop to think how lucky we are to have two good legs to run on? Regardless of how we run, we should just be grateful to be able to run. How many times do we see those people in wheelchairs battling hills that are like mountains for us, and we have the added advantage of two healthy legs!

These people have come to terms with their physical disabilities and are now making the best of what they have left. One injury, or bad time, for a runner and he thinks it is the end of the world. Next time think of that guy with no legs competing in the same race as you.

Not only do we have to admire the wheelchair athletes, but also those people who compete in fun runs and come last, or near the end. To us this would be so demoralising. Yet, these people finish in this position, often with smiles on their faces. How often do we finish with a smile? They know the true meaning of fun run. Just remember it is twice as hard often for these people than it is for us. They are out there on their feet twice, or three times as long as we are.

The other category of people who quietly inspire us are those people who are fighting for life. Those who are suffering from physical diseases. Not only are they combating and competing for good times, they are also combating and competing for life. When you see these people running it makes you stop and think that at least you can always run a better time next year; whereas these people don't know if they will be around to compete next year.

Finally, the last group of people to inspire are not those that run, but those who support us, the ones who encourage us and show their interest. Whether it be spectators, friends, or family, they make us feel it is all worthwhile.

These four groups are the silent inspirations in running. They are unnoticed by the media, yet they are often more inspiring than our national heroes.

Robyn Nash, 1983

Upcoming Events

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

Oct 2008

- Sat-Sun** **11-12 Oct** **MAITLAND COUNTRY FUN RUN**
Runners have a choice of a 4km or 8km fun run around the scenic farmland and river area of the Historic township of Morpeth, NSW. The fun run is held as part of the Maitland Multi Sport Festival also hosting a stand alone river swim and mid and club distance triathlon. contact: H Events. email: paul@hevents.net. Visit the [website](#) for more details.
- Sun** **12 Oct** **THE BRIGHTON BEACHSIDE DASH**
The newest run to hit Sydney - and it promises to be one of the most beautiful and possibly the fastest!! Taking place in the beautiful beachside suburb of Brighton-Le-Sands - very close to Rockdale, and just beyond the airport to the south of Sydney - the 10km course follows the beachside paths and boardwalks from Cook Park to Kyeemagh and back again to finish in Peter Depena Reserve. The course is almost entirely flat and very beautiful with lovely city skyline and sea views all the way. There are three events to choose from - a 10km and 5km run and a 2km kidz mini-marathon for under 12's. The 10km run will be paced to give runners a great opportunity to challenge themselves and set a personal best time. If you've trained hard through the winter and are ready to see in the summer with a beautiful, flat and fast run, or if you are looking for an easy run to start your summer fitness program - this one's for you! The St.George Bank 10km starts at 8am. The event will be timed - bib collection and registration is from 6.30am. The event website will be launched on Thursday 28th August - visit www.stgeorgemrf.com.au/dash. The event will raise funds for vital medical research into cancer, arthritis and emergency medicine at the St George Medical Research Foundation. email: ceo@stgeorgemrf.com.au. Visit the [website](#) for more details.
- Sun** **12 Oct** **ENERGIZE BELROSE FUN RUN ()**
0am start at Energize Health Club 106 Blackbutts Rd, Belrose (next to Glen St Theatre) Registration at Energize Health Club Register before the day & get a free sports bottle On the day registration from 8:30am \$5 donation entry fee (100% going to Tour de Cure) 3 entry options 5km RUN or WALK 10km RUN 5km PRAM IT! (run or walk with a pram) The course is a 5km loop, starting and finishing at Energize Health Club contact: Energize Belrose 9452 2288. email: elisha@energizehealthclub.com.au.
- Sat** **18 Oct** **KEMBLA JOGGERS SANDON POINT TO BROKERS NOSE**
22k Mountain race all running abilities welcome race location. Start Sandon Point Bulli. Start time 7:00am Registration \$5 each event, non Kemplab Joggers members or pay \$20 fee covers Mountain running series and Summer series. contact: Contact Geoff Stalker (02) 4627-1246. Visit the [website](#) for
- Sun** **19 Oct** **BRINDABELLA CLASSIC AND BULLS HEAD CHALLENGE (ACT)**
Brindabella Classic (54.0km) starts at Cotter Reserve, runs to Bulls Head and return. Cotter Reserve is 20mins outside Canberra. Bulls Head Challenge (27.7km) starts near Bulls Head and finishes at Cotter Reserve. contact: Mick Corlis. email: mountainrunning@coolrunning.com.au. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun** **19 Oct** **SYDNEY ADVENTIST HOSPITAL FOUNDATION 'RUN FOR LIFE'**
Distances: 10km run, 5km run, 5km walk. Start Time: 8:00am. Location: Sydney Adventist Hospital 185 Fox Valley Road, Wahroonga. Description: This is an out and back course from the hospital front lawn and through the hilly streets of Wahroonga. This is the eighth year and the event for 2008 will be raising money for an Emergency Medical Unit at the hospital. contact: Rod Sayers. email: funrun@sah.org.au. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun** **19 Oct** **SYDNEY MARATHON CLINIC ROAD RACE SERIES**
21km, 10km, 5km and 5km walk. At Rosford St. Reserve, Smithfield. A series of road-races which are designed to help you to train for and gauge your level of fitness for the marathon and fun-run season. Held usually on the 3rd Sunday of each month. Join a very friendly and sociable group of runners at 7.00am (long run and walks) or 7:30am (5km, 10km runs), Entry is on the day and everyone is welcome. Series certificates, hot showers, fresh fruit, hot drinks & entry in lucky draw after each race. contact: Luis Vazquez-Recio Mob 0414384552. email: smc@sydneymarathonclinic.org.au. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun** **19 Oct** **ROTARY MAROUBRA FUN RUN - 4KM RUN/WALK/WHEEL,8KM RUN**
4km Run/Walk/Wheel,8km Run, South Maroubra Surf Club -Arthur Byrne Reserve, Start Time 9.30am, Registration 7.30am - 9.00am, Trophies for all age groups, Certificates for all finishers, Spot prizes at Presentation Ceremony, Event presented by Maroubra & Districts Chamber of Commerce, Maroubra Lions, South Maroubra SLSC and Rotary Club of Maroubra. Online Entry: Adults \$16, Under-16 \$8, Family-of-4 \$35 contact: Richard Walsh, Walsh's Village Pharmacy, 02-9311-0088. Visit the [website](#) for more details. Click here for an [entryform](#).

- Sat-Sun 25-26 Oct SRI CHINMOY TRIATHLON FESTIVAL (ACT)**
Australia's festival of swim-bike-run, opening the southern Triathlon Season. Something for everyone, with 5 races spread across 2 days based at idyllic Yarralumla Bay, Canberra. A short race for Under 13s (80m/3.5k/800m), Novice race (200m/7km/2km) and Sprint race (500m/21km/5km) all on Saturday afternoon, then Sunday's Olympic distance (1.5km/40km/10km) and the return of the Sri Chinmoy Peace Triathlon (2.2km/80km/20km). contact: Prachar Stegemann. email: canberra@srchinmoyraces.org. Visit the [website](#) for more details. Click here for an [entry-form](#).
- Sun 26 Oct HORSELL COMMERCIAL RISKS WANDA BEACH CLASSIC**
8km beach run or walk and 2km soft sand beach run. Register from 7.30 am with the 8km at 9am and the 2km at 11am. Prize money for placegetters. Organised by Wanda SLSC. See website for more details. contact: Chris Fox. email: cfox9075@bigpond.net.au. Visit the [website](#) for more details.
- Sun 26 Oct ST MARY'S COMMUNITY FUN RUN/WALK**
8km Fun run and 4km walk starting 9am. Starts and finishes at st Mary's South Public School, Monfarville Street, St Mary's. \$7 Adults, \$4 Kids 15yrs and under. On the day entries are \$10 Adults and \$5 Kids. Prizes for outright and age groups. Rego opens at 7:30am on race day. Proceeds to st Marys South Public School and a local charity. contact: John Wilcocks on (02) 9623-6715. Click here for an [entry-form](#).
- Nov 2008**
- Sat 1 Nov SYDNEY STRIDERS 10KM SERIES**
10km race on an officially certified course at Lane Cove National Park. All runners over 18 welcome, no pre-entry, just register on the day from 6.00am. Race starts 7.00am, 60 minute limit. Striders \$5, non-members \$20 and includes refreshments. contact: Barbara Becker 0402-967-697. email: info@sydneystriders.org.au. Visit the [website](#) for more details.
- Sun 2 Nov SRI CHINMOY SYDNEY SERIES RACE 8 - IRON COVE 16 KM, 8 KM & 4 KM.**
The 8th race in the Sri Chinmoy Sydney Series for 2008. Sometimes too much of a good thing is barely enough... and so the series returns for the third time to Iron Cove, Sydney's running Heaven. Enjoy the camaraderie of fellow-runners from all over Sydney and beyond, gathered to challenge themselves and their rivals over the 4 km, 8 km or 16 km courses in friendly competition. Parking at the end of Glover St, Lilyfield. Races commence at 8 am, with registration and on-the-day entries from 7 am. Awards for age groups and post-race pancake breakfast for all. Enter early and save... contact: Prachar Stegemann. email: sydney@srchinmoyraces.org. Visit the [website](#) for more details. Click here for an [entry-form](#).
- Sat 8 Nov MT MAJURA VINEYARD THREE PEAKS 26KM, TWO PEAKS 20KM, ONE PEAK 7.3KM & 26KM RELAY RUNS PLUS 20KM AND (ACT)**
The Mt Majura Vineyard Three Peaks provides a uniquely challenging event over three of Canberra's best known mountains, Mt Majura, Mt Ainslie and Mt Pleasant. Competitors have the choice of entering the 26 km individual race or running a section of the course as part of a 3 person relay team or contesting the Majura-Ainslie Two Peaks 20 kms or Mt Majura 7.3 km One Peak. Two Peaks and One Peak bush walks are also available. contact: John Harding. email: hackerunner@hotmail.com. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun 9 Nov CAMPBELLTOWN CITY COUNCIL FISHER'S GHOST FESTIVAL**
10k Run, 5k Run and Walk. Starts 8:30am at UWS Macarthur, Narellan Rd Campbelltown. Registration from 7am till 8:15am. First 800 entrants receive a free t-shirt. Barrel draw prizes. Sausage Sizzle. Plenty of parking contact: 4645 4527. Visit the [website](#) for more details.
- Wed 12 Nov JPMORGAN CHASE CORPORATE CHALLENGE SERIES**
Date: Wednesday, 12 November 2008 Time: 6.30p.m. Location: Centennial Park Distance: 5.6km Early Entry Fee: \$40.00 if received by 5.00p.m., Wednesday, 15 October 2008 Entry Fee: \$50.00 per person thereafter Entries Close: 5.00p.m., Wednesday, 22 October 2008 contact: 02 9431 9100. email: sydney@jpmorganchasecc.com. Visit the [website](#) for more details.
- Sun 16 Nov SYDNEY MARATHON CLINIC ROAD RACE SERIES**
21km, 10km, 5km and 5km walk. At Rosford St. Reserve, Smithfield. A series of road-races which are designed to help you to train for and gauge your level of fitness for the marathon and fun-run season. Held usually on the 3rd Sunday of each month. Join a very friendly and sociable group of runners at 7.00am (long run and walks) or 7:30am (5km, 10km runs), Entry is on the day and everyone is welcome. Series certificates, hot showers, fresh fruit, hot drinks & entry in lucky draw after each race. contact: Luis Vazquez-Recio Mob 0414384552. email: smc@sydneymarathonclinic.org.au. Visit the [website](#) for more details. Click here for an [entryform](#).

Woodstock Runners

Annual Award Nomination Form 2008

The Club Committee invites nominations from members for our annual awards. You are welcome to nominate members in as many categories as you like, but do not feel obliged to nominate for every category. After discussing the merits of each nomination against the award criteria, Committee members will determine the award winners via a 3, 2, 1 voting process.

NB. All awards are for the period 29/10/2007 to 2/11/2008, & all references to "running/runner(s)" are taken to include "walking/walker(s)".

A complete list of 2008 Results is available at:

www.woodstockrunners.org.au/drupal2/content/year-date-results-2008

List of Awards

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:

Male: _____

Female: _____

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 between 29/10/2007 and 2/11/2008)

**Lee Baker
Bronwyn Hagar
Tristan Iseli
Holly Muir
Mark O'Donnell
Caroline Owen
Charissa Patacsil
Michelle Warren
Carl Wilson**

**Linda Barwick
Megan Hagar
Andrea Lung
Anna Nightingale
Brian Ogilvey
Gwen Parker
Tara Pryde
Paul Whiteway
Tomomi Yamazaki**

Nomination:

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 2/11/2008 (having completed 3 qualifying events, details of performances are in the Fun Run Book):

**Martin Amy
David Blackwell
Brendan Davies
Jeff Morunga
Deirdre Stewart
Michelle Warren**

**Thalia Anthony
Rick Collins
Emanuel Finos
Mark O'Donnell
Vass Vassiliou**

NB: Other members may still qualify for this award. Please let someone on the committee know if you have completed three runs and your name does not appear in the list.

Nomination:

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

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

Nominations:

Male: _____

Performance: _____

Female: _____

Performance: _____

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: _____

Female: _____

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."

Nomination:

7. Champion Person Award

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

Nomination:

8. Most Outstanding Team Road Running Performance

The most outstanding performance in a team event."

Please select your nomination.

☐ **City to Surf – Mixed (2nd Place)**

Brendan Davies, Martin Amy, Thalia Anthony

☐ **City to Surf – Veteran Men 55+ (2nd Place)**

John Dawlings, Rick Collins, Stretch Fowler

☐ **City to Surf – Veteran Woman 55+ (2nd Place)**

Dorothy Siepmann, Maree Lucas, Kerry Bray

Other:

☐ _____

Submission of Nominations:

All nomination may be submitted by any of the following means **by Tuesday 4/11/2008:**

- Drop in the Award Nominations Box, available on Tuesday nights.
- Post to PO Box 672, Burwood NSW 1805
- Email to secretary@woodstockrunners.org.au
- Hand to any Committee member