

The

29th
Anniversary
Edition

WOODSTOCK RUNDOWN

August 2009



Internet address: www.woodstockrunners.org.au

Email: info@woodstockrunners.org.au

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

Email Results and Contributions to: rundown@woodstockrunners.org.au

Memberships: <https://www.registernow.com.au/secure/Register.aspx?ID=66>

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

Postal Address: PO Box 672, BURWOOD NSW 1805

The Rundown On Members

Happy 29th birthday to all Woodstock Runners. I'm sure we'll all have a wonderful night at our birthday party on Friday. We thank Deirdre, Lesley and those who are helping in the organisation of the evening.

No doubt many members are looking forward to Sunday's City to Surf. I hope everyone enjoys the day whether or not you are after a PB or just to have fun. Don't forget to check out the meeting place at Bondi so that we can "do the post mortems".

We were delighted to see Lawrence at the recent Committee meeting and looking so well following his surgery. He is back walking on Saturdays and am sure it won't be long before he is running again.

We have both John Dawlings and Susan Murray back with us following their holidays to Thailand and the UK respectively. We're glad you had enjoyable holidays.

Next it's Bronwyn and Ray Dean who will be travelling for 6-7 weeks, Bronwyn in the US and Mexico and Ray, around Canada and Alaska. We're sure you'll have a wonderful time and don't forget to keep up some running.

Who else will be competing in the World Masters Games in October besides Dorothy, John Murray and myself? It sounds like a remarkable time with over 29,000 competitors, the oldest being a gentleman aged 101. The oldest lady is 100.

Congratulations to all who took out awards in the SMC series, as well as those who ran well at Sutherland to Surf, The Striders 10k, the Bay Run.

See you at the party. Happy running and walking to all.

Kerry

This Month's Birthdays!

***Julia Stenton - 4th, Tony Burbidge 5th, Mark O'Donnell - 7th, Trevor Dartnell - 15th
Eddie McLean - 15th, Stephen Browne - 16th, Charissa Patacsil - 21st, Jon Patrick - 23rd
Greg Muir - 30th***



Guess who ? It's Jeff Marounga at Mcleay River Marathon

Letter from the editor



Hi Woodstockers!

It's been a lazy & crazy month for me putting this anniversary issue together and been resting from an ITB injury.

The Woodstock mailbox (virtual and snail and my home too!) has been filled up with letters from some of our members.

I'm ecstatic opening them like receiving birthday cards. (hint: my birthday is coming up). Thanks to those who wrote!

To those running city2surf run well! To those who have injuries like me, take pain killers! (j/k) Till then.
-editor

Find the Woodie!

It's actually John who spot himself in the photo sent 6 weeks ago by the C2S organizers.



Woodstock's

RUNNERS AND WALKERS 29TH BIRTHDAY PARTY



Venue: Haberfield Rowing Club - Dobroyd Parade, Haberfield - Rovers Retreat Restaurant.

Date: Friday 14 August

Time: 6.30pm

Cost: Members \$15 and non members \$20.

Children - please let Dierdre know and I'll arrange food with restaurant - cost per child - \$8

Payment: online through Woodstock website

OR - see Rick or Deirdre on a Saturday or Kay or Barry on Tuesday night



Remember to book your place at the Woodstock Birthday Party - great lucky door prizes

A new poll on the website, this time on the Tuesday Night Summer "Pack Runs". and we want to gauge the interest of continuing our Tuesday night Summer "Pack Runs". These are where someone prepares a new course, and the pre-appointed group leader is the only person in each group who knows the course. Votes can be posted here:

<http://www.woodstockrunners.org.au/drupal2/content/do-you-our-pack-runs>

Pizza Fundraising night for Brendan

Why? Brendan Davies, has been selected to represent Australia at the Commonwealth Championships in England in September 2009.

Run Time: Pack run 6:15

Party Time: 7.00

When? Tuesday 1 September 2009

Where? Veevees, Shop 100 Westfield, Burwood Road, Burwood (where we held last year's Woodstock dinner)

How much? \$20 (includes proceeds for Brendan's trip), \$15 for kids

Menu: Pizza!!! (you can, of course, pay additional for drinks/salads)

RSVP: Please email Thalia @ T.Anthony@usyd.edu.au 22 August at the latest \$20 pp will be collected on the night.



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August-September Training Program

Tuesday Runs 6pm @Woodstock, Burwood,		Thursday Night Intervals 6:30pm@Campbell Oval, Ashbury.		Saturday Runs 7.20am at Brett Park, Drummoyne	
18/08/2009	Canada Bay 11km	20/08/2009	1200m x 4	22/08/2009	Timbrell Park 8km
25/08/2009	Homebush Run 10km	27/08/2009	"Command" or "Mona" Fartlek	29/08/2009	Handicap Event #3, 7km
1/09/2009	Campsie 9km	3/09/2009	"Hills" Session	5/09/2009	Five Dock 7km
8/09/2009	Jak's Strathfield Run 8km	10/09/2009	400m x 12	12/09/2009	Drummoyne 9km
15/09/2009	Burwood Park 10km	17/09/2009	"Doubles" Standard Pyramid	19/09/2009	Balmain Shores 7.5km

- It's been winter and some Woodies have been hibernating like bears! It's almost spring time, we'd love to see you back running 'coz we are missing you! Remember breakfast at Bowan's on Saturdays and fun pack runs on Tuesdays!
- We should not miss the talents of Dot Siepmann, Kerry Bray, and John Murray do the o's Games on on October!!

Footy Tipping

Footy Tipping															Round 21			
Rank	Tipper	1-8	9	10	11	12	13	14	15	16	17	18	19	20	Round Score	Round Margin	Total Margin	Total Score
1	John Murray	37	2	5	5	3	2	5	5	1	8	4	5	5	5	2	349	92
2	Stretch	36	2	3	3	2	2	5	0	1	1	1	3	4	5	14	325	68
3	Colin Townsend	34	3	7	7	1	3	5	3	4	1	4	3	5	5	14	327	85
4	Luke Townsend	30	1	3	3	2	2	5	0	1	1	1	3	4	5	14	390	61
5	Mr D	38	2	6	6	2	4	4	4	4	8	3	4	4	4	4	350	93
6	vass vassiliou	37	2	5	2	2	5	5	4	4	7	4	4	5	4	6	293	90
7	Alex Hill	39	2	7	7	2	5	5	4	4	5	4	2	5	4	6	297	95
8	Mighty Rabbit	37	3	7	5	2	4	5	3	4	6	4	4	6	4	10	313	94
9	Bron Hager	45	3	6	7	1	4	4	4	5	7	5	4	2	3	20	295	100



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WOODSTOCK TRIVIA

How well do you know your running club?

Woodstock Runners is named after the Woodstock Community Centre where we first met and from where we commenced running in August 1980.

The Community Centre adopted its name from the Woodstock mansion. The home was built in 1873 by tobacco merchant, Edwin Penfold, and called "Woodstock" after the town in Oxfordshire, England, from where he came.

The logo of the Community Centre is taken from the town crest in the U.K. and modelled on the Port Jackson Fig tree in the grounds at Burwood. We used the tree and included the words "Woodstock Runners" above and below and added 'Founded in 1980'.

I think we first wore a uniform in about 1982 when we each purchased a white T-shirt and we screened printed them ourselves using the Community Centre's screen and logo (no competition for Hot Design). I still have mine. I cannot remember why blue and white were chosen. Perhaps it was the only colour ink which the centre had at the time. Chris Siepen may recall better than I. Our first year with official uniforms was 1984.

The least number of members was in 1980 when there were Steve Briscoe, my son Rohan and myself. Two others joined us at the initial meeting, but never ran with us. Sylvia and Noel Watsford joined us in the first few weeks. Of course at this early stage there was no official membership.

Interest was slow at first but during 1982/83 people such as Chris and Elle, Dot, Robyn and Derek joined us. I believe our highest number of members is now.

1983/4 were innovative years when we held our first Australia Day Run and Internal teams in City to Surf; commenced Thursday night training at Campbell Field; organised a lecture at the Institute of Sports Medicine at Lewisham; held an "Alternative City to Surf"; The Champion Person trophy was designed, made and donated by Derek. Saturday morning runs started in 1985 and the first Woodstock Fun Run was held later that year.

In the early years we printed a Year Book and am unsure when we commenced a monthly newsletter. It was just called the Woodstock Runners Newsletter until about 4 or 5 years ago when someone suggested we have a competition among members for a name and John Dawlings came up with "The Rundown".

There are 5 Life Members. I was the first, followed by Chris Siepen, Colin, Dot and John Dawlings.

I think the youngest member ever was Adam Cockburn who was about 10 when he joined with his family in the late 1980s. Len Foulser, now 94, was a member into his late eighties. At present, I think it's probably Julian and Lloyd.

Re best performances, it is very difficult, as I'm sure every member has achieved their own personal goals, their PBs and fabulous results. Our most successful member overall would have to be Elle Siepen who represented both NSW and Australia, competed overseas and won many Fun Runs including Sutherland to Surf and was placed 3rd female in City to Surf in 1985. One of our young runners, Bronwyn Bickford, was named "Azmak Athlete of the Year" in 1987. Dot has always been a wonderful competitor with lots of success particularly in veteran events and championships both here and overseas. Brendan and Bronwyn, currently our trail blazers, are on the way to achieving much success in the coming years. Who knows what other members will achieve highly in the future. Let's hope we all do!



Woodstock Now and then: Where are they now?

Name : Max McGown

Age Category : 55+ (OBD's) :

Length of membership : 1988-present

Running Highlights (Competitive) : SMH Half-marathon-1993 - 93 minutes,
City 2 Surf 1994 - 60.05 Min. !!!!

Canberra Marathon 2003 ?---4 hrs 5 min.

Running Highlights (Social) : During the 1990's on the last Saturday in March a group of thirsty runners (including Kev Lucas, Ken Flarrety, Frank Berlouis, Jon Patrick, Pat Mahoney, Joe Ayoub, Cameron McKenzie, Terry Cleary, Mike & Virginia Oakley) held a 10 kilometre pub Run, during which we travelled to 10 pubs, consuming a middy of full strength beer (no light allowed) in each pub. before running on.

In the early days we even had sculling contests at each pub but this was abandoned because Pat Mahoney used to beat everyone every year.

Believe it or not , we never got drunk !!!! .

After the run we would quench our thirsts at the Haberfield Rowing Club with our partners in attendance (for those of us who still had partners !!) Great Fun was had by all.

I still run with Woodstock on Saturday mornings, hoping to emulate the long running careers of Max Hall, Lloyd Laing, Ron Daly Arnold Beauchamp and all other senior runners still running.

Name: John Murray

Age category: 40-44

how long have you been with Woodstock Runners? Since December 1984

Running highlights: NSW State Championships 800m Finalist (1991-1993) , Gold Coast Half Marathon in 1992 - 73.07 , Sydney Marathon in 2002 - 2:55.55

Still running with the club? Still a member hard to get there with growing boys aged 8 & 11,

Name: Kerry Bray

Age Category: Over 65

Length of membership: 29yrs next month

Running Highlights: This include my first 2 marathons, my Life Membership, many good times at Fun Runs, my Woodstock friends, Back in 1980 I was pretty pleased when I finally ran the Appian Way course (1.7km) without walking.



Name: Barry Cole

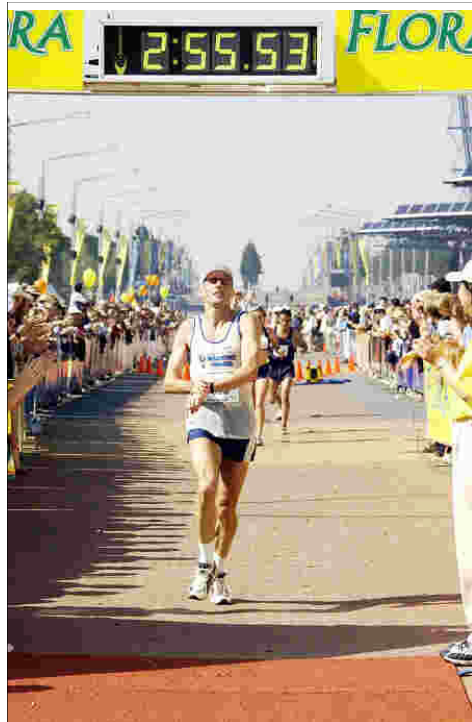
Age Category: 70 - 75

How long have you been with Woodstock Runners ? 21 years

Running Highlights: The occasional age category prize.

Completed twenty City to Surfs. Receiving the Woodstock Champion, Person Award twice was quite an honour.

Still running with the club ? Yes, but not quite as fast as 21 years ago !



currently still run Corporate Cup in the city and West Met Winter series for my ANSW Track Club. Not as fit as I used to be!

Left: John, Finishing the Sydney Marathon in Sub 3 hours

Left: Max Hall completing his best half Marathon



Name: Julia Stenton

Age category: 60+ (or 65-70)

How long have you been with Woodstock Runners? 21 years and four months (joined in March 1988)

Running highlights: 1) Undoubtedly Tuesday night running with people such as Kerry Bray, Pat Mahony, Dot Siepmann (occasionally when Dot decided to take it easy), Derek White, Barry Cole, Kevin Lucas, a host of others who don't run with the club anymore. The first group on a Tuesday night was a lot of fun and we had some great conversations. 2) Coming first at the Fickle Run From The Fickle Wombat in 1996 (a very odd race at St Albans). In truth the first spot should have gone to Colin Townsend but he missed the turn (the "marshall" went inside to put on her washing) and ended up running about 15 kms when the run was only about 7.5kms. Colin insisted that I take the first place trophy – such a gentleman. 3) Running in the Glasshouse Mountains. Highly recommend these events (generally March, July and September) each year and range from Ultra distances to 12km over fire trails. Very well organised and a lot of fun. 4) Running in Ainslie National Park in Canberra when I lived there a few years ago and coming upon mobs of kangaroos, some with joeys in their pouches. Canberra and its environs are absolutely made for running.

Still running with the club? Occasionally. Once I stop working full-time I will probably come back to running with the Club on a more regular basis. Currently distance (I moved to Penrith two and a half years ago) and workload make it almost impossible to get to the runs on a Tuesday night, and after getting up at 5.00am five days a week to go to work, find it easier to stay in bed another hour or so on Saturday and run around Penrith.

Name: Eddie McLean

Age Category: 80-84

How long have you been with the club? 20 years

Running highlights: Being a member of the Woodstock Greys. Our team won six consecutive gold medals in the city to Surf.

Still running with the club? If not, where are you now and what keeps you busy? At the moment I am only walking with the club. Once my back problem is fixed, I hope to be back running.

Name: Derek White

Age Category: 80-85

Length with the club: 26 years 7 months

Running Highlights: First Athletics meeting - School July 1994 won cross country 1943. First city to surf 1974, best City to Surf 1984 age 56-58:12, 1st Marathon 1977 age 49, Best Marathon 1984 age 56 - 3:25:26, Best 10K, 1981 37:20, Fastest 11KM age 60: 43:22, Completed Sydney to Wollongong 50 miles(81K) 1982

Notes from Derek: ..."World War two adversely affected the opportunities in athletics for most of my generation."

Name: Max Hall

Age: 80+

How long have you been with Woodstock

Runners: 24 years

Running highlights: Winning my age category 60-64 years in the anniversary City to Surf in 1990

Name: Lloyd Laing

How long have you been with the club? God knows - over 25 years

Running highlights: City to Surf times, 1991 59:46, 10K@42.29, 5KM@Canberra 28:00, 1st Age category, SMH Half Marathon: 1998-106.10

Still running with the club? If not, where are you now and what keeps you busy? I stagger around the bay 4 or 5 times a week

Notes of disappointment from Lloyd: City2 Surf: in 1990 a bloke called Raymond xx no doubt cheated with 65.07, cant explain; 1998 another man had a time of 58.54 but he was not at the start.



Woodstock greys

Still with the club? If not where are you now and what keeps you busy? Walking with Woodstock and more importantly having a Saturday morning coffee.

Name: Len Fousler

Age Category: 94

Running highlights: Ran first Marathon at Melbourne Vet Games in 1987 age 72, Completed in a number of City to Surfs and various fun runs. Finished running at Brisbane Vet games age 86 with 2 Australian records in age group for relays with 3 victories completed in 5 world games. 2 in Australia 2 in USA and 1 in South Africa.

Still running w/ the club? If not where are you now and what keeps you busy?

After a very happy, healthy & active life, Len is now in a nursing home being well cared for... - Jean Fousler

Thanks for replying and taking time to reply to my mail on behalf of Len, Jean. Very much appreciated. Woodstock wishes you and Len good health! - editor



Meet-up After City to Surf

What: a quiet drink and a feed at Haberfield rowing club - great outlook over the bay so make your way there and catch up with everyone's race story

Meeting spot after C2S Sunday:



Our member Belinda Essex's team invites everybody to support their team in Oxfam trailwalker on August 21th @ the movies.

TEAM 'TRANSFORMERS' present 'INGLOURIOUS BASTERDS'

Screening 9PM on Friday 21st August at the Greater Union Cinemas on George St. Tickets to the movie are \$16 and need to be purchased prior to screening.

\$6 from every movie ticket sold will be donated to **Oxfam Australia**

Email: robotsindisguise@live.com.au for bookings, or alternatively get tickets through Sam de Souza, Bel Essex, Ang Corbett, Chuey Liew or Vu Dao.

City to Surf 2009 Internal Teams

Team 1	Est Time	Team 2	Est Time	Team 3	Est Time
Anthony Robinson	0:58:22	John Dawlings	0:56:00	Brendan Davies	0:49:59
Jeff Morunga	1:15:00	Deirdre Stewart	1:14:00	Rick Collins	1:09:30
Peta Bray	1:30:00	Jon Patrick	1:15:00	Max McGown *	3:00:00
Therese Ayoub	1:32:30	Therese Ayoub	1:32:30		Total 4:59:29
	Total 4:58:22		Total 4:57:30		
Team 4	Est Time	Team 5	Est Time	Team 6	Est Time
Michael Cantley	0:55:00	Paul Whiteway	1:08:30	Peter O'Sullivan	0:56:30
Charissa Patacsil	1:10:00	Tomomi Yamazaki	1:15:00	Roy Rankin	1:22:00
Barry Cole	1:50:00	Belinda Essex	1:25:00	Maree Lucas	1:30:00
	Total 3:55:00	Total 48:30			Total 3:48:30
Team 7	Est Time	Team 8	Est Time	Team 9	Est Time
Martin Amy	0:52:30	Alex Hill	1:02:30	Kazu Takahashi	0:53:00
Nick Marshall	1:12:00	Dot Siepmann	1:19:00	Max Crossley	1:13:20
Stephen Browne	2:00:00	Joe Ayoub	1:32:30	Kevin Lucas *	2:09:00
	Total 4:04:30		Total 3:54:00		Total 4:15:20
Team 10	Est Time	Team 11	Est Time	Team 12	Est. Time
Emanuel Finos	1:00:00	Manal Garcia	1:03:00	Tony Purss	1:03:00
Tami Dower	1:19:00	Bridget Akers	1:20:00	Emmanuel Chandran	1:15:00
John Phillips	1:30:00	Stretch Fowler	1:24:00	Rick Capel	1:30:00
	Total 3:49:00		Total 3:47:00		Total 3:48:00

Team 13	Est. Time
Tony Purss	1:03:00
Emmanuel Chandran	1:15:00
Rick Capel	1:30:00
	Total 3:48:00

Bridge to Bridge Run

In conjunction with Ryde Aquatic Festival Gladesville Rotary has, once again, offered Woodstock \$400 to assist on the day and this was accepted at our AGM.

When: Sunday 13 September 2009

Where: Kissing Point Park, Putney

Contact Barry Cole: Tuesdays or Saturdays, phone on 9874 3148

As this is our only fund raiser, please consider keeping the date free and come along to help and/or participate.

Proceeds will go to Ryde Hospital and High School bursaries. For more information, go to www.rydeaquaticfestival.com

Race Report:

M7 Relay Marathon (26 July 2009)

By: Martin Amy

Pete and I entered this event (half marathon each) in the belief that we had the ideal combination of both natural talent and maturity. As the race unfolded it became clear that these attributes were solely in my locker with Pete bringing.....well?..... we still remain unsure of exactly what he brought.

Chaia asked me to provide a first hand account on the event, which I thought my partner could help me out with, but like the race my partner couldn't. I suppose he's at least consistent.

The official race report is later but for your perusing pleasure here are the following correspondence as Chaia sought the final version:

From: Charissa P
To: Martin Amy
Cc: Brendan Davies, Peter O'Sullivan
Date: 03/08/2009 12:53 PM
Subject: Re: m7 marathon

Hi Marty,

Are you writing your race report? :) I'm waiting for it for the rundown! deadline before august 9 please :D

Thanks!

Chaia

From: Martin Amy
To: Charissa P
Cc: Brendan Davies; Peter O'Sullivan
Sent: Monday, August 3, 2009 1:06:15 PM
Subject: Re: m7 marathon

i thought it was a joke!!! i'll see what i can rustle up this evening, Pete will have to vet it though, cos no doubt they'll be a lot of bagging going on!

Martin Amy

From: Charissa P
To: Martin Amy
Cc: Brendan Davies, Peter O'Sullivan
Date: 03/08/2009 01:42 PM
Subject: Re: m7 marathon

Why would we take Mr. Amy's word as a joke? :p you have a page reserved, will be waiting.

thanks :)

Chaia

From: Martin Amy
To: Charissa P
Cc: Brendan Davies, Peter O'Sullivan
Date: 03/08/2009 01:47 PM
Subject: Re: m7 marathon

the short and sweet version is....

we drove there, we got a bus to start, i ran, Pete ran (getting passed by a girl), we crossed line in about 2:54. First in Open Males.

Congratulations can be forward via email to www.i/really/dont/give/a/monkeys/what/you/guys/get/upto.com.au

Words of condolences to Pete can be forwarded to www.on/the/brink/of/giving/up/running.com.au

Martin Amy

From: Peter O'Sullivan
To: Martin Amy
Cc: Brendan Davies, Charissa P
Date: 03/08/2009 01:55 PM
Subject: Re: m7 marathon

I can be silent no longer.

The woman's name by the way was Paula Radcliffe and believe me she must of ran a pb to beat me, just luck on the day because I had a blister!

From: Martin Amy
To: Peter O'Sullivan
Cc: Brendan Davies, Charissa P
Date: 03/08/2009 02:47 PM
Subject: Re: m7 marathon

the thing was though that you did run her down.... and then instead of ensuring the girl read the Blue 'Woodstock Runners' name for the rest of the race by staying out in front of her, you duly let her pass? Go figure? Either you were being a true gentleman or you just went out too quick and bombed the last part.... i cannot even start to believe it would ever be the former!
as for the elderly gent you know as well as i do he was on a motorised scooter!!
Martin Amy

With the above dealt with the race went a bit like this....

7am came along and off I went as Pete welcomingly gave me the opening half, as he put his feet up drinking coffee until 8.30am. In my usual conservative approach (getting into my stride), I began picking off marathon runners and came in at about 83mins 30secs. With the changeover and Woodstock colours in sight I was happy my job was done, roughly about 1 minute behind.

We struggled slightly with the ankle band changeover, mainly due to my mother not being present to change my diaper and clothes though we finally got the blighter over to Pete, taking about 2mins to do so. Apparently the leaders were a lot more efficient.

I left on the bus and headed to the finish, shouting as I left 'take it easy'. Whilst I waited for Pete I had a full body massage (with a happy ending) and a bacon and egg sandwich. As the time ticked over to 2:52 a girl in a relay bib crossed the finish line with Pete nowhere to be seen. The clock ticked onto 2:54 and into the athletics track came a Woodstock runner – Pete. As he crossed the finish line he was buggered. It was only later after his own massage (not a happy ending), that he divulged the truth about his run...he did catch up to the girl only to see her drift away...

As for the event and race I highly recommend this course if people are seeking personal bests, or a first marathon attempt. As for the relay event, I will be seeking a new partner for next year...



<--'Dynamic Duo'
collecting
their trophies
for 1st in the
Open Males.

Thursday Night Training (TNT)

Everyone is welcome, regardless of your ability level. We have had men and women runners aged from 15 to 80 participate, with many different running paces. The sessions are easily modified to cater for the spread of abilities. There is now no cost for members! Cold drinks are supplied. Any visitors are welcome to try us out. Friends and family are most welcome too.

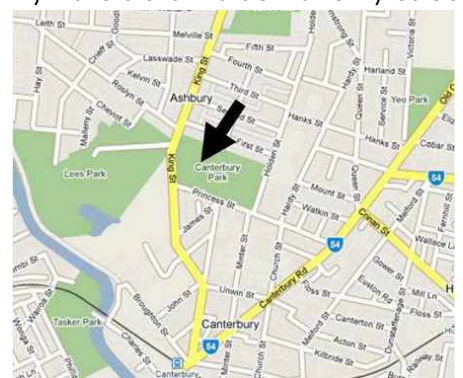
Sessions range from hill repeats, fartlek training, pyramid and standard intervals. Variety is the key to enjoyment!

Location details are: Campbell Athletic Field, part of Canterbury Park, Princess St Ashbury. Car park access is off Andrews Ave.

Session starts at 6:30pm and generally finished by 7:30pm.

Why not come down and check us out! You won't be disappointed.

For more information, contact **Brendan on 0422 233463** or @ bjdavies2000@yahoo.com



Minute with the members

Name: Tami Dower

What is your occupation? Writer

Running age group? 30-35

Do you have family?

Is this a trick question? I have family, yes, and am about to acquire a new one to add to my complicated collection (recently engaged).

How long have you been a Woody? About a year now

Do you run on Tuesday night/TNT/Saturday morning?

Sat morning

Why do you enjoy running? Because it means I get to eat a Bowan Island raspberry and oat muffin afterwards, guilt-free.

What is your favourite running distance/course/

event and why? I love any kind of off-road running, especially where there's a navigation element involved (and I am not the one navigating).

What has been your running highlight? Breaking 47 minutes for 10K at this year's Macleay Marathon running festival.

Any lowlights (injury etc)? Yes. ITB is a swear word.

What was the last race you went in and how did you go? The Macleay 10K but by the time this goes to print it will be the 2009 C2S. I'm hoping to do a bit better than last year when I got 84 minutes and spent half the time dodging prams and walkers six-abreast in the back of the pack.

Anything funny/unusual ever happened to you while you have been out running? I tend to trip over things – tree roots, gutters, small dogs, my feet... Coordination has never been my strong point.

What other sports/hobbies are you involved in? Adventure racing, mountain biking, kayaking, horse riding, skiing, hiking, most things that involve being out in the bush.

Favourite food/beverage? Bowan Island's raspberry and oat muffins – they are to die for.

If you could have dinner with anyone who would it be and why? My fiancé (ooh that sounds weird). Because he is my soulmate and he is like Darryl Kerrigan from The Castle – he thinks everything I make is gourmet, even when it actually tastes like something the cat threw up.

Where would your ideal holiday be? Peru, hiking the Inca Trail, which I will hopefully do next year on my honeymoon.

Interesting things we may not know about you?

- By the time I get married next year, I will have spent almost exactly half my life with my partner (Tristan Iseli, also a Woody).

- I am distantly related to the Queen of England (according to my mum).

- I have a pathetically juvenile sense of humour and am a huge fan of Funniest Home Videos.



Note - Thanks Tami! It was a plan to put Tami and Tristan's profile together, however I am not sure what happened to Tristan's piece as I haven't received it! Congratulations and best of luck to both of you on your engagement and the new house. - editor

Woodstock Bagged awards at the SMC Awards night

by: Dot Siepmann

Several Woodstock Members attended the Annual SMC (Sydney Marathon Clinic) Presentation Night held on Saturday, 1st August in Wetherill Park. To be eligible for prizes each runner needed to complete 6 of the 9 races in the series. 6 Woodies figured in the awards for the 2008/2009 Road Race Series which finished with the last race in June. They were:

LONG RUNS

Brendan Davies: 1st 30-39 Yrs.

10 KMS

Bronwyn Hager: 1st 20-34 Yrs.

Manal Garcia: 1st 35-44 Yrs.

Deirdre Stewart: 1st 45-54 Yrs.

Lesley Maher: 1st 55-64 Yrs.

5 KMS

Dot Siepmann: 1st 55+ Yrs.

Congratulations to all !!

Cheers to the members who have been in the Club for more than 20yrs

Joe Ayoub

Max Hall

Ken Murray

Colin Townsend

Barry Cole

Lloyd Laing

Max McGown

Vass Vassiliou

Robyn Briscoe

Lesley Maher

Elle and Chris Siepen

Derek White

Steve Briscoe

Dorothy Siepmann

Julia Stenton

Kerry Bray

Handicap Event, 29/8/2009



The 2009 Handicap Series continues later this month (29/8/2009).

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 2009 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 25/8/2009 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

It is helpful if I can get your time estimates by 8:00pm 28/8/2009 (Friday night), so that the start can proceed without too many interruptions.

How many woodstock can you find at the eart of the lake start?



Bathurst Half Marathon: 26/04/0921.1KM

Nick Marshall 1:45:12

ANSW Road Relays Wollongong, 11/7/094km

Brendan Davies: 13:23 ##

Dot Siepmann: 20:41 ##

ANSW X Country Championships 18/7/095KM

Dot Siepmann 28:28 1st - F65

Robyn Briscoe 22:47 5th F50

Sri Chinmoy, Dolls Point

21.1 KM

Brendan Davies 1:18:39 2nd Oall

Anthony Robinson 1:30:40

Charissa Patacsil 1:49:21

10 KM

Thalia Anthony 50:53

Mark O'Donell # 54:02

Peta Bray 56:53

Kerry Bray 56:53 1st F60-69

5 KM

Barry Cole 30:58

Michelle Warren # 30:10

Sutherland to Surf11KM

John Dawlings 43.14 8th M50-59

Bronwyn Hager 45.34 9th F20-29

Emanuel Finos 46.30

Terry Vohradsky 51:59

Paul Whittaway 52:19

Dot Siepmann 57:40 1st F60-69

Bridgette Akers 1:00:01

Paul Nash 1:01:54

Kerry Bray 1:02:13: 6th F60-69

Peta Bray 1:02:12

John Phillips 1:08:58

Lawler's Winery and Running Festival, Hunter Valley 16/07/09

42.125 KM

Brendan Davies 2:47:00 PB

Anthony Robinson 3:3:19:39

Race Results

Members - Please email all results to
rundown@woodstockrunners.org.auLawler's Winery and Running Festival, Hunter Valley
16/07/09**2 Man Marathon 21.1 KM****1st Female Team**

Bronwyn Hager 1:38:26

Charissa Patacsil 2:00:17

Half Marathon

Michelle Warren 2:23:21

10KM

Martin Amy 40:38 5th M20-29

Terry Vohradsky 1:01:02

M7 Marathon42.125KM

Brendan Davies# 2:59:14 Pacer, 6th F30-39

Jeffrey Morunga 4:52:50

Team Relay

21.1KM

Open Males 1st MCat, 2nd Oall

Peter O'Sullivan 1:31:18

Martin Amy 1:23:19

2:54:38

Strider Series, Lane Cove 2/8/09**10KM**

Emanuel Finos# 43:11

Max Crossley # 48:25

Lesley Maher# 54:05

Brian Ogilwy # 56:02

Jeff Morounga # 57:13

Bay Run, Iron Cove 3/8/097KM

John Dawlings 28:06 2nd M50+

Susan Murray 31:17 3rd, F40-49

Emmanuel Chandran 32:32

Terry Vohradsky 33:58

Paul Milazzo 41:13

- Not in Woodstock gear

Upcoming events

All events courtesy of: www.coolrunning.com.au/calendar**Thu 13 Aug THE DOMAIN CORPORATE RUNNING SERIES**

Every Thursday from 2nd July to 13th Aug, 12.45pm in the Domain Sydney (Sth East) A running Series to suit beginners to Elite Distance: approx 3km, Win Prizes from high five and barefoot Inc, Earn points for overall Series winners, The more races you run the more chances you have contact: Nicolette Kenny. email: nikfilms@hotmail.com. Visit <http://www.andersonevents.com.au/> for more details.

Sat 15 Aug GO NATURAL MULTISPORT - AKUNA BAY TO APPLE TREE BAY

Saturday 15th August will see the fifth 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 on the Northern Beaches of 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 0403-820282. email: gary@maxadventure.com.au. Visit <http://www.maxadventure.com.au/> for more details.

Upcoming events continuation ...

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

Sun 16 Aug WAGGA WAGGA TRAIL MARATHON

Following the success of the inaugural 2008 Wagga Wagga Trail Marathon the marathon will be held August 16th 2009. The 2008 marathon proved to be both challenging and enjoyable so in 2009 the course will be unchanged. Along with the marathon, a Marathon Relay will be run, this Relay provides four persons a chance to complete 10-12 km stages along the marathon trail or two person to do a half marathon size run. Also a 10 km fun run and a 3 km run/walk. Contact: waggawaggamarathon@bigpond.com contact: Helen Allen. email: waggawaggamarathon@bigpond.com. Visit <http://www.coolrunning.com.au/waggatrailmarathon> for more details.

Sun 16 Aug BANKSTOWN HALF MARATHON - THE HIDDEN HALF AND 5KM MAYORAL WALK/RUN (INCORPORATING ATHLETICS NSW STAT

The Races start and finish at the Western Districts Joggers and Harriers' Clubhouse at Lake Gillawarna- 150m west of the footbridge over Henry Lawson Drive, between Flinders Rd and Georges Cres, Georges Hall. The course, reputed to be one of the most picturesque traffic free running courses in Sydney Metro, follows pathways and trails in a park and Lake setting, providing a balanced and "honest" 21 km course with a good mix of hills and flats. The 5km course is fast and flat but it also provides for an "easy" walk/Run course for the beginner runner and family groups. Awards for outright 1st, 2nd & 3rd Female and Male with age and other categories for both races. Legendary Lucky Draw for all runners/walkers. contact: Joan 02 9724 4729. email: westieswdjh@gmail.com. Visit <http://www.westies-wdjh.com/> for more details.

Sun 16 Aug TAMWORTH TEN AND FUN FIVE

Test yourself over our flat 10 or 5 km course by running along our beautiful Peel River river flats. Walkers can participate on a 4km course. This year will again see the Dash For Cash conducted over 100m. Great prize money. Make the trip to the winners of the 2009 Australian tidiest city and stay a while within to check out our many attractions. contact: Peter Annis-Brown on (02) 6766-2526.. email: jeff.benson@tafensw.edu.au. Visit <http://www.tamworthtriclub.org.au/> for more details.

Sun 16 Aug MULLUM TO BRUNS RUN & WALK

10 km run or 8.4 km walk between the beautiful Byron Shire towns of Mullumbimby and Brunswick Heads, far north coast of NSW. Officially certified course. Age category awards and random prizes. Online entries open 16 May. Early bird entries close 9 August. Entries on the day will be accepted. 8:30 am start for the run and 8:45 am start for the walk. contact: Mehil Beckerman 61266846886. email: mehil@mullumtobruns.org.au. Visit <http://www.mullumtobruns.org.au/> for more details. Click here for an entryform.

Fri 21 Aug TRIPLE M SYDNEY TOWER RUN-UP

A gruelling test for aspiring, courageous and daring competitors, the Triple M Sydney Tower Run-Up is an event where entrants compete against the clock, and each other, in a race to climb the 1504 stairs of the Tower's fire escape. The race starts from street level at Pitt St Mall and finishes at the Sydney Tower Observation Deck, 250m above. There are various race categories including elite categories, age based categories, corporate teams and novelty categories including Emergency Services. The average time to complete the run is about 15 minutes, however the best time ever achieved was in 2000 by Paul Crake who managed to complete the arduous task in 6 minutes and 52 seconds. contact: Steffan Jurd. email: steffan@soldout.com.au. Visit <http://www.sydneytowerrunup.com.au/> for more details.

Sat 22 Aug MT WILSON TO BILPIN BUSHRUN (THE WILLY TO BILLY)

This is an approx 35km trail run along trails, tracks and dirt roads from Mt Wilson to Bilpin in the Blue Mountains, NSW. All funds raised are for the Bilpin & Mt Wilson Bushfire Brigades (Rural Fire Service). Starts 10am from Silva Plana Pk, Queen St, Mt Wilson. Bus from the finish line to start, so park car at Bilpin. First year of the event was 1996. This is a well organised event, strongly supported by the local community. We provide fresh scones at the beginning, plenty of well stocked and staffed drink stations, and hot showers at the end. Contact: Michael Garvan. Ph 0429329169 email: organiser@bilpinbushrun.com.au. Visit <http://www.bilpinbushrun.com.au/> for more details. Entry form will be available March 2009 contact: Michael Garvan. email: organiser@bilpinbushrun.com.au.

Sat-Sun 22-23 Aug MUDGEES MARATHON WEEKEND

Marathon, Half Marathon, 10km, 5km Fun Run - A boutique race for anyone who wants to experience a great course, fantastic atmosphere and good support. Cool-Dri Finishers tshirts for the Half & Marathon. Trophies and bottles of Mudgee wine for place-getters and spot prizes. 5km/10km - Sat 22nd Aug. Half/ Marathon - Sun 23rd Aug. This is our 9th year and we keep getting stronger thanks to our growing band of

Upcoming events continuation ...

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

loyal supporters who return year after year. Please visit our website for more race info and accommodation in Mudgee. Feel free to email if you have any questions. Hope to see you in Mudgee! contact: Lynn Byrne. email: entries@mudgeetriclub.hwy.com.au. Visit the <http://mudgeetriclub.hwy.com.au/marathon> for more details.

Sun 23 Aug WINTER TRIATHLON

The Ballina Triathlon Club 's Winter Triathlon. Two distances: 500m/20km/5km or 1000m/30km/7.5km. Registration opens at 7.00am. Racing starts at 8.30am. Entries will NOT be accepted on the day. Maximum of 100. Entry fees: \$22.00 for BTC members, \$25 for temporary members and \$17 per person (for team entry - max.3 per team). Entry fee includes brunch and a beverage voucher (fresh coffee or cold drink). No age group categories but loads of great value random draw prizes. This is a great pre-race event for those competing in the World Championships on the Gold Coast in September. Entries close August 16th. contact: Tony 0404 096701 or Amanda. email: secretary@ballinatri.com. Visit <http://www.ballinatri.com/> for more details.

Sun 23 Aug MITTAGONG PRESCHOOL BUSH FUN RUN

ARE YOU UP FOR A CHALLENGE Come and join us in our Charity Bush Fun Run, this will be a great day for, family and friends to enjoy a day of Fitness, Food and Fun. When: Sunday 23 August 2009 Where: At the Welby Hockey and Surrounding Fields Fire Trail in Mt Alexandra Reserve (corner Meranie Street and Joadja Street, Welby) Distances and starting times: 10km - 9am, 5km -10:15am, 2km - 11am contact: Naomi Parkes 0408 682 516. email: mpsfunrun@hotmail.com. Visit the <http://www.mittagongpreschool.org.au/> for more details.

Sun 23 Aug 17TH ANNUAL CHARITY PUB2PUB FUN RUN & WALK

Annual race 13km race, mainly road but including a start on the beach and some parkland - 8am start. Iconic event touted as smaller version of City-to-Surf. Course starts on the sand at Dee Why Beach and follows picturesque route to The Newport Arms Hotel, one of Sydney's most famous hotels. Punters young and old, big and small and from near and far welcome. Funds raised for local charities including local Surf Clubs, the Manly and Mona Vale Hospitals, local SES and the NSW Rural Fire Brigade. In previous years over \$500,000 has been raised, over \$50,000 in 2008. NOTE: NO ENTRIES ON THE DAY. contact: Rotary Club of Brookvale. email: info@pub2pub.com.au. Visit the <http://www.pubtopub.com.au/> for more details.

Sat 29 Aug SUTHERLAND HALF MARATHON AND CARNIVAL DAY

1k, 2k, 3k, 5k, 10k and 21.1k FAQ sheet on web site email: publicity@sutherlandathletics.com. Visit <http://sutherlandathletics.com/> for more details.

Sun 30 Aug LAKE MACQUARIE HALF MARATHON AND 10.5KM FUN RUN

The Lake Macquarie Half Marathon (21.1km) includes other events such as 10.5km run / community walk and school relay. The Half Marathon competitors will complete 2 loops between Warners Bay and Speers Point with the 10.5km run / community walk completing 1 loop. It is waterfront for the complete distance and boasts spectacular views across magnificent Lake Macquarie. The surface is extremely good and the terrain is basically flat with some minor undulations. This is an exceptional runner's course. contact: Anne 0424 402 524 or Kate 0410 474 488 or 02 4956 3122. email: enquiries@lakehalf.com. Visit <http://www.lakehalf.com/> for more details. Click here for an entryform.

Sep 2009

Sat 5 Sep SYDNEY STRIDERS 10KM SERIES

10km race on an officially certified course at North Head. 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 <http://www.sydneystriders.org.au/10k/> for more details.

Sun 6 Sep TEVA ADVENTURE SERIES

The Teva Series is fun adventure race sprint with 20-30km mountain biking, 8-12km trail running & mental & physical challenges thrown in along the way to add to the fun. Racers require basic navigation skills, 2 great team mates, & a spirit of adventure! contact: Simon Lazenby. email: info@in2adventure.com.au. Visit the <http://www.in2adventure.com.au/> for more details. Click here for an entryform.

Sun 6 Sep BEROWRA BUSH RUNNERS 10KM ROAD RUN HANDICAP
 Berowra Bush Runners (BBR) hold a 10km handicap ROAD RUN the first Sunday of every month. Starts 7:15am. Warrina St Oval carpark, Berowra. You can join us no charge. We will record your time and give you a handicap. Free breakfast afterwards. If you want to race for weekly and annual prizes and medals then join the club for \$20 p.a. and join the Berowra RSL (\$5). Check the <http://www.berowrabushrunners.com/> for more information and our calendar of social runs with a combination of road and bush running. contact: Graham Leslie 9456 2002.

Woodstock in Races



Clockwise: Anthony@Dolls Point; Mark and Thalia@Dolls Point; Bronwyn,Brendan,Chaia w/ their prizes @ Hunter Valley Marathon; Woodstockers and a visitor @Hunter valley; Peta, Kerry, Terry, John P., John D., and Dot Siepmann at Sutherland to Surf.

Spot the Difference: Two Asians, same shoes, One is Strider the other is a Woodie. Unfortunately she beat me.