

The WOODSTOCK RUNDOWN

June 2009



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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>

Founded in 1980

The Rundown On Members

A successful and well attended Annual General Meeting was held at Woodstock last month resulting in the election of the Committee for the coming year. President Roy thanked those who had steered the Club for the previous year and offered his appreciation to those taking on their respective jobs for the coming twelve months. We were all most appreciative of Greg's efforts in feeding us and quenching our thirsts prior to the meeting.

Thanks to all involved in staging the year's second Handicap Event. Colin, as always, prepared the starting times and set us off on our way; recorded all the finishes; then calculated the winners and presented the prizes. Deirdre, Lesley and David organised a barbecue breakfast for which we were most grateful. Well done to the winners, to those who ran too fast and were disqualified and to all who took part on the morning.

Sydney turned on a magnificent morning for the SMH Half Marathon and it was wonderful to see so many Woodstock uniforms running through the streets. Congratulations to all who participated and especially those running a PB.

Congratulations to Brendan on winning the Macleay Marathon on Sunday following his 2nd place last year. Congrats also to Chaia who was 3rd female in a PB and Anthony won ran a fabulous PB. What a champion trio!

The cooler weather certainly brings out the Fun Runs with Sydney Marathon Clinic and Sri Chinmoy events each month, the Gold Coast runs in July, along with Sutherland to Surf and of course City to Surf entries currently filling. Follow Brendan's instructions as to how to enter teams for C2S and be quick to pay up and save yourself an increased fee.

Welcome to all our new members of late. It's great to have you with us. We hope you enjoy many years of running or walking with Woodstock Runners and trust you will experience many memorable achievements in that time.

Happy running and walking everyone.

Kerry

Welcome to the Woodstock world!

A warm Woodstock welcome to our newest member, Emmanuel Chandran, who took part in his first Woodie event last Handicap. We look forward to seeing you at some runs or events. We also encourage all our new members to check out the Woodstock website to learn more about our club and our club training nights. 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 to have a run with our groups in races and training lately Please make sure you make all these visitors welcome.

This Month's Birthdays!

Bronwyn Hager-2nd, Max Hall-4th, Lesley Maher- 1th, Julian Burbidge-10th, Kim Cayzer 1th, Bronwyn Suley -18th, Gerry Cullen - 24th, Emma Pryor-24th

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"In running, it doesn't matter whether you come in first, in the middle of the pack, or last. You can say, 'I have finished.' There is a lot of satisfaction in that." -Fred Lebow, New York City Marathon co-founder



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Rob de Castella: "The marathon's about being in contention over the last 10K. That's when it's about what you have in your core. You have run all the strength, all the superficial fitness out of yourself, and it really comes down to what's left inside you. To be able to draw deep and pull something out of yourself is one of the most tremendous things about the marathon."

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June Training Program

Tuesday Runs 6pm @Woodstock, Burwood,		Thursday Night Intervals 6:30pm@Campbell Oval, Ashbury.		Saturday Runs 7.20am at Brett Park, Drummoyne	
7/06/2009	Campsie 9km	11/06/2009	"Mile Down" Inverted Pyramid	13/06/2009	Balmain Shores 7.5km
16/06/2009	Jak's Strathfield Run 8km	18/06/2009	"Parlov" 300m x 12	20/06/2009	Hell Hill 8km
23/06/2009	Burwood Park 10km	25/06/2009	1200m x 4	27/06/2009	Balmain 9km
30/06/2009	Concord 9km	2/07/2009	"Command" or "Mona" Fartlek	4/07/2009	Timbrell Park 8km
7/07/2009	Canada Bay 11km	9/07/2009	"Hills" Session	11/07/2009	Five Dock 7km

Footy Tipping

													Round 12			
Rank	Tipper	1	2	3	4	5	6	7	8	9	10	11	Round Score	Round Margin	Total Margin	Total Score
1	John Murray	5	4	3	3	6	5	6	5	2	5	5	3	16	137	52
2	Mighty Rabbit	6	3	4	3	6	4	6	5	3	7	5	2	20	143	54
3	Alex Hill	6	3	4	2	6	6	7	5	2	7	7	2	20	147	57
4	vass vassiliou	6	4	3	4	7	6	4	3	2	5	2	2	22	155	48
5	Mr D	6	5	2	3	5	6	6	5	2	6	6	2	26	185	54
6	Stretch	8	3	3	3	4	5	7	3	2	3	3	2	28	141	46
7	Luke Townsend	4	5	3	3	4	5	3	3	1	3	3	2	28	206	39
8	Bron Hager	7	5	4	3	5	8	8	5	3	6	7	1	22	125	62
9	Colin Townsend	6	2	4	2	5	5	5	5	3	7	7	1	34	171	52



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WOODSTOCK RUNNERS

SYDNEY MORNING HERALD INTERNAL TEAMS

17th May 2009

1st Place

<u>Team 2</u>				
Name	Est Time	Chip Time	Difference	Average
Martin Amy	1:24:00	1:24:46	0:00:46	
Tristan Iseli	1:59:00	2:00:13	0:01:13	
Dot Siepmann	2:02:00	2:03:26	0:01:26	
Total			0:03:25	0:01:08

2nd Place

<u>Team 1</u>				
Name	Est Time	Chip Time	Difference	Average
Brendan Davies	1:19:00	1:19:38	0:00:38	
Rick Collins	1:55:00	1:52:18	0:02:42	
Michelle Warren	2:10:00	2:09:57	0:00:03	
Total			0:03:28	0:01:09

3rd Place

<u>Team 3</u>				
Name	Est Time	Chip Time	Difference	Average
John Dawlings	1:26:00	1:27:51	0:01:51	
Tami Dower	1:59:00	2:00:14	0:01:14	
Mark Mercieca	2:00:00	2:03:04	0:03:04	
Total			0:06:09	0:02:03

4th Place

<u>Team 7</u>				
Name	Est Time	Chip Time	Difference	Average
Kim Cayzer	1:50:00	1:53:18	0:03:18	
Deirdre Stewart	1:52:00	1:51:51	0:00:09	
Chaia Patacsil	1:50:00	1:47:12	0:02:48	
Mark O'Donnell	1:12:00	DNS		
Total			0:06:15	0:02:05

5th Place

Team 5				
Name	Est Time	Chip Time	Difference	Average
Paul Whiteway	1:54:00	1:52:21	0:01:39	
Bronwyn Hager	1:34:00	1:34:23	0:00:23	
Stephen Browne	1:55:00	1:49:20	0:05:40	
Belinda Essex	2:15:00	2:04:34	0:10:26	
Total			0:18:08	0:04:32

6th Place

Team 4				
Name	Est Time	Chip Time	Difference	Average
Max McGown	1:55:00	1:59:49	0:04:49	
Bridget Akers	1:59:00	2:06:07	0:07:07	
Peter O'Sullivan	1:29:00	1:32:55	0:03:55	
Total			0:15:51	0:05:17

7th Place

Team 6				
Name	Est Time	Chip Time	Difference	Average
Thalia Anthony	1:52:00	1:45:08	0:06:52	
Linda Barwick	1:53:30	1:56:55	0:03:25	
Phil Lobsey	1:38:00	1:33:49	0:04:11	
Nick Marshall	1:43:00	1:57:03	0:14:03	
Total			0:28:31	0:07:08

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.

Woodstock Runners Handicap Event, 30/5/2009
Held around the 7km Bay Run course

<u>Name</u>	<u>Estimated Time</u>	<u>Start Time</u>	<u>Finish Time</u>	<u>Actual Time</u>	<u>Finish Place</u>	<u>Points</u>
Pryor, Emma	39:00	7:33:00	8:11:13	38:13	1	25
Burbridge, Julian	31:00	7:41:00	8:11:17	30:17	2	24
Vehradsky, Terry ##	34:00	7:38:00	8:11:25	33:25	3	23
Rankin, Roy	42:00	7:30:00	8:11:41	41:41	4	22
Kazuaki, Kazuaki	28:00	7:44:00	8:11:42	27:42	5	21
Akers, Bridget	38:00	7:34:00	8:11:43	37:43	6	20
Brown, Calli	40:00	7:32:00	8:11:55	39:55	7	19
Phillips, John	42:00	7:30:00	8:12:23	42:23	8	18
Finos, Emanuel	30:00	7:42:00	8:13:10	31:10	9	17
Morunga, Jeff	35:00	7:37:00	8:13:38	36:38	10	16
Cole, Barry	46:00	7:26:00	8:14:06	48:06	11	15
Robinson, Anthony	30:00	7:42:00	8:14:13	32:13	12	14
Patrick, Jon	34:00	7:38:00	8:15:13	37:13	13	13
Purss, Tony	32:00	7:42:35	8:16:24	33:49	14	12
Yamazaki, Tomomi	43:00	7:29:20	8:08:35	39:15	DQ	11
Bray, Kerry	42:00	7:30:00	8:08:54	38:54	DQ	11
Chandon, Emmanuel ##	42:00	7:30:00	8:08:56	38:56	DQ	11
Collins, Rick	35:00	7:37:00	8:09:36	32:36	DQ	11
Dower, Tami	36:30	7:35:30	8:09:56	34:26	DQ	11
Merciera, Mark	38:00	7:34:00	8:10:04	36:04	DQ	11
Iseli, Tristan	38:00	7:34:00	8:10:05	36:05	DQ	11
Patacsil, Charissa	34:30	7:37:30	8:10:21	32:51	DQ	11
Crossley, Max	37:00	7:35:00	8:10:43	35:43	DQ	11
Davies, Brendan	26:00	7:46:00	8:10:49	24:49	DQ	11
Amy, Martin	27:00	7:45:00	DNF			
In this Handicap event, Emma Pryor, Julian Burbridge & Roy Rankin took the first three places.						
There were 5 Handicap PB's set:						
	Emma Pryor	40:05	3:44 Handicap PB			
	Tristan Iseli	36:05	1:13 Handicap PB			
	Charissa Patacsil	32:51	1:10 Handicap PB			
	Kerry Bray	38:54	0:11 Handicap PB			
	Brendan Davies	24:49	0:05 Handicap PB			
The fastest male was Brendan Davies (24:49)						
The fastest female was Charissa Patacsil (32:51)						
DQ indicates disqualified for being more than one minute under estimated time, so they get the pointscore of 11th place.						
## indicates not a current financial member, but points will be given if they join before the next Handicap Event.						

Announcements

- As our anniversary is nearing, do you want a memorabilia of the club? Vote either polar fleece, Rugby Top, Sloppy Jo, Tracksuit Top at the website.
- Share your running stories, Suggestions, race results or Letter to the editor at rundown@woodstock.org

Woodstock Runners - Handicap Series 2009

Place	Name	28/02/2009 Points	30/05/2009 Points	29/08/2009 Points	22/11/2009 Points	Total (Best 3)	Count
1	Patacsil, Charissa	30	11			41	2
=2	Robinson, Anthony	21	14			35	2
=2	Yamazaki, Tomomi	24	11			35	2
=4	Burbidge, Julian	10	24			34	2
=4	Davies, Brendan	23	11			34	2
6	Rankin, Roy	10	22			32	2
7	Takahashi, Kazuaki	10	21			31	2
=8	Bray, Kerry	19	11			30	2
=8	Morunga, Jeff	14	16			30	2
=8	Akers, Bridget	10	20			30	2
11	Amy, Martin	29				29	1
=12	Merciera, Mark	17	11			28	2
=12	Phillips, John	10	18			28	2
=12	Purss, Tony	16	12			28	2
=12	Waladan, Sarah	28				28	1
16	Siepen, Elle	27				27	1
17	Klein, Corinne ##	26				26	1
=18	Nash, Paul	25				25	1
=18	Pryor, Emma		25			25	1
20	Vehradsky, Terry ##		23			23	1
21	Hager, Bronwyn	22				22	1
22	Reed, Jen ##	20				20	1
23	Brown, Calli		19			19	1
24	Stenton, Julia	18				18	1
25	Finos, Emanuel		17			17	1
=26	Cole, Barry		15			15	1
=26	McGown, Max	15				15	1
=28	Patrick, Jon		13			13	1
=28	Siepmann, Dot	13				13	1
30	White, Derek	12				12	1
=31	Capel, Rick	11				11	1
=31	Chandon, Emmanuel ##		11			11	1
=31	Collins, Rick		11			11	1
=31	Crossley, Max		11			11	1
=31	Iseli, Tristan		11			11	1
=31	Dower, Tami		11			11	1
=37	Cayzer, Kim	10				10	1
=37	Hill, Alex	10				10	1
=37	Lung, Andrea	10				10	1
=37	Owen, Caroline	10				10	1
=37	Ullio, Lawrence	10				10	1

2009 - 2010 Woodstock Committee

Roy Rankin - President
 Barry Cole - Vice President
 Rick Collins - Secretary
 Kay Johnson - Treasurer
 Kerry Bray - Welfare Officer
 Brendan Davies - Teams Coordinator
 Dot Siepmann - Uniforms Officer
 Deirdre Stewart - Social Events
 Lesley Maher - Social Events
 Ken Murray - Walker's Representative
 Stretch Fowler - General Committee Member
 Vass Vassiliou - General Committee Member
 Lawrence Ullio - General Committee Member
 Colin Townsend - Website Administrator
 Chaia Patacsil - Rundown Editor

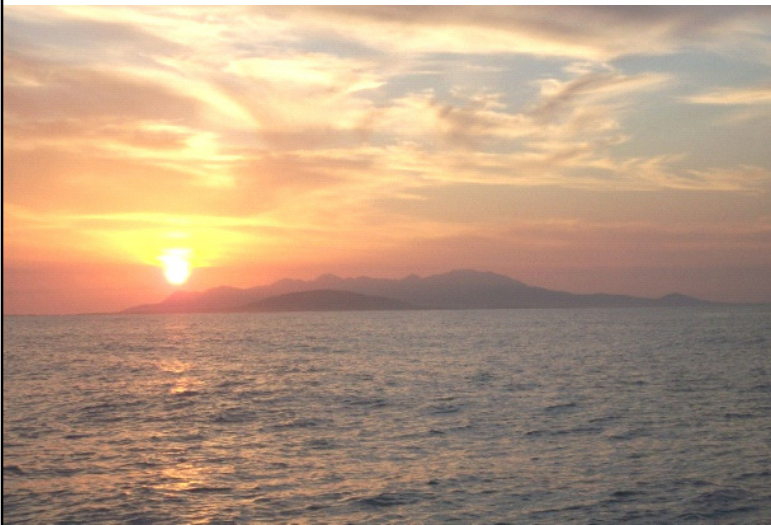
More than a race – the Three Peaks Challenge

Part 2 – Mt Freycinet

The report picks up at the conclusion of the first run leg on Flinders Island.

Having jumped straight back onto the “Apollonius” after a 60km run, I realised that this was a race in every sense of the word. There was no time for questions or greetings, no pats on the back or a cold tinny waiting for us, it was straight back on and sails were hoisted...unfortunately there wasn't a breath of wind in the bay, which left us all very deflated! However, the lack of wind did at least make for a trip to the toilet/shower room bearable as I was able to shower without being thrown around and I was able to wash myself off to some degree!

Once back on deck I was enjoying a lovely afternoon laying back on deck when suddenly a massive ‘thump’ from below woke the crew up from their slumber. We had hit a sandbank! There were some very concerned and embarrassed looks as all the crew looked around trying to blame each other for the mishap! Fortunately the yacht didn't park itself on the sandbank and we continued on our much more cautious way out of Lady Baron towards Freycinet. It was very slow going but at least it gave us an opportunity to enjoy the beautiful sunset.

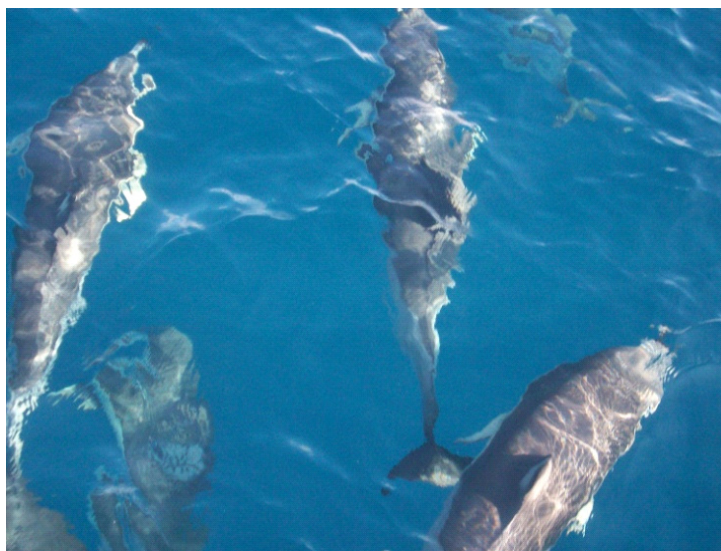


Sunset over Mt Freycinet

The sail to Freycinet was memorable for two things—firstly, the most pleasant sleep I have had in a long time! The gentle rock of the boat and the weariness of a 60km run had me zonked out and next time I woke up it was 5am and the boys informed me that it had been slow going and it could be another 10 or so hours before we reached our destination! This did give me an opportunity to get to know my crewmates a little better and to also learn about the fine art of sailing. It was a lesson in jargon; a kite is not something you play with in the park, a wineglass is not something you drink from, a gybe is not something you say to a mate, a tack is not something you hang a picture

up with, a peel is not what you cut off an apple and a birds nest is not something you find eggs in!

The other memorable thing was the abundance of sea life on this leg. I saw lots of albatrosses and the highlight of the leg, if not the whole trip was the pod of dolphins that accompanied us for about 15 minutes. I could swear they were racing the yacht, playing games and frolicking around. Such magnificent creatures...the long distance runners of the ocean!



Marathon Runners in the sea

The time at sea also gave me time to read and get artistic with my camera, one of the shots you can see in this report.

Finally at 8pm we reached the Mt Freycinet area and were again met with the calmest of conditions. This was incredibly frustrating...being able to see the destination but basically crawling towards it! I did mention that I probably could have swum to the wharf quicker! Funnily, the yachts in the other categories were allowed to use oars to row, however, as we were in the fully crewed category, we had to rely on Mother Nature to get anywhere. Finally, we reached the dock to be met by a mass of locals, television crews and officials. The Tasmanians really do get into this race and I must say I did feel like quite a celebrity to be cheered on by a hundred or so people.



Running at night

After the customary checking in of the compulsory equipment, we were on our way. With John, my Tasmanian running partner, in shorts and singlet, and me fully rugged up complete with long tights, thermal top and balaclava! I gave more than one or two locals a terrible fright! Osama Bin Laden is hiding in Tasmania! The temperature would have been about 8 degrees but the wind chill made it much cooler than that, but I soon realised that the excessive clothing was unnecessary as the arduous run up the Freycinet peninsula begun. This was no run, it more resembled a bush bash and being at night, my 2 dollar shop headlamp meant that I was being very careful on the rough trail not to do an ankle.

My only regret of this run was that as it was at night, the spectacular views of Wineglass Bay and the surrounding areas were missed and there wasn't an opportunity for the Kodak moments. But I did enjoy running at night. It is a very different experience to

running daylight and should be done by every runner once in a while for something different.

The climb up Mt Freycinet was as hectic as anything I've ever done without ropes and karabiners. The track was not really defined and if it wasn't for John's handheld GPS unit and the fluorescent arrows nailed to trees every now and then I would not have got lost...remember I get lost running the Tuesday night runs around Burwood very frequently! The beach running was just plain cruel after 25km of running trails. Coming up to the conclusion of the run, John and I set ourselves a target of getting under 6 hours. With 5km to go we had about 27 minutes to run home to make it. We really put the pedal down and were pleased to reach the wharf just outside our goal in 6 hours and 1 minute.

Back on the yacht, I stripped off my sweaty, stinking gear and hung it up along the rails of the yacht and tucked into the pasta and meatballs that was permanently on the menu!

Next month – the concluding leg....Mt Wellington

-Brendan Davies



Getting Artistic!

Joys of Running

adopted Women's Health magazine

- Long life – Regular running slows the ageing clock according to researchers from the Stanford University School of Medicine, US. They discovered that elderly are half as unlikely as ageing non-runners to die prematurely
- Strong Bones – A new study by the University of Missouri US, found running may help build bones mass density more effectively than resistance training so it could help prevent osteoporosis which affects over 200 million people

City to surf teams



Hi all,

The City 2 Surf entries are now open at <http://city2surf.sunherald.com.au/>

The entry is the same deal as last year...online entry is cheaper and the early bid cheaper rate applies. **\$46** to enter and have your kit sent out to you. There is an option of mailing your entry in and the entry form is attached but it costs \$5 to send in your form so take the tip and do it online soon!

Either online or using the form, you will be asked if you wish to enter a team. If you want to run for one of our official club teams (you may pick up a cool prize!) follow the instructions below.

The teams Woodstock will enter are below.

Please choose the appropriate team.

- **BA Men Open** – Any man runner aged Under 40 to enter. (except Martin Amy and Brendan Davies). Team name: Woodstock Men
- **BB Women Open** - Any female runner aged Under 40 (except Bronwyn Hager) Team name: Woodstock Women
- **BC Mixed (Men and Women)** *Brendan Davies, Martin Amy and Bronwyn Hager* to enter. I have to make a call here. I think we have a good chance of winning/placing this category if we put our quickest runners in the club in this category (I am aware that Kazu could also be in this group but he would give the vets a big chance of placing) Team Name: Woodstock Mixed
- **GA Veterans** – Any Man (Aged 40 to 54) Team name: Woodstock Men Vets
- **GB Veterans** - Women (Aged 40 to 54) Team name: Woodstock Women Vets
- **GC Veterans** - Men (Aged 55 and Over) Team name: Woodstock Men Masters
- **GD Veterans** - Women (Aged 55 and Over) Team name: Woodstock Women Masters

When entering online or on the form, please select the right category code and enter the specific team name.

After you enter, it would be great if you could let me know what team you entered so I can start to compile lists. It may be possible to change teams after entry, similar to the SMH half. If this is the case, and we have lots of runners in the same category, ie GA vets, we could enter a team in the 'Sporting Club' category for example,. Just email me a quick "I entered GB team with my entry today"

I hope this is clear. Please let me know if you need more help or further explanation. It would be good to build on our success at last year's C2S teams.

Brendan Davies
Teams Coordinator
bjdavies@yahoo.com
0422233463



To Schedule an
Appointment



City 02 9251 0822
Bondi 02 9369 3616

Minute with a member

Name: Rick Collins

What is your occupation? I have a small accountancy practice & a babygoods distributing business.

Running age group? 59 to 64

Do you have family? Yes, My wife Novello, 2 sons, 2 daughters & 5 grandchildren.

How long have you been a Woody? About 10 years.

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

Why do you enjoy running? Mainly I enjoy being with all the Woodies & the freedom to run to anywhere we like.

What is your favourite running distance, course, event and why? Canberra Marathon. Have run it 7 times. I like the whole package being a weekend away with good company, a great Pasta Party, a well organised event, Rydges hotel only 2 minutes walk to the start / finish & all the early morning training in a nice part of the year for running.

What has been your running highlights? Many, many times during the very early morning long runs we have solved all the worlds problems, have solved everybody else's problems & had a lot of good laughs along the way. It is also great to start running in the very early hours & as the hours pass watch the city wake up around us as we are still running.

Any lowlights (injury etc)? Stopped running for about 3 months about 4 years ago with a knee injury.

What was the last race you went in and how did you go? Canberra Marathon 4:05 & Sydney Half 1:52. Both runs were my second best times for the same tracks.

Anything funny/unusual ever happened to you while you have been out running? A few months ago at Chatswood shopping centre everyone was standing around lost because the up escalator had stopped. In true Woody style I lead the way & ran up the down escalator however misjudged the moving top step & fell flat on my face to the crowd's amusement. After being dragged about half way back down I jumped up & ran very fast up to the top, leapt off & of course, acted like nothing had ever happened.

What other sports/hobbies are you involved in? I swim 3 mornings a week at about 6.30am. I used to do a lot of bike riding before becoming a Woody. Being a Woody doesn't give me any time for a hobby.

Favourite food/beverage? Flat white decaf coffee in a mug with soy milk. I Like most foods especially all the rubbish type foods we have after a very long hard run.

If you could have dinner with anyone who would it be and why? Maybe the Queen in the main palace dining room just to see what she is really like.

Where would your ideal holiday be? Hard question - travelling overseas, staying at a beach resort, travelling the polar regions - can't decide.

Interesting things we may not know about you? I have won a limbo competition. I can eat 4 Big Macs after a long run. Mostly when I run up the down escalators I don't trip over. I can touch my little finger with my second finger on both hands at the same time.

Editor: Thanks for sharing Rick!

Now you can stop wondering what's Rick's secret why he looks lots younger than his age!:-)



ANSW Novice Cross Country, 10/05/09Invitational 10km

Brendan Davies ## 36:02

Novice 10km (Men)

Stephen Laws ## 42:47

Novice 4km (Women)

Linda Barwick ## 19:32

Dot Siepmann ## 23:14

Sri Chinmoy, Iron Cove, 10/05/094km

Thalia Anthony 17:58 PB, 4th FO'all, 3rd F >17

Michelle Warren 22:04

8km

Kerry Bray 43:17 1st F 60-69

16km

Brendan Davies 59:55 PB, 3rd M O'all

Martin Amy 1:07:51

Peter O'Sullivan 1:08:25

Chaia Patacsil 1:18:42 PB

Mark O'Donnell 1:22:40

Linda Barwick 1:24:58 PB, 1st F 50-59

Mark Mercieca 1:26:45

Mothers Day Classic, Parramatta, 10/05/098km

Manal Garcia ## 35:44 5th F 30-39

Lorraine Spanton ## 37:20 4th F 50-59

Dierdre Stewart 39:23 5th F 40-49

Lesley Maher 43:26 10th F 50-59

Dot Siepmann 45:13 2nd F 60-69

Mothers Day Classic, The Domain, 10/05/094km

Daniel Murray (10y) ## 19:34

John Murray 20:04

Justin Murray (7y) ## 24:20

Yvonne Fillery 24:22

Sydney Corporate Cup, Series 64 #1, 13/05/096km

John Murray 26:05

Stephen Browne 29:10

West Metropolitan Series #5, Ermington, 16/04/094km

Robyn Briscoe ## 17:43 1st F 50-59

MURRAY John 16:32

Rockdale Fun Run, 24/05/095km

Kerry Bray 26:26

Barry Cole 32:17

Race Results

Members - Please email all results to
rundown@woodstockrunners.org.au**SMH Half Marathon, 17/05/09**21.1kmNetGun

Brendan Davies 1:19:38 1:19:38

Martin Amy 1:24:46 1:25:28

John Dawlings 1:27:51 1:27:51 6th M55-59

Peter O'Sullivan 1:32:55 1:33:35

Phil Lobsey 1:33:49 1:34:34

Bronwyn Hager 1:34:23 1:34:27 5th F 20-25

Thalia Anthony 1:45:08 1:45:17

Chaia Patacsil 1:47:12 1:48:05

Stephen Browne 1:49:20 1:49:51

Dierdre Stewart 1:51:51 1:52:14

Rick Collins 1:52:18 1:53:58

Paul Whiteway 1:52:21 1:57:42

Kim Cayzer 1:53:18 1:54:31

Tomomi Yamazaki 1:54:58 1:55:31

Linda Barwick 1:56:55 2:00:35

Nick Marshall 1:57:03 1:59:59

Max McGown 1:59:49 2:01:22

Tristan Iseli 2:00:13 2:05:57

Tami Dower 2:00:14 2:05:57

Jeff Morunga 2:02:45 2:05:47

Mark Mercieca 2:03:04 2:07:49

Dot Siepmann 2:03:26 2:03:42 1st F 65-59

Belinda Essex 2:04:34 2:07:30

Fumi Takahashi 2:04:56 2:10:43

Bridget Akers 2:06:07 2:11:51

Michelle Warren 2:09:57 2:15:18

*The Woodstock mixed team got **third place** in the 'FC' category in the SMH Half. The three runners who are getting medals are Brendan Davies, Martin Amy and Bronwyn Hager. Well done!***SMC, Race 8, 24/05/09**5km

Dot Siepmann 27:27 2nd F 55+

10kmPhil Lobsey 42:13 PB, 10th M O'all,
2nd M 35-44Bronwyn Hager 42:14 PB, 1st F O'all
45:07Emanuel Finos 45:22 4th F O'all,
1st F 35-44Deirdre Stewart 50:33 9th F O'all,
1st F 45-54

Lesley Maher 55:55 1st F 55+

25km

Brendan Davies 1:38:22 3rd M O'all

John Dawlings 1:52:29 3rd M 50-59

Anthony Robinson 1:57:29

Thalia Anthony 2:16:29 10th F O'all

Tomomi Yamazaki 2:18:35

SMC, Race 8, 24/05/0925km

Michelle Warren 2:37:44

Bondi Barefoot Softsand, 24/05/094km

Chaia Patacsil ## 27.11 5th F20-29

Bankstown Heart of the lake 31/05/0910KMBrendan Davies 36:03 4th outright
3rd M30-39

John Dawlings 41:24 5th M50-59

Emmanuel Finos 45:32

Charissa Patacsil 48.35 10th F/Oall
1st F20-29

Emmanuel Chandran 50.18

Kerry Bray 56:57 1st F60-69

Dot Siepmann 58:01 2nd F60-69

Derek White 1:58:43 4th M70>

Sri Chinmoy Marathon Williamstown Victoria**31/05/09**42.125 KM

Michelle Warren 4:35:59 PB

Striders North head 07/06/0910KM

Manal Garcia ## 44.25 9th F/Oall

Emanuel Finos ## 44.42

Brian Ogilwy ## 52.09

Great Nosh 15KM 31/05/09

Tami Dower 1:50:18

Luana Ferrara 2:07:21

Ken Flarrey## 1:43:10

Tristan Iseli 1:50:18

Lorraine Spanton## 1:34:22 (1st F50)

NSW State Championship Relay 30/05/094KMLeg TimeSplit

Lorraine Spanton## 19:05 1:04:55

Dorothy Siepmann## 23:12 45:53

Stephen Laws## 17:24 35:04

Queen's Birthday - Epping Fun run 07/06/098KM

John Dawlings 32.06 10th O/all

Barry Cole 56.10

Mcleay River Marathon 07/06/0942.125 KMBrendan Davies 2:48:59 1st Overall
1st 30-39

Anthony Robinson 3:20:48 PB 5th 30-39

Charissa Patacsil 3:56:04 PB 3rd FO/all
1st F19-29

Jeff Marounga## 4:29:14

10KM

Tami Dower 46:54 PB 5th F30-39

Not member or not in Woodstock uniform

What's on Brendan's shoe?



Derek White at Heart of the Lake Bankstown Fun run



Look at Brendan's facial expression & caption this!

Upcoming events

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

Sat 13 Jun RUN FOR DARFUR

Get active for Darfur! Run for Darfur is the Darfur Australia Network's major fundraising event for 2009. This non-competitive fun run will take place at the Sydney International Regatta Centre, Penrith on June 13, from 10am to 1pm, with a 10km or 5km option. To register, email gem_seymour@yahoo.com.au with your contact details and you will be posted out a sponsorship pack. Participants will seek pledges of sponsorship in the lead-up to the run. email: gem_seymour@yahoo.com.au.

Sun 14 Jun MINI-MOS FUN RUN

The Mini-Mos is on again! For the 27th straight year, the Mini-Mos will start with the premier event (the 10km), followed by the 5km (incorporating an open fun run and an Inter-Schools Challenge). Finishing the race day will be the popular 2km Primary Inter-Schools Challenge. Online registration is NOW OPEN. An "Early Bird" discounted entry fee is now available through Friday 22/05/09, so hurry and get your entry in. We've designated two new charities this year; Giant Steps and The Starlight Foundation, so come out and join us for a run and raise some much needed funds for our charities. Questions? contact Race Director (Don Henry). contact: Doug Henry. email: info@mini-mos.com.

Sun 14 Jun MS WALK AND FUN RUN

The Run event starts in Bradfield Park, Milsons Point. Run through the harbourside streets of Milsons Point to Balls Head reserve and return. Finish with a sprint down the famous Luna Park boardwalk. Distance is 8 Km. Start time is 8am on Sunday 14 June. Visit the website for more details.

Sat 20 Jun KATHMANDU ADVENTURE SERIES - ROYAL NATIONAL PARK, SYDNEY

Have a real adventure this weekend! Enter a Kathmandu Adventure race and see what everyone is talking about! Imagine an off-road triathlon with simple navigation and short multiple stages with a few obstacles to add a little spice. So grab a team mate and race together undertaking simple navigation (you can read a street directory?), mountain biking 15-25km (mostly fire trail nothing too technical), kayaking 2-4km (we provide boats, paddles and lifejackets) and trail running 5-10km. Team categories are male, female and mixed teams of two. Adventure racing is a thinking sport requiring teams to work together to complete the secret course in the shortest time possible. contact: Gary Farebrother, ph 0403-820-282. email: gary@maxadventure.com.au.

Sun 21 Jun SYDNEY MARATHON CLINIC ROAD RACE SERIES

30km, 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.

Sun 21 Jun SRI CHINMOY SYDNEY SERIES RACE 3 - COOKS RIVER 16 KM, 8 KM & 4 KM

The 3rd race in the Sri Chinmoy Sydney Series for 2009. A peaceful, leafy oasis in the bustling inner south, this boutique course on cycle paths with a short off-road section follows a 4 km wooded loop alongside the Cooks River between Hurlstone Park on the north and Earlwood to the south. Complete 1, 2 or 4 loops for the distances of 4 km, 8 km and 16 km. Parking off Tennent Parade, Hurlstone Park (adjacent to Sydney Olympic Sporting Club); 500 metres from Hurlstone Park railway station. Races commence at 8 am, with registration and on-the-day entries from 6.45 am. Awards for age groups and post-race pancake breakfast for all. Enter early and save... contact: Prachar Stegemann. email: sydney@srichinmoyraces.org.

Sun 21 Jun BAY TO BAY 12KM FUN RUN

Distance: 12km. Event Time: 8:00am. Location of race: Woy Woy waterfront. Other details: Fast, flat and certified accurate 12km course bordering scenic Brisbane Water from Woy Woy to Gosford on the NSW Central Coast (1.5 hours drive north of Sydney CBD). Organised by Terrigal Trotters to raise money for Central Coast charities. Limited bus transport from Finish to Start before and after the event. Many categories and prizes. Presentation at 10:30am. Excellent feedback received from runners. contact: Barb Byrnes 0434 645115.. email: barbyrnes@yahoo.com.au.

Sun 28 Jun CAREFLIGHT WOODFORD TO GLENBROOK CLASSIC

ENTER THE WOODFORD TO GLENBROOK CLASSIC - it's a Run or Run event over 25 kilometres of unspoilt fire trails in the picturesque Blue Mountains in Sydneys West, from Woodford train station to the finish line at beautiful Euroka picnic area. The event has been running for over a decade and attracts almost 1000

Continuation Sun 28 Jun CAREFLIGHT WOODFORD TO GLENBROOK CLASSIC ...

competitors. It has something for everyone whether it's a physical and mental challenge or a chance to enjoy the pristine mountain air. The Classic is open to everyone regardless of their skill level. At the Euroka picnic area the finish line is surrounded by a very festive atmosphere with Food Stalls, Entertainment, Award Presentations, and Displays. Many competitors and their families stay for the whole day to enjoy the atmosphere and encourage the finishers as they arrive. contact: Don Kemble. email: events@careflight.org.

Sun 28 Jun KEMBLA JOGGERS HALF MARATHON

Tom Miskelly Memorial Trophy. Starts 8am. Integral Energy Recreation Park, Darkes Rd West Dapto. Registration closes by 7:30am. contact: Neil Barnett 02 4275 7469. email: runners@kemblajoggers.org.au. Visit the website for more details.

Sun 28 Jun MANLY BEACH SOFT SAND CLASSIC - NOTE NEW DATE

Soft sand running event held entirely on Manly Beach in Sydney. Race distances are 21k, 9k & 1.6k. Please note the date has been moved from the original 7 June. contact: Scott Wood. email: biglifesport@internode.on.net.

Jul 2009

Sat 4 Jul SYDNEY STRIDERS 10KM SERIES

10km race on an officially certified course at Sydney Olympic 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.

Sat 4 Jul TOUGH BLOKE CHALLENGE

Maximum Adventure presents a new race concept, an off road running event that is likely the toughest thing you'll ever do. Open to both men and women the event will include extreme obstacles, mud, sweat and probably tears. contact: Todd Stafford. email: todd@maxadventure.com.au.

Sun 5 Jul GOLD COAST AIRPORT MARATHON (QLD)

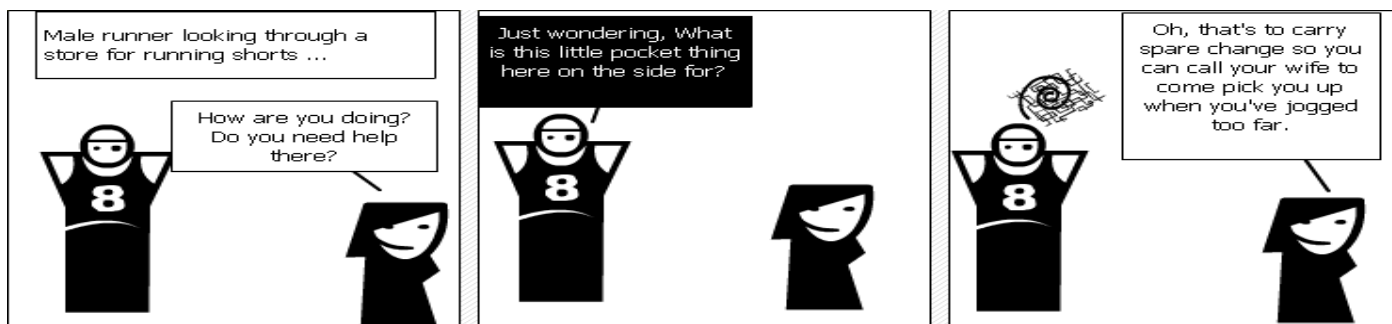
In one of the most desirable holiday destinations in the world - the Gold Coast in Queensland, Australia - is an event that motivates and challenges tens of thousands of people of all ages and abilities. It is the Gold Coast Airport Marathon to be next held on Sunday 5 July 2009, featuring a Marathon, Half Marathon, 10km Run, Community Walk and Junior Dash. Now in its 31st year, runners will come from all over the world to experience the magnificent running conditions and beautiful course that runs alongside the Pacific Ocean surf beaches and Broadwater. Visitors to the Gold Coast can book direct flights into Gold Coast Airport and have a massive choice of accommodation, dining, public transportation and leisure activities. contact: Race Director. email: info@goldcoastmarathon.com.au.

Sun 5 Jul TOUGH BLOKE CHALLENGE

Maximum Adventure presents a new race concept, an off road running event that is likely the toughest thing you'll ever do. Open to both men and women the event will include extreme obstacles, mud, sweat and probably tears. contact: Todd Stafford. email: todd@maxadventure.com.au.

Sun 5 Jul SHOALHAVEN KING OF THE MOUNTAIN

The "King" as it's known locally, travels from the quiet rural village of Cambewarra (10 minutes drive from Nowra) via a series of bitumen and gravel roads over Mount Scanzi finishing in the historic township of Kangaroo Valley. A distance of 32km's that takes in the best sights and native sounds of the local area. The "King" features several fresh water creek crossings (with concrete causeways), rolling hills through unspoilt bushland and glorious views of sheer cliff faces, valleys and ravines. (Check out the website for the course map - view all the images and virtual tours, online entry and entry forms www.kingofthemountainnowra.org.au) contact: Doug Jeffrey. email: admin@kingofthemountainnowra.org.au.





Spot and identify this Woodstock

Saw this photo in SMH website on one of the Sydney Morning Herald's Half Marathon article and surprised to see a runner sporting a Woodstock Runners singlet! So I grabbed the photo.

However, I can not identify who the Woodie is.

Do you know who he is?

Woodstock Runners run hard ...



Kerry Bray at Heart of the Lake



Peter O'Sullivan @ SMH Half Marathon



Martin Amy @ SMH Half Marathon

... and reap hardwork at the podium



From L-R: Photo 1: Kerry Bray, Brendan Davies, Chaia Patacsil, Dot Siepmann, John Dawlings @ Heart of the Lake;



Brendan Davies, Mcleay River Marathon Champion 2009