

**The**

# **WOODSTOCK RUNDOWN**

**November 2009**

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## ***The Rundown On Members***

The World Masters Games have been and gone, with Woodstock members running, cycling and swimming along with world class performers. I have written a separate article elsewhere in The Rundown.

We had another good turnout for the latest Handicap and thank Colin for his organisation along with Deirdre and David for the yummy breakfast. We handed out lots of Woodstock brochures which we hope may engender some interest in the Club.

John Phillips showed us his photos from South America at Bowan Island recently. We are all keen to travel there one day. We haven't seen Bronwyn's photos from Central America as yet. She is still sifting through her 3000 or so. Maree, Kevin and John O had a wonderful time in Vietnam. It's good to have you all back with us.

Congratulations to John Dawlings on his staging of the inaugural Balmain Fun Run. Almost 600 competitors were well looked after in the 2k, 5k and 10k races. John's great band of helpers, which included many Woodstock members, guaranteed a well organised day. John had no control over the weather which was warmer than most of us would have wished. It will be a run to add to your calendar for 2010.

Derek and Eddie are making good progress following their recent health issues and we hope they may be back with us in the next few weeks. They both demonstrate wonderful health and fitness and massive determination to return to running. I'm sure it has made a huge difference to their rapid recovery.

Happy running/walking and maybe we should add swimming now as the weather warms.

*Kerry*

**Let's welcome to the new Woodstockians! Helen Amaro, Elmarie O'Regan and Daniel Lorenzotti!  
Make sure you give them the best Woodstock experience!  
And do not forget to order your Woodie colors to Dot if you haven't yet. ;-)**

### ***This Month's Birthdays!***

**John Ovenden 4th, Tony Purss 6th, Kirsty Elwell 10th, Rick Collins 11th,  
Andrea Lung 16th, Manal Garcia 18th, Deirdre Stewart 20th, Barry Cole 25th  
Arnaldo Longart 28th**

## Letter from the editor

Dear Woodstockians!

Spring is definitely very evident in our weather the past few weeks. The sun is out and it is getting very humid. We hope to see more runners in this season in our regular runs and fun runs.

Apologies for the 1 day delay on bringing this issue out. As there are few things to chase, (i also need to run after something for the newsletter)!

I appreciate the members who have emailed me for their contributions for the newsletter. Thank you. It has been a good experience running in Auckland two weeks ago, altho it still does feel like spring when we got there.

Also let's not forget bout the Spring Breakfast hosted by TNT and your RSVPs for the Christmas party and awards night.

- editor



Last Rundown's Guess who? A good display of our uniform Peta and Dot!

### Woodstock Christmas Party and Awards Night!!

**Date:** 6 December 2009

**Time:** 6pm

**Venue:** JP Pizzeria, 213 Morrison Road, Putney

**Menu:** 3 course dinner

**Cost:** Members \$25, Non members \$30 Children \$10 per head

**Drinks:** BYO wine only, beer, spirits and soft drinks paid for individually.

**How to pay:** Online - details to follow

**Or contact Deidre**

**Keep the night free to come and celebrate Christmas and a great year of Woodstock!**

**Lucky door prizes will be drawn!**



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## November-December Training Program

<b>Tuesday Runs</b> 6pm @Woodstock, Burwood,		<b>Thursday Night Intervals</b> 6:30pm@Campbell Oval, Ashbury.		<b>Saturday Runs</b> 7.20am at Brett Park, Drummoyne	
17/11/2009	Cabarita 11km	19/11/2009	800m x 6	21/11/2009	Balmain 9km
24/11/2009	Kev's Kadiddlehopper 10km	26/11/2009	"Mile Down" Inverted Pyramid	28/11/2009	Timbrell Park 8km
1/12/2009	Parks Run 10km	3/12/2009	"Parlov" 300m x 12	5/12/2009	Five Dock 7km
15/12/2009	Bayview 10km	5/11/2009	400m x 12	7/11/2009	Balmain Shores 7.5km

### Did you know?

\* The newsletter's name "The Rundown" was contributed by John Dawlings?



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## Thursday Night Track (TNT)

***Sick of plodding along at the same pace?***

***Want to do some speed work but hate doing it on your own?***

***Want a safe and secure training venue away from traffic and bitumen?***

### **Then TNT is for you!!!**

Everyone is welcome, regardless of your ability level.

We have had men and women runners aged from 15 to 80 participate, with many different paced groups. The sessions are easily modified to cater for all ages and abilities.

There is no cost for members! Cold drinks are supplied (even some of Brendan's famous homebrew comes out in Summer!)

Visitors including family and friends are welcome to try us out. Sessions range from hill repeats, fartlek training, pyramids, sprints 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 are 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 email at [bjdavies2000@yahoo.com](mailto:bjdavies2000@yahoo.com)

### **What a race!**

By Brendan Davies

I headed down to the Sydney Athletics Centre warm up track this morning to witness an epic battle in the W65-70 5000m track run. With our own stars Kerry Bray and Dot Siepmann, sparring partners from years back entered, this was sure to be one that will live in the memories of all that witnessed forever.

In the white corner, wearing the predominantly white Woodstock T-shirt, is Kerry Bray, who is defying doctor's orders by just starting today after a hamstring pull during the 10K road run. A gutsy performer who never gives up (especially when racing Dot).

In the blue corner, wearing the more 'exotic' blue Woodstock crop top and racing shorts, is Dot Siepmann, a very experienced campaigner who goes into this event as slight favourite after impressive displays all week, including surviving the carnage of the Women's Cross Country at Parramatta Park (but that is another story altogether!)

And they are off! From the start it is clear that our ladies will be battling it out for silver and bronze, with the eventual winner striding away at such a pace that many thought she had mistakenly entered this event thinking it was a 100m race. However this assumption was clearly incorrect as she continued to knock out 4:20 kms! From the outset, Bray is strategically tucking behind Siepmann like a shadow. Siepmann tries to break free of the leash that Bray seems to have on her a couple of times but each time Bray responds and reels her back in. This is the pattern of the race until the gripping final lap.

Into the bell lap they go and Siepmann makes a gallant attempt to break free around the first bend but Bray would not let her go! Into the home straight they go and is Bray with the superior finishing kick who takes the lead in the last 15 metres and takes the silver! The crowd go nuts! Go Woodstock!



# Minute with a member

**Name:** Deirdre Stewart

**What is your occupation?** I work for the Department of Planning, acquisition of land for parks and rail projects.

**Running age group?** 45-49!

**Do you have family?** No children, lots of nieces & nephews - all the good without the trouble patches!

**How long have you been a Woody?** About 15 years I think.

**Do you run on Tuesday night/TNT/Saturday morning?** Saturday morning although I note more time is spent in the coffee shop than running.

**Why do you enjoy running?** Great friendships and your world is always brighter after a run.

**What is your favourite running distance/course/event and why?** My favourite race is the Sydney Morning Herald half marathon - I love the course and the distance.

**What has been your running highlight?** Finishing fun runs in a time you are happy with is always a highlight. One of the best events I've done is the King Island Imperial 20 - great fun.

**Any lowlights (injury etc)?** For the time I've been running I've been lucky with no major setbacks.

**What was the last race you went in and how did you go?** Canberra 10k in September. Time was bad and hobbled back to the hotel after - due to an achilles injury (I probably shouldn't have run the race!)

**Anything funny/unusual ever happened to you while you have been out running?** Nothing particularly memorable.

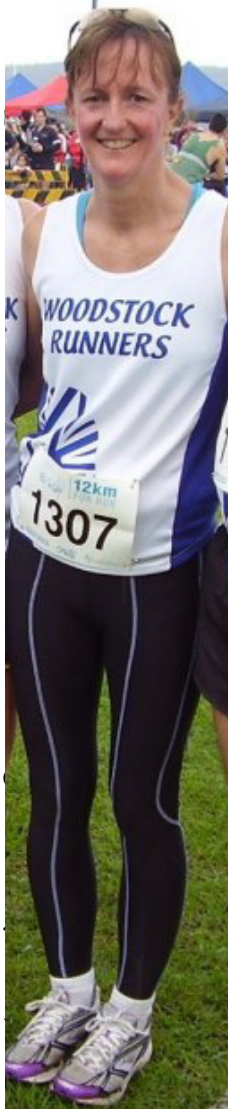
**What other sports/hobbies are you involved in?** I got a kayak earlier this year so I'm keen to do lots of paddling. I'm also trying to swim and do yoga for cross training.

**Favourite food/beverage?** Chocolate!

**If you could have dinner with anyone who would it be and why?** No one really springs to mind - love dinner with friends and family - it's always chaotic but very enjoyable.

**Where would your ideal holiday be?** New York - to run the marathon! Or Athens to run the Athens Classic marathon!

**Interesting things we may not know about you?** I love watches - I have about 9 and I wear them all!



Thank you Deirdre for sharing, at last we got it done :-P. - editor

## Did you know?

- \* Woodstock Runner and Walkers currently have 105 members
- \* Number of our members are planning to represent our club in NY marathon next year?
- \* There are rumors that we shall revive the Woodstock Fun run soon!

## Handicap Event, 24/10/2009

7 Km Bay Run

Name	Estimated Time	Start Time	Finish Time	Actual Time	Finish Place	Points
Phillips, John	45:00	7:30:00	8:14:07	44:07	1	24
Burbidge, Julian	32:00	7:43:00	8:14:16	31:16	2	23
Cantley, Michael	25:00	7:50:00	8:14:20	24:20	3	22
Hastings, Theo	30:00	7:45:00	8:14:21	29:21	4	21
Hill, Alex	32:30	7:42:30	8:14:38	32:08	5	20
Davies, Brendan	28:00	7:47:00	8:14:43	27:43	6	19
Patacsil, Chaia	35:00	7:40:00	8:15:18	35:18	7	18
Crossley, Max	35:00	7:40:00	8:15:51	35:51	8	17
Patrick, Jon	37:00	7:38:00	8:15:52	37:52	9	16
Akers, Bridget	37:00	7:38:00	8:15:53	37:53	10	15
Cole, Barry	47:00	7:28:00	8:16:00	48:00	11	14
Finos, Emanuel	29:00	7:46:00	8:16:01	30:01	12	13
Rankin, Roy	58:00	7:17:00	8:16:02	59:02	13	12
Bray, Peta	40:00	7:35:00	8:16:03	41:03	14	11
Nash, Paul	38:00	7:37:00	8:16:41	39:41	15	10
Fowler, Stretch	40:30	7:34:30	8:17:02	42:32	16	9
Siepmann, Dot	42:00	7:33:00	8:17:08	44:08	17	8
Pryor, Emma	37:00	7:38:00	8:17:25	39:25	18	7
Collins, Rick	37:00	7:38:00	8:18:03	40:03	19	6
Ullio, Lawrence	48:00	7:27:00	8:10:22	43:22	20	5
Capel, Rick	46:00	7:29:00	8:12:43	43:43	20	5
Elle Marie O'Regan##	32:00	7:43:00	8:13:27	30:27	20	5
Takahashi, Kazuaki	30:00	7:45:00	8:13:36	28:36	20	5
Whiteway, Paul	37:00	7:38:00	8:13:51	35:51	20	5

In this Handicap event, John Phillips, Julian Burbidge & Michael Cantley took the first three places.

There was 1 Handicap PB set:

Theo Hastings

29.21

1:08 Handicap PB

The fastest male was Michael Cantley (24:20)

The fastest female was Elmarie (30:27)

DQ indicates disqualified for being more than one minute under estimated time, so they get the pointscore of 20th place.

## indicates not a current financial member, but points will be given if they join before the next Handicap Event.

Michael Cantley's time (24:20) was the third fastest on record, quicker times have only been set by John Dawlings (22:55) & Lance Robertson (23:34).

Overall Point score winners will be announced on the Awards/Christmas Dinner Party.

## Award Nomination 2009

From the members submitted nominations below is the list of nominees.

All awards are for the period 3/11/2008 to 25/10/2009, & all references to "running/runner(s)" are taken to include "walking/walker(s)".

Awards will be announced and awarded on our Christmas Party

### Nominees

#### **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(s):

Male:

Michael Cantley  
Emmanuel Chandran  
Brendan Davies  
John Dawlings  
Tristan Iseli  
Mark O'Donnell  
Anthony Robinson  
Terry Vohradsky  
Paul Whiteway

Female:

Kerry Bray  
Peta Bray  
Manal Garcia  
Bronwyn Hager  
Chaia Patacsil  
Dorothy Siepmann  
Lorraine Spanton

#### **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 3/11/2008 and 25/10/2009)

<b>Peta Bray</b>	<b>Michael Cantley</b>	<b>Emmanuel Chandran</b>	<b>Tim Cochrane</b>	<b>Tami Dower</b>
<b>Phil Lobsey</b>	<b>Anthony Robinson</b>	<b>Terry Vohradsky</b>		

#### **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 31/7/2009 (having completed 3 qualifying events):

<b>Martin Amy</b>	<b>Tim Cochrane</b>	<b>Brendan Davies</b>	<b>Nick Marshall</b>	<b>Jeff Morunga</b>
<b>Chaia Patacsil</b>	<b>Anthony Robinson</b>	<b>Vass Vassiliou</b>	<b>Dot Siepmann</b>	

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

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

Nomination(s):

##### Male

Michael Cantley, Sydney Half Marathon, 80:06, PB  
Michael Cantley, City to Surf, 51:40  
Tim Cochrane, 100km Commonwealth Championships, UK, 7:20:49  
Tim Cochrane, City to Surf, 47:09  
Brendan Davies, 100km Commonwealth Championships, UK, 7:31:15, 36:01 PB  
Brendan Davies, 100km Pittwater/Narrabeen, 8:07:16, 1st Outright, Debut  
Brendan Davies, Macleay River Marathon, 2:48:59, 1st Outright  
Brendan Davies, Melbourne Marathon, 2:42:10, 4:50 PB  
Phil Lobsey, Sydney Marathon, 3:37:58, PB  
Nick Marshall, City to Surf, 70:12

##### Female

Thalia Anthony, Canberra Marathon, 3:53:36, Debut  
Thalia Anthony, Central Coast Half Marathon, 1:45:09, PB  
Kerry Bray, Sydney Half Marathon, 2:13:42, 2nd F65-69  
Bronwyn Hager, City to Surf, 59:52, PB  
Bronwyn Hager, SMH Half Marathon, 94:27, 0:35 PB  
Bronwyn Hager, Sydney Marathon Clinic 10k, 41:46, 1st Female  
Susam Murray, World Triathlon, 2:20:34, (Swim 27:18 / Cycle 1:07:15 / Run 46:01)  
Susan Murray, World Masters Games 8km Cross Country, 35:56, 2nd W45  
Chaia Patacsil, Macleay River Marathon, 3:56:04, 3rd Female, 0:01 PB



### 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):

Club Champion

Male

Martin Amy

Brendan Davies

John Dawlings

Rick Collins

Female

Manal Garcia

Bronwyn Hager

Chaia Patacsil

Dorothy Siepmann

Lorraine Spanton

### 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."

Martin Amy

Thalia Anthony

Kerry Bray

Rick Collins

Brendan Davies

John Dawlings

Chaia Patacsil

Dorothy Siepmann

Michelle Warren

### 7. Champion Person Award

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

Martin Amy

Kerry Bray

Brendan Davies

Barry Cole

Rick Collins

Rick Collins

Roy Rankin

Dorothy Siepmann

Colin Townsend

### 8. Most Outstanding Team Road Running Performance

"The most outstanding performance in a team event."

Please select your nomination(s).

#### A. Fishers Ghost 9/11/08 (1st Female)

Bronwyn Hager, Chaia Patacsil, Megan Hager, Dorothy Siepmann

#### B. Sydney Marathon Clinic 22/2/09 (1st Outright)

Brendan Davies, Martin Amy, Vass Vassiliou, Anthony Robinson, Thalia Anthony.

#### C. SMH Half 17/5/09 (2nd Mixed)

Brendan Davies, Martin Amy, Bronwyn Hager

#### D. Hunter Valley 2 Person Marathon 16/7/09 – (1st Female)

Bronwyn Hager, Chaia Patacsil

#### E. M7 Marathon Relay 23/7/09 (2nd Outright)

Martin Amy, Peter O'Sullivan

#### F. City to Surf 9/8/09 (3rd Mixed)

Brendan Davies, Martin Amy, Bronwyn Hager

#### H. City to Surf 9/8/09 (2nd Veteran Men)

Kazuaki Takahashi, John Dawlings, Max Crossley

#### I. City to Surf 9/8/09 (1st Veteran Women)

Dorothy Siepmann, Maree Lucas, Kerry Bray

## Pre-Summer Breakfast Run!



Tristan and Tami with the help of Rick, planned of making our usual Saturday run fun and thought of hosting a breakfast run.

**When:** 21st November 2009, 7:20am

**Where:** From Brett park then to 8 Sunnyside Ave, Lilyfield

Option 1: Run the Hell Hill course and detour to TnT's place

Option 2: Straight to TnT's Place

For more information,

contact Tristan ([t.iseli@garvan.org.au](mailto:t.iseli@garvan.org.au)) or Tami ([tamidower@gmail.com](mailto:tamidower@gmail.com))



# Race Results

**Members - Please email all results to**  
[rundown@woodstockrunners.org.au](mailto:rundown@woodstockrunners.org.au)

Sydney Marathon Clinic

**10 KM Smithfield 25/10/2009**

Daniel Lorenzotti 38:54 3rd Oall, 2nd M20-29

Lesley Maher 59:26 7th FOall, 2nd F50-59

5KM

Dorothy Siepmann 26:23 5th FOall, 1st F60-  
 Michelle Warren 31:33 10th Oall, 3rd F30-39

**Balmain Fun run**

10Km 1/11/2009

Michael Cantley 38:23 7th Oall/4Male/Open  
 Emanuel Finos 46:18  
 Tristan Iseli 54:58  
 Dot Siepmann 57:45 2nd F60Over  
 John Phillips ??  
 Tami Dower ??

5KM

Kazuaki Takahashi 24:04 9th M40-49  
 Peta Bray 28:05 4th F40-49

**Auckland Marathon**

21.1 KM Auckland, New Zealand 1/11/2009

Terry Vohradsky 1:48:24  
 Chaia Patacsil 1:52:17

Sydney Striders Series

10KM Lane Cove 7/11/09

Tim Cochrane: 34.30  
 Linda Barwick: 51.58  
 Max Crossley: 52.12  
 Jeff Morunga: 60.38

**Fisher's Ghost Fun Run**

8/11/2009 Campbelltown

5KM

Brendan Davies 17.33 (1st 30-39) 1st UWS Alumni

10KM

Paul Whiteway: 46.09  
 Daniel Lorenzotti: 38.09 (2nd 20-29)  
 Bridget Akers: 57.08  
 Terry Vohradsky: 53.58  
 Dot Siepmann: 55.24 (1st 60-69)  
 Emmanuel Chandran: 47.05  
 John Dawlings: 41.31 (6th 50-59)  
 Chaia Patacsil: 53.58 (10th 30-39)  
 Emma Pryor: 57.07

**Bankstown Sports at the Crest**

16.4957km.

Brendan Davies 3rd

**World Masters Games**

10KM Homebush 11/10/09

Kerry Bray 1:01:10.06  
 Rick Collins 46.02 PB  
 Linda Barwick 52:26 6th W55  
 Luana Ferrara 59.36  
 Susan Murray 43.45 5th W45  
 Dot Siepmann 53.01 2nd W65  
 Kazuaki Takahashi 37.52 5th M55

800 Meters Sydney Olympic Park 17/10/09

Dot Siepmann 3.37.38, 3rd W65

5000M Sydney Olympic Park 16/10/09

Kerry Bray 26.11 2nd W65  
 Dot Siepmann 26.14 3rd W65

8 KM X/COUNTRY, 13/10/09 Paramatta Park

Susan Murray 34.56 2nd W45  
 Dot Siepmann 44.29 2nd W65

21.1 KM HomeBush 18/10/2009

Jeff Morunga 2:13:35  
 Rick Collins 1:48:10 ##  
 Kazuaki Takahashi 1:23:51 7th M55  
 Dot Siepmann 2:04:16 2nd W65

Melbourne Marathon

42.125KM Melbourne, Victoria 12/10/2009

Brendan Davies 02:42:11 PB

**Rotary Club of Maroubra Fun Run**

8KM South Maroubra 25/10/2009

John Dawlings 32:51 3rd age cat  
 Terry Vohradsky 39:01  
 Chaia Patacsil 41:06  
 Woodstock Runners Team 01:53:41 3rd

**Sydney Adventist Hospital Run for Life**

5 Km 25/10/2009

Brendan Davies 18:09 4th Oall/1st M26-40

Sydney Marathon Clinic

**21.1 KM Smithfield 25/10/2009**

Emanuel Finos 1:41:19 6th M40-49  
 Paul Whiteway 1:45:38 5th M50-59  
 Stella Baer 2:09:36 2nd F20-29

## Upcoming events

**All events courtesy of: [www.coolrunning.com.au/calendar](http://www.coolrunning.com.au/calendar)**

**Wed 11 Nov**

**SUTHERLAND DISTRICT ATHLETICS CLUB - SUMMER TRACK AND FIELD SERIES**

Every Wednesday evening Sutherland District Athletics Club runs track and field events including race walks, sprints, middle distance, long distance, throws and jumps events at Sylvania Athletics Track. All ages and abilities welcome. Fee is only \$2 per event. See website for more details. contact: Bob Reus. email: [webmaster@sutherlandathletics.com](mailto:webmaster@sutherlandathletics.com). Visit the <http://www.sutherlandathletics.com/> for more details.

## Upcoming events

All events courtesy of: [www.coolrunning.com.au/calendar](http://www.coolrunning.com.au/calendar)

### Sat-Sun 14-15 Nov THE GREAT NORTH WALK 100S

Distance: 100 Mile and 100 Kilometre. Event Time: 6:00am. Location of race: Teralba on the NW shores of Lake Macquarie, 153km north of Sydney and 25km west of Newcastle. Race Address: Telephone: 0428 880784, Address: Terrigal Trotters Inc., GNW100s, PO Box 944, Gosford, NSW 2250, Australia. Other details: The Great North Walk 100s (GNW100s), organized by the Terrigal Trotters running club for the first time in 2005, are two simultaneous trail races, a 100 Mile and a 100 Kilometre, along The Great North Walk south from Teralba on Lake Macquarie. The 100 Kilometre race will finish at Yarramalong in the scenic Yarramalong Valley and the 100 Mile at Patonga on spectacular Broken Bay. Although the route is primarily on foot tracks and fire-trails, it does include some minor back roads. There will be cut-off times at Checkpoints en route and the overall time limits will be 22 hours for the 100 Kilometre and 36 hours for the 100 Mile. Despite its proximity to the populated Central Coast of New South Wales, the course passes through rugged and spectacular terrain and is a demanding challenge for all runners. The course includes more than 6,200 metres (20,000ft) of climbing. Entrants will need to cope with precipitous ascents and descents, muddy trails and creek crossings, slippery rocks and roots, and hard-to-follow trail. There are a number of sections where running is impossible. There are no marshals on the course and all runners will need to be capable navigators and prepared to travel at night in remote areas on difficult trail. Runners will also be required to carry certain equipment and must carry sufficient water to last them between checkpoints which can be up to 30 km apart. contact: Dave Byrnes 0428 880784. email: [dave@davebyrnes.com.au](mailto:dave@davebyrnes.com.au) Visit the website for more details. contact: Dave Byrnes. email: [dave@davebyrnes.com.au](mailto:dave@davebyrnes.com.au). Visit the [http://www.terrigaltrotters.com.au/GNW100s\\_Home\\_Page.htm](http://www.terrigaltrotters.com.au/GNW100s_Home_Page.htm) for more details.

### Wed 18 Nov SUTHERLAND DISTRICT ATHLETICS CLUB - SUMMER TRACK AND FIELD SERIES

Every Wednesday evening Sutherland District Athletics Club runs track and field events including race walks, sprints, middle distance, long distance, throws and jumps events at Sylvania Athletics Track. All ages and abilities welcome. Fee is only \$2 per event. See website for more details. contact: Bob Reus. email: [webmaster@sutherlandathletics.com](mailto:webmaster@sutherlandathletics.com). Visit the <http://www.sutherlandathletics.com/> for more details.

### Sat 21 Nov URBAN MAX ADVENTURE SERIES - SYDNEY

In Sydney's very own Amazing Race, teams of two (male, female and mixed) are given the opportunity to experience the city's urban landmarks in fun urban adventure lasting between 3 to 6 hours. Speed is not necessarily the deciding factor in this race with a strong emphasis on route selection and problem solving skills. Armed with a map and clue sheet, teams have to navigate their way around the host city to locate and complete a variety of tasks and challenges. Some challenges will be physical, while others will test knowledge, teamwork, resourcefulness and the ability to make decisions on the fly. Teams are only allowed to travel by foot or use public transport. If you can think outside the box, know your way around the city and want to have some fun in your very own "Amazing Race" .. get your entry in today! contact: Henry van Heerden. email: [henry@maxadventure.com.au](mailto:henry@maxadventure.com.au). Visit the <http://www.maxadventure.com.au/> for more details.

### Sun 22 Nov SRI CHINMOY SYDNEY SERIES RACE 6 - CENTENNIAL PARK HALF-MARATHON (21.1 KM), 7 KM & 4 KM CROSS-COUNTRY

The final race in the Sri Chinmoy Sydney Series for 2009. Relish the ponds, fields and groves of Centennial Park on a tailored scenic, fast loop of dirt tracks and grass. Run or walk the inner loop (4 kms), race the larger loop (7 kms) or triple the larger loop for a rare opportunity to race a cross-country Half-Marathon (21.1 kms). The best way to enjoy Centennial Park, a jewel in Sydney's crown. Parking anywhere near Robertson Rd Gates. 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](mailto:sydney@srichinmoyraces.org). Visit the <http://www.srichinmoyraces.org/au/events/sydneyraces> for more details.

### Sun 22 Nov SMC ROAD RACE SERIES

SMC ROAD RACE SERIES 21km, 10km, 5km and 5km walk. Rosford St. Reserve, Smithfield. A series of road-races that provides an opportunity for people to improve their running and prepare for some of the major fun runs and races held throughout the year. Join a very friendly and sociable group of runners at 7:00am (long run and walk) 7:30am (5km & 10km runs)½from beginners through to hard core. Enter on-line or on the day. Everyone is welcome. Series entrants will receive a timing chip and bib number to use for the duration of the series, allowing them to pass the entry queues and go straight to the start line. Electronic timing on an IAAF certified course with accurate km markers and regular drink stations with water sachets and sports drink etc. Series certificates, hot showers, fresh fruit, hot drinks & entry in lucky draw after each race. contact: Luis 0414 384 552. email: [smc@sydney marathonclinic.org.au](mailto:smc@sydney marathonclinic.org.au). Visit the <http://www.sydney marathonclinic.org.au/tikiwiki/tiki-index.php> for more details.

### Wed 25 Nov SUTHERLAND DISTRICT ATHLETICS CLUB - SUMMER TRACK AND FIELD SERIES

Every Wednesday evening Sutherland District Athletics Club runs track and field events including race walks, sprints, middle distance, long distance, throws and jumps events at Sylvania Athletics Track. All ages and abilities welcome. Fee is only \$2 per event. See <http://www.sutherlandathletics.com/> for more details.

## Upcoming events continuation ...

All events courtesy of: [www.coolrunning.com.au/calendar](http://www.coolrunning.com.au/calendar)

### **Sun 29 Nov PENRITH CHARITY SANTA FUN RUN**

The Inaugural 1.8Klm Santa Fun Run is to be held on 29/11/09. Entry Fee is \$20 Adults and \$15 for 12 and Under and an additional \$10 to have a Santa Suit delivered. The payment of an entry fee includes the supply of a Santa Suit to wear in the fun run. Walkers are able to do 1.8klm or 900metres. Enquiries to 02 47225556 contact: Penrith City Centre Association. Visit the <http://www.penrithcitycentre.com.au/> for more details.

### **Dec 2009**

#### **Tue 1 Dec BANKSTOWN SPORTS TRACK AND FIELD PERMIT MEET**

6.30PM - Shot put (M), Pole Vault (M and F), 60m sprints, U14 (M) and (F) 1 mile race 6.45PM - Sprint Hurdles in 5 lanes, U18 (M) and (F) 1 mile race 7PM - 100m in 5 lanes, Shot Put (F), 3 Mile Race 7.15PM - High Jump 1.50m 7.30PM - Long Jump, Javelin (M) 7.40PM - Open 1 mile Race 8PM - Javelin (F) Entry Fee: \$3 bankstown athletes and \$5 visiting athletes. Heats will be seeded contact: Tom Dolan 0434 191 433 or Col Whitbread 0438 619 662. email: Sarah: [sezzio4@hotmail.com](mailto:sezzio4@hotmail.com).

#### **Wed 2 Dec SUTHERLAND DISTRICT ATHLETICS CLUB - SUMMER TRACK AND FIELD SERIES**

Every Wednesday evening Sutherland District Athletics Club runs track and field events including race walks, sprints, middle distance, long distance, throws and jumps events at Sylvania Athletics Track. All ages and abilities welcome. Fee is only \$2 per event. See website for more details. contact: Bob Reus. email: [webmaster@sutherlandathletics.com](mailto:webmaster@sutherlandathletics.com). Visit the <http://www.sutherlandathletics.com/> for more details.

#### **Sat 5 Dec MUD RUN - RUN, WADE AND CRAWL**

From the creators of the Tough Bloke Challenge comes an event guaranteed to be the most fun you will have with your pants on! The MUDRUN is a cross country run with challenging natural and muddy obstacles set amongst one of the most picturesque valleys on the NSW Central Coast. Just one hours drive from Sydney, the course will traverse native forests, grasslands, creeks and, as the name suggests mudflats! Runners of all ages and abilities can participate in the MUDRUNs full 12km course or 6km half course. Have you got what it takes? contact: Henry van Heerden. email: [todd@maxadventure.com.au](mailto:todd@maxadventure.com.au). Visit the <http://www.mudrun.com.au/> for more details.

#### **Sat 5 Dec 3 POINTS CHALLENGE & OCEAN SWIM**

The 3 Points Challenge is based on 3 surf swims and 3 runs, held in and around our spectacular coastline, between North Curl Curl, South Curl Curl and Freshwater beaches. And as a prelude to the Challenge, we also hold a straight out Ocean Swim that provides a great test for all level of swimmers. contact: Louis Tassone. email: [nccslsc-3points@optusnet.com.au](mailto:nccslsc-3points@optusnet.com.au). Visit the <http://www.nthcurlcurlslsc.com.au/3PointsChallenge.php> for more details.

#### **Sun 6 Dec CENTRAL COAST HALF MARATHON & TUGGERAH LAKES FESTIVAL 9KM FUN RUN**

Events run concurrently starting and finishing at Memorial Park, The Entrance (CC UBD Ref Map 61 14C). Runs are on shaded cycleways along the southern shore of Tuggerah Lake - see map. Events part of the Tuggerah Lakes Festival. Participants are invited to make a weekend of it and enjoy the other Festival activities. contact: Ian Morgan 0407 957 760. email: [ianm405@acs.net.au](mailto:ianm405@acs.net.au). Visit the <http://sites.google.com/site/centralcoasthash/> for more details.

#### **Wed 9 Dec SUTHERLAND DISTRICT ATHLETICS CLUB - SUMMER TRACK AND FIELD SERIES**

Every Wednesday evening Sutherland District Athletics Club runs track and field events including race walks, sprints, middle distance, long distance, throws and jumps events at Sylvania Athletics Track. All ages and abilities welcome. Fee is only \$2 per event. See website for more details. contact: Bob Reus. email: [webmaster@sutherlandathletics.com](mailto:webmaster@sutherlandathletics.com). Visit the <http://www.sutherlandathletics.com/> for more details.

## **Fastest Runner of All time**

by: Chaianthenet





## Medals, Medals, Medals ! ! !

What great Woodies !

Congratulations to Ron, Kerry & Dot.

World Master Games 2009

Dot won 5 medals. silver in the half marathon - silver in the 10K road race - silver in the 8K cross country – bronze in the 800m track & bronze in the 500m track.

Ron won a silver medal in the half marathon

Kerry won a silver medal in the 10K

By Rick Collins



Clockwise: Ron Daly (Woodstock Honorary Member), Ron, Kerry and Dot, Dot

## WORLD MASTERS GAMES OVER FOR ANOTHER 4 YEARS

By: Kerry Bray

**“Fit, fun and forever young”** certainly epitomised the spirit of the Games. Amazing performances could be added to the above.

While there were certainly problems with accreditation, the Games were rated “the best ever” and I’m sure all will concur with me that we enjoyed the experience.

Rick, Linda, Dot, Jeff, Susan, Luana, Kazu, John Murray, Kerry and Woodstock friend, Ron Daly, all were pleased with their events and did us proud. Unfortunately Brian, Lorraine and Deirdre were injured and unable to compete. However, they were there to cheer us on, along with Arnold and Lloyd. Brendan also cycled out to the track and was very vocal in cheering on Dot and myself. We thank you all for the support.

Dot was our most successful competitor winning silver in the 10k, 8k cross country and Half Marathon and bronze in the 800m and 5000m. Susan won silver in the 8k cross country, Ron in the Half Marathon and myself in the 5000m.

I was “blown away” by some incredible performances on the track. I saw a 76yr old South African break the world record in the 400m, stopping the clock at 1min20secs; a 55yr old woman from the UK recording 13secs in a 100m heat; and the winner of Dot’s and my 5000m running 21mins. Keep up the training everyone.

The Games were fierce and competitive but the atmosphere was friendly and festive.

Who’s off to Italy in 2013?



## Woodstock Faceoff: Kerry Bray vs. Peta Bray

**Kerry Bray**



**What time do you normally wake up?** I wake 5.00am if I'm running or swimming, 6.00am otherwise.

**What consists of your diet?** Fairly healthy diet, lots of vegies and fish, a little red meat and of course, some sweets and chocolate.

**How often do you run in a week?** I run 4 to 5 times a week when not injured.

**What else do you do aside from running?** I swim all year round but a lot more in summer.

**Any big race you are preparing in the coming weeks?** Not training for anything at this stage, but my goal for next year is the New York Marathon Nov 7.

**Peta Bray**



**What time do you normally wake up?** Depends on what shift I'm on (5.30-7.00).

**What consists of your diet?** Pasta, bread, cereal, meat, fruit, vegies, yogurt, dried fruit, plain biscuits, juice, water, rice, nuts, flavoured milk,

**How often do you run in a week?** 4-5 days

**What else do you do aside from running?**

Cycle and circuit training.

**Any big race you are preparing in the coming weeks?** Sri Chinmoy-7km

## Where are the Woodies?

See how many Woodstock members can you identify



## **What the ...?!**

Aopted by Alex Hill

### **Train stops Des Moines Marathon in its tracks**

By Lance Bergeson, Des Moines Register

Nothing, not even a train, could stop Kenyan Simon Sawe from winning the Des Moines Marathon for the second time.

Sawe was leading countryman David Tuwei by 10 seconds when, after a left turn onto the final stretch on Southwest Fourth, he stared right at a train passing on the road.

"Nobody is prepared for that scenario," said Sawe, the inaugural champion in 2002. "I couldn't believe it. It was a long train."

Tuwei caught the 40-year-old Sawe and the two waited ... and waited ... and waited for the train to pass. Third-place Geoffrey Birgen had nearly caught the two leaders when the train finally crossed the street about 40 to 50 seconds later.

A 26.2-mile race came down to a 400-meter sprint, and Sawe used his speed as a former 1,500-meter runner to pull away and win the \$3,000 top prize in 2 hours, 24 minutes, 50 seconds. Tuwei finished 5 seconds back.

"When you have to wait, you think about crazy things," said Sawe, who indicated for a fleeting moment he thought about jumping onto the train. "Usually you don't get me at the end when you give me a chance."

The train apparently was operated by Iowa Interstate Railroad. Tom Bernau, the president of the company that puts on the marathon, produced an e-mail thread from Sept. 15 that showed race director Chris Burch had detailed the course map and marathon dates to the railroad.

Mick Burkart, vice president of the Iowa Interstate Railroad, responded to Burch that "this should not be a problem."

Burkart responded in an e-mail late Sunday night that his company was at fault.

"I sincerely apologize for this happening," Burkart wrote. "We were well aware of the race and our agreement to refrain from operating through this area during the race. Due to some miscommunication a train was allowed into the race area before it was supposed to. There is no excuse for this happening."

Creigh Kelly, the Des Moines marathon announcer who travels to road races across the country, said trains impact races more than people realize. He said marathons in Portland and Akron have been interrupted by trains. The Midnight Madness race in Ames also has been stopped by a train.

Calls to the Iowa Department of Transportation's Office of Rail Transportation were not returned.

Sawe, who is from Santa Fe, N.M., wanted to challenge his record time of 2:22:57 set in 2002 and equaled by David Chepkwony in 2007. He said a chilly 45-degree morning and 15 mph winds helped stop the charge.

"You hit this headwind and you were just jogging," Sawe said.

Sawe, Tuwei, Birgen and a fourth Kenyan, Silah Misoi, were not far off the record pace of 5:27 through 20 miles. Then Sawe decided to pick up the pace.

"I wanted to see at (mile) 20 how everyone was doing," Sawe said. "We started playing a tug-of-war. I figured it was now or never."

Sawe said he separated from the group at mile 24 and his lead stayed at 10 seconds until he was stopped by the train.



# Woodstock caught by paparazzis!



Bronwyn at Grand Canyon



John's advertising Woodstock Balmain fun Run



Paul conquering the hills



Orange Man: what the heck are on your feet? @ Emmanuel's VFF



Daniel's competitive streak



Dottie doing the Disco!



Phil Lobstering the hill



<-- John@Hills Fun Run



Terry and Chaia at Auckland



<--Terry, Chaia, Brendan.

Brendan spotted Vass Vassilou's brother amongst the stampede