

The

WOODSTOCK RUNDOWN

September 2009



Founded in 1980

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?ID=503>

Postal Address: PO Box 672, BURWOOD NSW 1805

The Rundown On Members

I know all members will join me in wishing both Brendan and, recently joined member, Tim Cochrane, every success in the Commonwealth 100km Championship in the UK this month. We hope you both run well and have an enjoyable trip. While Tim has represented Australia overseas previously, this will be Brendan's first chance to represent his country and we all agree you look fabulous in your Aussie tracksuit, Brendan.

Good luck as well to Susan Murray who will contest the World Triathlon Championships on the Gold Coast this month. We hope you have a "blinder" Susan.

Thanks to Thalia and all who assisted her in the organising of a brilliant night at VeeVees last week. We all had a wonderful time and Brendan was certainly lost for words on the night. Thanks are also in order to Deirdre and Lesley for the Woodstock 29th Birthday Party held at UTS Haberfield Rowers. What a great night that was too. Deirdre and Lesley, along with Kevin, put on a delicious barbecue following the recent Handicap Run organised by Colin. Thanks to everyone for that as well.

Congratulations to Tami and Tristan on the announcement of their engagement. We wish you both every happiness and lots of great running together.

Jenny Vassiliou has just returned from a European trip, while Thalia and Mark will be flying over there pretty soon.

Congratulations to all prize winners in the City2Surf. Well done also to the Internal Teams competition placegetters and thank you to Brendan for organising the comp. It's good to see Rick Collins return to running relatively unscathed following his altercation with a bollard strategically placed in the middle of the City2Surf course only a couple of hundred metres from the finish. Leaving the medical facility, arm in a sling was not looking too good on the day, but Rick has contacted the organisers in the hopes that nothing like that can ever occur again.

Our sick and injured list is not good at present. Derek had a stroke a few weeks ago but is progressing extremely well; Eddie will undergo spinal surgery on Friday to relieve a nerve problem in his back; Greg has been told he cannot run again and is exploring alternative therapies for his knee; while Stephen Browne, Kirsty, Lorraine, Chaia and Sonja are all experiencing varying degrees of stress fractures. We wish you all a full and rapid recovery and hope you are back running with us very soon.

Best of luck to everyone competing and happy training to all.

Kerry

This Month's Birthdays!

**Colin Townsend 8th, Phil Lobsey 9th, John Murray 10th, Sonja Kukec 11th,
Susan Murray 11th, Dot Siepmann 12th, Martin Amy 13th, Kevin Lucas 14,
Holly Muir 16, Paul Milazzo 17, Linda Barwick 20, Maree Lucas 20, Nick Marshall 27**

Welcome New Members!!

The past three months we were joined by our new members if you are wondering about the new Faces.

Let's welcome **Terry Vohradsky, Peta Bray, Arnaldo Longart, Michael Cantley, Colin Bailey, Tim Cochrane and Theo Hastings.**

To our the newbies (new Woodies), we look forward to seeing you at the runs or events. We also encourage all our new members to check out the Woodstock website to learn more about our club & our club trainings. Remember, Dot Siepmann is our uniform officer and she can fix you up for all your Woodstock gear.

Letter from the editor



Hi Woodstock Runners and Walkers!

Thanks again for the compliments received from the our Anniversary edition of Rundown.

Good to get some ideas as our 30th anniversary which is coming up next year!

To those who are wondering why I am not showing myself up on Saturday Mornings and Thursday Night Training, I am not being a snob on the trainings just like a number of us as of the moment I haven't fully recovered from my my ITBS and I am avoiding Winter mornings! I am hoping to be back soonish!

Good luck to those participating the events at the Blackmore's Sydney Running Festival.
-Chaia



How many Woodies did you find at the Heart of the Lake start? I found 6

Bridge to Bridge Run

In conjunction with Rde 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

Erratum: Page 12 from August Edition, I forgot to include John Murray in our members who made it to 20 years and still going!

Balmain Fun Run

When: Sunday, November 2, 2009, events start at 8:30

Events: 2Km, 5KM, 10KM

Where: King George Oval, Rozelle

Contact: Phone John Dawlings on 0422 819 468 or

Send an e-mail to balmainfunrun@hotmail.com

Visit: <http://www.schoolwebsites.com.au/web/Default.aspx?PageID=3533&SiteID=21>



Support by participating as proceeds will go to the Balmain Public School P&C for the benefit of the school.

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September-October Training

Tuesday Runs 6pm @Woodstock, Burwood,		Thursday Night Intervals 6:30pm@Campbell Oval, Ashbury.		Saturday Runs 7.20am at Brett Park, Drummoyne	
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
22/09/2009	Concord 9km	24/09/2009	800m x 6	26/09/2009	Hell Hill 8km
29/09/2009	Canada Bay 11km	1/10/2009	"Mile Down" Inverted Pyramid	3/10/2009	Balmain 9km
6/10/2009	Putney Punt 12km	8/10/2009	"Parlov" 300m x 12	10/10/2009	Timbrell Park 8km

Footy Tipping

															Round 26			
Rank	Tipper	1-13	14	15	16	17	18	19	20	21	22	23	24	25	Round Score	Round Margin	Total Margin	Total Score
1	Alex Hill	62	5	4	4	5	4	2	5	4	7	6	5	7	7	4	352	127
2	Bron Hager	66	4	4	5	7	5	4	2	3	5	5	5	5	6	4	361	126
3	Mighty Rabbit	58	5	3	4	6	4	4	6	4	6	4	6	6	6	6	359	122
4	vass vassiliou	53	5	4	4	7	4	4	5	4	6	6	7	7	5	0	346	121
5	John Murray	54	5	5	1	8	4	5	5	5	6	8	6	5	5	0	387	122
6	Stretch	48	5	0	1	1	1	3	4	5	4	4	3	1	3	12	435	83
7	Colin Townsend	55	5	3	4	1	4	3	5	5	4	4	3	1	3	12	437	100
8	Luke Townsend	41	5	0	1	1	1	3	4	5	4	4	3	1	3	12	500	76
9	Mr D	58	4	4	4	8	3	4	4	4	7	3	6	6	3	24	414	118



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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 of 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

First - Team 9		Est	Chip	Diff	Ave
Alex	Hill	1:02:30	1:01:02	0:01:28	
Dot	Siepmann	1:19:00	1:19:18	0:00:18	
Joe	Ayoub	1:32:30	1:33:49	0:01:19	
		3:54:00		0:03:05	0:01:02
Second - Team 3					
John	Dawlings	0:56:00	0:57:46	0:01:46	
Deirdre	Stewart	1:14:00	1:14:04	0:00:04	
Jon	Patrick	1:15:00	1:16:05	0:01:05	
Therese	Ayoub	1:32:30	1:33:51	0:01:21	
		4:57:30		0:04:16	0:01:04
Third - Team 5					
Kazu	Takahashi	0:53:00	0:52:49	0:00:11	
Max	Crossley	1:13:20	1:11:46	0:01:34	
Kevin	Lucas *	2:09:00	2:06:07	0:02:53	
		4:15:20		0:04:38	0:01:33
Fourth - Team 1					
Brendan	Davies	0:49:59	0:50:46	0:00:47	
Rick	Collins	1:09:30	1:11:56	0:02:26	
Max	McGown *	3:00:00	3:02:12	0:02:12	
		4:59:29		0:05:25	0:01:48
Fifth - Team 7					
Paul	Whiteway	1:08:30	1:07:42	0:00:48	
Tomomi	Yamazaki	1:15:00	1:16:15	0:01:15	
Belinda	Essex	1:25:00	1:21:00	0:04:00	
		3:48:30		0:06:03	0:02:01
Sixth - Team 6					
Michael	Cantley	0:55:00	0:51:25	0:03:35	
Chaia	Patacsil	1:10:00	1:12:05	0:02:05	
Barry	Cole	1:50:00	1:49:29	0:00:31	
		3:55:00		0:06:11	0:02:04
Seventh - Team 8					
Peter	O'Sullivan	0:56:30	0:59:12	0:02:42	
Roy	Rankin	1:22:00	1:20:44	0:01:16	
Maree	Lucas	1:30:00	1:27:23	0:02:37	
		3:48:30		0:06:35	0:02:12
Eighth - Team 4		Est	Chip	Diff	Ave
Martin	Amy	0:52:30	0:51:58	0:00:32	
Nick	Marshall	1:12:00	1:07:55	0:04:05	
Stephen	Browne	2:00:00	DNS	-	
		4:04:30		0:04:37	0:02:18
Ninth - Team 12					
Bronwyn	Hager	0:59:30	0:59:30	0:00:00	
Tristan	Iseli	1:20:00	1:14:29	0:05:31	
Kerry	Bray	1:30:00	1:31:25	0:01:25	
		3:49:30		0:06:56	0:02:19
Tenth - Team 10					
Emanuel	Finos	1:00:00	1:01:51	0:01:51	
Tami	Dower	1:19:00	1:12:36	0:06:24	
John	Phillips	1:30:00	1:29:11	0:00:49	
		3:49:00		0:09:04	0:03:01
Eleventh - Team 11					
Tony	Purss	1:03:00	1:06:00	0:03:00	
Emmanuel	Chandran	1:15:00	1:12:30	0:02:30	
Rick	Capel	1:30:00	1:26:16	0:03:44	
		3:48:00		0:09:14	0:03:05
Twelfth - Team 2					
Anthony	Robinson	0:58:22	0:57:56	0:00:26	
Jeff	Morunga	1:15:00	1:22:49	0:07:49	
Terry	Vohradsky	1:15:00	1:12:06	0:02:54	
Peta	Bray	1:30:00	1:31:25	0:01:25	
		4:58:22		0:12:34	0:03:09
Thirteenth - Team 13					
Manal	Garcia	1:03:00	1:04:43	0:01:43	
Bridget	Akers	1:20:00	1:17:13	0:02:47	
Stretch	Fowler	1:24:00	1:34:34	0:10:34	
		3:47:00		0:15:04	0:05:01
Top estimator!		Brownwyn Hager	Spot on!		
Way off Award		Stretch Fowler	0:10:34		
Average Chip time of all members			1:19:24		

**2009
City 2 Surf
Internal
Teams**

Minute with a member

Name: Tristan Iseli

What is your occupation? I am in medical research working at the Garvan Institute in the Diabetes and Obesity Research Program. My focus is on identifying the useful compounds found in currently used natural medicines.

Running age group? 30-34

Do you have family?

, Dad, Lucie, Tim and Claire. I'm no. 3 of 4. Oh and of course my recently acquired fiancé (also known as fiancé) Tam; also a Woody.

How long have you been a Woody? About a year now since moving up from Melb.

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

Why do you enjoy running? For the chatter and the challenge. I never liked running when I played soccer, but now that I'm retired, I need an exercise outlet to complement my indulgent lifestyle!

What is your favourite running distance/course/event and why? I loved The Great Nosh because it was 15kms in the bush with some rock hopping, but much prefer adventure racing (with Tam) because it's a longer multi-discipline race with tactics involved.

What has been your running highlight? Coming 18th in the State Cross Country when I was Grade 6, and finishing the Sydney morning herald half marathon this year.

Any lowlights (injury etc)? Too many to list, but currently plantar fasciitis

What was the last race you went in and how did you go? C2S '09, ran 74'29" Anything funny/unusual ever happened to you while you have been out running? I'm always funny and unusual when I'm out running!

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? Used to be a semi-pro soccer player for about 10 years in Melb, also play a lot of competitive tennis and social golf, and now I'm into adventure racing.

Favourite food/beverage? Lasagne and real Greek Souvlakia; and Tecquila!

If you could have dinner with anyone who would it be and why? My family including my grandma, and Tam of course; they go on for hours and are generally a lot of fun.

Where would your ideal holiday be? Snowboarding at Silver Star in Canada or trekking in Peru.

Interesting things we may not know about you? In 2006 I was selected to play for Australia in soccer at the World University Games which disappointingly never eventuated.



Thanks Tris! I know you gave me two versions of this, one of the tamer you, but this original version sounds like more of you :) - editor

Announcement:

Next Tuesday night pack run is on 27/10/09, so anyone is welcome to prepare a new course (10km or so). They can contact Roy to confirm, first in gets the honours.

Woodstock Runners Handicap Event, 29/8/2009

7km Bay Run course

Name	Estimated Time	Start Time	Finish Time	Actual Time	Finish Place	Points
Capel, Rick	41:30	7:28:30	8:09:01	40:31	1	28
Cole, Barry	47:00	7:23:00	8:09:02	46:02	2	27
Crossley, Max	34:00	7:36:00	8:09:12	33:12	3	26
Johnston, Lucy	36:00	7:34:00	8:09:19	35:19	4	25
Robinson, Anthony	29:00	7:41:00	8:09:26	28:26	5	24
Rankin, Roy	41:00	7:29:00	8:09:41	40:41	6	23
Fowler, Stretch	41:00	7:29:00	8:09:43	40:43	7	22
Amy, Martin	26:00	7:44:00	8:10:11	26:11	8	21
Pryor, Emma	37:00	7:33:00	8:10:19	37:19	9	20
Akers, Bridget	37:00	7:33:00	8:10:27	37:27	10	19
Hastings, Theo	30:00	7:40:00	8:10:29	30:29	11	18
Davies, Brendan	25:00	7:45:00	8:10:34	25:34	12	17
Bray, Peta	40:00	7:30:00	8:10:43	40:43	13	16
Bray, Kerry	40:00	7:30:00	8:10:44	40:44	14	15
Patacsil, Chaia	33:00	7:37:00	8:11:29	34:29	15	14
Nash, Paul	37:00	7:33:00	8:13:10	40:10	16	13
Siepmann, Dot	38:30	7:31:30	8:13:20	41:50	17	12
Morunga, Jeff	35:00	7:35:05	8:13:51	38:46	18	11
Patrick, Jon	37:00	7:33:00	8:14:21	41:21	19	10
Finos, Emanuel	30:00	7:40:00	8:16:29	36:29	20	9
Reed, Jen ##	47:00	7:23:00	8:05:05	42:05	DQ	8
Whiteway, Paul	34:15	7:35:45	8:07:28	31:43	DQ	8
Anthony, Thalia	38:00	7:32:00	8:07:45	35:45	DQ	8
Collins, Rick	36:00	7:34:00	8:07:53	33:53	DQ	8
Hill, Alex	32:30	7:37:30	8:08:36	31:06	DQ	8
Iseli, Tristan	36:30	7:33:30	8:08:38	35:08	DQ	8
Dower, Tami	35:00	7:35:00	8:08:47	33:47	DQ	8

In this Handicap event, **Rick Capel, Barry Cole & Max Crossley** took the first three places.

There were 6 Handicap PB's set:

Rick Capel	40:31	2:38 Handicap PB
Anthony Robinson	28:26	1:24 Handicap PB
Tristan Iseli	35:08	0:57 Handicap PB
Emma Pryor	37:19	0:54 Handicap PB
Tami Dower	33:47	0:26 Handicap PB
Jen Reed##	42:05	9:52 Handicap PB

The fastest male was Brendan Davies (25:34)

The fastest female was Tami Dower (33:47)

indicates not a current financial member, but points will be given if they join before the next Handicap Event.
DQ indicates disqualified for being more than one minute under estimated time, so they get the pointscore of 21st place.

Up-to-date Handicap Point score

Place	Name	28/02/2009 Points	30/05/2009 Points	29/08/2009 Points	24/10/2009 Points	Total (Best 3)	Count
1	Robinson, Anthony	21	14	24		59	3
=2	Patacsil, Charissa	30	11	14		55	3
=2	Rankin, Roy	10	22	23		55	3
4	Davies, Brendan	23	11	17		51	3
5	Amy, Martin	29		21		50	2
6	Akers, Bridget	10	20	19		49	3
=7	Bray, Kerry	19	11	15		45	3
=7	Pryor, Emma		25	20		45	2
9	Cole, Barry		15	27		42	2
10	Morunga, Jeff	14	16	11		41	3
11	Capel, Rick	11		28		39	2
12	Nash, Paul	25		13		38	2
13	Crossley, Max		11	26		37	2
14	Purss, Tony	16	12	8		36	3
15	Yamazaki, Tomomi	24	11			35	2
16	Burbidge, Julian	10	24			34	2
17	Takahashi, Kazuaki	10	21			31	2
=18	Merciera, Mark	17	11			28	2
=18	Phillips, John	10	18			28	2
=18	Reed, Jen ##	20		8		28	2
=18	Waladan, Sarah	28				28	1
22	Siepen, Elle	27				27	1
=23	Finos, Emanuel		17	9		26	2
=23	Klein, Corinne ##	26				26	1
=25	Siepmann, Dot	13		12		25	2
=25	Johnston, Lucy ##			25		25	1
=27	Patrick, Jon		13	10		23	2
=27	Vehradsky, Terry		23			23	1
=29	Hager, Bronwyn	22				22	1
=29	Fowler, Stretch			22		22	1
=31	Brown, Calli		19			19	1
=31	Collins, Rick		11	8		19	2
=31	Dower, Tami		11	8		19	2
=31	Iseli, Tristan		11	8		19	2
=35	Hill, Alex	10		8		18	2
=35	Stenton, Julia	18				18	1
=35	Hastings, Theo			18		18	1
38	Bray, Peta			16		16	1
39	McGown, Max	15				15	1
40	White, Derek	12				12	1
41	Chandon, Emmanuel		11			11	1
=42	Cayzer, Kim	10				10	1
=42	Lung, Andrea	10				10	1
=42	Owen, Caroline	10				10	1
=42	Ullio, Lawrence	10				10	1
=46	Anthony, Thalia			8		8	1
=46	Whiteway, Paul			8		8	1



Annual Award Nomination Form 2009

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

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

The complete 2009 results are at: <http://www.woodstockrunners.org.au/drupal2/content/year-date-results-2009>

Submission of Nominations:

All nomination may be submitted by any of the following means by **Tuesday 27/10/2009**:

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

List of Awards

1. Most Improved Runner of the Year (Male and Female)

"The persons that you consider have shown the greatest improvement in their running over the past 9-12 months. ie improvement in times (refer Fun Run Book)."

Nomination(s):

Male: _____

Female: _____

2. Rookie of the Year

"The person who joined Woodstock Runners during the year as a relative newcomer to running and/or competing in road runs, and has made the most outstanding progress."

Eligible Members (joined between 3/11/2008 and 25/10/2009)

Colin Bailey	Peta Bray	Michael Cantley	Rick Capel	Emmanuel Chandran
Tim Cochrane	Jennifer Crane	Kirsty Elwell	Theo Hastings	Phil Lobsey
Arnaldo Longart	Nick Marshall	Anthony Robinson	Terry Vohradsky	
Sarah Waladan	Glenda Zarate			

Nomination(s): _____

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):

Martin Amy	Thalia Anthony	Linda Barwick	Brendan Davies	Bronwyn Hager
Jeff Morunga	Mark O'Donnell	Charissa Patascil	Anthony Robinson	Vass Vassiliou
Michelle Warren	Tomomi Yamazaki			

Details of performances are on the website

<http://www.woodstockrunners.org.au/drupal2/content/longdistance-award-2009>

NB: Other members may still qualify for this award, the eligible members will be updated based on results appearing in The Rundown.

Nomination(s): _____

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: _____

Female: _____

Performance: _____

Performance: _____

5. Club Champion (Male and Female)

"The runners who have competed regularly, and consistently produced the fastest results in road races and met with much success throughout the 12 months."

Nomination(s):

Male: _____

Female: _____

6. Runner of the Year

"A highly valued member of the Club who inspires others by regular attendance at training, willingness to participate in teams, loyalty to the Club, always willing to offer assistance, support and encouragement to fellow runners, and gives 100% of themselves when participating in competitive road runs."

Nomination(s): _____

7. Champion Person Award

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

Nomination(s): _____

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 (2nd 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

Other: _____

Did you know?

* Jeff Morunga is going to run his 53rd Marathon @ Sydney Bridge Marathon

* In year 2008, Woodstock collected 87 golds, 48 silvers and 46 bronzes from sporting events

Race Results

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

Nick Marshall	1:10:12	1:07:55
Spanton	1:08:22	1:08:01
5th F55-59 #		
Max Crossley	1:17:05	1:11:46
Rick Collins	1:12:21	1:11:56
Chaia Patacsil	1:13:44	1:12:05

City2Surf 09/08/2009

14km

	Gun Time	Chip Time			
Tim Cochrane	47:09	47:00	Terry Vohradsky	1:13:44	1:12:06
Brendan Davies	50:55	50:46	Tami Dower	1:22:20	1:12:36
Michael Cantley	51:40	51:25	Deirdre Stewart	1:19:57	1:14:04
Martin Amy	52:09	51:58	Roy Rankin	1:26:54	1:20:44
Kazu Takahashi	52:57	52:49 3rd M55-59	Tristan Iseli	1:21:16	1:14:29
John Dawlings	57:57	57:46 10th M55-59	Jon Patrick	1:31:44	1:16:05
Anthony Robinson	58:18	57:56	Tomomi Yamazaki	1:31:31	1:16:15
Peter O'Sullivan	59:20	59:12	Brian Ogilwy	1:16:39	1:16:18
Bronwyn Hager	59:52	59:30	Bridget Akers	1:24:00	1:17:13
Alex Hill	1:01:46	1:01:02	Emma Pryor	1:24:57	1:18:15
Emanuel Finos	1:02:14	1:01:51	Belinda Essex	1:29:13	1:21:00
Manal Garcia	1:05:05	1:04:43	Jeff Morunga	1:22:09	1:22:49
Tony Purss	1:06:33	1:06:00	Dot Siepmann	1:25:04	1:19:18 1st F65-69
Paul Whiteway	1:08:03	1:07:42	Rick Capel	1:42:08	1:26:16
			Maree Lucas	1:33:21	1:27:23
			John Phillips	1:36:15	1:29:11
			(continued ...)		

Race Results

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

Bankstown Hidden Half-Marathon

5KM

Kerry Bray

0:25:21 1st F60-69

Sydney Run Up Tower

Manal Garcia

0:11:40 1st F35-39

City2Surf 09/08/2009 (continuation ...)

14km

	Gun Time	Chip Time
Joe Ayoub	1:42:23	1:33:49
Therese Ayoub	1:42:24	1:33:51
Paul Millazo	1:53:17	1:31:11
Kerry Bray	1:58:45	1:31:25 5th F65-69
Peta Bray	1:58:45	1:31:25
Stretch Fowler	1:42:46	1:34:34
Kevin Lucas *	2:27:13	2:06:07
Barry Cole	2:29:18	1:49:29
Max McGown *	3:55:47	3:02:12
Emmanuel Chandran	1:12:30	

C2S Team

Woodstock Men Open - 8th/55

Woodstock Women Open 5th/94

Woodstock Mixed - 3rd/480

Woodstock Men Veterans - 5th/10

Woodstock Men Over 55 - 2nd/4

Woodstock Women Over 55 - 1st/3

Bankstown Hidden Half-Marathon 16/08/2009

21.1 KM

Tim Cochrane	1:17:31 3rd M18-29 #
Brendan Davies	1:19:28 #
Martin Amy	1:21:56 8th M18-29
Emanuel Finos	1:37:32
Emmanuel Chandran	1:47:00
Dot Siepmann	2:04:47 1st F60-69 #
Jeff Moournga	2:10:37

5KM

John Dawlings	0:18:58 2nd M50-59
Terry Vohradsky	0:22:59 3rd M30-39
Charissa Patacsil	0:23:37 2nd F18-29
Peta Bray	0:25:20 5th F40-49

Mudgee Half Marathon 23/08/2009

21.1 KM

Deirdre Stewart	1:51:58	7th F 40-49
Michelle Warren	2:16:49	

Willy to Billy 23/08/2009

35 KM

Davies Brendan	2:26:38	7th O/all #
Chandran Emmanuel	3:44:02	
Morunga Jeff	4:30:14	#

Sutherland Half-marathon 29/08/2009

21.1 KM

Brendan Davies	84.00	6th OAll
Tim Cochrane	88.45	#

10KM

Tim Cochrane	35.53	2nd Oall #
Brendan Davies	38.42	4th 33
Michelle Warren	1:07.33	10k 10.0 1.07

OxFam Trailwalker 28/08/2009

100KM

Belinda Essex	31 hours 22 minutes
Team Transformers	

Striders North Head 05/09/2009

10KM

Brendan Davies	0:36.08
Emanuel Finos	0:44.50 #
Max Crossley	0:48.32 3rd M60-64 #
Lesley Maher	0:55.45 1st F55-59 #
Linda Barwick	0:52.25 #
Brian Ogilwy	0:53.22 #
Dot Siepmann	0:54.02

indicates not wearing a Woodstock uniform

Usain Bolt and the Brays - by Brendan Davies

illustration: Chaianinternet



Upcoming events

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

Sun 13 Sep SRI CHINMOY SYDNEY SERIES RACE 5 - PROSPECT CREEK 24 KM, 12 KM & 6 KM.

The 5th race in the Sri Chinmoy Sydney Series for 2009. This favourite course follows cycle paths looping out and back along both sides of Prospect Creek. The 24 km race provides a perfect hit-out for those in training for the Sydney Marathon next week, with 12 km and 6 km options for those with shorter goals in sight. Start and finish at the Jack Ferguson Recreation Area adjacent to the Gipps Rd Sporting Complex off Gipps Rd, Greystanes. 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@srchinmoyraces.org. Visit the <http://www.srchinmoyraces.org/au/events/sydneyraces> for more details. Click here for an entryform.

Sun 13 Sep BRIDGE TO BRIDGE

The Weekly Times and Rotary Club of Gladesville present the Bridge to Bridge Fun Run/Walk in association with Ryde Aquatic Festival. Distances are 5km and 10km. Starts and finishes in Kissing Point Park, Putney, on the northern shore of the Parramatta River. Start time 9:00am. contact: Barry Cole on (02) 9874-3148. email: barry.cole5@bigpond.com. Visit the <http://www.rydeaquaticfestival.com/> for more details.

Sun 13 Sep WALK-TO-TALK FUN-RUN

Bring the kids to this family fun-run to raise money for the Shepherd Centre - just one lap of beautiful Centennial Park, with face-painting and a sausage sizzle, and every child competitor gets a Certificate of Achievement. MC is Scott Cam from Channel 9. Enter on site from 9.30am for a 10.00am Start. A great introductory way to encourage your kids' love of running. contact: Fiona 0407 346623. email: fairlies@tpg.com.au. Download Entry forms at <http://www.coolrunning.com.au/users/calendar/2009/2009e063.pdf>

Sat-Sun 19-20 Sep KATHMANDU MAX24 AND MAX12 ADVENTURE RACE - HAWKESBURY

Have you got what it takes to compete in a MAX24 hour adventure race? Your team will need to work together to overcome the many natural obstacles (rivers, lakes, hills, mountains, cliffs and caves) that you find in your path. Choosing the best route to checkpoints is critical in reducing the amount of time needed to complete this non-stop course. The course will cover approximately 100-120km of terrain. With the fastest times coming in at approximately 12 hours and the slowest times will be closer to 24 hours. The race requires no support crews. If you have done a couple of sprint races, rogaines or half Ironmans and are looking for the next challenge, then this is the event for you! Never done a 24 hour adventure race before? No worries we can set you up in a team of four with an experienced instructor to race and learn as you go approach Following the same course as the team event, the MAX 24 SOLO is for individuals with support crew. Are you up for the ultimate challenge? Not quite ready to tackle 24 hours, then how about the 12 hour option? This will be on a shortened version of the 24 hour course, teams only race during daylight hours, still with the same challenging aspects of the 24 hour event, taking between 6 to 12 hours to complete. contact: Gary Farebrother. email: gary@maxadventure.com.au. Visit the <http://www.maxadventure.com.au/> for more details.

Sat 19 Sep TREK FOR TIMOR FUNDRAISING RUN

Walk or run 50kms in 24hrs, around Kangaroo Valley, NSW, hosted by Kangaroo Valley Remexio Partnership. This is a fundraising run to raise money to install solar lighting systems in over 120 households in remote locations in East Timor. contact: Lynne Dooley. email: mail@kvrp.org.au. Visit the <http://www.kvrp.org.au/> for more details.

Sun 20 Sep SYDNEY MARATHON

Visit the <http://www.mymarathonclub.com/sydney.html> for more details.

Sun 20 Sep COORANBONG FUN RUN

The 9th Annual Cooranbong Fun Run is on again this year with all the usual fun and excitement of a great community day out for the family. The fun run incorporates a 1km (Just4Fun) for the under 10's, 3km and 10km runs. Registration is from 7am at Avondale School, 119 Avondale Road Cooranbong. The Fun Run starts at 9am. The day also includes Helicopter Rides, Kids Animal Farm, Food and Entertainment, Kids Rides and lots of Stalls. For information regarding the Fun Run please contact Bill Ward on 0434572336 or 49770200. For information about the Fun Day please contact 49770200. contact: Bill Ward. email: ward@avondaleschool.nsw.edu.au. Download entryform at <http://www.coolrunning.com.au/users/calendar/2009/2009e061.pdf>

Sun 20 Sep SALT FUN RUN SERIES

SALT FUN RUN SERIES - Race 1. A 10km and 5km event to choose from, as well as a 5km walk and kids races.

Upcoming events continuation ...

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

All events start and finish at SALT Central Park, with great accommodation specials available at both the Mantra and Peppers resorts. Visit the website for further details. contact: Travis Ireland. email: travis@corporatechallenge.com.au. Visit the <http://www.corporatechallenge.com.au/funruns.php> for more details.

Sun 20 Sep SALOMON TRE-X OFFROAD TRIATHLON SERIES

Swim - MTB - Trail run. Long, short and teaser course options. Be prepared to cross to the Dark Side and join the off-road revolution. contact: Simon Lazenby. email: Simon@in2adventure.com.au. Visit the <http://www.tre-x.com.au/index.html> for more details.

Sun 27 Sep UMINA BEACH SAND SLOG

The Umina Beach Sand Slog is a fun run extending from one end of Umina Beach to the other (conditions permitting). One lap is 5km, two laps for the more serious 10km. The two runs will be started at the same time at Umina Surf club going south on the soft sand and then turning around and heading north onto the hard sand for the 2 ½ km run to the point then turning to return to Umina Surf Club on the soft sand. There will be medals for the first three places in each age group and also lucky door prizes. The run will start at 8am and presentation at 10. The event is run by Umina Surf Life saving Club to raise money for equipment for the upcoming season. The interclub challenge is a challenge to other Surf Club to enter 5 members in the 10km run. The first 5 competitors from a club will win the perpetual trophy. The 2km Kids run is for children under 12 only and will start shortly after the other runs. This is non-competitive and no places will be given. All participants in the kids run will receive a T Shirt. Entries available on website. contact: Greg Brown 0414963648 . email: ggbrown@virginbroadband.com.au. Visit the <http://www.umina-slsc.com/> for more details.

Sun 27 Sep WANDA SPRING BEACH CLASSIC

8km Run from Wanda SLSC to Boat Harbour and Back. 9am Start. contact: Chris Fox. email: cfox9075@bigpond.net.au. Visit the website for more details.

Sun 27 Sep WESTPAC 2009 HILLS FUN RUN

A new totally traffic-free course on bike paths, fire trails, grass, walking tracks and a little bitumen with 2 Km, 4 Km and 8 Km options. Start/ Finish Location Near Field 1, Main Soccer Ground, Caterson Drive, Fred Caterson Reserve, Off Gilbert Road, Castle Hill 2154. A great opportunity for the whole family to have fun together. Take pleasure running or walking through native bushland, enjoying the scenery and the company. The 4K Run starts at 8am. The 2K Run starts at about 8:35am and is for U12 only (parents may accompany small children). The 8K Run starts at 9am. Categories for 4K & 8K are Outright (i.e. 1st, 2nd, 3rd. Males to finish and 1st, 2nd, 3rd. for Females) then age categories for M & F, U14, U16, U18, U20, Open (20-39), 40+, 50+ and 60+.. Outright winners will NOT win an age category as well. Water stations are provided. There are toilets and plenty of parking adjacent to Field 1. The 2K and 4K Runs are clockwise loop courses with some hills. The 8K course is two circuits of the 4K. Online Entry closes 9:59pm Fri 25/9. Fees are \$7 for U18 and \$12 for Adults. Postal entries or entries on 27/9/09 from 7:00am will be \$10 for U18 and \$15 for Adult. contact: Steve Whelan on 0411 145 190 or Dennis Williams on 0425 243 974.. email: whelan@hillsathletics.com. Visit the http://www.hillsathletics.com/news_index.htm for more details. Register online at <https://www.registernow.com.au/secure/Register.aspx?ID=2019&M=AT&ST=NSW>.

October 2009

Sat 3 Oct 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. Visit the <http://www.sydneystriders.org.au/10k/> for more details.

Sun 4 Oct THE ST GEORGE BANK BRIGHTON BEACHSIDE DASH

It's back....and it's bigger and better than last year! Following the success of the inaugural Beachside Dash in 2008 it's coming back in 2009. As a result of the feedback from last year's race the course will be a little different, but the Dash will still be one of the fastest and most beautiful fun-runs in Sydney. It's your chance to end the running calendar with your fastest 10km run, or simply enter and enjoy the stunning foreshore at Brighton-Le-Sands. PLUS, the sneaky Dragons will be back to pace the race - try to catch as many Dragons as you can. The Dash website will open in July and the entry fees for the 10km, 5km and Kidz 2km runs have been frozen at 2008 levels. All funds raised will go to the St George Medical Research Foundation to support the search for a cure into pregnancy-related illnesses. contact: David Tipler on 0403-367-777. email: ceo@stgeorgemrf.com.au. Visit the <http://www.stgeorgemrf.com.au/beachside-dash/> for more details.

Sun 4 Oct BEROWRA BUSH RUNNERS 10KM ROAD RUN HANDICAP

This handicap race is held on the first Sunday of every month. Join us at no cost and enjoy a free breakfast. We will record your time and give you a handicap. Join the club for \$20/year (and Berowra RSL \$5) and race for weekly and yearly prizes and medals. We also have social runs every other Sunday. Check out our website. contact: Graham Leslie 9456 2002. Visit the <http://www.berowrabushrunners.com/> for more details.

Sat 10 Oct FITZROY FALLS FIRE TRAIL MARATHON + 10KM + 5KM TRAIL RUNS

42.2km Marathon, 10km run, 5 km run. Event Time: 8am Marathon, 9am other events. Location of race: Fitzroy Falls, Southern Highlands. Now in its 10th year, the Fitzroy Falls Marathon is a run along the fire trails in the beautiful Morton National Park in the Southern Highlands. It is a fund raiser for the bushfire brigades in the Fitzroy Falls area and members of the brigades man the aid stations. A feature of the event is the barbecue lunch that is part of the entry fee. contact: MAX POWDITCH. email: comfrig@bigpond.com. Visit the <http://www.berowrabushrunners.com/> for more details.

Sun 11 Oct SALT FUN RUN SERIES

Race 2 of the SALT fun run series. A 10km and 5km run to choose from, as well as a 5km walk and kids races. All events start and finish at SALT Central Park, with accommodation specials available at Mantra or Peppers resorts. Visit the website for further details. contact: Travis Ireland. email: travis@corporatechallenge.com.au. Visit the <http://www.corporatechallenge.com.au/funruns.php> for more details.

What has Woodstock been up to?



Left: Brendan practising for the fastest waiter race...@Sutherland's Half Marathon

Right: Rick tumbled at C2S but still got a PB! What a Woodstock!



Left: Woodstock Birthday Party-How Woodies look like when they're dressed and minus the sweat!;

Top: After C2S-Tony,Tomi,Bren, Dot, Max, Terry, Michael, Paul, John, Maree, Peter, Bronwyn, Michael, Paul, Alex, Emanuel
Right: Brendan's Pizza Fundraiser night

