



May/June 2013

# THE RUNDOWN WOODSTOCK RUNNERS



Woodstock Runners



[www.woodstockrunners.org.au](http://www.woodstockrunners.org.au)



[info@woodstockrunners.org.au](mailto:info@woodstockrunners.org.au)



## THE RUNDOWN

### KERRY BRAY

### The Rundown on Members

With record membership as we commence the new Woodstock year and a newly elected enthusiastic Committee following our recent AGM, we look forward to continued growth and good times for our Club.

We farewell Barry Crisp who is heading for Lismore to live; Bronwyn is making a brief trip to China for her brother's wedding; Angela and family spent a week in Hong Kong; and JV is heading for the US on a work trip for 4 weeks. Mary has been holidaying in Fiji, while Louise has been planning her 2014 wedding in Queenstown. Hope all enjoyed their travels.

Congratulations to Tym and Rachel on the birth of Kate. We know there'll be lots of fun times with the 3 girls and we look forward to the team joining Woodstock before too long.

Brendan was at his best in Japan just 7 weeks ago being placed 5th in a hard fought 160kms trail run around Mt Fuji. A fortnight later the Champ won the Bathurst Half in 73mins. To top it all off he won the 100kms North Face race in record time a week ago. Is there no stopping him? Well done and congratulations, Brendan.

Many thanks to Angela for a fabulous Anzac Day Breakfast Run. It was a lovely course especially around Huntleys Point and a delicious feast to follow. Thanks also to the various cooks on the day.

Well done to a number of members who swam in the ocean events at Cronulla, some for their first open water swim. All are keen to tackle the long swim next year and we are hoping to secure Woodstock Runners costumes. On that day Anthony ran from Summer Hill to Cronulla and return, 60kms. Anthony was training for Comrades Ultramarathon of 89kms.

This weekend Anthony was successful in his 2nd comrades covering the difficult uphill course in 9hrs50mins. That's a brilliant effort Anthony.

John Dawlings recently celebrated his 60th birthday and bought into a coffee van business. We look forward to sampling the caffeine and we wish you the very best in your new venture, John. Dawlo recently caught up with Jon Patrick who is recovering from an injury and hopes to be back soon. John also spoke to Alan Clark, a member from years ago.

Eddie and Derek were placed 2nd and 3rd respectively in the over 70 category at the recent Heart of the Lake Fun Run at Lake Gillawarna. Not bad for 84 and 85 year olds. Fiona McIntyre was thrilled to win her first ever medal being placed 3rd in her category.

Barry Cole spent a week in hospital following surgery for a severely infected thumb. It's just as well we don't use our hands to run, so we hope to see you back real soon, Barry. John Ovenden is seeing clearly these days after brilliant eye surgery a few weeks ago. Ray Dean is taking some time off from Tuesday night runs due to health issues. Let's hope you're back with us before too long, Ray.

Before our next Rundown Sandra will have left us and flown to NZ and then Australia's west coast. We thank you for everything you have done for our Club and the many good times you have given us. We hope the West meets your needs and we trust you will enjoy your stay there.

Happy running and walking  
Kerry



## 2013 Annual General Meeting

As aware , the AGM was held recently and below is the Committee for the upcoming year. Thanks muchly for those who 'retired' this year, and welcome to the Newbies!

As always plenty of fun filled packed things to do throughout the year! So watch this space! Any questions or comments for us to look into, feel free to send them through!

Happy Running!

Marty

## 2013 Woodstock Committee

President	Martin Amy
Vice President	Angela Haynes
Secretary	Rick Collins
Treasurer	Diane Green
Social Secretary	Maree Lucas - Joe Ayoub
Welfare Officer	Kerry Bray
Website Administrators	Colin Townsend - David Miller - Michael Anderson
Uniforms Officer	Charissa Patacsil
Publicity Officer	Matt Bulman
Rundown Editor	Michael Anderson
General Committee	Barry Cole - Elmarie O'Regan - Vass Vassiliou
Teams Coordinator	Frank Hidvegi

Blackmores team is up and running!

Team name = Woodstock runners.

Password = Woodstock.

Good luck everyone!

100% Fitness  
100% Sweat  
100% Life



**OneLifeCat**



[www.facebook.com/onelifecat](http://www.facebook.com/onelifecat)  
<http://onelifecat.wordpress.com>



Well on a brisk evening, which was nearly ideal for running, saw 29 souls, pits their wits against the clock in the 2nd installment of the 2013 5km TT Series.

So the full results and age-adjustments look something like this -

This means that the Point Series table still sees Greg and Dot remaining at the top of the tree, closely followed by Tym with a solid 22 points. With only the Top 4 Points going towards the Series, as we head to our 3rd installment on 27 June 2013 there is still much to be sorted out and of course the highly coveted trophy to be played for. Me thinks some of you lads are going to have to up your game in order to knock Greg of his perch.....

### 5km Time Trial 2013

Count	20	34	0
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# - Non-Member. Not eligible for Series Awards, unless Membership received during Series.

Thanks so much to Joe, John, Gaye, Ivy and Chaia for assistance on the night and to others earlier on in the day! Couldn't happen without you and all too easy to be taken for granted!

So, until the next installment where it'll bring no 'i forgot this was on' or 'i've left my \$2 in the car, i'll give it to you later'..... I guess i can dream....and was so tempted to mention names here, but I won't Robyn and Helena, so all is ok.

Marty

## Sri Chinmoy Races

A global race series based on Sri Chinmoy. A man who always emphasised the spiritual benefits of physical fitness through sports. Since making his home in America in 1964, Sri Chinmoy completed 21 marathons, 4 ultra marathons and competed at numerous Master Games track meets. Sri Chinmoy wrote and lectured extensively on the subject of running, training and the importance of physical fitness. For full history of who Sri Chinmoy was visit [www.srichinmoyraces.org/](http://www.srichinmoyraces.org/)

The Australian calendar for Sri Chinmoy races is across Sydney, Melbourne & Canberra - for full event calendar visit <http://au.srichinmoyraces.org/event-calendar-and-link>.

The courses offered range from 4km fun runs to 24 hr races and across some great Sydney locations. These events are a great way to prepare for competing in a larger event or a longer distance event to get some 'speed work' in.

Best of all, the events themselves are very family oriented and fun - just the way running should be!! Furthermore, the costs for entry are based on your distance to run and are of great value - \$27 for a half marathon entry provided its not on the day - \$40 on the day. Worth it!!

## SMH Half Marathon

A beautiful run taking in the surrounds of Hyde Park, Macquarie St, The Rocks, Hickson Rd, Pyrmont, Art Gallery Rd & Mrs Macquarie's Chair. It gets a little congested in Pyrmont but it is truly one of the best half marathons.

A great course to get a PB. Depending on where you start will depend on the foot traffic so if you're caught up in the masses, make sure you utilise the footpaths - trust me, it cuts of time!



## Running Calendar Websites

[www.runningcalendar.com.au/calendar](http://www.runningcalendar.com.au/calendar)

[www.coolrunning.com.au/calendar/](http://www.coolrunning.com.au/calendar/)

[www.lazyrunner.com/australian-running-calendar-2012](http://www.lazyrunner.com/australian-running-calendar-2012) (don't worry about the year, it will take you to 2013 - a great site for all courses across all distances across all states!)

[www.eventlist.com.au/australian-running-calendar](http://www.eventlist.com.au/australian-running-calendar)

[www.runcalendar.com.au/](http://www.runcalendar.com.au/)

[www.mymarathonclub.com/ausmarathons.htm](http://www.mymarathonclub.com/ausmarathons.htm)





8-9 September 2013

<http://www.forsterrunningfestival.com.au/event/events/>

A new adventure for Woodstockians, with timing being a great lead up to Blackmores!

Expression of Interests for tourists to [president@woodstockrunners.org.au](mailto:president@woodstockrunners.org.au)

\*More details in future Rundowns\*



23-24th November 2013

<http://centralcoasthalfmarathon.com/>

An annual event on the Woodstock Calendar, to keep you in race shape as you enter summer!

Expression of Interests for tourists to [president@woodstockrunners.org.au](mailto:president@woodstockrunners.org.au)

\*More details in future Rundowns \*

Well the Annual 'Cooks' Run is nearly upon us and being right on our doorstep, can be made even if you have had a large evening the night before!

Offering 5km and 10km races along the Cooks, it is nearly dead flat and a perfect opportunity to seek out a PB and get your legs ticking over quickly as races come thick and fast in July and August.

So head here for your registration -

<http://www.cooksriverfunrun.com.au>



## Post Cooks River Race Lunch

**Date: 23/06/2012**

**Time: 11:30**

After the presentation, have a lunch at Kazu's house.

It doesn't matter whether you run for the race or not and bring your family or friend.

Including sushi and Kazu ( retired sushi chef ) teach how to make sushi if you like .

Cost: \$5-00



24 Barton Street Strathfield South

NSW 2136 ( Just 5 minutes from the venue by car )

Phone: 96420754  
Mobile: 0411448813  
E-mail: [rashai@optusnet.com.au](mailto:rashai@optusnet.com.au)

To make this run even better is that our local Sushi Master – Kazu has kindly invited us to sample some of his culinary delights after the race. Having sampled some in previous years, don't worry about eating for the rest of the day!

Thanks Kazu

"Is City to Surf one of your race targets this year, or have you never done it before?"

Well The biggest fun run in the world is soon around the corner and with all the already entered and those to enter, it is sure to be a Woodstockathon!

So for those keen, we'll be running the course twice in lead up to the race. Dates are –  
Sunday - 14 July 2013 and;  
Sunday - 28 July 2013

These dates appear the less conflicting with other short races - the Bay Run or Sutherland to Surf though I know the 28th July is M7 outing.

Dependent on interest we may try and get some pacers, which can help with your race pace for the day. The likely pacing groups will be for C2S completion of 60mins, 75mins and may be 90mins, but these are flexible subject to demand!

Actual leave times from City will be provided in due course, but likely that we'll aim to arrive at Bondi between 8:30-9am. Likely have breakfast at Bondi post run.

As always, mega good fun to experience these things with your fellow Woodies.

If keen, email me back – [president@woodstockrunners.org.au](mailto:president@woodstockrunners.org.au).

If you'd be able take on a pacing role to help their comrades, that would be awesome, so please also let me know!

Marty



## WOODLANDS TOURS

For all your tour needs!  
Servicing Sydney, Hunter Valley, Canberra,  
Blue Mountains/Jenolan Caves amongst others.  
Charter/Hire, golf Weekends, function transfers,  
custom trips etc  
Other enquiries welcome!  
Competitive rates.

Call Joe or Therese on 0419 373 326



ACC 34363

Final Calls to be included in International Flights, or you'll need to sort out own flights?!



19 January 2014

<http://www.maui-oceanfront-marathon.com/>

15-23 January 2014

8 nights

Itinerary in April Rundown – [http://www.woodstockrunners.org.au/?attachment\\_id=3048](http://www.woodstockrunners.org.au/?attachment_id=3048)



25 August 2013

<http://www.hokkaido-marathon.com/2013/>

23-29/30 August 2013

7/8 nights

Itinerary TBC

If you need any more information on trips, give me a buzz!

[president@woodstockrunners.org.au](mailto:president@woodstockrunners.org.au)

So for those who have already signed up to one or the other, or need a bit of a kick up the b\*m to sign up, please confirm that you are travelling and any others who you'll be bringing with you.

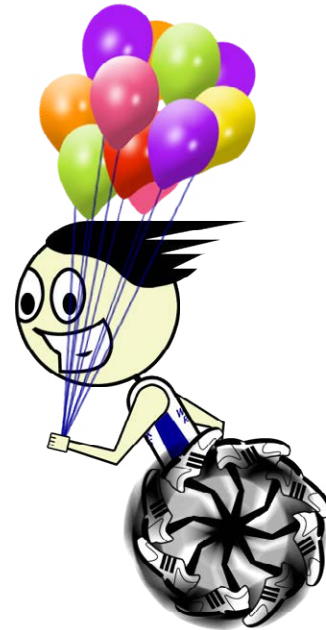
**If anyone else has any ideas on trips away, feel free to suggest/promote!**



# BIRTHDAY'S!!

<b>MAY</b> - John Dawlings	3
Brian Newton	7
Alex Hill	22
Niki Warden	22
Angela Haynes	25
Scott Murray	29
Ray Dean	31

<b>JUNE</b> - Tym Blackwell	1
Bronwyn Hager	2
Kelly Murphy	3
Tracey Arciuli	6
Mason Davies	8
Lesley Maher	8
Julian Burbidge	10
Kim Cayzer	11
Michael Anderson	13



## WELCOME!! New Members

Callie Dand  
 James Herbert  
 Julie Jarrett  
 Steven Garamy  
 Louise Perry  
 Wayne Suryak (rejoining)  
 Kylie Moulds  
 Matt Bulma  
 Cassia Ferguson  
 Elizabeth Aoun  
 Andre Hogan  
 Thu Le  
 Lisa Grant  
 Jennifer Richardson

## BARRY CRISP A Goodbye From Barry

From mid May will be living in Lismore.

I would like to express my deepest thanks for the support, encouragement and teammanship I received from individuals within the Club over 32 years. I will miss prerun talks at Woodstock on Tuesdays and various people like Dot and others who give me lifts in their cars to many, many venues.

I can truly say from that first night I attended the 6pm start, I looked forward to coming back each week. I promise that when I visit Sydney I will make myself visible at as many Club functions as possible.

Any persons driving through Lismore are welcome to my home for a visit.

Good luck. Good running.  
 Barry

**What is your occupation?**

Im a fashion sales manager.

**Running age group?**

40-49

**Do you have family?**

Husband Frank and 2 cats Dora and Heidi

**How long have you been a woody?**

About one and a half years.

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

At the moment with work commitments i do every second Thursday, Tuesdays and the occasional Saturday.

**Why do you enjoy running?**

When im running and in the zone i feel relaxed and happy!!!also lets not to forget the runners high!

**What is your favourite running distance, course,event and why?**

My favourite distance is 21.1 becaues it is not short enough to hurt like a sprint,and not quite long enough for the legs to hurt from a marathon.My favorite course at the moment is canberra because it is flat and fast however i am starting to learn to love hills.

**What has been your running Highlights?**

My first race after not running for 20 years the bay run in 2011 ,and the canberra marathon this year with a 15min pb 3:31.

**Any lowlights?**

I am very lucky as i have never had an injury, just the occasional runners fall .

**What was the last race you went in and how did you go?**

My last race was SMH i done pb 1:39:01

**Anything funny or unusual ever happen to you while youhave been out running?**

have missed a turn off in a race and done an extra 1.5km, i missed out on a place but was still happy with my time.

**What other sport/hobbies are you involved in?**

I do like going to the gym and when i get the chance fishing.

**Favourite food/beverage?**

food Raw Almonds, yougurt and beverage is cofee or beer!

**where would your ideal holiday be?**

New yourk for marathon then across to vegas to party!!!!

**Interesting things we may not know about you?**

**THANKS KATH!!**



We are now getting our uniforms from the very popular brand 2XU.

If you need your first Woodstock singlet or want an upgrade, do like many others have already done and email

[uniforms@woodstockrunners.org.au](mailto:uniforms@woodstockrunners.org.au) or call/message Chaia on 0434 672 273.

Singlets are \$45.



Another exciting addition to the inform range is the introduction of Woodstock branded compression gear! Get in contact with Chaia if you are interested!



#### Style and Pricing

1. 3/4 compression leggings – \$90
2. Full compression leggings – \$95
3. Compression shorts – \$60
4. Arm warmers – \$55
5. Calf guards without stir-up – \$55

Email your orders, name, option, gender, size and quantity at: [uniforms@woodstockrunners.org.au](mailto:uniforms@woodstockrunners.org.au) or call/message Chaia on 0434672273.

2XU sizes and styles:



M = Mens - W = Womens

Men's Sizing Chart Measurements in CM							
Sizes	2XS	XS	S	M	L	XL	2XL
Chest	75-78	79-85	86-94	95-102	103-109	110-120	120-127
Waist	57-62	63-70	71-79	80-86	87-97	98-107	107-115

Women's Sizing Chart Measurements in cm							
Sizes	2XS	XS	S	M	L	XL	2XL
Chest	70-76	76-81	81-86	87-93	94-99	100-106	106-110
Waist	50-56	56-61	61-66	67-72	73-79	80-86	87-92
Hip	81-86	86-91	91-86	96-101	101-106	106-112	113-117

Stock Sale - Don't forget our other great stock!!!!

Caps – \$20

Bra Top: Size 8, 1 Left \$66 **\$50**

Long Sleeved Top: \$65 **\$50** (Small and XS 2 left each)

Short Sleeved Top: \$50 **\$40** (Small and XS 1 left each)

Cotton shirts \$5 **\$13** (S and M)

Cotton shirts \$5 **\$4** (L and XL)

Retro-style cotton shirts \$5 **\$3** (L and XL)

For all orders email [uniforms@woodstockrunners.org.au](mailto:uniforms@woodstockrunners.org.au) or call/message Chaia on 0434 672 273.





Two of our members competed in The North Face 100 in late May, one of the more famous Ultra races on the calendar.

Miles Pullen, supported by fellow Woody Di, in his first TNF made it over the line under 14 hours, another jewel in the crown in a great running career and a stellar effort!

Here's Miles looking decidedly fresh after crossing the line, I don't look this good after TNT!

The other Woody out there amongst the beautiful Aussie bush was Brendan Davies. As most would know by now Brendan (our resident champion) not only won the event but smashed the record by 2 minutes! Assisted as usual by wife Nadine, he was unstoppable.



Please find below an excerpt of his blog post on the event and a link to the full story. It's an amazing, heart warming and inspiring story, I suggest you go and read it!

<http://runmrd.blogspot.com.au/>

I chased my dream and on Saturday I finally caught it. It's a dream that's evolved and has never had a determined end point but I knew at 4:06pm that I'd found some sort of conclusion. I don't know if it's the end of Chapter 1, 2 or 10 but I was asked many times over the weekend when I started training for this year's race and each time I said 6 years ago when I started my running journey. I believe everything I've done; every training run, every race, every recovery session has led to that point, the pinnacle of my career thus far. That event and result means more to me than any others; not because I conquered what I believe to be one of the toughest pound for pound courses in Australia, not because I won or even knocked off the great Kilian Jornet's record. It meant so much to me because I was among the people I admire, respect and love and it was all happening in my own backyard.

The race began the night before and as is my style, the usual rushed packing of my kit and dinner of quinoa, veges, sweet potato and fish. Nadine and I had the company of my friend Vajin and his wife Prasasta from NZ and two other friends from Queensland. Vajin was already packed and ready to roll. We chatted about our recent races and training. We both knew that in the morning we would turn into competitors again. Nadine and Prasasta knew that it would be a close match up and were far more practical about it, deciding to go around and crew together in one car.

I busily got together my nutrition. I was curious to find ways to streamline my checkpoint times this year so I decided to go for a much more minimalist plan. I decided to go with Hammer Perpetuem Solids for the first 3 legs, backed up with a flask of Gel. I started with 1250mL of water in the bladder and a small 350mL bottle of water to use before I touched the bladder. The plan was to minimise weight and basically carry nothing unnecessarily at any point.



The weather at the start was not as cool as I had thought. I had the gloves on and soon worked out that it was a little overkill with those and the arm warmers too. I took them off soon after the start and stuffed them up my shorts. I chatted to Ryan and Vajin about their plans for the rest of the year and to some of the other Aussie boys like Sam Walker, Chris Truscott and Jono O'Laughlin. We were cruising the streets of Leura, none of us knew what would transpire during the day. I guess when we didn't see Ryan or Andy Lee bust out into the distance we were all happy to run the initial 5km together, nervously waiting for someone to take the initiative and play a card.

<http://runmrd.blogspot.com.au/>

As many of you may be aware, our tech whizzkid/bunnies have been hard at work and the results have been fantabulous! If you've not headed to our website recently, there is now a results database which has all your member results that we've collated over last few years. So you can easily search on any member's results, or your own results.

As member numbers have escalated and with all the runs available for people to enter being now far and wide, it is getting slightly harder now to capture all those results, despite Disco still finding the secret races, that people may have wanted to keep quiet!

We still want to capture all these so we can see how brilliant and crazy each of you are, where you run, how far or not so far you've run, and of course where you came!

The database allows for you to look up past results based on events, so for example you can look at your whole history of say City to Surf results.... (though don't Kerry started as to the gun or chip time on that one!)

So for your results to be registered into the database we are asking you to submit your results on the website here (you can find it under the Rankings/Results menu:

<http://www.woodstockrunners.org.au/submit-a-runner-result/>

The plan is also to publish a weekly results update on a hot, new and sexy page on the Website along with any photos of us showing off in our Blue and White. The "Weekly Results" and those snaps will be published on Thursday, so all results and photos need to be sent through by Wednesday to – [results@woodstockrunners.org.au](mailto:results@woodstockrunners.org.au). Just so, there's no added work for inputting results, unfortunately we have to be what may seem harsh, but to avoid emails back and forth and extra work, results will need to be as above or they won't get published. Sorreeeee.... Once you get into the swing of things, having set up your weekly reminder in Outlook (with the above format in the calendar note), your part of your Wednesday lunchtime will become as routine as your Tuesday, Thursday or Saturday session.

So, for all those who love a statistic or too, this will be a great way to have all yours and your fellow Woodies results at a click/or clicks of a button!

The database has been a bit of a hobby for David "Stats" Miller, who I'm and all those who have seen it develop are massively grateful as it is a great addition to an ever-developing website/club!

If you have any questions, about this new feature feel free to send them through. A "How To" enter Results will be on the website soon, if you forget how to do it!

El Prez - 0404 623 257



### 5km TNT TIME TRIAL #2 on 2013-05-02

Name	Estimate	Result	Pace/km	Comment
Jackson DAY	22:30	18:55	03:47	
3rd Age-Adjusted Overall. 3rd Age-Adjusted Male. 1st Fastest Overall. 1st Fastest Male				
Tym BLACKWELL	18:45	18:58	03:48	
2nd Fastest Overall. 2nd Fastest Male.				
Kazuaki TAKAHASHI	19:30	19:34	03:55	
1st Age-Adjusted Overall. 1st Age-Adjusted Male. 3rd Fastest Overall. 3rd Fastest Male				
Greg MUIR	21:00	19:43	03:57	
2nd Age-Adjusted Overall. 2nd Age-Adjusted Male.				
Ryan MANSOUR	19:00	20:02	04:00	
James HERBERT	25:00	20:49	04:10	
Lisa GRANT	21:00	21:00	04:12	
1st Overall Female. Spot On!				
Ciara FOLEY	22:00	21:14	04:15	
2nd Fastest Female.				
Frank HIDVEGI	21:50	21:27	04:17	
Phil COOTE	21:00	21:28	04:18	
Katie BROADFOOT	22:00	21:44	04:21	
3rd Fastest Female.				
Kathryn BOLITHO	22:00	21:47	04:21	
2nd Age-Adjusted Female.				
Diane GREEN	25:00	23:07	04:37	
1st Age-Adjusted Female				
Jenny VASSILIOU	23:30	23:22	04:40	
Jamie FITZSIMONS	24:00	23:58	04:48	
Fiona DAY	24:00	24:00	04:48	
Spot On!				
Robyn BARNES	24:30	24:21	04:52	
Vass VASSILIOU	24:30	24:50	04:58	
Greg MARSH	26:00	25:03	05:01	
Teresa WOOD	27:24	26:00	05:12	
Bridget AKERS	27:00	26:13	05:15	
Dianne GALEA	26:30	26:14	05:15	
Helena AMARO	30:00	28:18	05:40	
Mary BOWMAN	28:00	28:30	05:42	
Julie JARRETT	30:00	28:55	05:47	
Wayne SURYAK	28:00	29:10	05:50	
Therese AYOUB	36:30	31:52	06:22	
Dot SIEPMANN	31:00	31:52	06:22	3rd
Age-Adjusted Female.				
Martin AMY				Volunteer
Joe AYOUB				Volunteer
Gaye MANCUSO				Volunteer
Charissa PATACASIL				Volunteer
John PHILLIPS				Volunteer

### 10km ANSW Road Champs Homebush on 2013-05-04

Name	Estimate	Result	Pace/km	Comment
Phil COOTE		43:31	04:21	

### 6km SYDNEY TRAIL RUNNING SERIES - AUTUMN SERIES on 2013-05-12

Name	Estimate	Result	Pace/km	Comment
Nils HEROLD		45:00	07:30	

### 12km SYDNEY TRAIL RUNNING SERIES - AUTUMN SERIES on 2013-05-12

Name	Estimate	Result	Pace/km	Comment
Miriam HEROLD		1:20:15	06:41	

### 5km PARK RUN - PARRAMATTA on 2013-05-18

Name	Estimate	Result	Pace/km	PB	Comment
Raul UNAS		23:28	04:42		

### 100km The North Face 100 on 2013-05-18

Name	Estimate	Result	Pace/km	Comment
Brendan DAVIES		9:16:12	05:34	EPB
1st place and course record				
Miles PULLEN		13:58:50	08:23	DPB
170/701				

### 21.1km SMH Half Marathon on 2013-05-19

Name	Estimate	Result	Pace/km	Comment
Danny BURGESS		1:16:40	03:38	
39th Overall!				
Ryan MANSOUR	1:34:00	1:31:52	04:21	EPB
Frank HIDVEGI		1:38:28	04:40	EPB
1674/10454				
Kathryn BOLITHO		1:39:01	04:42	
1769/10454				
Jamie FITZSIMONS		1:45:04	04:59	
John DAWLINGS		1:50:50	05:15	
Greg MARSH		1:52:19	05:19	EPB
Rommel FARO		1:58:44	05:38	

### 3km Heart of the lake on 2013-05-26

Name	Estimate	Result	Pace/km	Comment
Fiona MCINTYRE		22:23	07:28	

### 10km Heart of the lake on 2013-05-26

Name	Estimate	Result	Pace/km	Comment
Comment				
Peta BRAY		55:33	05:33	
Kerry BRAY		59:06	05:55	
3rd W60-69				
Debbie RUTHERFORD		1:09:08	06:55	

Continued over!

### 7.5km MCC OPEN AGE CROSS COUNTRY on 2013-05-30

Name	Estimate	Result	Pace/km	PB	Comment
Jackson DAY		26:50	03:35		5th place
in age group 1st place out of boys at same school.					

### 5km Sydney Marathon Clinic on 2013-06-02

Name	Estimate	Result	Pace/km	PB	Comment
Dot SIEPMANN		31:03	06:13		1st F60

### 8km MS RUN on 2013-06-02

Name	Estimate	Result	Pace/km	PB	Comment
Debbie RUTHERFORD			59:27		07:26
Fiona MCINTYRE		1:13:10	09:09		

### 10km Sydney Marathon Clinic on 2013-06-02

Name	Estimate	Result	Pace/km	PB	Comment
John DAWLINGS		46:05	04:37		2nd M50

### 15.25km GREAT NOSH on 2013-06-02

Name	Estimate	Result	Pace/km	PB	Comment
Phil COOTE		1:29:31	05:52		
Sarah WALADAN		2:09:29	08:29		
Dianne GALEA		2:18:09	09:04		
Greg MARSH		2:18:10	09:04		
Bridget AKERS		2:18:22	09:04		

### 21.1km Sydney Marathon Clinic on 2013-06-02

Name	Estimate	Result	Pace/km	PB	Comment
Jeff MORUNGA		2:12:04	06:16		
David MILLER		2:14:15	06:22		
Sally JOHNSON		2:14:33	06:23		

### 86.9km COMRADES MARATHON / SOUTH AFRICA on 2013-06-02

Name	Estimate	Result	Pace/km	PB	Comment
Tony ROBINSON		9:19:45	06:26		

### 5km PARK RUN - ST PETERS on 2013-06-08

Name	Estimate	Result	Pace/km	PB	Comment
Martin AMY		18:48	03:46		
Dianne GALEA		25:26	05:05		EPB

### 4km SRI CHINMOY / CENTENNIAL PARK on 2013-06-09

Name	Estimate	Result	Pace/km	PB	Comment
Fiona MCINTYRE		30:57	07:44		

### 21.1km SRI CHINMOY / CENTENNIAL PARK on 2013-06-09

Name	Estimate	Result	Pace/km	PB	Comment
Danny BURGESS		1:17:25	03:40		2nd place
overall					
Martin AMY		1:25:30	04:03		
Frank HIDVEGI		1:42:05	04:50		
Kerry BRAY		2:13:52	06:21		1st over 60

These results are taken directly from our amazing new results database.

Please remember to make sure you send your results in through the website so you can keep track of your history, and so that you get published in the Rundown!

<http://www.woodstockrunners.org.au/submit-a-runner-result/>