



2013
August

THE RUNDOWN *WOODSTOCK RUNNERS*



Woodstock Runners



www.woodstockrunners.org.au



info@woodstockrunners.org.au



⦿ **KERRY BRAY**

⦿ The Rundown on Members

Club members have enjoyed some wonderful runs of late. All that hard training is achieving results. The Sutherland to Surf saw many great times, none better than Bronwyn and John Dawlings. Two days after the Event Bronwyn was still shaking her head, not believing her wonderful time, finishing the 11k in under 43 minutes. John was first over 60.

This month's M7 Cities Marathon was a debut 42.2k for Rommel, a 5th placing for Brendan, a 61st Marathon for Jeff and Miles "picking off Striders". Well done all.

Lots of us are gearing up for C2S this week. As the world's largest Fun Run and while we may try our hardest, we should never be disappointed if we are a little off our target times. With 85,000 people around us, it is impossible to manage a clear, unimpeded run, but we will give it our best and enjoy the camaraderie surrounding this great Event. We thank all those involved in providing valuable training weekends leading up to the Big Race. We hope John Ovenden is recovering from yellow fever and trust we will see him back running very soon. Otherwise I am unaware of any members who are unwell or badly injured; though many may have the usual little niggles. Do you have "man 'flu", Teresa, after all your training? Remember to take it easy.

It's only a few weeks till the Club's Mudjee weekend. Thanks to Di Green for organising the trip and to Joe, our awesome bus driver. There may be some seats left, but you'll need to be quick.

Let's hope we all enjoy some great runs over the next few weeks and benefit from our training. In the words of our great Olympic swimmer, Libby Lenton, "They never said it would be easy; they just said it would be worth it".

Woodstock Runners congratulates Chaia on becoming an Australian citizen. We are very excited to have you as a dinkum Aussie and wish there were many more like you, Chaia. Thank you for your valuable contribution to our Club. We are privileged to have known you and have you as our friend.

Happy training
Kerry



Woodstock Birthday Party 2013

This years Birthday party is coming up so save the date – 31st August, 2013 @ 6pm.

The event will be held at Tigers again, 20A Barnstaple road Five Dock and will be themed. Which theme you ask?

The theme has been decided and will be Woodstock, as in the 60s/70s, not the building.

You can pay now at Register Now by following the link:

<https://www.registernow.com.au/secure/Registrar.aspx?ID=9974>



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<http://onelifecat.wordpress.com>

For the new, and also seasoned members, here's a little bit of an insight or reminder into the Logbook numbers thus far this year as we head into the end of 2013 racing season!

For those who are completely unaware, there are some reasons why you write your name down at each session! Naturally, for safety and insurance purposes, but also we like to see who has clocked up the most kms at Woodies sessions over the course of the year (October to October). A tally is kept of your attendance (by some worker-bees behind the scenes) and the kilometres for each of that run. So say you rocked up on a Saturday and did the Balmain Run (9km), you get 9km onto your Logbook tally, a Tuesday – Burwood Park Run (10km) and so on....

At the end of year awards, those who have clocked up the most (27 runners and 3 walkers), get the most-prized possession at the awards, a Logbook medal and of course the Woodiest Runner of the year!

So to let you know how things currently at end of rundown is the current Logbook Ladder. Makes for interesting reading!

Stat - Total kms = 19,581.85km. 174 people = 112.5km/runner.

Interesting Fact - Equivalent of walking around the Isle of Wight 202 times (approx)

Question is - Can you get higher up the Ladder? Guess we'll only know over the next few months and at the Awards Night!

See you on Tues, Thurs or Sat and Happy Running!

You will find the current standings at the end of the rundown!



◎ MAUI

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

◎ MUDGEES

24-25 August 2013

Expected cost:

- Mr Joe's Magic Bus Trip ~\$60-\$70
- "The Lodge" ~\$50 for share room; \$125 for own room for two (\$62.50 each)
- Saturday night dinner at "The Lodge" ~\$30

Registration for the run:

You need to register yourself for the event <http://mudgeetriclub.hwy.com.au> (Great info on site!)

Registration for Woodstock travel, accommodation and dinner:

- Send an e-mail to Diane – diane_green@iprimus.com.au
 - Make your deposit of \$75 to Woodstock bank account BSB 814-282 A/c 30423-9205
- o (Note the deposit with "Mudgee - your name", eg "Mudgee – Diane Green")



| Saturday 24th | |
|---------------|---|
| 7:30 | Check in for Mr Joe's magic bus at 20 Woodlands Ave, Ashbury |
| 8:00 | Departure of Mr Joe's magic bus for Mudgee |
| 10:30 | Refreshment and relief break at Lithgow Services |
| 1:00 | Arrive Mudgee, quick check in at "The Lodge", then bus to Lawson Park |
| 1:15-2:30 | Pick up race packs. Entry to 5K and 10K can be done on the day up to 1:30 |
| 3:00 | Start of 5K and 10K start (wooooooohoo!) |
| 6:30 | Group dinner at "The Lodge" \$30 per head (drinks own cost) |
| Evening | Increase running fever by telling inspiring running stories..... |
| Sunday 25th | |
| Early morning | Rise and undertake own routine to be ready to run! Make own race day breakfast – bring own including cup/plate/cutlery. There is a kettle and toaster in all rooms. Some rooms have a microwave. |
| 6:40 | Verbal briefing at race start from organizers |
| 7:00 | Marathon and Half Marathon start (wooooooohoo!) |
| 9:30-10:00 | Bus Half Marathoners back to "The Lodge" for wash down and check out Back to park to see Marathoners arrive in.... |
| xxxxxx | Half Marathon presentation (occurs after the last man is in) |
| 11:30-12:00 | Bus Marathoners back to "The Lodge" for wash down and check out |
| Lunch | All those with a running bib get a complimentary BBQ lunch! Food and drink is available in the completion area for purchase. |
| 1:00 | Marathon presentation |
| 1:30 | Mr Joe's magic bus leaves for Sydney |
| En-route | Refreshment and relief break at Lithgow Services – plus Mr Joe always has something interesting to show and tell! |
| 6:30-7:00 | Arrive back at Ashbury |

🎯 FORSTER



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

More details in future Rundowns

🎯 CENTRAL COAST



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

*More details in future Rundowns *

The City to Surf is upon us again and it's time to get ready for an amazing event with a solid Woodstock group.

We will meet at the usual place, behind the playground in Bondi Park. It's near the finish, check the map below and keep an eye out for the blue Woodstock banner.

We will all head out for breakfast after we all finish. Looking forward to seeing everyone there!!



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

Woodstock Runners City2Surf Official Teams 2013

| Woodstock Men |
|--------------------|
| Open |
| ANDERSON, Michael |
| BLACKWELL, Tym |
| BULMAN, Matthew |
| COOTE, Phil |
| MANSOUR, Ryan |
| MITCHELMORE, Scott |
| HERBERT, James |
| AMY, Martin |
| NEWBERRY, Alex |

| Woodstock Veterans |
|--------------------|
| Men 50+ |
| TAKAHASHI, Kazuaki |
| UNAS, Raul |
| MARSH, Greg |
| DAWLINGS, John |
| COLLINS, Rick |

| Woodstock Veterans |
|--------------------|
| Women 40-49 |
| HAYNES, Angela |
| BRAY, Peta |
| BOLITHO, Kathryn |
| Mcrae, Phillipa |
| GREGORY, Carina |
| WOOD, Teresa |

| Woodstock Veterans |
|--------------------|
| Men 40-49 |
| GUERREIRO, Eddy |
| HIDVEGI, Frank |
| LOBSEY, Philip |
| MILLER, David |
| PULLEN, Miles |

| Woodstock Women |
|-------------------|
| Open |
| AKERS, Bridget |
| FOLEY, Ciara |
| GUERREIRO, Alison |
| HAGER, Bronwyn |
| Moulds Kylie |
| PEREIRA, Margaret |
| PRYOR, Emma |
| WALADAN, Sarah |

| Woodstock Veterans |
|--------------------|
| Women 50+ |
| BRAY, Kerry |
| SIEPMANN, Dorothy |
| JOHNSON-HAM, Susan |

Rules:

- Top three times from each category are added up to make a combined time.
- Gun times are used (C2S rules, not ours), so get there early for a good position in your respective group!

City2Surf usually award trophies to category winners and medals to placegetters (to each member), however, this does change from year to year. Last year only one trophy was awarded to our winning mixed team, not to each member. But there is a new race director this year so you never know!



City2Surf Internal teams 2013

| TEAM 1 | TIME |
|-------------------|----------|
| COOTE, Phil | 01:00:00 |
| GUERREIRO, Alison | 01:16:00 |
| Bailey, Mark | 01:10:00 |
| | 3:26:00 |

| TEAM 2 | TIME |
|------------------|----------|
| BLACKWELL, Tym | 00:55:00 |
| BRAY, Kerry | 01:27:00 |
| BOLITHO, Kathryn | 01:05:00 |
| | 3:27:00 |

| TEAM 3 | TIME |
|-----------------|----------|
| MANSOUR, Ryan | 00:56:45 |
| GUERREIRO, Eddy | 01:16:00 |
| AKERS, Bridget | 01:15:00 |
| | 3:27:45 |

| TEAM 4 | TIME |
|-------------------|----------|
| Harrison Wes | 00:53:00 |
| SIEPMANN, Dorothy | 01:29:00 |
| HIDVEGI, Frank | 01:03:40 |
| | 3:25:40 |

| TEAM 5 | TIME |
|----------------|----------|
| Mooney, Clive | 00:58:00 |
| COLLINS, Rick | 01:19:00 |
| WALADAN, Sarah | 01:09:55 |
| | 3:26:55 |

| TEAM 6 | TIME |
|--------------------|----------|
| TAKAHASHI, Kazuaki | 00:56:00 |
| Gregory Carina | 01:24:00 |
| MARSH, Greg | 01:12:43 |
| | 3:32:43 |

| TEAM 7 | TIME |
|-------------------|----------|
| HAGER, Bronwyn | 00:57:00 |
| WOOD, Teresa | 01:23:00 |
| ANDERSON, Michael | 01:09:00 |
| | 3:29:00 |

| TEAM 8 | TIME |
|-------------------|----------|
| PULLEN, Miles | 00:55:00 |
| PEREIRA, Margaret | 01:25:00 |
| UNAS, Raul | 01:12:00 |
| | 3:32:00 |

| TEAM 9 | TIME |
|-----------------|----------|
| Hill Alex | 01:00:00 |
| MILLER, David | 01:20:00 |
| Mcrae, Phillipa | 01:15:00 |
| | 3:35:00 |

| TEAM 10 | TIME |
|----------------|----------|
| DAWLINGS, John | 01:00:00 |
| PRYOR, Emma | 01:22:00 |
| LOBSEY, Philip | 01:04:00 |
| | 3:26:00 |

| TEAM 11 | TIME |
|------------------|----------|
| O'Sullivan Peter | 00:56:00 |
| Moulds Kylie | 01:24:00 |
| NEWBERRY, Alex | 01:09:00 |
| | 3:29:00 |

| TEAM 12 | TIME |
|--------------------|----------|
| Mitchelmore, Scott | 00:59:00 |
| HAYNES, Angela | 01:22:00 |
| BULMAN, Matthew | 01:05:00 |
| | 3:26:00 |

| TEAM 13 | TIME |
|----------------|----------|
| FOLEY, Ciara | 01:02:00 |
| BRAY, Peta | 01:17:50 |
| Vassiliou, Jen | 01:08:00 |
| | 3:27:50 |

| TEAM 14 | TIME |
|--------------------|------|
| HERBERT, James | TBA |
| AMY, Martin | TBA |
| GREGORY Carina | TBA |
| JOHNSON-HAM, Susan | TBA |

Woodstock Runners and Walkers

City 2 Surf 2013 – Internal Teams

Rules

The difference between the estimated time of each runner and the actual time of that runner is calculated. The difference can be either under or over the estimated time.

The differences of the team members is added to get the total “team time difference”

The total is divided by the number of runners in the team to get the average.

The team with the lowest average is the winner.

For instance, if all 4 members of a team estimate a time of 100 minutes and they run 95, 106, 97 and 90, the average difference for the team is $(5 + 6 + 3 + 10) / 4 = 6$ minutes.

People not finishing the run, not starting the run or not members of Woodstock Runners are not eligible for prizes.

Woodstock uniform does not need to be worn.

The chip time is used in preference to the gun time.

Prizes

1st Place

Woodstock singlet or Woodstock T-Shirt of choice for each team member.

2nd Place

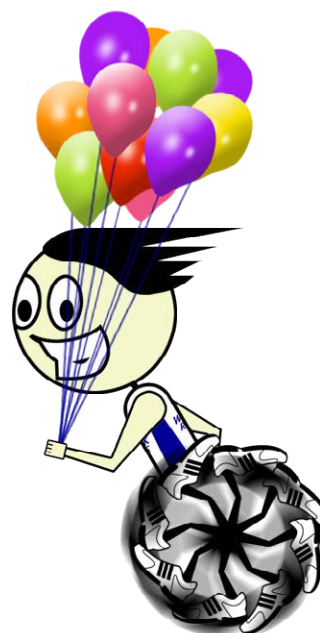
Woodstock cap for each team member.

3rd Place

A face-to-face meeting with Hugh Jackman or Jennifer Hawkins (if available) or a bottle of wine for each team member.

BIRTHDAY'S!!

| | |
|-------------------|----|
| Rommel Faro | 2 |
| Dianne Galea | 3 |
| Julia Stenton | 4 |
| Tony Burbidge | 5 |
| Cassia Ferguson | 6 |
| Teresa Wood | 7 |
| Leah Donovan | 14 |
| Eddie Mclean | 15 |
| Andre Hogan | 17 |
| Charissa Patacsil | 21 |
| Scott Mitchelmore | 21 |
| David Kinnane | 27 |
| Greg Muir | 30 |



WELCOME!! New Members

Sue Forsyth
Lorraine Madden
Eddy Guerreiro
Annalise Pearson
Belinda Preen
Carina Gregory
Clive Mooney



Hello again! I've tried to put together some information about carbohydrates for events. Obviously there's a lot to say, so forgive me for having to leave lots of things out! This information is only really relevant for events of 10km or more. Also, please remember that you should never try a new nutrition strategy on race day. Use your training runs to experiment with different foods and work out what suits you.

Before an event

It is recommended to have a carbohydrate-based snack 1-2hrs before your event. This is to help top up your energy stores after a nights sleep. The snack should be low in fat and fibre to help prevent any stomach upsets. You should aim to get about 50g of carbohydrate in. Examples of suitable snacks include:

- 2 slices of toast with 2 Tbsp of jam
- 1 slice of toast with 1 banana & 1 Tbsp of honey
- 1 muesli bar & 1 piece of fruit
- 1 cup fruit salad with a 200g tub of yoghurt
- 1 cup cereal with 1 cup milk

If you suffer from pre-event nerves you might find a liquid meal a bit easier to tolerate e.g. a homemade smoothie, a sports drinks or a liquid meal supplement. Try different pre-event snacks and see how you feel after a long training run, then pick one that works for you.

During an event

It's a good idea to start refuelling early on in an event, rather than after your energy stores are depleted. For most people having about 30-60g of carbohydrate per hour seems to work. The amount and type of food will really depend on the event. For example, longer (and hence of lower intensity) events may provide more opportunity to have some solid foods e.g. a muesli bar. Here are some examples of foods that provide ~60g of carbohydrate: (though I'd suggest you check the nutrition info panel, as quantities will vary for different brands or flavours)

- 1 litre of sports drink
- 3 GU energy gels or equivalent
- 2 large bananas
- 2 small boxes of sultanas
- ~9 Natural Confectionary lollies (we all love these at TNT! Thanks Dot!)

Recovering from an event

Having a post-event meal that contains both carbohydrate and protein will help you recover better, as your body will be able to replenish its glycogen stores. Ideally you aim for ~1g of carbohydrate per kg of body weight. Here are some ideas:

- A ham sandwich with a piece of fruit
- Fruit and yoghurt
- Eggs on toast
- Fruit smoothie

A quick note on hydration

Dehydration can have a massive impact on your running performance. It's important to be well hydrated before the event and aim to replace fluid loss during the event. Tip: try weighing yourself before and after an event to see how much fluid you've lost, then divide this amount by time and you'll have your ml/hr rate calculated for you.

Editors Note

Thank you so much to everyone for submitting to the Rundown!

If you anyone has anything they would like to add, please email me on rundown@woosdtockrunners.org.au

CareFlight's Woodford to Glenbrook 2013 is a running/cycling event which will be held on Sunday 8th September 2013 where the entrants run or cycle the Oaks Fire Trail through the beautiful Blue Mountains National Park from the town of Woodford down to the Euroka Clearing near Glenbrook.



The event will finish with a community fair style reception in the lovely Euroka Clearing. There will be entertainment and fun for the whole family, with activities for the kids, food stalls and displays throughout the day. To register, visit www.careflight.org.

All money raised from the event goes to CareFlight, an aero-medical charity that saves lives.

The TomTom Runner Western Sydney Marathon is Western Sydney's newest running event, being held on Saturday 5 October 2013 at the Sydney International Regatta Centre. It consists of Marathon, Half Marathon, 10KM and 5KM races.

The prices are extremely competitive (Marathon is \$65, Half Mara \$45, 10KM \$25 and 5KM \$20) and include a running singlet or t-shirt as pictured below.

The Western Sydney Marathon is offering 10% off rego fee for Woodstock Runners plus the Woodstock Runners logo printed on the singlets/t-shirts free of charge. To take advantage of this offer, register online by 30 August and join the Woodstock Runners team when registering.

For more information and to register, please visit www.westernsydney marathon.com.au



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 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!

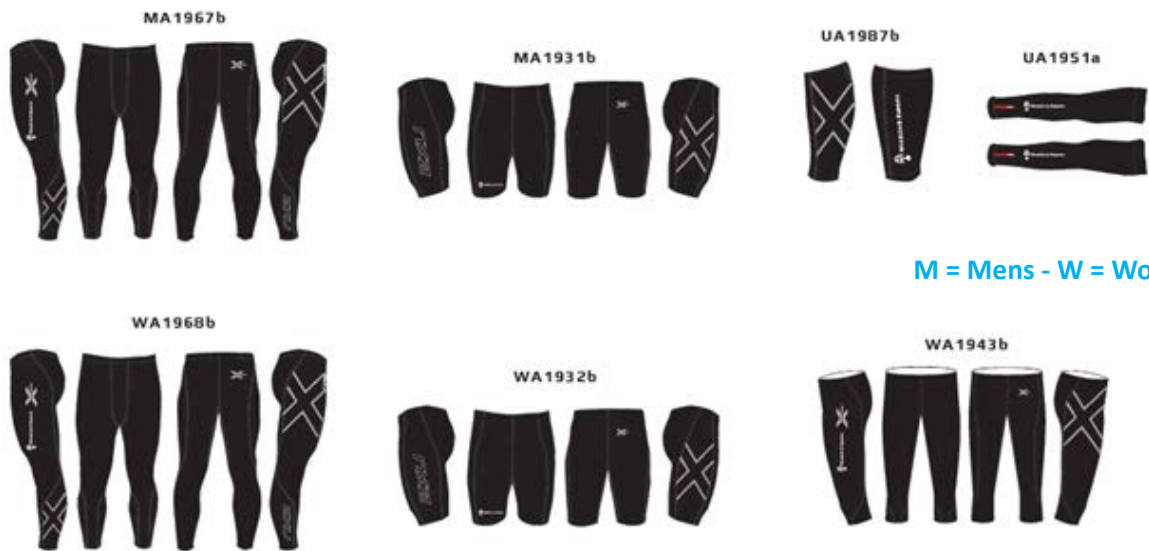


Style and Pricing

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 or call/message Chaia on 0434672273.

2XU sizes and styles:

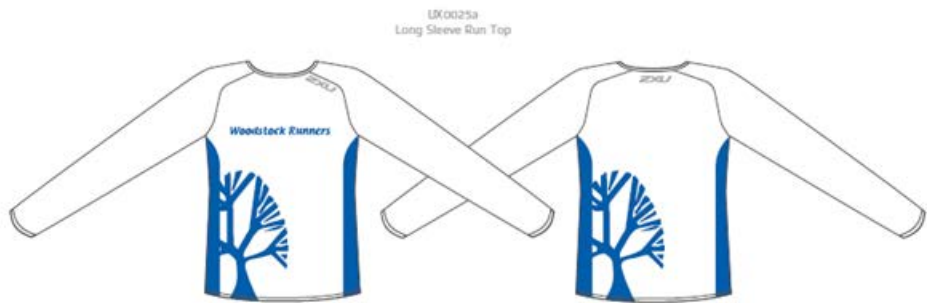


M = Mens - W = Womens

| 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 |

Under consideration: 2XU Long Sleeve shirt



(Under consideration seasonal items, depending on the minimum order required by the supplier and the costs) Zip-up Whoodie, Collared Short Sleeve Dri-Fit Polo Shirt, and Trail Running Singlet in Dark Color
Email your orders, name, option, gender, size and quantity at: uniforms@woodstockrunners.org.au or call/message at 0434672273.

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

Vintage/Regular Cotton Shirt sz XL ~~\$5~~\$3

Regular Cotton Shirt sz L ~~\$5~~ \$4

Hot Design Long Sleeve Sz 2 Small 2 XS 1 XXS left ~~\$65~~ \$50

Hot Design Bra top sz 8-~~\$66~~\$50-\$45



For all orders email uniforms@woodstockrunners.org.au or call/message Chaia on 0434 672 273.

Miscellaneous clothing sale

Discounted 2xU compression socks!! SRP @ shops and online (excluding shipping) \$50!! Woodstock is offered for \$27.50/pair!! Free shipping!

<http://www.2xu.com.au/mens/accessories/socks-gloves/compression-perf-run-sock-ma2442e.html>

<http://www.2xu.com.au/compression-perf-run-sock-wa2443e.html>



COMPRESSION PERFORMANCE RUN SOCK
/ MA2442e

COLOR: VIBRANT BLUE/CANARY YELLOW



SIZE: EXTRA SMALL

XS S M L XL

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 a 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/>

It will look like this:



[Home](#) » [Submit a Runner Result](#)

Submit a Runner Result

| | |
|-------------------------------------|--|
| <input type="text"/> | Your Name (required) |
| <input type="text"/> | Your Email (required) |
| <input type="text"/> | Name of the Event (required) |
| <input type="text"/> | Distance (km) of the Event (required) |
| yyyy-mm-dd <input type="text"/> | Event Date (required) |
| <input type="text"/> | pre-race result Estimate (optional) hh:mm:ss |
| <input type="text"/> | Actual result (required) hh:mm:ss |
| <input type="text"/> | Comment (optional) e.g. race position, PB? |
| Attach a photo (optional, max.4MB) | |
| <input type="text"/> | <input type="button" value="Browse..."/> |
| <input type="button" value="Send"/> | |

5km PARK RUN - PARRAMATTA on 2013-07-06

| Name | Estimate | Result | Pace/km | PB | Comment |
|--------------|----------|--------|---------|----|------------|
| Anita DOIG | | 20:50 | 04:10 | | 1st F / |
| 6th overall | | | | | |
| Dot SIEPMANN | | 30:15 | 06:03 | | 1st W65-69 |

10km SYDNEY STRIDERS SERIES on 2013-07-06

| Name | Estimate | Result | Pace/km | PB | Comment |
|-----------|----------|--------|---------|----|---------|
| Raul UNAS | | 48:58 | 04:54 | | |

10km Gold Coast on 2013-07-06

| Name | Estimate | Result | Pace/km | PB | Comment |
|------|----------|---------|---------|----|------------------------------|
| SMTH | | 1:04:54 | 06:29 | | Susie 6th in age group 60-64 |

21.1km GOLD COAST HALF MARATHON on 2013-07-07

| Name | Estimate | Result | Pace/km | PB | Comment |
|---------------|----------|---------|---------|-----|---------|
| Ryan MANSOUR | | 1:26:32 | 04:06 | DPB | PB |
| Angela HAYNES | | 2:16:31 | 06:28 | | |

6km SYDNEY CORPORATE CUP, THE DOMAIN on 2013-07-10

| Name | Estimate | Result | Pace/km | PB | Comment |
|---------------|----------|--------|---------|----|---------|
| Angela HAYNES | | 36:20 | 06:03 | | |

4km ANSW ROAD RELAYS / OURIMBAH on 2013-07-13

| Name | Estimate | Result | Pace/km | PB | Comment |
|--------------|----------|--------|---------|----|---------|
| Dot SIEPMANN | | 24:08 | 06:02 | | |

5km SRI CHINMOY / DOLLS POINT on 2013-07-14

| Name | Estimate | Result | Pace/km | PB | Comment |
|---------------|----------|--------|---------|----|---------|
| Louise BROOKS | | 40:35 | 08:07 | | |

10km SYDNEY HARBOUR 10 KM on 2013-07-14

| Name | Estimate | Result | Pace/km | PB | Comment |
|--------------|----------|---------|---------|----|---------|
| Dot SIEPMANN | | 1:03:44 | 06:22 | | |

21.1km SRI CHINMOY / DOLLS POINT on 2013-07-14

| Name | Estimate | Result | Pace/km | PB | Comment |
|-----------------|----------|---------|---------|-------|----------------------------|
| Tym BLACKWELL | | 1:24:15 | 04:00 | DPB | 7th - New PB |
| John DAWLINGS | | 1:40:00 | 04:44 | | 48th overall and 1st 60-69 |
| Sarah WALADAN | | 1:47:39 | 05:06 | | |
| Katie BROADFOOT | | | 1:48:09 | 05:08 | |
| Raul UNAS | | 1:51:19 | 05:17 | | |
| Greg MARSH | | 1:51:27 | 05:17 | | |
| Dianne GALEA | | 1:58:47 | 05:38 | EPB | |
| Bridget AKERS | | 1:58:48 | 05:38 | | |
| Peta BRAY | | 2:09:23 | 06:08 | | |
| Kerry BRAY | | 2:15:36 | 06:26 | | |

5km PARK RUN - ST PETERS on 2013-07-20

| Name | Estimate | Result | Pace/km | PB | Comment |
|------------|----------|--------|---------|----|---------|
| Martin AMY | | 19:56 | 03:59 | | |

11km SUTHERLAND TO SURF on 2013-07-21

| Name | Estimate | Result | Pace/km | PB | Comment |
|-------------------|----------|---------|---------|-----|-------------|
| Bronwyn HAGER | | 42:58 | 03:54 | | |
| John DAWLINGS | | 44:04 | 04:00 | | 1st M60-69 |
| Fiona DAY | 56:00 | 52:04 | 04:44 | DPB | |
| Peta BRAY | | 1:00:47 | 05:32 | | |
| Kerry BRAY | | 1:02:02 | 05:38 | | 6th over 60 |
| Dot SIEPMANN | | 1:04:37 | 05:52 | | 9th W 60-69 |
| Debbie RUTHERFORD | | 1:14:38 | 06:47 | | |

5km PARK RUN - ST PETERS on 2013-07-27

| Name | Estimate | Result | Pace/km | PB | Comment |
|-----------------|----------|--------|---------|----|---------|
| Martin AMY | | 19:39 | 03:56 | | |
| Kathryn BOLITHO | | 23:01 | 04:36 | | |

km PARK RUN - PARRAMATTA on 2013-07-27

| Name | Estimate | Result | Pace/km | PB | Comment |
|-----------|----------|--------|---------|----|---------|
| Raul UNAS | | 23:01 | 04:36 | | |

10km ROSEVILLE CHASE ROTARY FUN RUN on 2013-07-28

| Name | Estimate | Result | Pace/km | PB | Comment |
|--------------|----------|---------|---------|----|---|
| Dot SIEPMANN | | 1:05:34 | 06:33 | | 2nd W60+ Hills hills hills hills hills hills..... |

42.195km WESTLINK M7 MARATHON on 2013-07-28

| Name | Estimate | Result | Pace/km | PB | Comment |
|--------------|----------|---------|---------|----|---|
| Miles PULLEN | | 3:20:49 | 04:46 | | 46th/211runners...10th in my age category |

5km NSW SHORT COURSE X/C CH\`SHIPS RYDALMERE on 2013-08-03

| Name | Estimate | Result | Pace/km | PB | Comment |
|--------------|----------|--------|---------|----|---------|
| Dot SIEPMANN | | 32:17 | 06:27 | | 2nd W65 |

7km BAY FUN RUN on 2013-08-04

| Name | Estimate | Result | Pace/km | PB | Comment |
|-----------------|----------|--------|---------|-----|---------------------------------------|
| Martin AMY | | 25:22 | 03:37 | | 32nd - Overall 10th - 30-39 Cat |
| Kathryn BOLITHO | | 30:22 | 04:20 | EPB | PB 40-49 6th |
| Frank HIDVEGI | | 30:43 | 04:23 | DPB | PB by 5 sec and still got chicked !!! |
| Dot SIEPMANN | | 42:06 | 06:01 | | |
| Louise BROOKS | | 53:24 | 07:38 | | |

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/>

| | | |
|--------------------------------|--|---|
| AUG 8 Thu | Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Aug 8 @ 6:30 pm – 7:30 pm | + |
| AUG 10 Sat | Saturday Training @ Brett Park Aug 10 @ 7:30 am – 9:30 am | + |
| AUG 13 Tue | Tuesday evening run @ Woodstock Community Centre Aug 13 @ 6:00 pm – 7:00 pm | + |
| AUG 15 Thu | Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Aug 15 @ 6:30 pm – 7:30 pm | + |
| AUG 17 Sat | Saturday Training @ Brett Park Aug 17 @ 7:30 am – 9:30 am | + |
| AUG 20 Tue | Tuesday evening run @ Woodstock Community Centre Aug 20 @ 6:00 pm – 7:00 pm | + |
| AUG 22 Thu | Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Aug 22 @ 6:30 pm – 7:30 pm | + |
| AUG 24 Sat | Saturday Training @ Brett Park Aug 24 @ 7:30 am – 9:30 am | + |
| AUG 27 Tue | Tuesday evening run @ Woodstock Community Centre Aug 27 @ 6:00 pm – 7:00 pm | + |
| AUG 29 Thu | Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Aug 29 @ 6:30 pm – 7:30 pm | + |

From the Cool Runnings Website

| | | |
|---------|-----------|---|
| Sat | 10 Aug | SDAC WINTER SERIES - BUNDEENA |
| Sun | 11 Aug | SUN HERALD CITY2SURF PRESENTED BY WESTPAC |
| Fri-Sun | 16-18 Aug | CAPITAL TO COAST - 100 K - STAGED FOOTRACE |
| Sat-Sun | 17-18 Aug | WAGGA WAGGA TRAIL MARATHON RUNNING WEEKEND |
| Sat | 17 Aug | GO NATURAL MULTISPORT - AKUNA BAY TO APPLE TREE BAY |
| Sat | 17 Aug | SDAC WINTER SERIES - SUTHERLAND HALF MARATHON & GALA DAY, ROYAL NATIONAL PARK |
| Sun | 18 Aug | BYRON 2 BRUNS BEACH RUN |
| Sun | 18 Aug | TAMWORTH TEN 40 TH YEAR RUNNING FESTIVAL |
| Sun | 18 Aug | SYDNEY TRAIL SERIES- KURINGAI WILDFLOWER GARDENS 3 |
| Sat | 24 Aug | SDAC WINTER SERIES - PRINCE EDWARD PARK, WORONORA |
| Sun | 25 Aug | PARKINSON'S UNITY WALK&RUN |
| Sun | 25 Aug | SHEPPARTON NEWS - SHEPPARTON RUNNING FESTIVAL (VIC) |
| Sun | 25 Aug | LAKE MACQUARIE RUNNING FESTIVAL |
| Sun | 25 Aug | PUB TO PUB |
| Sat | 31 Aug | MISTY MOUNTAIN TRAIL RUN |

| Pos | Name | Program Distance (km) | Pos | Name | Program Distance (km) |
|-----|---------------------|-----------------------|-----|-------------------|-----------------------|
| 1 | Greg MARSH | 581.95 | 53 | Jeff MORUNGA | 136 |
| 2 | Frank HIDVEGI | 558.15 | 54 | Lorraine SPANTON | 136 |
| 3 | Mary BOWMAN | 546.75 | 55 | Ryan MANSOUR | 135 |
| 4 | Greg MUIR | 517.75 | 56 | Patricia DOUGHTY | 135 |
| 5 | Joe AYOUB | 513.45 | 57 | Cassia FERGUSON | 134.1 |
| 6 | Barry COLE | 488.6 | 58 | Bill ALLEN | 133 |
| 7 | Kerry BRAY | 403.05 | 59 | Emma PRYOR | 132 |
| 8 | Jenny VASSILIOU | 385.85 | 60 | Kay JOHNSON | 130.75 |
| 9 | Kathryn BOLITHO | 367.75 | 61 | Brian NEWTON | 130 |
| 10 | Therese AYOUB | 350.45 | 62 | Elmarie O`REGAN | 127 |
| 11 | Alex HILL | 315.95 | 63 | Ali GUERREIRO | 124 |
| 12 | Maree LUCAS | 313.3 | 64 | Tym BLACKWELL | 121.8 |
| 13 | Lawrence ULLIO | 308.4 | 65 | Gaye MANCUSO | 120 |
| 14 | John DAWLINGS | 293.85 | 66 | Lesley MAHER | 118 |
| 15 | Fiona DAY | 288.8 | 67 | Sarah WALADAN | 114 |
| 16 | Murray CLARKE | 288.45 | 68 | Andre HOGAN | 110.75 |
| 17 | Ken MURRAY | 284.45 | 69 | Robyn BARNES | 109.8 |
| 18 | Kazuaki TAKAHASHI | 283.4 | 70 | Helena AMARO | 108.4 |
| 19 | Vass VASSILIOU | 276.75 | 71 | Tony LLOYD | 108 |
| 20 | Katie BROADFOOT | 276.25 | 72 | Tristan ISELI | 108 |
| 21 | Roy RANKIN | 262.95 | 73 | Deirdre STEWART | 101.4 |
| 22 | Martin AMY | 256.65 | 74 | Maria GUANO | 98 |
| 23 | Max MCGOWN | 245 | 75 | Louise PERRY | 96.85 |
| 24 | John PHILLIPS | 242 | 76 | Susan MURRAY | 96.1 |
| 25 | Dot SIEPMANN | 241.4 | 77 | Jon PATRICK | 96 |
| 26 | Rick COLLINS | 236 | 78 | Lisa GRANT | 89 |
| 27 | Bridget AKERS | 233 | 79 | Colin TOWNSEND | 87.2 |
| 28 | Diane GREEN | 232 | 80 | Steven GARAMY | 86.6 |
| 29 | David MILLER | 222.6 | 81 | Miriam HEROLD | 83 |
| 30 | Angela HAYNES | 221.15 | 82 | Paul WHITEWAY | 82 |
| 31 | Bronwyn HAGER | 219.05 | 83 | Peter O`SULLIVAN | 80 |
| 32 | Helene SCARF | 198 | 84 | Joe DEGABRIELE | 70 |
| 33 | Jeanne-Vida DOUGLAS | 189.6 | 85 | Max HALL | 70 |
| 34 | Ray DEAN | 189.1 | 86 | Barry CRISP | 69.25 |
| 35 | Beverley EDWARDS | 181.85 | 87 | Margaret PEREIRA | 68.1 |
| 36 | Matt BULMAN | 168.75 | 88 | Gavin TUNSTALL | 67 |
| 37 | Raul UNAS | 166.8 | 89 | Tami ISELI | 67 |
| 38 | Ciara FOLEY | 164 | 90 | Michael ANDERSON | 65.8 |
| 39 | Graeme TUTT | 163.4 | 91 | Mason DAVIES | 62 |
| 40 | Charissa PATACSIL | 161.4 | 92 | Elizabeth AOUN | 61.5 |
| 41 | Dianne GALEA | 154 | 93 | David RUSTON | 61 |
| 42 | Lauren STEWART | 153.7 | 94 | Mark SULLIVAN | 60 |
| 43 | Wayne SURYAK | 152.1 | 95 | James HERBERT | 54.35 |
| 44 | Tony PURSS | 149 | 96 | Debbie RUTHERFORD | 54 |
| 45 | Sandra BOGUN | 148.8 | 97 | Philippa MCRAE | 52.2 |
| 46 | Luana FERRARA | 145 | 98 | Teresa WOOD | 51 |
| 47 | John OVENDEN | 144.8 | 99 | Leah DONOVAN | 48.4 |
| 48 | Lou HARRISS | 142.9 | 100 | Callie DAND | 48 |
| 49 | Julie JARRETT | 141 | 101 | Kylie MOULDS | 48 |
| 50 | David KINNANE | 139.45 | 102 | Dan THOMPSON | 48 |
| 51 | Phil COOTE | 139.4 | 103 | Niki WARDEN | 48 |
| 52 | Hilary SCHNEIDER | 136.4 | 104 | Jackson DAY | 47.4 |

| Pos | Name | Program Distance (km) |
|-----|---------------------|-----------------------|
| 105 | Jennifer RICHARDSON | 45.75 |
| 106 | Wesley HARRISON | 45 |
| 107 | Louise BROOKS | 43 |
| 108 | Julian BURBIDGE | 43 |
| 109 | Louise TAPSELL | 42.4 |
| 110 | Tony ROBINSON | 42 |
| 111 | Miles PULLEN | 41 |
| 112 | Kevin LUCAS | 40 |
| 113 | John EDWARDS | 40 |
| 114 | Scott MITCHELMORE | 39 |
| 115 | Kathryn WHITEWAY | 37 |
| 116 | Nils HEROLD | 36 |
| 117 | Lorraine MADDEN | 31 |
| 118 | Tracey ARCIULI | 29 |
| 119 | Sue FORSYTH | 29 |
| 120 | Chris MUMFORD | 29 |
| 121 | Tara ROEDER | 27 |
| 122 | Annalise PEARSON | 25 |
| 123 | Melinda BOWMAN | 24.75 |
| 124 | Raquel CLIMERT | 24 |
| 125 | Max CROSSLEY | 24 |
| 126 | Peta BRAY | 23 |
| 127 | Thien VUONG | 23 |
| 128 | Carson WONG | 23 |
| 129 | Rommel FARO | 21 |
| 130 | Belinda PREEN | 20.5 |
| 131 | Michelle HARRISON | 19.6 |
| 132 | Michael GILHAM | 18 |
| 133 | Carina GREGORY | 18 |
| 134 | Kelly MURPHY | 18 |
| 135 | Alex NEWBERRY | 18 |
| 136 | Brendan WHITEWAY | 18 |
| 137 | Michael GILLIAN | 15 |
| 138 | Calli BROWN | 15 |
| 139 | Emma COLENBRANDER | 14 |
| 140 | Aaron GREEN | 14 |
| 141 | Dave AUSTEN | 12 |
| 142 | Ben BROADFOOT | 12 |
| 143 | Julia CLEMENTS | 12 |
| 144 | Phil LOBSEY | 12 |
| 145 | Fiona MCINTYRE | 12 |
| 146 | Mark BAILEY | 11 |
| 147 | Evan PLAKIAS | 11 |
| 148 | Ivy COOTE | 11 |
| 149 | Anita DOIG | 11 |
| 150 | Anthony HOULIHAN | 11 |
| 151 | Erica RIQES | 11 |
| 152 | Brett ANDERSON | 10.5 |
| 153 | Gemma CUTTING | 10 |
| 154 | Derek WHITE | 10 |
| 155 | Andy LAYTON | 9 |
| 156 | Pat LAYTON | 9 |

| Pos | Name | Program Distance (km) |
|-----|---------------------|-----------------------|
| 157 | Michelle LIVINGSTON | 9 |
| 158 | Peter AUTUMN | 8 |
| 159 | Eddy GUERREIRO | 8 |
| 160 | Hal PAWSON | 8 |
| 161 | Kim CAYZER | 7 |
| 162 | Louise HAWKINS | 7 |
| 163 | Eddie MCLEAN | 7 |
| 164 | Will BOULT | 6 |
| 165 | Anna BRADLEY | 6 |
| 166 | Chris BRADLEY | 6 |
| 167 | Brendan DAVIES | 6 |
| 168 | Alan DOUGHTY | 6 |
| 169 | Anthony MANCUSO | 6 |
| 170 | Cousin MANCUSO | 6 |
| 171 | Noel MANCUSO | 6 |
| 172 | Alan MANSFIELD | 6 |
| 173 | Larissa TICHON | 6 |
| 174 | Jamie FITZSIMONS | 5 |