

**The**

**Awards Night Special 2012**

# **WOODSTOCK RUNDOWN**

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All award winners were nominated by club members and the current committee decided the overall winner. Where a committee member was nominated for an award they were not part of the decision making process. The only exception to this is the Presidents Award.

<p><b>Rookie of the year</b> <b>Frank Hidvegi</b></p>	<p>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.</p>
	<p>Began the running year doing middle distances and respectable times but always looking much too good when he finished.</p> <p>He improved his times but most notably his distances increased.</p> <p>He complete 4 Half Marathons doing -1.40 (a PB) in the SMH Half.</p> <p>He ran his Debut Marathon in Canberra with a time of 3.40.25.</p> <p>He went on to do 3 more Marathons this year with his PB being 3.35.30 at Macleay River.</p> <p>He also achieved a City to Surf PB of 64.52.</p>
<p><b>Long distance trophy</b> <b>Sandra Bogun</b></p>	<p>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.</p>
	<p>This person completed her Debut Marathon in Auckland on 30 Oct 2011 in 4.45.18 which will never be forgotten (collapsing just over the line and ending up in the St John tent on a drip)</p> <p>Fought her way through injuries, with continuous shameless plugging for Spine Associates.</p> <p>Ran her 2nd Marathon at Mudgee on 19 August this year doing 4.27.44 taking off a massive 17 min 13 sec.</p> <p>Also completed 2 PB Half Marathons during the year:</p> <p>15/4/2012 Canberra (2.00.09) 4 minutes off previous PB 10/6/2012 Macleay River (1.59.08- still her PB)</p>

**Most Improved Runner  
of the Year - Male  
Tym Blackwell**

The male that you consider have shown the greatest improvement in their running over the past 9- 12 months.



Had his first race as a Woodie in March 2012. He did his PB for a Marathon in Canberra of 3.23.59.

He ran 55.29 for the City to Surf (3.58 min k's).

He improved his Half Mara time from 1.34.25 SMH in May to 1.29.12 at the Sri Chinmoy, Dolls Pt in July.

**Most Outstanding Individual Road Running Performance of the Year - Male  
Brendan Davies**



For his outstanding run representing Australia in the IAU World 100 Km Road Championships in Seregno, Italy among other amazing achievements.

Though he may feel the most recent efforts at GNW might surpass that!

**Most Outstanding Individual Road Running Performance of the Year - Female  
Kerry Bray**



For completing the NY Marathon on 6 Nov 2011.

Her time was 4.41.37 & she was 12th in her age category (W65).

It was her 1st Marathon in 27 years.

# Alan Tully Award for most fun runs completed in a year

Dot Siepmann - 60 + runs this year



The National Running Week at Thredbo in January

Orange Running Festival 10 km. 57.14 & 2nd W60.

Masters/Police Games 31/3-1/4/2012 did 5 events on the weekend

Australian Masters Championships Melbourne over Easter W/end. Did 4 events from 800M to 10,000M. Came away with 2 bronze medals and 1 silver. My best run was the 10,000M Track Run in 56.17 where I was 2nd in the W65 Category.

Marathon Eve 10 Km Canberra, 58.01 & 2nd W60.

NSW Road Ch'ships Homebush, 10 Km. 58.45 & 1st W65.

City to Surf- I ran it for the 29th Time. Ran 85.52 & managed to keep my start in the Green Group.

Mudgee 10 Km, ran 57.48 & was 2nd F60

## 2012 handicap



1<sup>st</sup> – Kazu Takahashi



2<sup>nd</sup> – Chaia Patacsil



=3<sup>rd</sup> – David Miller & Angela Haynes

## Club champion

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

### Female

Elmarie O'Regan



For her 7 Podium finishes in distances of 4-8 Kms.

### Male

Brendan Davies



For 17 Open Podium finishes in distances from 5-100 Kms.

10Km at Blacktown Olympic Park on 31/3/2012 (33.09 PB).



<p><b>Runner of the Year</b> <b>Angela Haynes</b></p>	<p>“A highly valued member of the Club who inspires others.”</p>
	<p>For efforts helping organising the tours and runs,  Encouragement to fellow runners  And a general bright spark amongst a luminous Woodstock contingent  Notably also breaking her own races numbers through consistent Personal Best achievements across all distances.</p>
<p><b>Champion person award</b> <b>El Prez</b></p>	<p>“That person who has done outstanding work for the Club throughout the year, with no thought of reward.”</p>
	<p><b>MY WORDS</b></p> <p>Through his general awesomeness, Kicking butts on a Thursday night, He is a true legend</p> <p><b>DOT's WORDS</b></p> <p>Is a Level 2 Coach.</p> <p>Has organised the Thursday night track sessions which is a real magnet for new runners / members.</p> <p>Has done nice work as El Prez and is a good ambassador for the club and a great motivator. (All this with no pay).</p>
<p><b>Most outstanding team road running performance</b></p>	
<p><b>Women (40-49)</b> <b>3<sup>rd</sup> Place City to Surf</b></p> <p><b>Kathryn Bolitho,</b> <b>Teresa Wood,</b> <b>Peta Bray</b></p>	

**Most improved runner of the Year –  
Female - Debbie Rutherford**

The female that you consider have shown the greatest improvement in their running.

Debbie first run as a Woodie was the Mud Run in Dec. 2011.

She worked her way up to 10 Km in March 2012 at Orange where she completed the course in 83.42 and then the 10 Km (19 Aug) at Mudgee where she completed the 10 Km in 64.47.

On 2 Sept, just to keep Sandra quiet, she did her debut Half Marathon (The Hidden Half) at Lake Gillawarna in 2.33. Not too bad for someone who says she hated running.

***Editors Note: Debbie was unfortunately unable to be at the prize giving but I can confirm the trophy is proudly displayed in the lounge.***

**President's award**

The last award is Martins Choice and is in honour of Steve Briscoe, who along with Lloyd Laing moved on to the accommodation in the sky this year

For those of you who didn't know Steve

- He was one of the Foundation Members of the Club and a heck of a decent runner too, if you look at the rankings he still heads the 10km rankings at 32:32 and has an awesome City to Surf of 47:16
- He figured consistently also in many individual and team placings for the Club.
- It was at Woodstock that he met his wife-to-be - Robyn and the two of them forged a handy Husband and Wife Running Duo and had their two kids – Kieran and Lauren who have taken his and Robyn genes in both being similarly gifted sports people!
- It was sad to lose him this year,

So his contribution to the Club is never forgotten, and as a former president, it seemed apt that the President's Award becomes the Steve Briscoe Award.

I guess also to make the award even more Presidential, a former President got coerced into making the trophy and it is Mr Ayoub handiwork which I am grateful too.

In all honesty, there are so many people that have contributed selflessly to the Club this year and to single out one person is always difficult. Of note, have again been the trips away which seem to be getting more and more popular and I think this is only testament to those organising the tours.

The website admin team have and continue to do mega awesome work in developing and making what will soon be a finely-tuned, well-greased, lubricated interweb thingamajiggy.

Also the Club reached the dizzy heights of its breaking the membership record this year, which I think is again testament to the energies put in by everyone and the F.U.N we all have!

Though this person has devoted an amazing amount of time to the Club this year, been complicit in the organisation of the Tours, this evening. Took on the Rundown Job also and is there to basically tell me to shut up when is needed.

But of most critical importance was dropping me off and picking me up from the airport when I went on holidays

So having been made by one former President and in honour of another former President and presented by the current President

My Award this year goes to Sandra Bogun.



## Log Book – Woodstock Walkers



## Log Book – Woodstock Runners



### 5km Time trial Winner

After a close battle coming into the finale, he came from slightly behind and

At the finale clocked in an age-adjusted time of 16:30 – which is rapid!

The winner of the 2012 5km time trial series was

**Greg Muir**







