



## Woodstock Runners

### Summer Program October 2009 to April 2010

#### Tuesday Runs

Meet at 6pm at Woodstock, Burwood,  
access via Fitzroy St.

29/09/2009 Canada Bay 11km  
6/10/2009 Putney Punt 12km  
13/10/2009 Bayview 10km  
20/10/2009 Strathfield Stride 10km  
27/10/2009 Pack Run  
3/11/2009 Cooks River Canter 10km  
10/11/2009 Blue Mountains Express 10.5km  
17/11/2009 Cabarita 11km  
24/11/2009 Kev's Kadiddlehopper 10km  
1/12/2009 Parks Run 10km  
8/12/2009 Putney Punt 12km  
15/12/2009 Bayview 10km  
22/12/2009 Strathfield Stride 10km

25/12/2009 Friday - Christmas Day Run - Bay Run from Brett Park, Drummoyne, 7.30am start  
26/12/2009 Saturday - Rodd Point Run, meet at Rodd Point, 6.30am start, 10/15/20K options

29/12/2009 Cooks River Canter 10km  
5/01/2010 Blue Mountains Express 10.5km  
12/01/2010 Cabarita 11km  
19/01/2010 Kev's Kadiddlehopper 10km

26/01/2010 Tuesday - Australia Day Run - details to be confirmed

2/02/2010 Parks Run 10km  
9/02/2010 Putney Punt 12km  
16/02/2010 Bayview 10km  
23/02/2010 Strathfield Stride 10km  
2/03/2010 Pack Run  
9/03/2010 Cooks River Canter 10km  
16/03/2010 Blue Mountains Express 10.5km  
23/03/2010 Cabarita 11km  
30/03/2010 Kev's Kadiddlehopper 10km

#### Thursday Night Intervals

Meet at 6:30pm at Campbell Athletics Field,  
part of Canterbury Park, Princess St, Ashbury.

1/10/2009 "Mile Down" Inverted Pyramid  
8/10/2009 "Parlov" 300m x 12  
15/10/2009 1200m x 4  
22/10/2009 "Command" or "Mona" Fartlek  
29/10/2009 "Hills" Session  
5/11/2009 400m x 12  
12/11/2009 "Doubles" Standard Pyramid  
19/11/2009 800m x 6  
26/11/2009 "Mile Down" Inverted Pyramid  
3/12/2009 "Parlov" 300m x 12  
10/12/2009 1200m x 4  
17/12/2009 "Command" or "Mona" Fartlek  
24/12/2009 "Hills" Session

31/12/2009 400m x 12  
7/01/2010 "Doubles" Standard Pyramid  
14/01/2010 800m x 6  
21/01/2010 "Mile Down" Inverted Pyramid

28/01/2010 "Parlov" 300m x 12  
4/02/2010 1200m x 4  
11/02/2010 "Command" or "Mona" Fartlek  
18/02/2010 "Hills" Session  
25/02/2010 400m x 12  
4/03/2010 "Doubles" Standard Pyramid  
11/03/2010 800m x 6  
18/03/2010 "Mile Down" Inverted Pyramid  
25/03/2010 "Parlov" 300m x 12  
1/04/2010 1200m x 4

#### Saturday Runs

(meet at 7.20am at Brett Park, Drummoyne, 7:30am start)

3/10/2009 Balmain 9km  
10/10/2009 Timbrell Park 8km  
17/10/2009 Five Dock 7km  
24/10/2009 **Handicap Run #4, Brett Park**  
31/10/2009 Drummoyne 9km  
7/11/2009 Balmain Shores 7.5km  
14/11/2009 Hell Hill 8km  
21/11/2009 Balmain 9km  
28/11/2009 Timbrell Park 8km  
5/12/2009 Five Dock 7km  
12/12/2009 Bay Run 7km  
19/12/2009 Drummoyne 9km

2/01/2010 Balmain Shores 7.5km  
9/01/2010 Hell Hill 8km  
16/01/2010 Balmain 9km  
23/01/2010 Timbrell Park 8km

30/01/2010 Five Dock 7km  
6/02/2010 **Handicap Run #1, Brett Park**  
13/02/2010 Drummoyne 9km  
20/02/2010 Balmain Shores 7.5km  
27/02/2010 Hell Hill 8km  
6/03/2010 Balmain 9km  
13/03/2010 Timbrell Park 8km  
20/03/2010 Five Dock 7km  
27/03/2010 Bay Run 7km  
3/04/2010 Drummoyne 9km

Summer program continues until Daylight Saving ends (4/4/2010)

The Handicap Runs start at Brett Park, Drummoyne from 7:30am (opposite the Drummoyne Rowing Club)

Further Club information is on our website at  
Please submit all event results to:

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

Online Membership Renewals:  
Online Uniform Orders:

<https://www.registernow.com.au/secure/Register.aspx?ID=66>  
<https://www.registernow.com.au/secure/Register.aspx?ID=503>