

The Woodstock Rundown



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Online Memberships: <https://www.registernow.com.au/secure/Register.aspx?>

MAY
2008

THE RUNDOWN ON MEMBERS

Congratulations to Brendan Davies on achieving a Woodstock first - he took 3rd place in the recent NSW Mountain Running Championships. He can tell you all about the competition that he faced, and how he managed this great achievement.

We wish Susan Murray the very best, as she heads off to Vancouver (Canada) in early June for the excitement of the Triathlon World Championships. This is bound to be a great experience for her and family, and also as they holiday around western Canada. See www.triathlonvancouver.com for further details of the event.

Next Tuesday night sees our 2008 AGM - please consider who might be appropriate to hold any of the official club positions, and also make sure you attend to provide your input on the running of our club. We are providing pizza and drinks for all those who attend the meeting. Please also make sure that if you haven't yet renewed your membership, you are a paid up member by the time of the meeting.

Our next Handicap event is on 24/5/08, full details are inside.

Athletics NSW recently changed their guidelines for affiliated clubs, such that we could only remain as a fully affiliated club if we had 30 registered members. In the time since we became affiliated (2002), we have only had up to about 5 to 10 registered athletes, so the Committee decided that we were best to take up the option of being an "other Affiliated Club". This still allows us to retain our public liability insurance with ANSW.

The downside is that after the current winter season, any members who wish to compete in ANSW sanctioned events will need to register with an ANSW fully affiliated club for the purpose of ANSW competition. If, in the future, we have enough members wanting to register with ANSW, we can once again look at the full affiliation option.

For anyone not aware, for the winter season on Tuesday night, we make available the option of a hills training session. Look out for this group, but please make sure that you wear light/bright colours, and keep safety paramount at all times.

Happy running till next month,

Colin Townsend

(At the time of editing, Kerry was still chasing her Olympic Dream in China! – Ed.)

May Birthdays

John Dawlings - 3rd, Thalia Anthony - 4th, Steve Briscoe - 6th, Emanuel Finos - 21st, Alex Hill - 22nd, Ray Dean - 31st

Handicap Event, 24/5/2008

The 2008 Handicap Series continues later this month (24/5/2008). It starts from **7:30am sharp** near the normal Brett Park run, with runners & walkers handicapped according to pace. The entry fee is only \$2, with the usual "lucky place" prize of a pair of movie tickets.



Entrants nominate their own time. However, to be fair to other entrants, **anyone beating their time by more than one minute will be disqualified.**

Also, watches are not permitted, so that all entrants are treated equally.

The best three events for each member count towards the 2008 Pointscore Awards.

The registration list will be available from 13/5/2008 to register your time on Tuesday nights. Alternatively, please phone me on 9680 7476 or 0413 484 053 (or SMS) with your time, or by email on colin_townsend@optusnet.com.au

Where possible, your time estimates are required by 8:00pm 23/5/2008 (Friday night), so that the start can proceed without too many interruptions.

Hope to see you there,

Colin Townsend

Woodstock Runners AGM 13/5/2008

STOP PRESS - AGM NEWS!

From our AGM on Tuesday 14/5/2008, the 2008/9 Committee is made up as follows:

President - Roy Rankin
Vice President - Barry Cole
Secretary - Rick Collins
Treasurer - Kay Johnson
Teams Co-ordinator - John Dawlings
Uniforms - Dot Siepmann
Social Organisers - Pat Maher & Lesley Maher
Publicity / Rundown Editor - Brendan Davies
Welfare - Kerry Bray
Committee Members - Stretch Fowler & Vass Vassiliou
Website - Colin Townsend

Thanks to Greg for picking up the pizzas and the drinks.

For any members who have not yet renewed, you can get the Membership Form from our website, or do so online at <https://www.registernow.com.au/secure/Register.aspx?ID=66>

Contribution Corner

"THE TWENTY AND THE SIX" THE RHYME OF AN INCOMPLETE MARATHONER

At five miles out you feel no doubt
that your "splits" can be maintained,
As you pass the ten you think again
but nothing's really pained.

At the fifteen mark you've still some spark
but the legs are feeling tired,
And the salty lips and the chafing bits
show how freely you've perspired.

The eighteen brings some unwelcome things
such as aching back and knees,
Your "splits" have slowly torn to bits
and you wish that time would freeze,
Your big toe burns and you find more turns
than you noticed when outward bound,
And you feel the load as you pound the road
till your ears seem blocked to sound.

The twentieth mile! - you can raise a smile
but it does not last for long
Though you know there are only six to go
almost anything can go wrong,
You can lose your way 'cause your mind will stray
you can trip and have a fall,
Cramps in calf or thigh may well be nigh,
to reduce you to a crawl.
The watch hands race at a furious pace as is said
of "Time and Tide".
"Good grief" you say, "I can do ten "K" in an
hour with a six inch stride!"

The twenty-first is the very worst that you're called on to
endure,
Not a soul in view to share with you those feelings insecure,
As you fall behind you force your mind to dwell on things
ahead,
So it thinks of cooling drinks while below your waist it is
"dead",
Make a grateful lunge for that ice-cold sponge,
OH! the blessed refresh it gives!
Its streaming cool acts like racing fuel
and you know that your will still lives.

At twenty-two a different view confronts your weary eye,
You catch a line of eight or nine who stare as you go by,
They stop and stumble while you mumble through your salt
-caked lips,
They sit 'neath trees, massage their knees,
and one poor fellow trips
The most that men can do for them is give a friendly call,
"Bad luck old mate, it's not too late!"
(He has really hit "THE WALL").

You pass some more at twenty-four,
these crazy, valiant people,
Some feet have bled, all feel like lead and each
kerb seems like a steeple.
Two miles remain, forget the pain,
you can make the rest a race,
Your last reserve gives a boost of verve so you dare to
up your pace.
But alas for pride, 'cause your lengthened stride
brings the cramps you long have dreaded.
And you're forced to slow till the spasms go,
just reward for one big-headed!!

Twenty-six are gone, you're pressing on
when you sight the FINISH banner,
But your final sprint gives a grotesque squint,
not a smiling, winning manner,
"If I'd only known" you sadly moan,
"That I was being snapped,
I'd have raised both a grin as I struggled in,
and my fists, - though my strength is sapped".
You note the time as you cross the line,
Not too bad, but no P.B.,
Kind people say in the nicest way
that they're sure your next will be.

What'ere our pace, whether jog or race,
twenty-six is never short,
but the MARATHON BUG, you MARATHON MUG,
is something you're glad you caught.
How many miles brought fun and smiles?
How many grief and pain?
The answer: "The first and the twenty-sixth
made it worth a try again!"

By Derek White, 1984

Members...

Do you have anything you would like to share in the rundown? It could be a race report, running joke, photo, recipe or story. You can bring it to a run or email member contributions to:
rundown@woodstockrunners.org.au


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SMH Half Internal Teams

Once again we will be organising an internal teams competition for members running the SMH Half. It is free to enter and the members of the winning team will receive prizes. All you have to do is let me know your estimated time for the half. I will then group people together into teams and the teams that runs closest to its estimate is the winner.

I will be collecting times on Tuesdays (and will also make a point of coming to a Saturday run or two nearer the event) to collect times. Alternatively, feel free to send me your times at dawlings@hotmail.com or on 0422 819 468 (work) or 9810-7619 (home).

The rules are as follows:

- The absolute difference between the estimated time of each runner and the actual time of that runner is calculated.
- The differences of the team members will be added to get the total.
- 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 (or even starting) the run or not members of Woodstock Runners or not wearing a Woodstock singlet are not eligible for prizes nor will their times be counted.

The 'timing chip' time is used in events where there is a timing chip in preference to the 'gun' time.

Regards,

John

Ed's Note: So far the following members have submitted their times to John.

Name	Time	Name	Time	Name	Time
Martin Amy	90.00	Jon Patrick	120.00	Rick Collins	115.00
Brendan Davies	79.27	Max McGown	115.00	David Blackwell	110.00
Deirdre Stewart	115.00	Danielle van Zuylen	110.00	Kim Cayzer	120.00
Thalia Anthony	106.00	Laurence Ullio	118.00	John Murray (under Yvonne's name)	98.00
Emanuel Finos	93.15	Max Crossley	103.00		

Footy Tipping!

With 'efbb' performing badly last round, it opened the door for '3553' to take equal 2nd spot. 'Go Jana Love Tamsyn' continues to be very consistent and holds a 6 point lead. 'Trialex' was also made a big move up the ladder. But the question everyone is asking is "Can we catch Jana?"

Rank	(LW)	Total	Tipster
1	(1)	74	Go Jana Love Tamsyn
2	(3)	68	3553
2	(3)	68	qazxs
2	(6)	68	Trialex
5	(2)	67	efbb
6	(3)	66	Colin T_0
6	(6)	66	sb9
8	(9)	62	LukeT1
8	(8)	62	stretchfowler
10	(10)	49	Brendan Davies

Hot Designs 10% discount offer

Hot designs have offered Woodstock members 10% off any items purchased from their shop on the last Saturday of each month – 8am. To 1pm. Hot Designs are the manufacturers of our latest long sleeve tops, bra tops and singlets.



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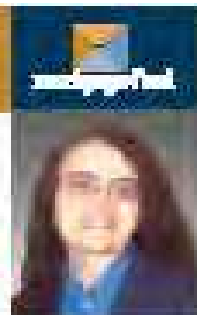
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RESULTS

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

or bring them with you to a run.

If you don't know your result, email me the event and I will try to track it down for you.

Sydney Corporate Cup Series 60 #3, 05/03/08

6km

John Murray 0:25:30
Stephen Browne 0:28:25

Sydney Corporate Cup Series 60 #4, 19/03/08

6km

Stephen Browne 0:27:35
John Murray 0:27:55

West Metropolitan Series #1, 29/03/08

2km

Robyn Briscoe 0:08:30 1st F O/50
Eddie McLean 0:11:25 3rd O/60

4km

Robyn Briscoe 0:17:14 1st F O/50

Sydney Corporate Cup, Series 60 #5, 02/04/08

6km

John Murray 0:25:55
Stephen Browne 0:28:10

Striders Lane Cove, 05/04/08

10km

Brendan Davies 0:36:03
Greg Muir 0:39:41
Emanuel Finos 0:43:07
Susan Murray 0:44:38
Jeff Morunga 0:50:24
Lorraine Spanton 0:50:49
Lesley Maher 0:54:27

West Metropolitan Series #2, 05/04/08

2km

Eddie McLean 0:12:17

KJs Fitness 5 Fun Run, 06/04/08

5km

Brendan Davies 0:17:57

West Metropolitan Series #3, 12/04/08

2km

Robyn Briscoe 0:08:38 1st F O/50
Eddie McLean 0:11:00

5km

Steve Briscoe 0:21:35 2nd O/50
Robyn Briscoe 0:22:29 1st F O/50

Canberra Marathon, 13/04/08

5km

Dot Siepmann 0:28:42

42.2km

Brendan Davies 2:49:49 23rd O/All
Martin Amy 3:29:41 Debut
Jeff Morunga 4:40:05
Rick Collins 4:43:11

50km Optional Extra

Vass Vassiliou 4:11:43 42.2: 3:30:04

Sydney Corporate Cup Series 60 #6, 16/04/08

6km

John Murray 0:25:15

West Metropolitan Series #4, 19/04/08

2km

Eddie McLean 0:12:26 1st O/60

5km

Steve Briscoe 0:20:41
Robyn Briscoe 0:22:02

10km

Brendan Davies 0:38:24 1st 30-39

ANSW Mountain Running Champs, 20/04/08

12km

Brendan Davies 1:10:16 3rd O/All

ANSW Novice X Country, 26/04/08

4km

Dot Siepmann 0:24:04 ##

SMC, 27/04/08

5km

Greg Muir 0:18:35 2nd O/All
Lyn Jackson 0:20:22 1st F O/All
Dot Siepmann 0:29:34 1st 55+

10km

John Dawlings 0:41:41
Thalia Anthony 0:48:21
Sonja Kukec 0:54:39
Lesley Maher 0:55:04

21.1km

Brendan Davies 1:18:18 2nd O/All
Emanuel Finos 1:34:15
Deirdre Stewart 1:59:52
Jeff Morunga DNF

Striders/ANSW Champs, 03/05/08

10km

Brendan Davies 0:35:49 14s PB
Greg Muir 0:38:29
Emanuel Finos 0:42:41 ##
Alex Hill 0:42:49 22s PB
Jeff Morunga 0:52:38 ##
Dot Siepmann 0:56:31 ##

Heart of the Lake Fun Run, 04/05/08

10km

Thalia Anthony 0:47:?? 3rd F O/All

Aus Mountain Running Champs, 10/05/08

11km

Brendan Davies 1:09:36 10th O/All

When members aren't just running!

Port Macaurie Iron Man, 06/04/08

3.8K/180K/42.2K

Peter O'Sullivan 13:00:35

NSW Triathlon Club Champs, 03/05/08

1K/30K/8K

Susan Murray 1:51:40 1st 45-49
Stretch Fowler 2:28:12 9min PB

Dirtworks Mountain Bike Enduro, 04/05/08

100km

Brendan Davies 9:16:21

A minute with a member...

Name: *Thalia Anthony*

What is your occupation? *Law lecturer at Sydney University*

Running age group? *I've just entered the competitive 30-39 age range (sigh...)*

Do you have family? *Yes - my gorgeous husband Mark (who is also a Woody and whose running has hit new heights since we got married).*

How long have you been a Woody? *1.5 years.*

Do you run on Tuesday night or Saturday morning? *Saturday morning.*

Why do you enjoy running? *I love it. It gives pace to my life. I suffer withdrawals from a day without running (not that I'm addicted...)*

What is your favourite running course/event and why? *My favourite course is the Woy Woy Bay to Bay. It's so beautiful and the food and prizes at the end are tops. I also like the Sri Chinmoy series - they're very generous with their trophies and have great runs around the (Iron Cove) bay and Lake Gillawarna.*

What has been your running highlight? *No highlights.*

Every race is so much fun and a new high; I don't ever like to think I've peaked. Every sprint to the finishing line is a highlight.

Any lowlights? *Sore knee and calf ... but I'm rising above them.*

What was the last race you went in and how did you go? *I did the Heart of the Lake 10km Run on 4 May - at Lake Gillawarna. I got 3rd female overall (1st in my age). I did it in 47mins, which was a PB.*

Anything funny/unusual ever happened to you while you have been out running? *Trying to bite open a water sachet during in a race and having it explode in my face. The person running by my side was cracking up laughing and the only thing I could do was to run faster to reinstate my legitimacy as a competitor.*

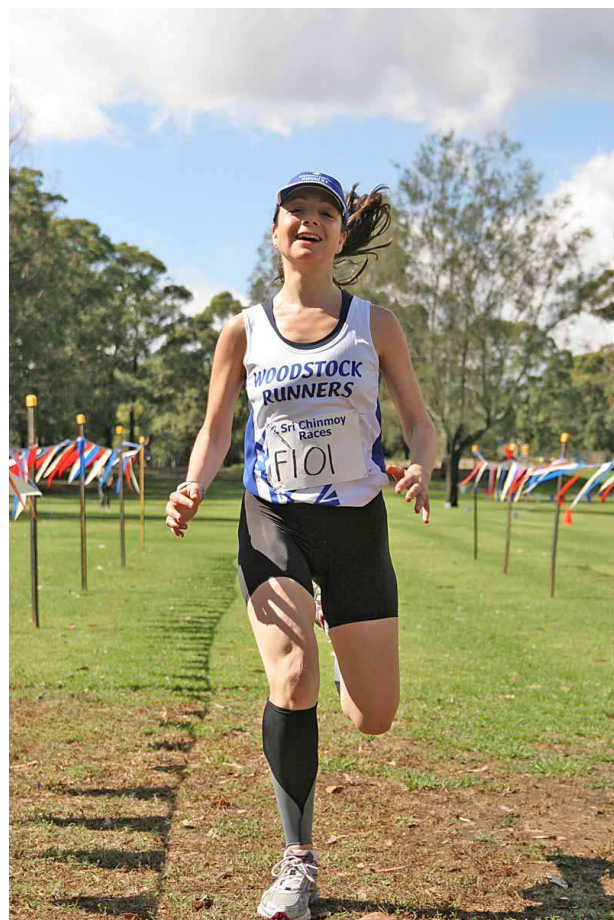
What other sports/hobbies are you involved in? *I do 3 weights classes per week and more if I can fit it in. I knit to calm myself down as I have a bit of an obsessive personality.*

Favourite food/beverage? *Food = almonds and stir fry veges. Beveridge = coffee!! (I should probably say water but it's a real chore for me to get my daily requirements)*

If you could have dinner with anyone who would it be and why? *Paula Radcliffe - I've been dying to know where she gets her calf compression gear from.*

Where would your ideal holiday be? *The base camp walk around Mt Everest.*

Interesting things we may not know about you? *I love to be in bed by 8.30pm. I'd do it every night if I had the choice!*



Thanks for sharing, Thalia!

- Sat-Sun 17-18 May THE NORTH FACE 100*
A 100km trail running event in the World Heritage listed Blue Mountains open to individuals and teams of 2 (50km each). This is one spectacular course that allows any runner whatever his/her level to push their own limits and achieve something to be proud of! And you only need a pair of trainers to do it! contact: Alina McMaster. email: info@arocsport.com.au. Visit the [website](#) for more details.
- Sat 17 May # HALF MARATHON EVE 5KM (ACT)*
1.5km 3:00pm, 5km 3:30pm, Nara Peace Park contact: Ken Eynon. email: canrun04@hotmail.com. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sat 17 May WARNERVALE FUN RUN*
This inaugural event begins on-road in the grounds of Lakes Grammar School. (Cnr Sparkes and Albert Warner Dr, 2 mins from the Freeway. It then ventures off-road into the bushland surrounding the school, which is part of the Porters Creek Wetlands. The course is undulating and consists of two 2.5km laps, totaling 5km. There is also a non-competitive 1km event just for fun for the littlies. This event is designed for all levels of fitness. contact: Megan King. email: megan.king@lakes.nsw.edu.au. Click here for an [entryform](#).
- Sun 18 May SRI CHINMOY SYDNEY SERIES RACE 3 - IRON COVE 16 KM, 8 KM & 4 KM.*
The third race in the Sri Chinmoy Sydney Series for 2008, returning to the ever-popular Iron Cove. For those not participating in the SMH Half-Marathon, an opportunity to race a shorter distance or simply to enjoy a more intimate racing environment. Challenge your previous times over the same course or try a new distance from the 4 km, 8 km and 16 km on offer. Parking at the end of Glover St, Lilyfield. Races commence at 8 am, with registration and on-the-day entries from 7 am. Awards for age groups and post-race pancake breakfast for all. Enter early and save... contact: Prachar Stegemann. email: sydney@srichinmoyraces.org. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun 18 May * CANBERRA HALF MARATHON R (ACT)*
21.1km, 9:00am, Nara Peace Park contact: Ken Eynon. email: canrun04@hotmail.com. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun 18 May SYDNEY MORNING HERALD HALF MARATHON*
21.1km. Starts 7:30am from Lower Fort St, The Rocks, Sydney. Now recognised as the leading half marathon in Australia, The Sydney Morning Herald Half Marathon has distinguished itself by providing a wonderful course that takes in the best of the Sydney CBD skyline. Please note that the field size for this event is strictly limited to 4000 runners and entries open 3rd March but close every year within a matter of weeks. [Lots of discussions from CoolRunners here](#). contact: Call 1800-555-514 during office hours or mail Sydney Morning Herald Half Marathon, GPO Box 5031, Sydney NSW 2001. email: halfmarathon@smh.com.au. Visit the [website](#) for more details.
- Sun 18 May WALLAROO FUN RUN*
There are 3 runs - 10km at 10:30am, 6km at noon, 2km at 1:30pm. The runs follow fire trails through the tranquil Wallaroo State Forest setting. Cost \$15 adult, \$10 - 16yrs & under, \$40 family, \$5 additional run. Entries received by Friday May 16, entitle the runners to a free sausage sandwich or drink. Entries accepted until 30 mins before each run. Trophies to 1st male & female to finish each run. Medals for category winners. Trophies & medals for fastest 2km school team. All competitors receive a Certificate of Achievement. BBQ operating, snacks & drinks available. contact: Deidre 02-4981000. email: hall@idl.net.au. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun 25 May SYDNEY MARATHON CLINIC ROAD RACE SERIES*
25km, 10km, 5km and 5km walk. At Rosford St. Reserve, Smithfield. A series of road-races which are designed to help you to train for and gauge your level of fitness for the marathon and fun-run season. Held usually on the 3rd Sunday of each month. Join a very friendly and sociable group of runners at 7.00am (long run and walks) or 7:30am (5km, 10km runs), Entry is on the day and everyone is welcome. Series certificates, hot showers, fresh fruit, hot drinks & entry in lucky draw after each race. email: smc@sydneymarathonclinic.org.au. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun 25 May CAMPBELLTOWN JOGGERS CLUB HANDICAP SERIES - H'CAP NO 4*
Race 4of 9 for the 2008 Campbelltown Joggers Club Championship. Mass start, meet at 7.00am for a challenging out and back 10km run from Bradbury Oval. New members welcome. contact: Warren Gibbons. email: wgib1966@optusnet.com.au. Visit the [website](#) for more details.
- Sun 25 May BLACKTOWN CITY FUN RUN*
Start and finish at Blacktown Olympic Park Athletics Track. The 3km and 8km course will take you through Blacktown Olympic Park, Aquilina Reserve and the picturesque Nurranginy Reserve. The course is flat with varied terrain and off road with 1 drink station in the 3km and 2 drink stations in the 8km. Walkers may enter the 3km or the 8km event. contact: Mark Gibson. email: mark.gibson@blacktown.nsw.gov.au. Visit the [website](#) for more details. Click here for an [entryform](#).

Jun 2008

- Sun 1 Jun THE 34TH GREAT NOSH FOOTRACE*
A 15km offroad footrace from Lindfield Oval to Seaforth Oval. A scenic route following Middle Harbour and crossing Roseville Bridge. Some steep and rough sections. contact: Terry Bluett. email: terryb@smartchat.net.au. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sat 7 Jun SYDNEY STRIDERS 10KM SERIES*
10km race on an officially certified course at North Head. 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 [website](#) for more details.
- Sun 8 Jun MACLEAY RIVER MARATHON*
Full Marathon, 1/2 Marathon, 10k run, 5k walk contact: Mary Dunkley. email: macsaw@midcoast.com.au. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun 8 Jun MANLY BEACH SOFT SAND CLASSIC*
This running event held entirely on Manly Beach. Distances are 21km, 9km, and 1.6km. Starts from Manly Surf Pavilion, South Steyne, Manly - Start times: 21km 7.00am, 9km - 10.00am, 1.6km - 11.30am. Registration: Up until 30mins prior to each race. contact: Scott Wood. email: office@biglifesport.com.au. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun 15 Jun BAY TO BAY FUN RUN*
Distance: 12km. Event Time: 8:00am. Location of race: Woy Woy waterfront. Other details: Fast, flat and certified accurate 12km course bordering scenic Brisbane Water from Woy Woy to Gosford on the NSW Central Coast (1.5 hours drive north of Sydney CBD). Organised by Terrigal Trotters to raise money for Central Coast charities. Limited bus transport from Finish to Start before and after the event. Many categories and prizes. Presentation at 10:30am. Excellent feedback received from runners. contact: Barb Byrnes 0434 645115. email: barbyrnes@yahoo.com.au. Visit the [website](#) for more details.
- Sun 15 Jun MINI-MOSMARATHON*
26th Annual MiniMos Fun Run, including the 2km Primary Inter-School Challenge, 5km Run and 10km Run; supporting Camp Quality and Mosman Public School. "EARLY BIRD" entry fee discounts available for the 5km & 10km events through 23rd May. 10km Start: 7:30am; 5km Start: 8:45am; 2km Start 9:45am. Register online now at our website. Registrations will be accepted through Race Day, or until we've reached capacity. "Preference Start" positions available for the 10km for 25 men and 25 women. Visit our website for preference start qualification details. contact: Doug Henry on 0404-467-065. email: info@mini-mos.com. Visit the [website](#) for more details.
- Sun 22 Jun KATHMANDU ADVENTURE SERIES - ROYAL NATIONAL PARK*
Wanna have a fun Adventure this weekend? Enter a Kathmandu Adventure race and see what everyone is talking about! Imagine an off-road triathlon with simple navigation and short multiple stages with a few obstacles to add a little spice. So grab a team mate and race together undertaking simple navigation [you can read a street directory?], mountain biking 15-25km [mostly fire trail nothing too technical], kayaking 2-4km [we provide boats, paddles and lifejackets] and trail running 5-10km. Team categories are male, female and mixed teams of two. Adventure racing is a thinking sport requiring teams to work together to complete the secret course in the shortest time possible. contact: Gary Farebrother, ph 0403-820-282. email: gary@maxadventure.com.au. Visit the [website](#) for more details.
- Sun 22 Jun SRI CHINMOY SYDNEY SERIES RACE 4 - MIRAMBEENA 16 KM, 8 KM & 2 MILES.*
The 4th race in the Sri Chinmoy Sydney Series for 2008. Treat yourself to something special. An exquisite course for aficionados of fine running, through native bushland between Prospect Creek and Lake Gillawarna. Starting and finishing on the grassy expanse of Beatty Reserve, off Beatty Parade at the southern end of Mirambeena Regional Park. The 2 mile course is flat, while the 8 km and 16 km routes include a few bracing hills. Relax post-race on the banks of Dhurawal Bay. Parking at the end of Beatty Pde, off Captain Cook Dr, Georges Hall. Races commence at 8 am, with registration and on-the-day entries from 7 am. Awards for age groups and post-race pancake breakfast for all. Enter early and save... contact: Prachar Stegemann. email: sydney@srichinmoyraces.org. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun 22 Jun CAMPBELLTOWN JOGGERS CLUB HANDICAP SERIES - H'CAP NO 5*
Race 5 of 9 for the 2008 Campbelltown Joggers Club Championship. Staggered start, meet at 7.00am for a challenging out and back 10km run from Bradbury Oval. New members welcome contact: Warren Gibbons. email: wgib1966@optusnet.com.au. Visit the [website](#) for more details.
- Sun 29 Jun WOODFORD TO GLENBROOK CLASSIC*
This is an approx 25km trail run along The Oaks firetrail, from Woodford to Glenbrook in the Blue Mountains, NSW. Starts approx 10:00am (after mountain bikers) from Woodford Railway Station. It is held in conjunction with a Mountainbike race, and all funds go to Careflight, a most worthwhile charity. Visit the [website](#) for more details.