

The **WOODSTOCK RUNDOWN**

November, 2008



Internet address: www.woodstockrunners.org.au

Email: info@woodstockrunners.org.au

Facebook Group: <http://www.facebook.com/group.php?gid=30549208990>

Email Results to: rundown@woodstockrunners.org.au

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

Uniform Orders: <https://www.registernow.com.au/secure/Register.aspx?>

The Rundown On Members

Welcome to all our new members. How wonderful to see so many enthusiastic runners joining Woodstock. Let's hope most of us meet up at Saturday's Handicap. We hope you have lots of PBs as Woodstock runners.

We offer our deepest sympathy to Lorraine Spanton and her family on the tragic loss of her brother to Motor Neurone Disease.

Members have competed far afield during the month with Eddie bringing back a swag of medals from the Alice Springs Masters Games. We wish him well following a health issue he sustained while away. Michelle ran Marathons in both Melbourne and Auckland, not a bad effort for someone who struggled to complete 10kms in Canberra only 7 months ago.

Congratulations to all who have competed in the many events in recent weeks. Fourteen of us ran in the Sri Chinmoy events at The Bay on Sunday with many bringing home trophies. A great contest between Martin and Brendan in the 16k was a feature as well as Daniel Siepen's outright win in the 4k. The Brighton Beachside Dash was a successful day and one to watch out for next year. Michelle ran a PB in the Melbourne Marathon and do ask her to tell you the story of the Auckland Marathon!

John Dawlings has been running great times of late, but unfortunately pulled a calf muscle while running on Tuesday. We hope you're back very soon, John. Rick is off to Hawaii for about 9 days. Have a wonderful time, Rick. We're all very jealous.

Thanks to everyone who nominated their fellow members for this year's awards. The Committee had difficulty selecting the winners due to the top quality of the performances throughout the year. Nominations are listed in this Rundown. Hopefully all will be present at the Christmas Party and Presentation on Dec 7 when the winners are announced. You never know, you may be one of them.

Happy running/walking to all,

Kerry

October Birthdays!

John Ovenden - 4th, Tony Purss - 6th, Rick Collins - 11th,
Andrea Lung - 16th, Manal Garcia - 18th, Deirdre Stewart - 20th, Barry Cole - 25th

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Welcome New Members!

A big Woodstock welcome to our newest members, Mark Mercieca, Emma Pryor and Annika Humphreys. We look forward to seeing you all at one of our training runs in the near future. We encourage all our new members to check out the Woodstock website to learn more about our club and our club training nights. Remember, Dot Siepmann is our uniform officer and she can fix you up for all your Woodstock gear.

Go to <http://www.woodstockrunners.org.au/drupal2/content/uniforms> to have a look at our great range of Woodstock gear.

Members, please make sure you make all visitors welcome and offer them a visitors welcome kit. This welcome kit has recently been updated. We invite runners and walkers to run/walk with us as visitors before deciding whether we best suit your needs. Visitors are welcome to run with us for up to 4 weeks, but are then asked to become a member, to ensure that we meet the requirements of our public liability insurance.

Woodstock on Facebook!

Do you have an account on the popular social networking website facebook? Well, not only is a great way to keep in contact and pry into other members' social lives, but it is also a great means of keeping informed on the latest events at Woodstock. Yes, Woodstock Runners now has its own 'Group Page'. Some members have dumped their Woodstock photos here already. Check out the following links.

To view group page: <http://www.facebook.com/group.php?gid=30549208990>

To start an account: <http://www.facebook.com>

If you are already a facebook user you can join the group by doing a search for Woodstock

TNT - It's Official!

TNT - Thursday Night Training, the Interval Training night that has been going for about 4 months now, was made an official Woodstock training night by the committee last Tuesday. This is great news as it now means the committee is behind the night 100% and the role Brendan Davies takes as the coordinator. Brendan would like to thank all the members who are regularly attending, or have managed to fit it into their busy diaries every now and then. He hopes to see some of the newer members down at Campbell Oval. A program up to April 2009, is attached in this rundown.

It also means that members who attend will also accrue kilometres towards the end of year 'Log Book' awards as they do for any Tuesday night or Saturday morning run. As the training is mostly intervals, the amount of kilometres earned each week will be 5km, which is the average distance covered in the sessions including warm ups and cool downs.

November Training Program

Tuesday Runs. Meet at 6pm @ Woodstock, Burwood			Thursday Intervals. Meet at 6:30pm @ Campbell Oval, Ashbury		Saturday Runs. Meet at 7:20am @ Brett Park, Drummoyne		
11/11	Blue Mountains Express	10.5km	13/11	'Command' Fartlek	15/11	Drummoyne	9km
18/11	Cabarita	11km	20/11	'Mixed Hills' Repeats	22/11	Balmain Shores	7.5km
25/11	Kev's Kadiddlehopper	10km	27/11	400m x 12	29/11	Hell Hill	8km
2/12	Parks Run	10km	4/12	'Doubles' Standard Pyramid	6/12	Balmain	9km
9/12	Putney Punt	12km	11/12	800m x 6	13/12	Timbrell Park	8km
Summer program continues until Daylight Saving ends (5/4/2009)							

Club Uniforms

Just a reminder to all members and particularly the NEWER members that for any performances to be eligible for any club awards, members are required to wear the club uniform, unless the event rules stipulate otherwise. The current items are:

- Singlets \$40
- Short Sleeve Tops \$45
- Long Sleeve Tops \$55
- Bra Tops \$60 (size 10 only)
- Caps \$20
- Old T-Shirts \$5 (very limited sizes)
- Old Singlets \$5 (womens med. only)
- Polar Fleeces \$28 (small & med only)

Club colours are royal blue & white. In the past we've had difficulty stocking shorts, but feel free to buy your own in royal blue or as close to that as possible.

For new members the joining fee also entitles you to a basic club T-Shirt of which we are out of stock at the moment. New members are always welcome to apply a \$10 discount to any other item in lieu of this or I can put you on a waiting list for the basic shirt when our order which is in the pipeline arrives.

Wearing the uniform makes it easier for your club mates to spot you in events, and also raises our profile, particularly as our great Hot Designs clothing is so striking and highly visible.

For anyone wanting to get some uniform items, I am the Uniforms Officer and will do my best to help you. You can contact me in the first instance via email on -

uniforms@woodstockrunners.org.au or by phone: 9637-9536 to see if the items/sizes are available. Payment can then be made in cash, cheques (to Woodstock Runners please) or via RegisterNow - <https://www.registernow.com.au/secure/register.aspx?ID=503>

Happy and successful running everyone and a special welcome to all our new members. Hope I can meet you all soon...

Dot Siepmann



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.

Contribution Corner

Members, please email all contributions to rundown@woodstockrunners.org.au

It's Movember!

Hello Woodies,

During Movember (the month formerly known as November) I'm growing a Mo. That's right I'm bringing the Mo back because I'm passionate about tackling men's health issues and being proactive in the fight against men's depression and prostate cancer.

To donate to my Mo you can either:

1. Click this link <https://www.movember.com/au/donate/donate-details.php?action=sponsorlink®o=1874671&country=au> and donate online using your credit card or PayPal account, or
2. Write a cheque payable to 'Movember Foundation', referencing my Registration Number 1874671 and mailing it to:

Movember Foundation
PO Box 292
Pahran VIC 3181

Remember, all donations over \$2 are tax deductible.

Thanks for your support,

Regards,
Stretch

It's In The Family!

The following is an email that Martin Amy's father sent to Martin. Seems that Martin is not the only runner in the family, in fact, it almost seems to be compulsory - if your Surname is Amy you run!

All,

Thank you all for your great support, I finally managed to raise £450, which smashed my £300 target. So thank you all for your kind generosity!

The weather wasn't too bad, the rain only came down for the last couple miles! I managed to complete the 10 miles in 1hr 15 mins, which I was pleased with. Also managed to sneak on Channel Five's coverage, for all of you that "Sky plused" it skip to 73 minutes??

Anyway, all the Amy's completed the run, with Mum taking 3rd place in her age group!

Name	Race Number	Overall Position	Age Group Position	Gender Position	Age/ Gender Position	Finish Time	5k time	10k time	15k time
Phillip Amy	5557	1043	563	965	523	01:15:35	00:22:12	00:45:34	01:10:15
Alison Amy	3329	2465	1239	308	167	01:22:42	00:25:39	00:51:56	01:17:09
Chris Amy	3323	3296	80	494	3	01:25:36	00:25:39	00:52:00	01:19:34
Brian Amy	9649	4369	127	3568	115	01:29:23	00:26:33	00:54:27	01:23:10
Nicola Amy	16375	5874	2790	1381	721	01:34:44	00:29:10	00:58:35	

Editor's Note: Martin and Chris Amy, Martin's Mum and Dad will be visiting our shores this Christmas. Plans are in place for mum and dad Amy to have a run with Woodstock. Rumour has it that Martin has approached Dot to buy them some Woodstock uniforms as a Christmas present. What a son!

Award Nominations

After a lengthy committee meeting last Tuesday, the committee has decided on the receivers of the annual awards. The nominations that were submitted for the awards were:

Most Improved Runner

Male : Martin Amy, Brendan Davies, Stephen Laws, John Ovenden, Mark O'Donnell

Female: Thalia Antony, Michelle Warren, Bronwyn Hager, Manal Garcia, Maree Lucas, Charissa Patacsil

Rookie Of The Year

Mark O'Donnell, Michelle Warren, Megan Hager, Charissa Patacsil, Bronwyn Hager, Andrea Lung, Linda Barwick.

Long Distance Trophy

Brendan Davies, Martin Amy, Thalia Anthony, Rick Collins

Most Outstanding Individual Road Running Race

Male: Brendan Davies, Martin Amy, Kazu Takahashi

Female: Susan Murray, Megan Hager, Lyn Jackson, Michelle Warren, Bronwyn Hager, Holly Muir, Thalia Anthony.

Club Champion

Male: Brendan Davies, Martin Amy, John Dawlings.

Female: Thalia Anthony, Lyn Jackson, Dot Siepmann, Lorraine Spanton

Runner Of The Year

Brendan Davies, John Dawlings, Martin Amy, Thalia Anthony, Charissa Patacsil, Dot Siepmann, Kerry Bray, Rick Collins

Champion Person

Kay Johnson, Barry Cole, Brendan Davies, Colin Townsend, Dot Siepmann, Rick Collins

Most Outstanding Team Road Running Performance

City to Surf – Mixed (2nd Place)

Brendan Davies, Martin Amy, Thalia Anthony

City to Surf – Veteran Men 55+ (2nd Place)

John Dawlings, Rick Collins, Stretch Fowler

City to Surf – Veteran Woman 55+ (2nd Place)

Dorothy Siepmann, Maree Lucas, Kerry Bray

If you are in possession of one of these perpetual trophies from last year, can you please return it to Barry Cole ASAP. The committee thanks everyone that submitted nominations. Consider coming to the Xmas party/Awards night if you have been nominated - your name might be on that trophy!

Woodstock Christmas/Awards Night

The Xmas party/awards night is on the 7th of December, starting at 4:30pm.

More information on cost, food etc to come shortly.

It will be held again at Drummoyne Sailing Club, 2 St. Georges Crescent, Drummoyne.



Woodlands Tours p/l - ACC 34363

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Competitive Rates

Results

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

Sydney Corporate Cup, Series 62 #3, 01/10/08

6km

John	Murray	28:10
Stephen	Browne	30:30
Michelle	Warren	38:30

Brighton Beachside Dash, 12/10/08

5km

Daniel	Siepen	16:36	## 6th O/All, 2nd M<20
Chris	Siepen	25:41	4th M50-59

10km

Brendan	Davies	35:43	PB, 9th O/All, 3rd M30-39
John	Dawlings	39:53	2nd M50+
Ellen	Glennan	46:17	## 6th F30-39
Charissa	Patacsil	48:59	PB, 10th F<30
Bridget	Akers	55:58	
Kerry	Bray	56:10	6th F50+
Dot	Siepmann	57:35	7th F50+
Tara	Pryde	1:12:28	

Melbourne Marathon, 12/10/08

Marathon, 42.2km

Michelle	Warren	5:02:04	Net, PB
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Sydney Corporate Cup, Series 62 #4, 15/10/08

6km

John	Murray	28:10
Stephen	Browne	28:55
Michelle	Warren	41:50

Sydney Marathon Clinic, 19/10/08

5km

<u>John</u>	Ovenden	23:55	
Joe	Ayoub	24:28	
Dorothy	Siepmann	27:36	1st F55+
Therese	Ayoub	29:54	2nd F45-55

10km

Caroline	Owen	49:41	3rd FO/All
Lesley	Maher	57:27	1st F55-65
Deirdre	Stewart	57:43	3rd F45-55

21.1km

Brendan	Davies	1:22:25	4th O/All, 1st M30-39
Martin	Amy	1:25:07	7th O/All, 1st M20-29
Emanuel	Finos	1:38:29	
Vass	Vassiliou	1:44:20	
Nick	Spasevski	1:44:21	
Linda	Barwick	2:03:07	2nd F50-59
Jeff	Morunga	2:13:54	

Maroubra Fun Run, 19/10/08

4km

Michelle	Warren	25:29
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8km

John	Dawlings	22:29	2nd M51-60
Charissa	Patacsil	40:16	

Alice Springs Masters Games, 11-18/10/08

Eddie McLean

400m	2:08.3	4th M80-84
800m	4:31.2	3rd M80-84
1500m	9:32.1	3rd M80-84
3000m	20:24	3rd M80-84
Masters Mile	9:52.7	3rd M80-84
5k Walk	41:07	1st M80-84
10k Walk	1:18:13	1st M80-84

St Marys Community Fun Run, 26/10/08

8km

Brendan	Davies	26:51	8th O/All, 2nd M30-39
John	Dawlings	30:12	2nd M50-59
Charissa	Patacsil	36:13	4th O/All, 1st F16-29
Dorothy	Siepmann	43:12	1st F60+
Eddie	McLean	53:03	
Michelle	Warren	59:40	

Sydney Corporate Cup, Series 62 #5, 29/10/08

6km

John	Murray	27:50
Stephen	Browne	28:20

Striders Lane Cove, 01/11/08

10km

Stephen	Laws	41:12	##
Emanuel	Finos	44:12	##
Lee	Baker	49:36	##
Jeff	Morunga	51:59	##
Dot	Siepmann	57:00	

Sri Chinmoy, Iron Cove, 02/11/08

4km

Daniel	Siepan	13:31	## 1st O/All
Chris	Siepan	20:25	
Dot	Siepmann	22:42	

8km

Greg	Muir	32:15	2nd M50-59
Mark	Mercieca	40:39	
Kerry	Bray	45:43	1st F60-69
Belinda	Essex	46:45	

16km

Martin	Amy	1:00:56	3rd O/All
Brendan	Davies	1:02:11	4th O/All
John	Dawlings	1:07:45	1st M50-59
Peter	O'Sullivan	1:11:07	
Mark	O'Donnell	1:18:12	
Thalia	Anthony	1:19:31	6th F O/All
Charissa	Patacsil	1:20:29	8th F O/All
Linda	Barwick	1:28:21	2nd F50-59

Auckland Marathon, 02/11/08

42.2km

Michelle	Warren	6:05:49
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Woodstock Runners Handicap Event, 8/11/2008
Held around the 7km Bay Run course

Name	Estimated Time	Start Time	Finish Time	Actual Time	Finish Place	Points
Dower, Tami	35:00	7:40:00	8:14:13	34:13	1	30
Lung, Andrea	33:00	7:42:00	8:14:15	32:15	2	29
Iseli, Tristan	38:00	7:37:00	8:14:18	37:18	3	28
Rankin, Roy	42:00	7:33:00	8:14:30	41:30	4	27
Davies, Brendan	25:20	7:49:40	8:14:34	24:54	5	26
Burbidge, Julian	34:30	7:40:30	8:14:36	34:06	6	25
Morunga, Jeff	35:00	7:40:00	8:14:38	34:38	7	24
Merciera, Mark	35:30	7:39:30	8:14:41	35:11	8	23
Hill, Alex	32:00	7:43:10	8:14:56	31:46	9	22
Pryor, Emma	42:00	7:33:00	8:14:57	41:57	10	21
Fowler, Stretch	38:45	7:36:15	8:14:59	38:44	11	20
O'Sullivan, Peter	29:00	7:46:00	8:15:04	29:04	12	19
Bray, Kerry	40:00	7:35:00	8:15:10	40:10	13	18
Cayzer, Kim	40:00	7:35:00	8:15:11	40:11	14	17
Amy, Martin	27:00	7:48:00	8:15:26	27:26	15	16
McGown, Max	36:00	7:39:00	8:15:45	36:45	16	15
Burbidge, Tony	36:30	7:38:30	8:16:11	37:41	17	14
Patrick, Jon	39:00	7:36:00	8:16:13	40:13	18	13
White, Derek	1:03:00	7:12:00	8:16:28	1:04:28	19	12
Purss, Tony	34:30	7:40:30	8:16:39	36:09	20	11
Patacsil, Charissa	34:58	7:40:02	8:16:59	36:57	21	10
Cullen, Christine	45:00	7:30:00	8:17:11	47:11	22	9
Anthony, Thalia	33:15	7:42:26	8:17:25	34:59	23	8
Siepmann, Dot	42:00	7:33:00	8:17:59	44:59	24	7
Akers, Bridget	39:00	7:36:00	8:18:30	42:30	25	6
Takahashi, Fumi	38:00	7:37:10	8:19:29	42:19	=26	4.5
Takahashi, Kazu	38:00	7:37:10	8:19:29	42:19	=26	4.5
McLean, Eddie	59:00	7:16:00	8:09:48	53:48	DQ	3
Reed, Jen ##	55:30	7:19:30	8:11:27	51:57	DQ	3
O'Donnell, Mark	32:30	7:42:35	8:13:53	31:18	DQ	3
In this Handicap event, Tami Dower, Andrea Lung & Tristan Iseli took the first three places.						
There were 5 Handicap PB's set:						
	Peter O'Sullivan	29:04	2:13 Handicap PB			
	Tami Dower	34:13	2:02 Handicap PB			
	Brendan Davies	24:54	0:54 Handicap PB			
	Mark O'Donnell	31:18	0:17 Handicap PB			
	Tristan Iseli	37:18	0:12 Handicap PB			
The fastest male was Brendan Davies (24:54)						
The fastest female was Andrea Lung (32:15)						
DQ indicates disqualified for being more than one minute under estimated time, so they get the pointscore of 27th place.						
## indicates not a current financial member, but points will be given if they join before the next Handicap Event.						

Photos From Recent Races!



Dot Siepmann, Mark O'Donnell, Chaia Patacsil and Mark Mercieca post Sri Chinmoy, Iron Cove



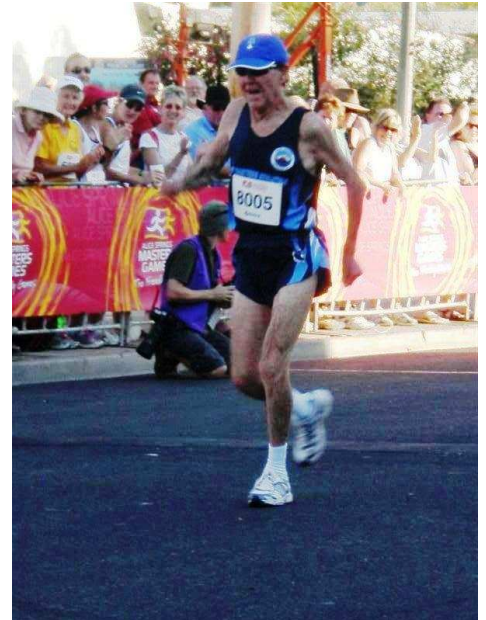
Thalia Anthony and other regular Saturday morning runners during the Coolrunning 5k Challenge



Bridget Akers at the Brighton Beachside Dash



Michelle Warren at the Melbourne Marathon



The ageless Eddie McLean during the Masters Mile at Alice Springs



Medal winners at the St Marys Community Fun Run.
L-R: Chaia Patacsil, John Dawlings, Dot Siepmann and Brendan Davies

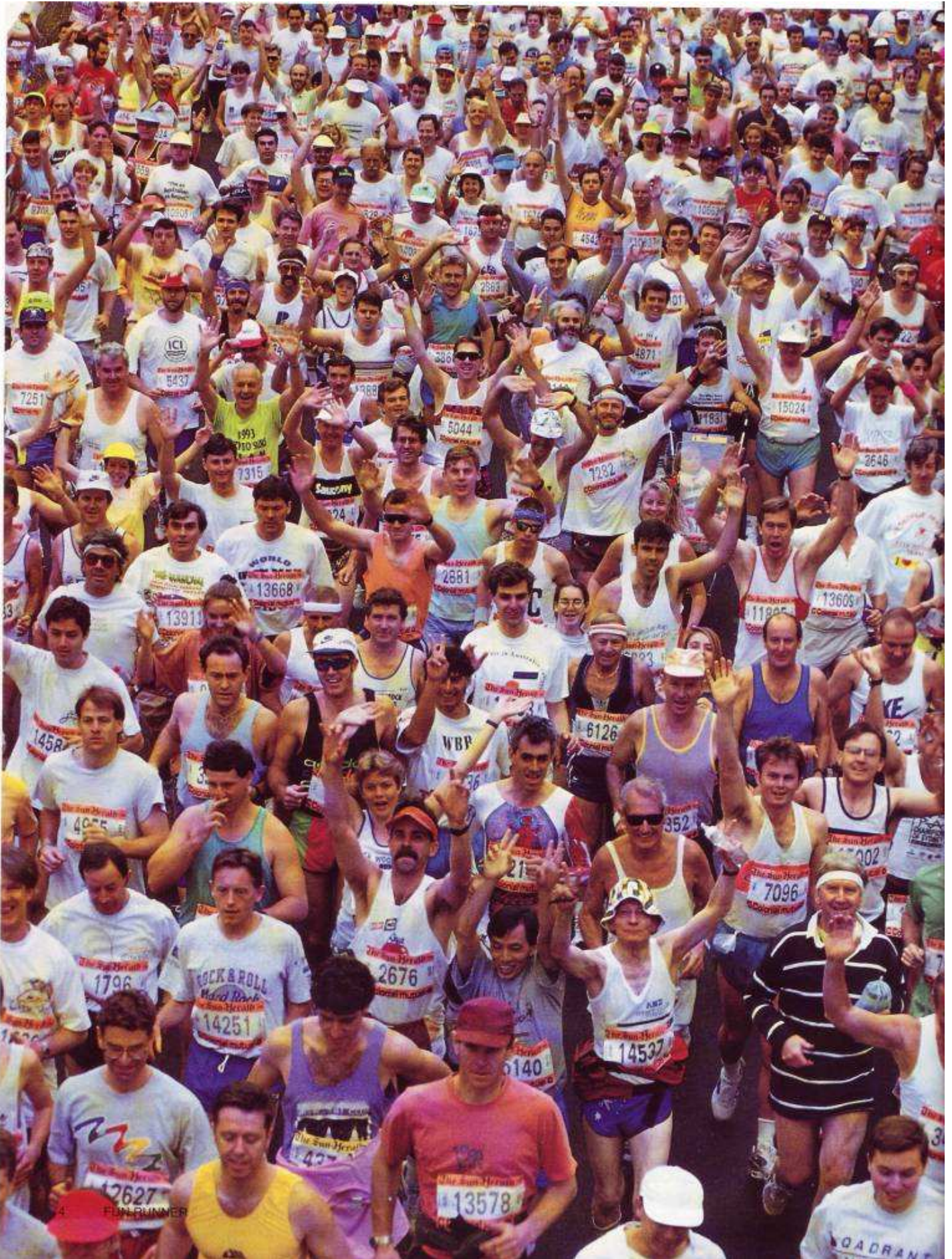


Some 'blingage' for Linda Barwick at Sri Chinmoy 16km run at Iron Cove

From the Archives

"Spot the Woodie"

This is a photo of the start of the 1993 City 2 Surf from the Feb/March 1994 edition of 'Fun Runner' magazine. In this photo there are at least 4 and a half Woodies (maybe more!)





Thursday Night Interval Training Program, October 2008 to April 2009.

Meet at 6:30 at Campbell Athletics Field, part of Canterbury Park, Princess St, Ashbury.
Car Park entry off Andrews Ave.

\$2 charge to cover council ground hire fees. Cold drinks provided.

All sessions begin with sufficient warm up and 4 x 100m strides, and conclude with cool down.
Sessions complete by 7:30pm. All ages welcome and sessions adjusted for all ability levels.

Date	Session	Session Details
02/10/08	400m x 12	@ 5k pace, 2 sets of 6, reducing recovery
09/10/08	"Doubles" Standard Pyramid	200, 400, 800, 1600, 800, 400, 200
16/10/08	800m x 6	@ 5k pace, reducing recovery
23/10/08	"Mile Down" Inverted Pyramid	1600, 1200, 1000, 600, 400, 200
30/10/08	"Parlov" 300m x 12	@ hard effort done in pairs, 100m recovery
06/11/08	1200m x 4	@ 10k pace, reducing recovery
13/11/08	"Command" Fartlek	6 x 3min reps, done in ability groups
20/11/08	"Hills" Session	Short and long hill reps on nearby streets
27/11/08	400m x 12	@ 5k pace, 2 sets of 6, reducing recovery
04/12/08	"Doubles" Standard Pyramid	200, 400, 800, 1600, 800, 400, 200
11/12/08	800m x 6	@ 5k pace, reducing recovery
18/12/08	"Mile Down" Session	1600, 1200, 1000, 600, 400, 200
25/12/08	CHRISTMAS DAY - NO TNT!	
01/01/09	"Parlov" 300m x 12	@ hard effort done in pairs, 100m recovery
08/01/09	1200m x 4	@ 10k pace, reducing recovery
15/01/09	"Command" Fartlek	6 x 3min reps, done in ability groups
22/01/09	"Hills" Session	Short and long hill reps on nearby streets
29/01/09	400m x 12	@ 5k pace, 2 sets of 6, reducing recovery
05/02/09	"Doubles" Standard Pyramid	200, 400, 800, 1600, 800, 400, 200
12/02/09	800m x 6	@ 5k pace, reducing recovery
19/02/09	"Mile Down" Inverted Pyramid	1600, 1200, 1000, 600, 400, 200
26/02/09	"Parlov" 300m x 12	@ hard effort done in pairs, 100m recovery
05/03/09	1200m x 4	@ 10k pace, reducing recovery
12/03/09	"Command" Fartlek	6 x 3min reps, done in ability groups
19/03/09	"Hills" Session	Short and long hill reps on nearby streets
26/03/09	400m x 12	@ 5k pace, 2 sets of 6, reducing recovery
02/04/09	"Doubles" Standard Pyramid	200, 400, 800, 1600, 800, 400, 200
Further Club information is on our website at www.woodstockrunners.org.au		

Upcoming Events

All events courtesy of: www.coolrunning.com.au/calendar

Wed 12 Nov **JPMORGAN CHASE CORPORATE CHALLENGE SERIES**

Date: Wednesday, 12 November 2008 Time: 6.30p.m. Location: Centennial Park Distance: 5.6km Early Entry Fee: \$40.00 if received by 5.00p.m., Wednesday, 15 October 2008 Entry Fee: \$50.00 per person thereafter Entries Close: 5.00p.m., Wednesday, 22 October 2008 contact: 02 9431 9100. email: sydney@jpmorganchasecc.com. Visit the [website](#) for more details.

Wed 12 Nov **SYDNEY SUMMER SERIES**

Manns Point Park, Prospect Street, Greenwich The Sydney Summer Series is an exciting program of after work running events on Sydney's lower north shore. Held every Wednesday evening from early October to early April. Start times for all events are anytime between 4.30 pm & 6.45 pm and all events are on regardless of the weather. contact: Michael Halmy 9456 2900. email: ross.barr@rossbarr.com.au. Visit the [website](#) for more details.

Sun 16 Nov **SYDNEY MARATHON CLINIC ROAD RACE SERIES**

21km, 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. contact: Luis Vazquez-Recio Mob 0414384552. email: smc@sydneymarathonclinic.org.au. Visit the [website](#) for more details. Click here for an [entryform](#).

Sun 16 Nov **WALK FOR AN AUSSIE KID - NEWCASTLE**

A 5km walk along the foreshore of Newcastle, onto Macquarie Pier with beautiful views of Nobby's Beach and Nobby's Lighthouse. Then 'walk on water' on the southern breakwater of magnificent Newcastle Harbour and return. You may see dolphins at play or ships arriving or departing the harbour. By taking in this event, you will help a child to walk. This event is organised by the Lions Club of Adamstown for the Australian Lions Children's Mobility Foundation. contact: Carole Powell. email: caroleannpowell@ozemail.com.au.

Sat- 22-23 **NEWCASTLE OLYMPIC DISTANCE TRIATHLON**

Sun Nov A Triathlon over 1.5/40 and 10km course around Newcastle Harbour and Beaches. This race is also incorporating a Harbour Swim on Saturday. See website for more details. contact: H Events. email: paul@hevents.net. Visit the [website](#) for more details.

Sat 22 Nov **KEMBLA JOGGERS ROUND THE MOUNTAIN RUN**

15km and 5km bush run All running abilities welcome Race location start Mt Kemplab lookout Start time 7:00am Registration \$5 each event non Kemplab Joggers members or pay \$20 fee covers Mountain running series and Summer series. contact: Contact Geoff Stalker (02) 4627-1246. Visit the [website](#) for more details.

Sun 23 Nov **SRI CHINMOY SYDNEY SERIES RACE 9 - CENTENNIAL PARK HALF-MARATHON (21.1 KM), 7 KM & 4 KM CROSS-COUNTRY**

The final race in the Sri Chinmoy Sydney Series for 2008. Relish the ponds, fields and groves of Centennial Park on a tailored scenic, fast loop of dirt tracks and grass. Run or walk the inner loop (4 kms), race the larger loop (7 kms) or triple the larger loop for a rare opportunity to race a cross-country Half-Marathon (21.1 kms). The best way to enjoy Centennial Park, a jewel in Sydney's crown. Parking anywhere near Robertson Rd Gates. 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@srchinmoyraces.org. Visit the [website](#) for more details. Click here for an [entryform](#).

Sun 23 Nov **DEEP SPACE MOUNTAIN MARATHON (ACT)**
Deep Space Mountain Marathon, former Honeysuckle Creek Deep Space Tracking Station, Apollo Road, Namadgi National Park ACT, 5.45am 43.4 km marathon and 25 km run; 7am 18 km bush walk; 7.30am 8.4 km run, 18 km run, 8.4 km bush walk. See entry form and map. contact: John Harding ph 02-6248-6905. email: hackettrunner@hotmail.com. Visit the [website](#) for more details. Click here for an [entryform](#).

Dec 2008

Sat 6 Dec **KEMBLA JOGGERS BULLI TO TARRAWANNA**
22km and 5km mountain race all running abilities welcome race location start Hobart St Bulli Sub station Start time 7:00am Registration \$5 each event non Kemplla Joggers members or pay \$20 fee covers Mountain running series and Summer series. contact: Contact Geoff Stalker (02) 4627-1246. Visit the [website](#) for more details.

Sat 6 Dec **3 POINTS CHALLENGE**
This annual event starts with a surf swim at North Curl Curl Beach, and then travels by foot to South Curl Curl Beach for another surf swim, and then south again around to Freshwater Beach for a final surf swim, before competitors turn and run the 3kms back to finish at North Curl Curl Beach. If the running is not to your liking, we do have a straight out Ocean Swim on the day. If you are real keen do both! contact: Louis Tassone. email: nccslsc-3points@optusnet.com.au. Visit the [website](#) for more details. Click here for an [entryform](#).

Sun 7 Dec **CENTRAL COAST HALF MARATHON/TUGGERAH LAKES FESTIVAL 9KM FUN RUN**
Conducted by Central Coast Hash House Harriers as part of the Tuggerah Lakes Festival. Out and back half marathon and fun run starting/finishing at Memorial Park, The Entrance NSW. Flat, scenic course on local roads and cycleways. Cost \$20-Half Marathon \$10-Fun Run. All finishers in Half Marathon receive a certificate and medallion. All finishers in Fun Run receive a certificate. Cash prizes 1st,2nd,3rd M & F both events. contact: Ian Morgan, Race Director on 0407-957-760. email: ianm405@acs.net.au. Click here for an [entryform](#).

Sat 13 Dec **TOUGH BLOKE CHALLENGE**
Maximum Adventure presents a new race concept, an off road running event that is likely the toughest thing you'll ever do. Open to both men and women the event will include extreme obstacles, mud, sweat and probably tears. contact: Todd Stafford. email: todd@maxadventure.com.au. Visit the [website](#) for more details. Click here for an [entryform](#).

Sun 14 Dec **CRONULLA INTERNATIONAL GRAND PRIX**
1500 running road race A one lap race with \$1000 for first, \$500 for second, \$300 for third and \$200 for best effort. First female will receive \$500 All part of the Cronulla Grand Prix which includes amateur and professional cycling as well. contact: Lenneke Lucas. email: lenneke@cycleclassic.com.au. Click here for an [entryform](#).

Sun 21 Dec **TOUR DE MOUNTAIN (ACT)**
25km run, 17km run, 8km run, 3 person relay (25km) and 17km bush walk, 6:30am, Mawson Sports field, Mawson contact: John Harding. email: jgharding@bigpond.com. Visit the [website](#) for more details. Click here for an [entryform](#).

Sun 21 Dec **SYDNEY MARATHON CLINIC ROAD RACE SERIES**
21km, 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. contact: Luis Vazquez-Recio Mob 0414384552. email: smc@sydneymarathonclinic.org.au. Visit the [website](#) for more details. Click here for an [entryform](#).
