

The **WOODSTOCK RUNDOWN**

January, 2009



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

Was almost knocked over by a cyclist recently. It was an intentional act as I hadn't seen Gary (Shoemsmith) approaching. He says hello to all and may join us at the Breakfast Run at Cronulla. Maria Guano sends her good wishes to everyone all the way from Argentina.

I bumped into Joseph Lee at the Blood Bank last month. He is not running and hasn't for quite a while, but says hi. He told me the story of his visit to the Salvos Op Shop to purchase mugs for his work. He was surprised to find a Woodstock Fun Run mug among them, so bought it.

Jean Foulser passes on her best wishes to all Woodstock Members. Len was admitted to hospital 5 weeks ago and transferred to a nursing home a week before Christmas. His health has deteriorated very suddenly, possibly due to a number of minor strokes and he is suffering from some dementia. Len is 94 and had been enjoying good health till recently. He was still winning his age group up until 6 or 7 years ago.

It was great to see Luana and everyone else, of course, at the Christmas Run. She has been working for some years in Samoa followed by a brief stint in India. There was plenty of tinsel, bells and cotton wool on the day, but it proved a little warm for a running uniform.

Thank you to Maree for assisting this clumsy runner when I took a tumble in Conder Street. While I took off plenty of skin and badly bruised my hip and ribs, then developed infections, I trust I have learnt to lift my feet higher. I must have looked a fright when Martin's parents arrived at Woodstock having just stepped off the plane from the UK and I greeted them with blood everywhere.

Don't forget to include the Australia Day Run Jan 26 and The Cronulla Breakfast Run Mar 1 in your diaries. We hope to see a good roll-up on both occasions. Details are elsewhere in The Rundown.

I wish everyone a great 2009 with lots of great running and walking and heaps of good times with hopefully, some PBs.

Kerry

This Month's Birthdays!

Joseph Ayoub - 1st, Riccardo Benvenuti - 2nd, Brendan Davies - 3rd, Paul Whiteway - 6th, Lawrence Ullio - 7th, Louise Hawkins - 8th, Mark Mercieca - 17th, Ken Murray - 22nd, John Phillips - 22nd, Pat Mahony - 27th

OUR FINANCING OPTIONS ARE SURPRISINGLY SIMPLE.

It doesn't matter if you are re-financing, purchasing a new home or investment property, renovating, or consolidating your debts, at The Mortgage Professionals we offer over 450 value packed products so we're sure to have a financing solution that suits your individual needs.

To find out how surprisingly simple financing can be, call Hector Garcia on 0411 065 993 or 9572 9593 for an appointment today.

For every loan application that successfully settles, Hector Garcia will donate a percentage to Woodstock Runners.



**THE MORTGAGE
PROFESSIONALS**
SECURING YOUR FUTURE PROSPERITY





**Personal Fitness Training with
Timothy 'Mr.T' Molesworth**

At Mr T fitness, we provide you with a **FREE** consultation. We tailor a training program specific to you and your body type. Call us today for an appointment.

mr.T fitness trainer

0406013201

**Call for a free
Fitness Evaluation**

Mr T sells and stocks many of the recovery drinks and energy bars on the market. We have an extensive range. We can supply the following products. Power bars, GU Roctane whey powders and boost drinks, Gatorade, Aussie bodies protein shakes, Red Bull for endurance and energy boost .

Check out the Mr T website at
<http://www.mrtfitness.com/>

Beth's Nail Services

In the comfort of your own home

- *Manicures*
- *Pedicures*
- *Acrylic Nails*
- *Gift Vouchers Available*

*Call Beth on
9810-7619
0405 849 098*



January Runs Program

Tuesday Run. Meet at 6pm @ Woodstock, Burwood			Thursday Intervals. Meet at 6:30pm @ Campbell Oval, Ashbury			Saturday Run. Meet at 7:20am @ Brett Park, Drummoyne		
13/01	Cabarita	11km	15/01	'Command' Fartlek	17/01	Hell Hill	8km	
20/01	Kev's Kadiddlehopper	10km	22/01	Hills Session	24/01	Balmain	9km	
26/01	Monday - Australia Day Run - see below for details. 7/10/15/21km and 7km walk options.							
27/01	Cooks River Canter	10km	29/01	400m x 12	31/01	Timbrell Park	8km	
03/02	Pack Run	?	05/02	"Doubles" Standard Pyramid	07/02	Five Dock	7km	
10/02	Putney Punt	12km	12/02	800m x 6	14/02	Bay Run	7km	

Australia Day Run!

Hi everyone

The usual Australia Day run is on at our place this year.

Place

7 Mortley Avenue Haberfield (enter by side gate in Minto Avenue)

Date

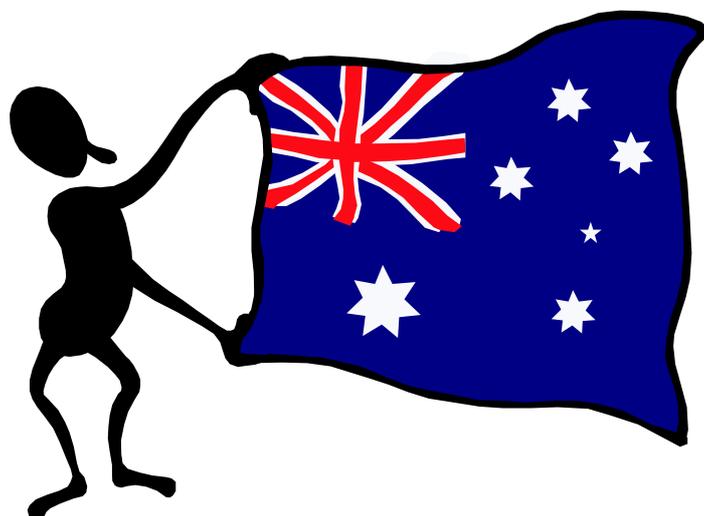
As usual it is on the 26th January (Monday)

Time

6.30 for 15km run or if you are keen we could organise a 21km run.

7am for 7km walk

7:30am for 10km or 7km



Enjoy a scenic run through Haberfield, Glebe, Balmain, Five Dock (depends on the run)

Bring your cossie to have a swim after.

Show your patriotism by wearing the Australian colours.

Full breakfast - hot and cold (cost \$3)

RSVP 22 January

klu42116@bigpond.net.au

Thanks
Maree and Kevin Lucas



Welcome New Member!

A big Woodstock welcome to our newest member, Kirsty Elwell. We look forward to seeing you 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.

Need a Club Uniform?

Just to remind new Woodstock members and old members as well that for any of your performances to be eligible for our club awards, you are required to wear the club uniform unless the event rules stipulate otherwise.. And even if you aren't interested in competing for any awards, the uniforms do LOOK GOOD and make you look like a REAL RUNNER! The current items are:

- * Singlets \$40
- * Short Sleeve Tops \$45 (order by Feb 24)
- * Long Sleeve Tops \$55 (order by Feb 24)
- * Bra Tops \$60 (size 10 only)
- * Caps \$20
- * Old T-shirts \$5 (very limited sizes)
- * Old singlets \$5 (womens med. onlly)
- * Polar fleeces \$28 (small & med. only)
- * Basic club T-shirt \$10 (cotton)

Our club colours are royal blue & white. Feel free to buy your own shorts 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 have received a new supply. New members are welcome to apply a \$10 discount to any other item in lieu of this if they prefer.

We often get comments on our great Hot Designs clothing from other runners. It is easy to spot our club mates in events and helps raise our club profile.

For anyone wanting to get any uniform items, I am the Uniforms Officer and you can contact me in the first instance via email on -

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

Have a good running Summer everyone and drink lots (water or sports drink, of course)!!

Dot Siepmann, Club Uniform Officer



Woodlands Tours p/l - ACC 34363
Joseph & Therese - 0419 373 326
email: woodlandstours@hotmail.com
Sydney, Hunter Valley, Canberra
Blue Mountains/Jenolan Caves
Charter/Hire, Golfing Weekends,
Function Transfers, Custom Trips, etc.
Other enquiries welcome
Competitive Rates

Contribution Corner

This month's contribution comes from Michelle Warren. Along with fellow Woody Linda Barwick, she recently crewed for leading ultra marathoner Tim Cochrane in the gruelling "Coast to Kosciuszko" ultra marathon.

In 1840, the Polish explorer Paul Strzelecki first climbed to the top of Australia's highest mountain, and named it Kosciuszko in honour of the Polish national hero General Tadeus Kosciuszko. 164 years later in 2004, notable ultra marathoner Paul Every conquered the mountain in his own way, running from Eden on the coast of New South Wales to the Summit of Kosciuszko, and so the legendary Coast to Kosciuszko ultra marathon was born.

Since that day, men and women from around Australia have gathered together once a year, preparing to take on the 240km challenge. This year, two members of Woodstock, Linda and Michelle, were fortunate to have the opportunity to experience first hand what this unique challenge is all about.

Linda and Michelle's role was to act as the support crew for Tim Cochrane, the reigning champion and record holder. Though not well known outside distance running circles, Tim is one of Australia's most talented and accomplished athletes, having represented our country in various world championships including 100km and 24hr race categories.

The race began in the early hours of the morning on Boydtown Beach near Eden, on the NSW south coast. As the sun rose behind the 24 men and women taking part, there was an air of anticipation and excitement. First-timers wondered anxiously what they were getting themselves into, while the veterans reflected on the challenges that they knew lay ahead. One thing was certain, this was not going to be easy. This was to be a true test of stamina and endurance – both physical and mental.

As the day wore on, the runners started to spread out along the course, some surging ahead while others took a more steady pace. Every few kilometres, the support crews would stop to tend to their runner's needs, providing food, water, first aid and moral support as required. Race directors Paul Every and Diane Weaver also patrolled up and down the field, ensuring that all was going smoothly and providing advice and assistance to everyone.

Towards the end of the first day the weather gods stopped smiling as the clouds and the rain closed in. It would have been easy to let the inclement conditions dampen spirits, but the competitors stayed focussed on the job in hand, preparing to run through the night. It seemed prophetic when, around midnight, a break in the weather revealed a full moon to light the way. Was this saying something about the folly and madness of ultra running?

As the race continued up towards Kosciuszko itself, the conditions deteriorated once again. So much so that all thoughts of race records and personal bests were forgotten – this was becoming a battle of survival, man (and woman) against nature. Still, our brave competitors soldiered on towards the top through the thick fog, driving rains, and gale force winds that even saw some being blown off their feet. After coming so far, they were not going to give up now.

This year, the runners did not reach to the summit of Kosciuszko – the race was cut short due to safety concerns over the weather conditions – but no-one seemed to mind too much. They were just grateful to get there in one piece. Out of 24 entrants, there were 19 finishers, including all the female starters. Those who didn't make it to the end each resolved to come back and try again, while all the successful finishers vowed that they would be back next year to conquer the top of the mountain.

At the post-race breakfast and awards presentation the next day, competitors and support crews alike shared their experiences – the triumphs, the struggles, the disappointment, joy, exhilaration and relief. Each of these emotions and more were felt along the way. But what was felt most of all was the incredible camaraderie, a bond created through the common experience. The awards presentation was emotional, with barely a dry eye in the house as the successful runners received their Akubras and hatpins, a sign of honour bestowed on them in recognition of their courage and achievement in covering 240km on foot from the sea to the summit of Australia's highest mountain.

And so the legend of the Coast to Kosciuszko lives on.

Ed's Note: Michelle is too humble to say it so I will. Tim won! The role the crew plays in such a gruelling race, especially in the conditions they experienced, should not be underestimated.

Membership Renewals

Hi All,

This is just a reminder about the membership fees for 2009/2010 -renewals are due by 31/3/2009. Full details are on the attached files, or you can go to these links to renew your membership, or order your club uniform items:

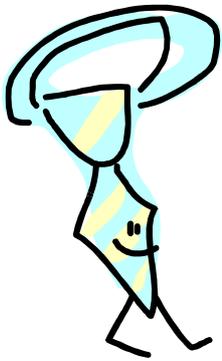
Memberships: <https://www.registernow.com.au/secure/Register.aspx?ID=66>

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

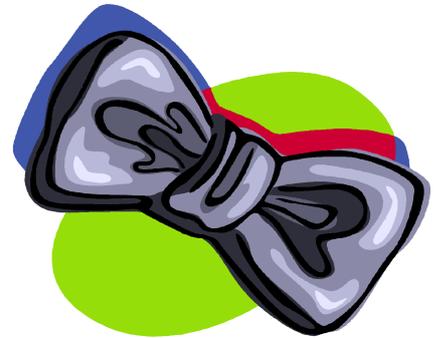
For any new members who have joined in the last month, your 2008/9 membership carries through to 31/3/2010, so you do not need to renew.

Thanks, Colin

Crazy Tie Run!



Members, please wear your most funky and crazy tie to the Tuesday night run on the 20th of January. Our social coordinator, Pat Mahony has promised a prize for the zaniest tie (and you have to complete the run in the tie too).



A visit from the Amy family!

In mid December, a couple of special guests came to our shores, Brian and Chris Amy, parents of popular Woody Martin Amy. It didn't take long for Martin to deck them out in some proper running attire. Brian and Chris have promised to wear their Woodstock uniform in a run over in the UK, and it is actually in the contractual agreement between the Amy's and Martin that they must wear it at least once a year, or they risk losing their honorary Woodstock membership!



Woodstock Life Member and Committee member John Dawlings with Martin in the official handover of the uniforms.



...and just like magic, Chris and Brian are now ready to run! (pity Martin isn't...he has been doing that a bit lately!!)

A Minute With A Member!

Name: Bronwyn Hager

What is your occupation? Brand Marketing Coordinator for Accor Hotels

Running age group? 20 - 29

Do you have family? Yes, my parents, Linda and Tim, two younger brothers, Simon and Matthew, and one younger sister, Megan, who is also a Woody (when she chooses to show up!). I also have two dogs, Max and Ira, who were guide dog puppies but both failed to make the cut!

How long have you been a Woody? Since August 2008, and also was a member previously a few years ago.

When do you run with Woodstock? Tuesday night & TNT

Why do you enjoy running? I think it's the best way to keep fit and relax after work, and is great for a bit of friendly competition with my sister!

What is your favourite running course/event and why? I like the City to Surf, though I question why every year about half way through the run!

What has been your running highlight? I have a lot of great memories from competing in athletics. I joined Western Suburbs Little Athletics when I was 10, and started training a few years later. My best results were in early '99 when I finished 2nd in the 1500m and 1st in the 3000m at the NSW championships. Travelling to Perth to run in the 3000m at the Australian underage championships the following year was also a highlight.

Any lowlights (injury etc)? No, I have been pretty lucky.

What was the last race you went in and how did you go? SMC in December and I ran a PB for 10kms (43.55), so pretty happy with that!!

Anything funny/unusual ever happened to you while you have been out running? This is probably only funny in hindsight, because I don't think I was too impressed at the time. I remember running at the nsw catholic high schools athletics comp at SIAC one year, and when we were walking out to start the 1500m it was beginning to rain. As we lined up on the start line, it started pouring and the officials decided it was too wet to run and we would have to wait until it passed before starting the race. We didn't realise that 'waiting until it passed' actually meant waiting on the start line in the pouring rain for the next 10 minutes until they decided they better let us run before we all froze!

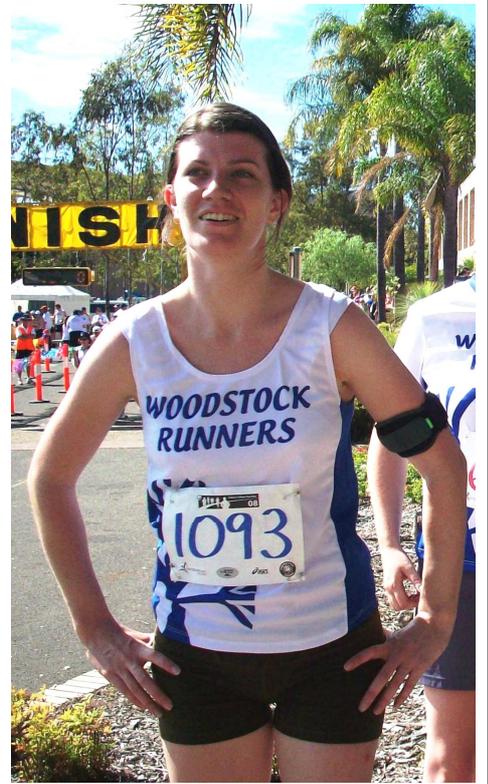
What other sports/hobbies are you involved in? I used to play netball and also enjoy swimming. I love travelling, though I generally spend more time planning than actually going anywhere.

Favourite food/beverage? I can't go past any chicken dish and pasta. I also love prawns, though am not a huge fan of much other seafood!! I don't really have a favourite beverage, but my Dad has a great wine collection which I enjoy sampling from time to time.

If you could have dinner with anyone who would it be and why? At the moment I would have to say Kevin Moore (new Bulldogs coach) so I can find out how he plans to lift us from the wooden spoon this year!

Where would your ideal holiday be? The next one I am planning is to Mexico and Central America which will have a bit of everything, exploring the Maya ruins, dancing salsa and going to the beach! I would also love to go to South America and back to New York.

Interesting things we may not know about you? I was lucky enough to be chosen to run as an escort runner in the torch relay for the 2000 Olympics. I didn't realise how amazing the experience would be until the day, when I found out I would be running with 4 torch bearers and we had the last leg for the day. The last torch bearer I ran with one of the nicest people I have ever met, and let me carry the torch with him the entire way and light the cauldron to mark the end of the day at a park in Gladesville. It was fantastic and something I will always remember. I was even on TV!



Thanks for sharing, Bronwyn!

Results

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

Central Coast Mardi Gras Fun Run, 12/07/08

9km
 John Dawlings 35:26 1st M50-59

University of The Philippines Centennial Run, 14/12/08

10km
 Charissa Patacsil 52:55 3rd F O'all

Sydney Summer Twilight Series, Race 2, 17/12/08

10km
 Brendan Davies 44:49
 Michelle Warren 1:03:42

Sydney Summer Twilight Series, Race 3, 03/01/08

5km
 Linda Barwick 25:52
 Susan Murray 27:30

10km
 Brendan Davies 38:17
 Michelle Warren 59:43

Sydney Summer Twilight Series, Race 4, 10/01/09

10km
 Linda Barwick 54:17

When members aren't just running!!

Canberra Half Ironman, 14/12/08

1.9km/93km/21.1km
 Peter O'Sullivan 6:05:14

Some of the Woodies at the Central Coast Races
 L-R, Charissa, Linda, Martin, John and Brendan

Sydney Marathon Clinic, Race 3, 21/12/08

5km
 Dot Siepmann 27:36 1st F55+
10km
 Martin Amy * 38:46 3rd M20-34
 Alex Hill * 42:55 8th M20-34
 Olatz Arbelaitz * 43:48 ## 1st F35-44
 Bronwyn Hager * 43:55 5th F20-34
 Lyn Jackson ** 48:08 3rd F45-54
 Mark O'Donnell 50:01
 Linda Barwick 52:12 ## 4th F45-54
 Deirdre Stewart ** 55:02 5th F45-54
 Lesley Maher ** 57:04 1st F55+
 Chris Ong 58:03 ##
 Charles Capel ** 1:01:55
 Michelle Warren 1:03:02 9th F35-44

10km Team Results

Woodstock A * 2:49:24 5th O'all
 Woodstock B ** 3:42:09 14th O'all

21.1km

Brendan Davies 1:24:27 8th M O'all, 3rd M30-39
 Vass Vassiliou 1:36:55 5th M50-59
 Thalia Anthony 1:46:33 4th F O'all, 1st F30-39
 Jeff Morunga 1:59:49



PRICE CUTS!

SPORTSWEAR BARGAINS
 ON TRIATHLON, RUN, CYCLE
 & SWIM APPAREL!
 COME TO OUR SHOP ON
 THE LAST SATURDAY OF EACH MONTH
8am - 1pm
 Shop 4 /21 Putland Close, Kirrawee
 (next to Kirrawee High School) Ph: 02 95217011

Hot DESIGNS
 SPORTSWEAR

HUGE SAVINGS!

WHY PAY RETAIL ?
 BUY CANVAS IMAGES FROM FACTORY!!
 TO VIEW SOME OF OUR STOCK IMAGES
 GO TO www.hotdesigns.com.au
 & COME TO OUR SHOP ON
 THE LAST SATURDAY OF EACH MONTH
8am - 1pm
 Shop 4 /21 Putland Close, Kirrawee
 (next to Kirrawee High School) Ph: 02 95217011

REVOLUTION
 IMAGING

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,

Log Book Distances-2008

Given Name	Surname	TOTAL	Willem	Vervoort	
Roy	Rankin	758	Tami	Dower	60
Jon	Patrick	598	Alecia	Fiorentino	55
Barry	Cole	481	Max	Crossley	50
Kerry	Bray	472	Chia (Charissa)	Patacsil	48
Vass	Vassiliou	471	Bridget	Akers	47
John	Ovenden	461	Lesley	Maher	47
Dot	Siepmann	436	Calli	Brown	43
Ray	Dean	436	Ian	Whitfield	42
Brendan	Davies	406	Brian	Ogilwy	41
Emanuel	Finos	406	Paul	Milazzo	41
Eddie	McLean	405	Julia	Stenton	40
Jenny	Vassiliou	398	Annika	Humphreys	36
John	Dawlings	398	Madeleine	Balzola	34
Greg	Muir	384	Tristan	Iseli	31
Maree	Lucas	377	Mark	O'Donnell	24
Kazuaki	Takahashi	370	Stephen	Lloyd	24
Alex	Hill	367	Rosalind	Lloyd	19
Rick	Collins	360	Megan	Hager	18
Peter	O'Sullivan	334	David	Mathers	16
Stretch	Fowler	332	Louise	Hawkins	15
Jeff	Morunga	314	Steve	Laws	15
Colin	Townsend	293	Maryellen	Galbally	10
Derek	White	288	Nick	Spasevski	10
Lawrence	Ullio	287	Manal	Garcia	9
Tony	Purss	282	Anna	Nightingale	7
Max	McGown	266	Barry	Crisp	7
John	Phillips	249	Chris	Thoroughgood	7
Pat	Mahony *	244	Marlene	Cole	7
Thalia	Anthony	241	Paul	Barnett	7
Ken	Murray *	218	Ross	Keys	7
Deirdre	Stewart	215	Andrea	Lung	0
Julian	Burbidge	215	Angela	Benvenuti	0
Tony	Burbidge	205	Bronwyn	Suley	0
Lorraine	Spanton	201	Caroline	Owen	0
Danielle	Van Zuylen	198	Chris	Siepen	0
Susan	Murray	194	Christine	Berle	0
Kay	Johnson *	193	Gwen	Parker	0
Fumi	Takahashi	183	Holly	Muir	0
Sonja	Kukec	182	John	Brown	0
Martin	Amy	175	John	Murray	0
Kevin	Lucas	170	Joseph	Ayoub	0
Max	Hall	157	Lee	Baker	0
Kim	Cayzer	146	Linda	Barwick	0
Christine	Cullen	144	Lloyd	Laing	0
Beverley	Edwards *	138	Lyn	Jackson	0
David	Blackwell	117	Riccardo	Benvenuti	0
Larissa	Tichon	116	Robyn	Briscoe	0
Paul	Nash	104	Steve	Briscoe	0
Stephen	Browne	104	Steve	Hadlow	0
Michelle	Warren	94	Sue	Johnson-Ham	0
Bronwyn	Hager	90	Tara	Pryde	0
Gerry	Cullen	89	Therese	Ayoub	0
John	Pollard	77	Trevor	Dartnell	0
Paul	Whiteway	74	Yvonne	Fillery	0

* Denotes Walking Award Winners

Upcoming Events

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

- Fri 16** SYDNEY SUMMER TWILIGHT SERIES - RACE 5 CENTENNIAL PARK
Jan Race 5 - Friday, January 16 7:00PM - Centennial Park. Start/Finish at corner of Parkes Drive and Dickens Drive. Course is an indented loop of 5 kms along Dickens Drive and Loch Avenue then left onto Grand Drive footpath for one lap returning via Loch Avenue and Dickens Drive. Course Map. Colin will be 'hosting', but would like to palm off on someone else...or we can just rock up and run anyway. contact: Post a note on the Coolrunning forum thread. Visit the [website](#) for more details.
- Sun 18** SYDNEY MARATHON CLINIC ROAD RACE SERIES
Jan 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](#).
- Fri 23** SYDNEY SUMMER TWILIGHT SERIES - RACE 6 OATLEY
Jan Race 6 - Friday, January 23, 7:00PM - Oatley . Host Carmen. MrD will provide course map. Further details to
- Mon 26** MENAI MARKETPLACE COMMUNITY FUN RUN
Jan Distance: 8.2km & 3.2km. Event Time: 8am, marshalling starts at 7am. Location of race: Menai Park, Menai. Other details: U/12, U/16, open, over 40 & over 50 age groups in both runs. Map of runs & entry form is on the web site. Barrel Draw Prizes. contact: Steven Clarke 0417 008 217. email: funrun05@yahoo.com.au. Visit the [website](#) for more details. Click here for an [entryform](#).
- Mon 26** The fantastic **City of Canterbury 2009 Australia Day Fun Run** is **FREE** to enter and is open to all age groups. The **Jan 5.5 km fun run** starts at **Gough Whitlam Park, Bayview Avenue Undercliffe**, follows the Cooks River along a walk/bike path to Beaman Park, which participants circle the park and return along the Cooks River back to Gough Whitlam Park and the finishing line. At the half way point - Beaman Park, all participants must pick up a blue wrist band and show their wrist band at the finishing line. Registration commences at 8am for a **9.15am start** at Gough Whitlam Park. PRIZES - Prizes will be awarded to male and female winners in each of the age categories: 1st place receives -- **\$200**, 2nd place receives -- **\$100**, 3rd place receives -- **\$50**
- Mon 26** FUN RUN - AUSTRALIA DAY PENRITH LAKES
Jan FUN RUN 5km or 10km - Male and Female 26 January 2009 at the Sydney International Regatta Centre, Penrith Lakes Age Groups: 5km Event: Over 50yrs, Over 35yrs, Open, U20, U18, U16, U14, U12, U10 10km Event: Over 50yrs, Over 35yrs, Open, U20 Course: Around the Competition Lake at Sydney International Regatta Centre. Registration: Starts 6:30 am. Enter Gate A or as directed by traffic marshall and proceed to the front of the grandstand. Race Starts: 7:30 am Further Enquiries: Nepean Seniors Athletics Club contact: Evelyn Stark Phone/Fax (02) 9623 6608. email: stalbot@penrithcity.nsw.gov.au. Visit the [website](#) for more details. Click here for an [entryform](#).
- Fri 30** SYDNEY SUMMER TWILIGHT SERIES - RACE 7 PYRMONT OR PARRAMATTA
Jan Race 7 - Friday, January 30, 7:00PM - Pyrmont or Parramatta....preference is Parramatta. Hosted by one or more of Colin, SMC42K, HillsAths1 contact: Post a note on the Coolrunning forum thread. Visit the [website](#) for more details.
- Fri 6** SYDNEY SUMMER TWILIGHT SERIES - RACE 8 DOONSIDE
Feb Race 8 - Friday, February 6, 7:00PM - Start from soccer field car park opposite Blacktown Olympic Park, Eastern Rd, Doonside. UBD map 167 L15. 5km & 10 km out & back. Start from car park and then south along traffic free cycle/walk track beside M7. The path is well lit at night. Runners must take care as it is a shared pathway with cyclists using it. Toilet & shower facilities are available. Drinks will be provided (cold water and gatorade). Host: SMC42K ...these last two races may be interchanged dep on host availability. contact: Post a note on the Coolrunning forum thread. Visit the [website](#) for more details.



 **City of Canterbury**
City of Cultural Diversity

Welcomes you to

Australia Day 09

Fun Run

Monday 26 January 2009

Take the challenge and enter our 5.5km Fun Run starting at 9.15am from Gough Whitlam Park. The course travels along Bayview Avenue to Beaman Park and back.

Registration details are on our website at www.canterbury.nsw.gov.au



Great prizes to be won!



Supreme Car Smash Repairs



The Wine Man / Crocotta Chemist Campus / Capra Sport

Yes!! That is our own Derek White in the picture. A great spot of publicity for Woodstock!
More details of this run in the 'Upcoming Events'

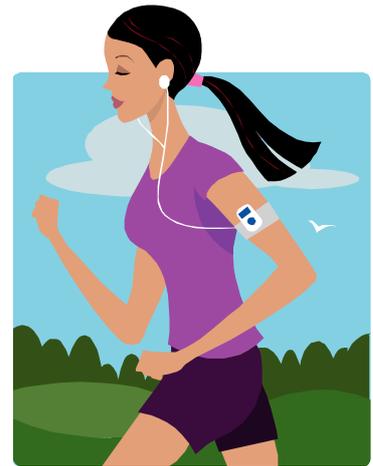
WOODSTOCK RUNNERS' BREAKFAST RUN / WALK

at

CRONULLA

Sunday March 1

7.15am for 7.30am start
(Walkers leave at 7.15am)



Park alongside Dunningham Park, Elouera Road in front of the North Cronulla Hotel

DISTANCES 6k – 15k approx

MAPS PROVIDED

Breakfast at Alley Break Café (alongside Dunningham Park) from 9.00am

BREAKFAST \$12.00

2 CHOICES

Cold Breakfast – Muesli, Fruit Salad and Yoghurt + hot or cold drink

Hot Breakfast – Bacon, Fried or Scrambled Egg + hot or cold drink

Additional drinks extra

Bring cozzies for a surf at beautiful North Cronulla!

Woodstock Runners – Membership Forms for 2009-2010

Membership Fees for the 2009-2010 year are due by 31st March 2009. Please note the following:

1. **Renew Online** – members can once again renew online with payment by credit card on RegisterNow's secure site. About 50% of members renewed online last year, this reduces our paper records.

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

2. **Paper Form** – this is attached for those preferring this method, unfortunately offline credit card payments cannot be accepted.

3. **Due Date is 31/3/2009** - Any members not rejoining by 31/3/2009 cease to be a member on that date (refer Constitution, clause 8.2).

4. **New Club Gear Order Closing 24/2/2009** – new stock of short sleeve tops, long sleeve tops, and bra tops will be ordered from Hot Designs on 24/2/2009, based on orders received up to that date. Members will have these items by early April, just in time for the Canberra Marathon.

Short Sleeve Tops	\$45
Long Sleeve Tops	\$55
Bra Top	\$60

These items can be ordered online via RegisterNow, or on the attached Membership Form.

These orders will definitely close 24/2/2009.

We still have stock of singlets and caps, and a few polar fleeces are left, these can be ordered online or purchased from our Uniforms Officer (Dot Siepmann).

The **Hot Designs sizing chart** is attached, and is on our website, or another member might let you try on their shirt for size.

5. **Cheques** - should be made payable to "Woodstock Runners", with completed forms and money to be submitted by 31/3/2009 at any of our Club runs, or posted to The Treasurer, PO Box 672, Burwood NSW 1805.

6. **Rundown & Privacy** - On your membership renewal, please indicate if you require a paper copy of the Rundown, and if you do not consent to your details appearing on our Member List. The Member List will not be posted on our website, and is only intended for internal Club purposes.

7. **Questions?** - If you have any questions about the above, please see a Committee member or myself, or contact me via email on info@woodstockrunners.org.au

Thanks,

Colin Townsend
On behalf of the Club Committee

Woodstock Runners Membership Form – 2009-2010



Name: _____

Address: _____ Suburb: _____ Postcode _____

Telephone Home: _____ Work: _____ Mobile: _____

Date of Birth: _____ Email: _____

I wish to join/rejoin as a financial member of Woodstock Runners Inc. for 2009-2010 as indicated below:

Part A - Club Fees:

Existing Members

	Adults	Concession	
Joining before 31/3/2009	\$40.00	\$25.00	\$ _____
Joining after 1/4/2009	\$50.00	\$35.00	

New Members - New Member Fee includes a Club T-Shirt, or \$10 discount on Club singlet. Size: _____

	Adults	Concession	
Joining before 2/8/2009	\$50.00	\$35.00	\$ _____
Joining after 3/8/2009	\$40.00	\$25.00	

New Member PB's (optional, but will be recognised in our Club Rankings):

<u>Distance</u>	<u>Event</u>	<u>Date</u>	<u>Time</u>
10km			
City to Surf			
½ Marathon			
Marathon			

Part B – Club Gear

	<u>Size / Qty</u>		<u>Size / Qty</u>		<u>Size / Qty</u>
Cap \$20	_____	Singlets (M/F) \$40	____ / ____	Old T-Shirts \$5	____ / ____
Short Sleeve \$45	____ / ____	Shorts – Female \$40	____ / ____	Old Singlets \$5	____ / ____
Long Sleeve \$55	____ / ____	Bra Top \$60	____ / ____	Polar Fleece \$28	____ / ____

\$ _____

Total

\$ _____

Please tick as appropriate:

- I require paper copy of the “Run-down” (Club Newsletter issued monthly)
- I **do not** consent to my above contact details being included in the Club Member List

Please return to:

Treasurer - Woodstock Runners Inc.
PO Box 672
BURWOOD NSW 1805

Cheques should be made payable to “Woodstock Runners Inc”.