

The **WOODSTOCK RUNDOWN**

April, 2009

Internet address: www.woodstockrunners.org.au

Email: info@woodstockrunners.org.au

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

Email Results and Contributions 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

There's no need to spend between \$200 and \$300 to "Swim with Sharks". I paid just \$25 to enter the Shark Island Swim at Cronulla and had the opportunity to swim alongside and on top of 2 Hammerheads. The helicopter and 4 boats, provided in case of an evacuation, herded them towards NZ.

Still at Cronulla, it's amazing just what you see when you are out running. Sunday week ago at 6.30am, quite dark, I spotted approximately 50 people walking from the Surf Club into Cronulla Park. Thinking, at a distance, they may have been a fitness group from the Club, as I ran closer to them, I was amazed to see them all dressed as pirates. My daughter, Ellen, had also seen them while running at 5.15am and 5.30am. Some carried swords. All appeared to be sober. Who are they and what were they doing? We are yet to learn.

Congratulations to Susan and Stretch for their great efforts in the Cronulla Triathlon. Conditions were difficult on the day, especially for the swim.

Former member, Len Foulser, at 94 and confined to a nursing home, was recently admitted to hospital with a couple of problems, but appears to have bounced back to his normal good physical health.

Dorothy and I wish to thank Roy who always remains back at Woodstock no matter how long it takes the two of us to finish.

I'm sure all will join me in thanking Brendan for his tremendous work in publishing The Rundown each month. We appreciate your dedication to the job and we trust we will find a willing member to follow in Brendan's footsteps.

Welcome to all our new members who have joined us over the past few months. We hope you enjoy lots of great running and good times with the Club. To former members, don't forget to pay up your membership and also think about nominating people for the Committee or volunteering yourself.

Good luck to the many members running in Canberra April 18/19. It will give us a wonderful opportunity to fly our colours and let's hope we see many fabulous performances.

Happy Easter to all; enjoy the break and lots of great running/walking.

Kerry

This Month's Birthdays!

Paul Nash - 3rd, Robyn Briscoe - 3rd, Max McGown - 6th, Nick Spasevski - 13th,
Jeff Morunga - 18th, Willem Vervoort - 30th.

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*



April Training Program

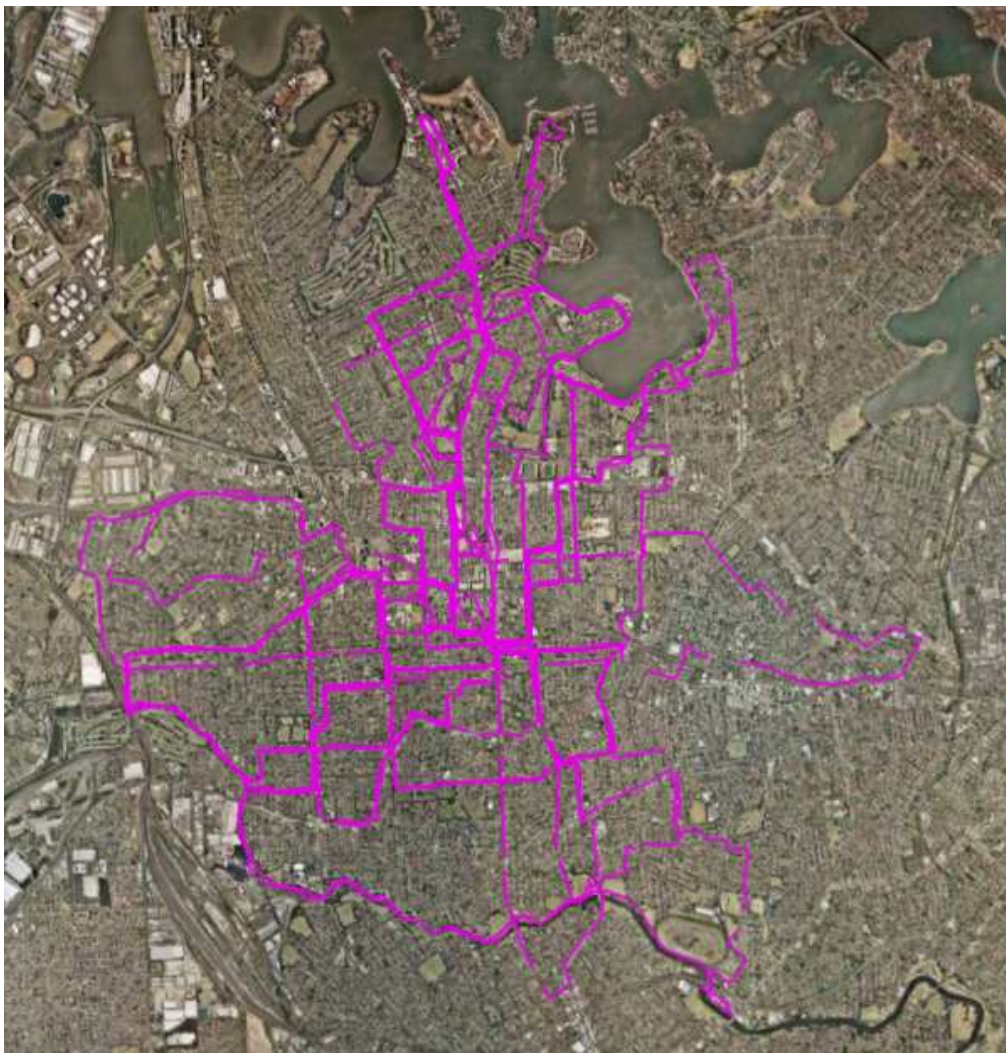
Tuesday Run. Meet at 6pm @ Woodstock, Burwood			Thursday Intervals. Meet at 6:30pm @ Campbell Oval, Ashbury		Saturday Run. Meet at 7:20am @ Brett Park, Drummoyne		
07/04	Concord	9km	09/04	800m x 6	11/04	Bay Run	7km
14/04	Canada Bay	11km	16/04	"Mile Down" Inverted Pyramid	18/04	Drummoyne	9km
21/04	Homebush	10km	23/04	"Parlov" 300m x 12	25/04	Balmain Shores	7.5km
28/04	Campsie	9km	30/04	1200m x 4	02/05	Hell Hill	8km
Sunday 3rd May, Breakfast Run - "The Balmain Push" Meet at 7.20am, 5, 10 or 15km. See flyer for more details.							
05/05	Burwood Park	10km	07/05	"Mona" Fartlek Session	09/05	Balmain	9km

Bird's Eye View of Tuesday Nights!

This member's contribution comes from Alex Hill.

"Here's a picture I made in Google Earth. It shows all of the runs that I have done in the past 12 months with Woodstock on a Tuesday night. I recorded them using my Forerunner GPS watch. There is probably one or two runs missing.

You can see the streets that we run the most - they appear thicker because of the variance of the GPS. Also there are a few sections missing where I lost the GPS signal."



Welcome New Members!

A big Woodstock welcome to our newest club members, Glenda Zarate and Nick Marshall. We look forward to seeing you both at one of our training runs or at a race 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 running gear.

6 Foot Track Race Report

This race report comes from Phil Lobsey who has run his first 6 Foot Track (Ultra) Marathon!

"I started at a comfortable Wave 3 pace and hit my split of 1.32 at Cocks River. My plan was to walk all of Mini Mini & Pluvio, which I did...but I was supposed to reach the top comparatively fresh, which was certainly not the case. My energy levels had dipped, I was walking more than I intended and runners were starting to drift past. The prospect of 19k to go from Pluvio was tough mentally...the Black Ranges had lived up to their name.

I pumped in some gels, bananas, snakes, water, sports drinks, (ie everything going) & eventually regained some running form. By the Deviation (10k to go), I was feeling better & running most sections, though the uphill was still too much for me.

The final stretch was ok - I was passing people which always helps. But I was at the mercy of the gels...when I ran out of juice, I ground to a halt.

I finished in 5:02 - inside of my goal time, so very pleased. It's a really great run, it comes well recommended to any considering for next year!

Cheers, Phil"

Canberra Marathon!

A HUGE Woodstock contingent is heading down to the Nation's Capital this weekend for the various distances on offer. Good running to all Woodies and you will be well supported!

Marathon: Martin Amy, Thalia Anthony (Debut), Rick Collins, Brendan Davies*, Jeff Morunga*, Chaia Patacsil (Debut), Anthony Robinson (Debut), Vass Vassiliou* (* Indicated they will do the 50km add on option)

10km: Kerry Bray, John Dawlings, Bronwyn Hager, Mark Mercieca, Mark O'Donnell, Brian Ogilwy, Dot Siepmann. (Apologies if I have missed anyone—Ed.)



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

1/2 MARATHON SABOTAGE!

I like to stay as cosy and warm as possible on those chilly mornings when we're waiting around for the start of a big race. I usually manage to find some old clothes that will be picked up later for distribution to one of the charities.

When I was getting ready to do my last SMH Half Marathon, I reached into the back of the closet for my throwaway outfit- something that seemed like a good idea when I bought it but never again saw the light of day. This was perfect- pants and jacket, never worn that some homeless person might get some use out of.

I dressed as usual- top & shorts, etc and the throwaway outfit over that. I finished off with the socks and shoes. My trip on the train into the City went all to plan- plenty of time for finding the loos, drinking, checking in my post-race baggage, etc.

Now I was at the starting line squashed in amongst my fellow runners up near the front. 5 mins to the starting gun- time to strip down and race. But, help! Panic stations, the pants wouldn't come off over the running shoes. What to do? Nothing to do but plunk myself down on my bum on the pavement amongst the forest of legs, dreadfully embarrassed feeling like a real goose. Undo one shoe, then the other, then off with the pants, and on again with the shoes- hoping I had the laces done properly, chip in place. At long last- ready to go- only about half a minute to spare- heart racing as if I'd just done a 200M sprint. I had nearly sabotaged myself- or maybe I had as my time was 13 minutes slower than the previous year. Of all the calamities that could have befallen me I really didn't see this one coming.....

- Dot Siepmann

Handicap Event, 30/5/2009

The 2009 Handicap Series continues next month (30/5/2009).

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 all entrants:

- **Anyone beating their time by more than one minute will be disqualified. Watches are not permitted, to prevent "staged" finishes.**

The best three events for each member count towards the 2009 Pointscore Awards. The points basis is very simple - 1 point for last, 2 points for second last, etc.

The registration list will be available on Tuesday 19/5/2009 to register your time, or you can phone me on 9680 7476 or 0413 484 053 (or SMS) with your time, or by email on colin_townsend@optusnet.com.au

It is helpful if I can get your time estimates by 8:00pm 29/5/2009 (Friday night), so that the start can proceed without too many interruptions.

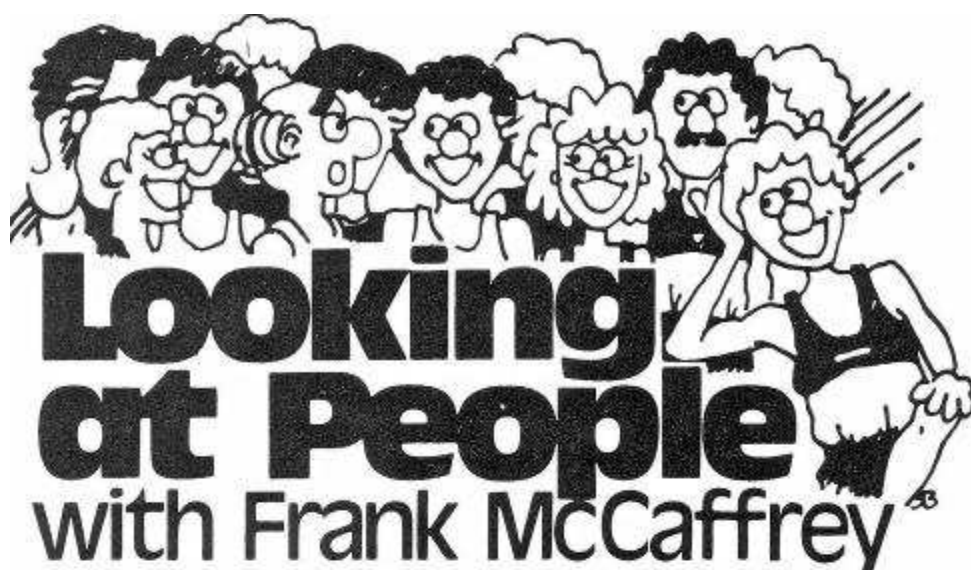
I look forward to seeing you there.

- Colin



From the Archives!

This month we feature an article that appeared in the Dec '85/Jan '86 edition of 'Fun Runner' Magazine. It features a couple of Woodstock members, and remember, this is 24 years old!



Only an Englishman could be such a genius in the art of compromise. DERRICK TITMUS shows how he has overcome the problem of multiple club membership by means of harlequin-like gear. (Les Murray)

Most people in Sydney who are into running/jogging will know Derrick Titmus, 45, who incidentally was born in London (Hackney) at the height of the German blitz.

Derrick came to Sydney in the summer of 1970. With middle-age spread worrying him, he took up jogging some time in '75, usually doing early-morning sessions when few people were about.

Derrick bought his first pair of running shoes from Australia's 'Golden Girl', Betty Cuthbert, who had a store in Burwood, NSW. Betty impressed Derrick with her friendly advice and sincerity.

In '77 Derrick got into the Sydney jogging scene, and in no time at all had made a lot of friends—especially among his first club-members, the Mt Druitt Joggers.

But being the sort of guy who is anxious to meet more and more people, Derrick was soon running with the Harbord Diggers from South Curl Curl on Sundays. Not content with that, he then became associated with Western Districts Joggers at Gillawarna—and also joined both the Sydney Striders and Kerry Bray's Woodstock Runners (Burwood).

'All these groups comprised wonderful people and offered jogging at different levels and in contrasting scenic areas,' Derrick remarked, and added, 'The friendship among runners/joggers, no matter where you go, is second to none. When you get down in the dumps, you find real friends in the running community.'

Derrick spoke of some of the outstanding people he has met in the running scene, like George McGrath, Eunice and Bob Harris, Brenda Every,

Andrew Lloyd, Steve Poulton and Robert de Castella. He hastily added, 'This is nowhere near a complete list of great people I've met since becoming a jogger; I could go on and on!'

Derrick Titmus is no ordinary guy who simply jogs for fitness and health. Derrick is a compassionate person who thinks of other people first and himself last. I'd go so far as to say that Derrick has spent a lot of his life helping others—to the detriment of his own personal life and welfare. This guy stands out like a beacon when it comes to compassion for others, especially the unfortunate.

One of the highlights of his life, he says, was crossing the line at Bondi in the City to Surf with Robert Goldrick from the Cromehurst Special School at Lindfield. Derrick says, 'It was a mighty effort on his part, and it's something precious which will live in my memory for always.'

One of Derrick's aspirations is to run a 3hr 30min marathon in Dave Cundy's event in Canberra, and to hear Brian Lenton call out his name as he crosses the line!

Another is to win the City to Surf husband and wife category with either Eleanor Cody, Robyn Nash, Lesley Leal or Alison Roe!

Recently, Steve Poulton has given Derrick a training schedule, and he expects to improve out of sight in '86.

One thing is for sure about this guy: even if he didn't improve another second over whatever distance, nobody would care one iota as long as he stays on the scene. We really need guys like Derrick Titmus.

* * *

It's probably news to those outside Sydney that George Carruthers, 75, will be retiring at the end of this year.

George, the City to Surf director, has been involved in athletics for over 50 years and renowned for his highly efficient organisation. Before City to Surf days he directed the NSW and Australian marathons and other important NSW AAA distance events, and he has been awarded the British Empire Medal in recognition of his splendid service to amateur athletics.

We at *Fun Runner*, and I'm sure all our readers, wish George a happy retirement and express our thanks for his untiring and dedicated service to distance running.

* * *

True to character, Derrick Titmus volunteered to give us profiles of just a few of his hundreds of running acquaintances, and here are two of them.

Kerry Bray is a mother of five with a full-time job at St Thomas' Boys High at Lewisham, NSW.

This amazing mum took up running in August 1980. Encouraged by her son Rohan, who was already hooked, she formed a running club in their suburb of Burwood, never dreaming that five years later Robyn would be running marathons and her club, the Woodstock Runners, would have become one of Sydney's most successful.

Kerry has won numerous age-division awards in fun runs, yet still finds time in between training to devote to her household of eight, and with her husband Paul's support, takes the family to their various sporting venues, plus taking a major role in organising the annual Woodstock Runners Fun Run. Her friends figure she must manage on 5 hours' sleep a night; there's just no time for any more.

Kerry is a marvellous running mum and a credit to our sport—and above all, a credit to all running women.

* * *

New Zealand's loss was certainly Australia's gain when **Eleanor Cody** came to these shores in 1982. She is from a very close family in Wellington, NZ, but working for Singapore Airlines is able to visit them regularly. Eleanor had a very serious leg operation early in 1983, and to see her running the way she is now is indeed inspirational.

Highlights for her this year were being coached by Steve Poulton ('the quiet achiever'), representing her airline in the international race in London (see 'Fun Run Reports' this issue), being one of the NSW representatives in the Australian Cross Country Championships, winning the Sutherland to Surf, and placing 3rd female in the City to Surf. Of the 24 fun runs she has entered this year, Eleanor has won 12 and placed in the other 12. A great record for a girl who not only looks lovely but has the personality to match.

* * *



Above: **KERRY BRAY** with a fitting acknowledgement of her great services to fun running (that's **TOM GILLIS** grinning in the background). Below: Sutherland to Surf '85, with winner **ELEANOR CODY** (centre) flanked by runner-up **LYNDA WALTON** (left) and 3rd-placed **DANEKE SMITH**.

Results

Please email all your results to
rundown@woodstockrunners.org.au

Sydney Corporate Cup, Series 63 #3, 04/03/09

6km

John Murray	26:20
Stephen Browne	33:10

Campbelltown City Challenge Walk, 07/03/09

6km

Eddie McLean	57:04	1st M80+
--------------	-------	----------

14 age wins from 14 starts!

NSW Police/Masters Games, 07-08/03/09

5000m Track

Dot Siepmann	27:05	1st Female
--------------	-------	------------

10,000 Track

Dot Siepmann	56:08	1st Female
--------------	-------	------------

6 Foot Track (Ultra) Marathon, 15/03/09

45km

Brendan Davies	4:09:42
Phil Lobsey	5:02:11
Lee Baker	6:36:35
Jeff Morunga	6:53:44

Sydney Corporate Cup, Series 63 #4, 18/03/09

6km

John Murray	26:15
Stephen Browne	31:30
Michelle Warren	41:05

Sydney Marathon Clinic, 22/03/09

5km

Dot Siepmann	27:18	3rd F O'all
--------------	-------	-------------

10km

Phil Lobsey	42:54	
Bronwyn Hager	43:11	1st F O'all
Lyn Jackson	44:15	2nd F O'all
Manal Garcia	45:38	4th F O'all, 1st F35-44
Lorraine Spanton	47:32	5th F O'all, 1st F55+
Deirdre Stewart	50:04	10th F O'all, 2nd F 45-54
Mark O'Donnell	51:19	
Lee Baker	52:02	
John Phillips	03:42	

30km

Brendan Davies	1:59:45	8th M O'all, 2nd M 30-39
Anthony Robinson	2:24:03	
Vass Vassiliou	2:25:15	
Thalia Anthony	2:35:56	7th F O'all
Chaia Patacsil	2:41:14	2nd F 20-29
Michelle Warren	3:27:00	

Lindfield Rotary Fun Run, 22/03/09

10km

John Dawlings	39:03	2nd M50-59
---------------	-------	------------

NSW Masters Championships, 29/03/09

5000m

Dot Siepmann ##	27:07	1st F65-69
-----------------	-------	------------

Sri Chinmoy, Centennial Park, 29/03/09

12km

John Dawlings	48:14	2nd M50-59
Nick Marshall	53:31	
Fumi Takahashi	59:54	
Chaia Patacsil	1:02:08	
Tomomi Yamazaki	1:05:32	
Michelle Warren	1:18:20	

8km

Kerry Bray	45:13	5th M50-59
John Phillips	49:44	
Peta Bray ##	49:47	1st F60-69

4km

Larissa Tichon ##	16:36	2nd O'all, 1st F17+
Thalia Anthony	18:27	8th O'all, 4th F17+

Sydney Corporate Cup, Series 63 #5, 01/04/09

6km

John Murray	26:30
Stephen Browne	29:50
Michelle Warren	37:50

Sydney Striders, Lane Cove, 04/04/09

10km

Manal Garcia	46:17
Linda Barwick	51:58
Jeff Morunga	52:46
Brian Ogilwy	53:55
Dot Siepmann	57:17
Michelle Warren	1:05:39

Australian Masters Championships, 10-13/04/09

Dot Siepmann

10,000m	53:16	1st W65
5000m	26:32	1st W65
8km Cross Country	49:24	1st W65

When members aren't just running!!

Sydney Sprint Series Triathlon, Race 4, 18/01/09

750m/20km/5km

Jonathan Fowler	1:35:14
-----------------	---------

Jervis Bay Triathlon Festival, 21/02/09

750m/20km/5km

Peter O'Sullivan	1:13:07	6th M45-49
------------------	---------	------------

Sydney Water Challenge Triathlon, Cronulla, 08/03/09

1500m/40km/10km

Susan Murray	2:21:56	5th F45-49
Jonathan Fowler	3:10:06	

Shark Island Swim, 15/03/09

2.3km

Kerry Bray	1:02:10	2nd F65-69
------------	---------	------------

Upcoming Events

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

Sun 19 Apr * CANBERRA MARATHON AND ULTRA (ACT)

42.2km & 50km, 7am, Kids Marathon, 8am 'final 2.195km of the marathon distance'. Telopea Park School, Canberra contact: Dave Cundy. email: cundysm@ozemail.com.au. Visit the [website](#) for more details.

Sun 26 Apr 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 26 Apr BATHURST HALF MARATHON & 10K

A great day out in Bathurst, an ideal lead up to the Sydney Half in a great country setting. Fast, flat course. 9am start. Great value for money with the best free post race BBQ around. Excellent draw prizes. Over 170 runners in 2008. Visit the website for more details. email: bathursthalfmarathon@aapt.net.au. Visit the [website](#) for more details.

Sat 2 May SYDNEY STRIDERS 10KM SERIES

10km race on an officially certified course at Sydney Olympic Park, P5 Parking Area off Hill Rd near Holker Busway Homebush **incorporates ANSW State 10km Road Championships**. SPECIAL LATER START TIME 7.45am More details will be available closer to the date. contact: Barbara Becker 0402-967-697. email: info@sydneystriders.org.au. Visit the [website](#) for more details.

Sun 3 May KARUAH RSL RIVER FUN RUN

8km run and 4km run & walk. Interesting on/off road course. Age category prizes. Team and family events. Entry fee: \$10 per adult; \$8 per child, student 18 and under; \$20 per family of 3 or more. 10am start at the Karuah Community Hall, Engle Avenue Karuah. Enter on the day, or contact Peter or Tony for further details. contact: Peter Hodges 0407305025 or Tony King 49975620 (AH). email: peterjhodges@bigpond.com. Click here for an [entryform](#).

Sun 3 May MACARTHUR LIONS ANZAC RUN 2009

An off road grassed 5km or 10km cross country event. The track is a mowed well defined and level field some 7m wide, the track winds its way up and over undulating semi rural landscape within close approximation to Camden. An easy drive on the M5, M4 or Great Western Highway then the Northern Road. This is a sponsored event, with St Johns Ambulance and a Sports physiotherapist in attendance. The event is a major Charity Fund Raising Event. Sports persons alike held last years event with esteem and were eager to return this year. Sports participants are welcome as are family, team, individual and school entrants. Details and entrance forms are available on the Camden Council Website or alternatively the Camden Local Paper. On day registrations start at 8.00am contact: Keith McLeod. email: mandykeith@bigpond.com. Visit the [website](#) for more details. Click here for an [entryform](#).

Sun 10 May SRI CHINMOY SYDNEY SERIES RACE 2 - IRON COVE 16 KM, 8 KM & 4 KM.

The second race in the Sri Chinmoy Sydney Series for 2009, returning to the ever-popular Iron Cove. For those participating in the SMH Half-Marathon, an ideal opportunity to fine-tune one week out. 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 6.45 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](#).

Sat- 16-17 THE NORTH FACE 100

Sun May A 100km competitive ultra-trail running event in the Blue Mountains open to individuals. This is the pinnacle of trail running events in Australia including a spectacular course, over 4,500m elevation and a cut-off time of only 30 hrs to complete the course. Belt buckles for those finishing in less than 14 hours! Test yourself, push your own limits and achieve something to be proud of! For those not quite ready for the total experience, the Marathon Pairs option offers teams of 2 the possibility to relay the distance at mid-course. email: info@arocsport.com.au. Visit the [website](#) for more details.

Sun 17 May **KINGS HIGHWAY FUN RUN**
The Schizophrenia Fellowship of New South Wales is holding a Fun Run to raise money for the North Shore Support Group. All are welcome to participate in the 2km cross country course that is around the grounds of Gladesville Hospital. Registration prior to the event or on the day from 7:30am - 9:00am. The following events are; community Fun Run, high school challenge, primary school challenge and Dog and Owner race. Races start from 9:30am> for more information refer to the website. contact: Philippa Boss. email: philippa.boss@sfnsw.org.au. Visit the [website](#) for more details.

Sun 17 May **WALLAROO FUN RUN**
There are 3 runs at the annual Wallaroo Fun Run - 10km at 10:30am, 6km at noon and 2km at 1:30pm. The runs follow fire trails through the tranquil Wallaroo Forest setting. There is a School Challenge trophy for the 2km with a trophy and medals for the fastest school team; and medals for the fastest 2km Open Team and Parent & Child Team. Age category medals are awarded in each run and Certificates of Achievement are presented to all competitors. The run site is 12 km north of Raymond Terrace, just off the Pacific Highway. contact: Deidre - 4981 8000. email: hall@idl.net.au. Visit the [website](#) for more details. Click here for an [entryform](#).

Sun 17 May **SMH HALF MARATHON**

Woodies at the Races!



All photos taken at the Sri Chinmoy event at Centennial Park.

Clockwise:

Michelle Warren,
Larissa Tichon,
John Phillips, Kerry
Bray and Thalia
Anthony.

Photos courtesy
of Sri Chinmoy.

WOODSTOCK RUNNERS' BREAKFAST RUN / WALK

“THE BALMAIN PUSH”

A run around the streets of Balmain and the harbour of Sydney

Sunday 3rd May

Meet at 7.20 am for 7.30 am start

Start at Ann Cashman Reserve, corner Beattie and Elliot Streets, Balmain

There are no toilets at Ann Cashman Reserve but you can use ours until 7.20

Plenty of free parking at the start but there are meters outside my house

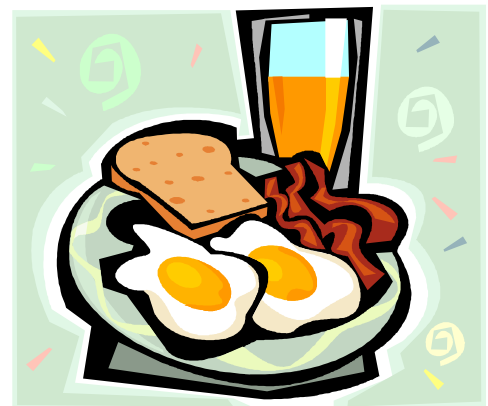
Or park in the car park in Beattie Street close to Darling Street



Breakfast afterwards at 60 Beattie Street,
Balmain
(about 200 metres from the start)

Distances 5, 10 or 15 kilometres

Maps provided and courses marked with chalk



Cost \$3

**See John Dawlings for further details or
call on 9810-7619 (h) or
0422 819 468 (w)**

Woodstock Runners Executive Committee
Nomination Form for 2009 (nominations close 9/5/2009)

Please place in box on Tuesdays or to hand to a Committee Member.

For the position of **President**, I,nominate.....

Signed: (Nominator)

I,, accept nomination for the position of **President**.

Signed: (Nominee)

For the position of **Vice President**, I, nominate.....

Signed: (Nominator)

I,, accept nomination for the position of **Vice President**.

Signed: (Nominee)

For the position of **Secretary**, I, nominate

Signed: (Nominator)

I,, accept nomination for the position of **Secretary**.

Signed: (Nominee)

For the position of **Treasurer**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Treasurer**.

Signed: (Nominee)

Woodstock Runners Executive Committee
Nomination Form for 2009(nominations close 9/5/2009)

Please place in box on Tuesdays or to hand to a Committee Member.

For the position of **Team's Co-ordinator**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Team's Co-ordinator**.

Signed: (Nominee)

For the position of **Walker's Representative**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Walker's Representative**.

Signed: (Nominee)

For the position of **Social Secretary**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Social Secretary**.

Signed: (Nominee)

For the position of **Uniforms Officer**, I,nominate

Signed: (Nominator)

I, accept nomination for the position of **Uniforms Officer**.

Signed: (Nominee)

Woodstock Runners Executive Committee
Nomination Form for 2009 (nominations close 9/5/2009)

Please place in box on Tuesdays or to hand to a Committee Member.

For the position of **Publicity Officer**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Publicity Officer**.

Signed: (Nominee)

For the position of **Welfare Officer**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Welfare Officer**.

Signed: (Nominee)

For the position of **Website Administrator**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Website Administrator**.

Signed: (Nominee)