

The **WOODSTOCK RUNDOWN**

May 2009



Internet address: www.woodstockrunners.org.au

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

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The Rundown On Members

Canberra weekend saw Woodstock's colours flying proudly and somewhat boisterously at times. Congratulations to all who ran the 5k, 10k, Marathon or the 50k Ultra-marathon. A very special mention goes to our debutante marathoners, Thalia, Chaia and Anthony, all of whom ran extremely good times over this previously uncharted distance. Brendan, backing up after his Tasmanian epic, was an inspiration to us all. Happy Birthday to Jeff who ran his 50th Marathon on his 50th birthday.

The Moran Family, former members, were out in force cheering on all the Woodstockians as well as their daughter, Deirdre, in the 10k and son, James, who ran 3hrs12mins for the Marathon. They pass on their good wishes to all.

It was a wonderful weekend for my family as there were 3 generations of us taking part. My daughter, Peta and I ran the 10k; daughter, Ellen, recorded a 4 min PB of 3hrs32mins in the Marathon and her daughter, Taylah took part in The Kids' Marathon. What a great sport we have when age means nothing and we can all compete.

We send our best wishes to Steve Briscoe on hearing of his recent health issue. Keep up the running, Steve, it will always be a good friend to you. Congrats to the rest of the family, Robyn, Kieran and Lauren, whose names are forever appearing in athletics results.

Best of luck to everyone competing in the Sydney Morning Herald Half Marathon as well as the many runs on the Sydney calendar over the next few weeks and months and I hope you all record many good times and lots of PBs.

I look forward to seeing many members at the AGM and trust we will see lots of generous people prepared to take positions on our Committee.

Happy running and walking

Kerry

This Month's Birthdays!

John Dawlings - 3rd, Thalia Anthony - 4th, Steve Briscoe - 6th, Michelle Warren - 16th,
Emanuel Finos - 21st, Alex Hill - 22nd, Megan Hager - 30th, Ray Dean - 31st

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May 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		
12/05	Woodstock Fun Run AGM Night	8km	14/05	400m x 12 with Reduced Recovery	16/05	Timbrell Park	8km
19/05	Concord	9km	21/05	Hills Session	23/05	Five Dock	7km
26/05	Canada Bay	11km	28/05	"Doubles" Standard Pyramid	30/05	Handicap Event #2	7km
02/06	Homebush Run	10km	04/06	800m x 6 with Reduced Recovery	06/06	Drummoyne	9km
09/06	Campsie	9km	11/06	"Mile Down" Inverted Pyramid	13/06	Balmain Shores	7.5km

Dot on Speed!



Pictured above is **Dot Siepmann**, at the recent Australian Masters Athletics Championship, held in Adelaide over the Easter weekend. All up, Dot won 3 gold medals, in the 5,000m and 10,000m track and the 8km Cross Country (see results in April rundown). In Masters Athletics, the athletes' times can be age-graded, that is, given a new time (their finishing time goes through a complex formula) that allows athletes of any age and event to compare their performances with that of any other athlete. That is, a time that would be representative of that which the athlete may have run in the Open age (20-35 years in most cases). Here's something to think about; Dot's 53m16s 10,000m time is equivalent to a 37m31s Open age time! This makes Dot's performances even more outstanding! Well done, Dot! You are an inspiration to us all. (especially at TNT – Ed.)

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
Tristan Iseli	1:59	Dot Siepmann	2:02	Mark O'Donnell	1:52
Brendan Davies	1:19	Linda Barwick	1:53:30	Chaia Patacsil	1:50
Deirdre Stewart	1:52	Bronwyn Hager	1:34	Kim Cayzer	1:50
Thalia Anthony	1:47	Laurence Ullio	1:59	John Dawlings	1:26
Paul Whiteway	1:54				

Footy Tipping Competition - Round 8

Rank	Tipper									Leaderboard	
		1	2	3	4	5	6	7	8	Total Margin	Total Score
1	Bron Hager	7	5	4	3	5	8	8	5	73	45
2	Alex Hill	6	3	4	2	6	6	7	5	93	39
3	Mr D	6	5	2	3	5	6	6	5	113	38
4	Mighty Rabbit	6	3	4	3	6	4	6	5	83	37
5	vass vassiliou	6	4	3	4	7	6	4	3	95	37
6	John Murray	5	4	3	3	6	5	6	5	105	37
7	Stretch	8	3	3	3	4	5	7	3	81	36
8	Colin Townsend	6	2	4	2	5	5	5	5	103	34
9	Luke Townsend	4	5	3	3	4	5	3	3	98	30

Welcome New Members!

A big Woodstock welcome to our newest club member, Jen Crane. We look forward to seeing you 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.

Canberra Marathon Weekend!

Lots of Woodies made the journey to the Nation's Capital to participate in one of the races. Here is a selection of some of the finest athletes going around!



Rick Collins and Thalia Anthony



Mark Mercieca and Linda Barwick



Mark O'Donnell



Dot Siepmann and Kerry Bray



Dot Siepmann and Bronwyn Hager



Chaia Patacsil



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Contribution Corner

My first and last marathon ... but I'd do the training again.

By Thalia Anthony.

I burst into tears when I crossed the finishing line of the marathon. It wasn't out of joy or a sense of momentous achievement. It was because I was traumatised. It took everything out of me and I didn't enjoy it.

After months of training since January 2009 and a number of great races at Sydney Marathon Clinic) – half mara (1.45), 25kms (2.04) and 30km (2.35), I was more than excited to culminate my efforts in the marathon. I'd pinned my hopes on the 2009 Canberra marathon in April. I chose that marathon because it involved a small and friendly community of 1300 runners, it was a scenic course and it was a lovely time of year.

My support crew (Mark my husband and Mark my friend) drove Brendan, Rick (from Woodstock; he actually wore the striders top but we won't dwell on that) and I down on Saturday morning (marathon eve). We had a great trip with lots of carb loading and a bit of coffee for good measure.

When we arrived, Canberra was abuzz with runners. Both Marks participated in the 10km race that afternoon. Mark, my husband and also a Woodie, did 50mins, and Mark M did 54 mins after no training due to months of injury. After picking up a couple of lucky door prizes, we headed off happily to the pasta party. It was delicious!

Everything was going perfectly. And then I went to bed and had the worst sleep (or non-sleep) in months. It lasted a maximum of 5 hours and I was up by 4am. I wasn't too worried about the lack of sleep because I've heard that sleeplessness is common on marathon eve. I tried to occupy myself until the marathon started at 7am.

At 7am the gun went off and I felt light, like I was gliding. I kept up with the 3.45hr pacer, but after a while I realised that she was going under 5 min/kms, so I decided to stick with my garmin (which suggested 5.20 was sufficient for a 3.45 marathon). But by the time I made the decision to slow down, I was getting worn out from the premature speed. So I started to drop. An hour into it I was travelling at 5.30 and *not* feeling terrific. The only thing going through my mind was how far I had to run and whether I would cramp up or injure my knee or simply have a heart attack on the way. And my pace started to drop to 5.45 by 30kms.

At 35kms I was feeling dehydrated despite drinking at all the drink stations and my breathing was laboured. But I kept going and although I slowed down again, I started to pass other runners. How strange – I was slowing but others were slowing even more. At the same time, this gave me a bit of confidence to keep going (nothing like a bit of competition when you think you're going to die!!).

Then at 38kms (which was 38.5kms on my garmin) I slowed right down and was fed up. I was running at over 6min/km. So much for my 3.45 goal. Now I wondered whether I'd make it in 4 hours. But I did the maths and was still on track (I hoped my brain could still calculate despite the fact most of my physiology was falling apart on me). Given my confidence that I would come within 4 hours, I started to take it a "easy" to save myself from more injury than necessary.

The last kilometre I picked up the pace a little to 5.30/km in an attempt to rise with the momentum of the sizeable and supportive crowd. Ordinarily I'd sprint at the end of a long race to 4min/km – but there was no way that was going to happen today.

I finished in 3.53 (average 5.30mins/km) feeling as though I never wanted to run again and wondering why I did it. I cried and just wanted to hug my husband. I felt as though I looked

death in the face and it was awful and scary and I just wanted to be somewhere safe.

I'm still adamant I won't do another marathon. But I'll run again and even do the training again. I loved the long training runs and built up a lot of running confidence. For now, however, my sights are set on the next Woodstock 7km handicap.

Thalia Anthony, *Marathon night, 19 April 2009*

PS – 2 May 2009: My knee is still sore. She's now on a strict rehab regime (of doing no exercise and getting lots of massages) in preparation for the SMH half. Fingers crossed that she'll turn up to the start line.



Thalia during the final stages of the Canberra Marathon

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

More Than a Race-The 3 Peaks Challenge!

By Brendan Davies

As the race was so long and detailed, my race report will be broken up into three parts and will be featured in the next 2 rundowns!

Part 1

I must admit, I am a sucker for an unusual race. Whether it is the arduous 45km '6 Foot Track Marathon', the 'Tough Blokes Challenge' that involves scaling tyre walls and wading through quicksand like mud, the Great Nosh 'rock-climbing' event or adventure racing, I will give any event a bash as long as it involves some sort of running...my great love.

So when I saw a feature for the 3 Peaks Challenge in an Alpha magazine, I couldn't resist the temptation to look further into it. The picture showed a sailing crew, leaning over their craft, around a whitewash of spray and waves. An adventure on the wild ocean and ruggedness of Tasmania!! What a way to spend my Easter holidays!

My searching started with the Internet, where I quickly found the race homepage. It's in Tasmania...great!! It involves sailing and running...I can handle that!! It's reasonably cheap... fantastic!! I was able to put my details down on the website to register my interest in being a runner on one of the crews. At this stage it was definitely, get in a team first, and worry about the details later. Typically Brendan!

To my surprise, about a month later, I began to get phone calls from various Tasmanians wanting to enlist my services. It was at this stage that I began to ask questions about the race. How long are the runs? Do I have to know how to sail? Will I get sea sick? All these were answered, and a clear picture of the race conditions was forming. It wasn't all beer and skittles. There could be snow, there could be gale force winds, there could be sick buckets everywhere! But I'm never one to take a backward step from an adventure! I considered my options (being in demand has some advantages) and decided to go with team "Apollonius", a 41 foot yacht, ahead of much smaller and quicker catamarans. The reasons being, I wanted comfort, and they reassured me that my sailing expertise (or lack of!) would not be required while on the boat...I liked the sound of that!

We were in a category known as the 'fully crewed monohull', which in sailing terms means a crew of 6 men and 2 runners in a boat with only one hull. The 'cats' are in the 'multihull' and the real hard core competitors are in a 'racing category' made up of only 3 sailors and 2 runners (the original race format). In our category there were 4 boats.

The race is a non-stop event that involves 3 legs of sailing and 3 legs of running, each involving a large mountain climb. The runners are paired (done for safety I think) and must run together. The first leg starts at the Port Dalrymple Sailing Club at Beauty Point (40 minutes out of Launceston on the Tamar River). From there we cross the Bass Strait and sail into Lady Baron on Flinders Island (a distance of 90 nautical miles) where the runners set off on their first leg, a 65km road and trail run incorporating the climb of Mt Strzelecki. From there, runners return to the boat, and off on the next sailing leg we go; a 145 nautical mile trip down the east coast of Tasmania to the Freycinet Peninsula. The runners there disembark for another run, this time a 35km run, taking in Mt Freycinet and a huge amount of climbing. Once back to the boat, we continue to sail down the coast (100 nm) to Constitution Dock in Hobart where the runners take on the might of Mt Wellington and back! The idea is that the runners recover while we are sailing and the sailors sleep while the runners run. I was later to find out that it's rather different to that in reality. The runners throw up while sailing and the sailors get drunk while the runners are running is a more accurate description!

On arrival at Launceston airport I was greeted by a fellow who rather looked liked Santa Claus! On our introductions, I was relieved to find out he was the skipper of our boat. We drove back to his house, and after a hearty meal and a detailed brief of what to expect during the race, I went to the bedroom to sort my gear out. To my great shock, I realised that I had left my running shorts at home, and only had my tights to run in! A quick call to my fellow runner, John, and I thankfully was promised that there would be some running shorts for me the next day. Talk about amateur hour!

Day 1: After a nervous sleep, I awoke to the crispness of the early morning Tasmanian chill. We had some breakfast and packed the car with the supplies for the days ahead and drove down to the Port Dalrymple Yacht Club where the runners had to have their gear checked to see that we had all the required equipment. This gear had to be carried at all times on the runs and included a sleeping bag, thermals, waterproof clothes and other miscellaneous survival gear. We then had to attend a compulsory briefing where we were told about the rules and the weather conditions. Soon after that, I set my eyes for the first time

on the vessel that I would spend the next 4 days on...the "Apollonius". Here I also met my fellow runner John (a Tasmanian), and the (motley) crew, skippered by Julian. The crew had vast experience. Each of them had done the 3 Peaks before, along with many others races such as the Sydney to Hobart. I knew I was in good hands. I was shown where I was to sleep, how I could strap myself in so I wasn't thrown around the yacht and the uhummm... bathroom facilities of the yacht. It was much smaller than I expected and required some serious balancing and calisthenics to get in. Suffice to say there was definitely a 'sit down only' policy while on the water!



After setting up my little spot on the yacht, and while the crew were busy getting all the sails and ropes ready, we had a couple of hours to kill before the start.

John and I walked to the start area where much to my astonishment, there was a festival put on especially for the 3 Peaks race. As I found out, the Tasmanian folk take their sailing quite seriously and there was everything from rides, stalls, bands and every man and their dog was there to see the start. This is a big event in Tasmania.



Soon after, I made my way back to yacht where the crew had finished preparing the boat. We were soon to start. I was allowed to stay on deck during the start as long as "I kept out of the bloody way"! I never realised how important the start of a yacht race was. I thought what it wouldn't matter in a yacht race that goes for 4 days, surely a few minutes lost at the start wouldn't matter. Oh, how I was wrong! It's worse than the start of the City 2 Surf! Every yacht wanting to get away in 'clean air' and get down the river as quickly

as possible. My sailing education had begun. A few minutes of cruising around the start area, and we heard the cannon blast (a roll of lit toilet paper, thankfully) which indicated the start. Off we went! The wind wasn't great, but the boat was travelling at a fair speed. I was asked to be 'rail meat' so dutifully obliged. This in layman's sailing terms involves dangling as much of your body weight as possible over one side of the yacht to keep it from capsizing! As we whizzed up the Tamar, we saw all the other competitors jostling for clean air and the spectator crafts were everywhere! It really did feel like we were part of something really special. Once out of the Tamar we continued to make good speed. It was here, out in Bass Strait, where I would be tested for seasickness. Thankfully, I felt fine, a little queasy at times, but was able to manage it. I also discovered that the continual rocking of the boat makes you incredibly sleepy! I laid down for my first nap and found it incredibly easy to fall asleep, apart from the occasional knock of the boom or the jackhammer noises of the winches waking me up.



I awoke a couple of hours late to join the crew on deck and spent the next couple of hours with the boys taking in the incredible night sky and open water. The stars were absolutely amazing, a full moon was out (being Easter) and the seas and winds were just ideal. We were making good time to our first destination, cruising along with a nice 'tail wind'. I learnt that sailors don't really talk much, they conserve their speech for the moments that really matter. I made some small talk and got to know the crew while out on deck.

Day 3: We reached Cape Baron in the early hours of the morning, and set off in the splendour of dawn, with the sun just beginning to rise. We were amazed how close the yachts were together and how far the catamarans had gotten out in front. As we were just starting our run, we ran past a crew (from a cat) who were just finishing their run! Off we went, and I for one, was finally glad to get running after being cramped up in a little cabin for nearly a day. John and I were chalk and cheese as far as runners go. This made for an interesting pairing. He was very fastidious with his preparation, while I was much more slap bang.



Every hour John would have a walking break and mix up his little GU and magnesium mix and make sure his pockets were full of little bits of energy food. John was your classic ultra runner, not particularly fast, but could go all day at the same pace. I'm sure you all know me by now, I like to get out quick and give it all I've got before collapsing in a heap at the end!

The run on Flinders was beautiful, flat dirt road for the first 30km before hitting the massive climb up Mt Strzelecki. We were greeted 5km into our run by a local Flinders Island resident and Lions Club member, Kevin, who volunteered to be our crew (in his truck) for the journey. He was a lovely guy, offered us water

and chocolates for nearly the entire journey of the run, and boy did we need him! It was clear that the island's residents don't really get much to do during the year and 3 Peaks is definitely a highlight! During the run, I spoke to Kevin a lot about life on Flinders and it gave me a great appreciation of this little community in the middle of Bass Strait.

During the run, I was interviewed by a journalist from the Launceston Examiner. What a site it was, a balding 40 year old journalist, pen and notepad in hand, asking and writing down answers on the run! He did well to keep up with us, I must say.

The climb up Mt Strzelecki was gruelling, and we were limited to walking many sections. The trail was a roughly marked track, but thankfully the daylight meant that we didn't have to get the compass out! The views on the way up were spectacular. John and I eventually reached the summit and after a quick drink and bite to eat we were away on the tricky descent. Once at the base, the next section back to the yacht was the hardest part of the run. We had to run through National Park on very tough firetrail.



By now fatigue had set in it was very difficult to lift our feet to avoid all the rocks and tree roots. We eventually reached the road which indicated we had 5km to go. We were reunited with Kevin, who by now, we swore was a gift from God! His encouragement and his refreshments were what we needed to get us home to our little cabin in our yacht! Finally we reached the port where we were greeted by our crew. Evidently, some of them had enjoyed a few 'frothies' in our 8 hour absence!

Straight back onto the boat, John and I collapses in a heap as the exhaustion and fatigue, lack of sleep and all the aches and pain struck. I managed to have a hot shower on the yacht...yes there was a

shower in that tiny toilet room! I surveyed the damage; some chafing, some rubbing on my back caused by the backpack and some very sweaty clothes. I tied up my clothes to the rails of the boat, to 'air out' and laid down on the deck as the sailors began the tricky navigation out of Lady Baron. As the sun began to set, I could not think of anything else I would rather had done that day.

Next month – Part 2: Sail to Freycinet Peninsula and run up Mt Freycinet!

A Minute With A Member!

Name: *Anthony Robinson*

What is your occupation? *I'm an internal auditor at the University of Sydney*

Running age group? *30-35*

Do you have family? *My mum and sister are back home in South Africa, but my mom's brother and his family immigrated here about 20 years ago, so I hang out with them quite often.*

How long have you been a Woody? *Not long, about 4 months now.*

Do you run on Tuesday night/TNT/Saturday morning? *I regularly run Tuesdays and TNT, and sometimes find I have the energy for Saturday mornings too*

Why do you enjoy running? *Probably because it's very challenging and I get a real feeling of achievement after reaching my goals, not to mention the endorphin buzz....*

What is your favourite running course/event and why? *Well, I don't really have a favourite that I can think of in Sydney, although I really enjoyed some runs around the Vaucluse area just because of the amazing scenery (cliffs, not mansions J).*

What has been your running highlight? *That's an easy one, definitely completing my first marathon in Canberra within my target time of 3h30*

Any lowlights (injury etc)? *Injuries are always so frustrating for runners, and I'm no exception. I've had a few problems over the years, notably plantar fasciitis and other foot problems, shin splints and lower back pain.*

What was the last race you went in and how did you go? *I ran in the NSW Champs 10k last Saturday and did a pb of 42:42 - was obviously quite happy with that*

Anything funny/unusual ever happened to you while you have been out running? *Well, I did trip on a rock and stack it face first while running on the path next to Anzac Parade at rush hour....embarrassing and painful!!*

What other sports/hobbies are you involved in? *I enjoy a bit of squash and non-sporting hobbies include reading and collecting books, juggling (I'm not bad actually) and I love animals, especially dogs.*

Favourite food/beverage? *I would have to say pizza and burgers come a joint first. Beverages would have to be Coke and beer. Healthy hey!*

If you could have dinner with anyone who would it be and why? *Probably Ricky Gervais from The Office and Extras because he is hilarious, interesting and talented.*

Where would your ideal holiday be? *Africa, in the Kruger National Park or other game reserve, because there's nothing quite as peaceful and satisfying as a sundowner in the African bush!!*

Interesting things we may not know about you? *I have done a tandem skydive in NZ, white water rafted in the mighty Zambezi, walked with lions in the wild in Zimbabwe, almost been stomped on by a hippo in Botswana and slept on top of Table Mountain in Cape Town. I lived in London for 4 years before I came over to Sydney.*



Thanks for sharing, Anthony!

Results

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

West Metropolitan Series #1, Haberfield, 04/04/09

2km
John Murray ## 10:34 3rd M 40-49

4km
Robyn Briscoe ## 17:16 2nd F 50-59
John Murray ## 14:57 2nd M 40-49

8km
Brendan Davies 27:33 3rd M O'all
Bronwyn Hager 33:14 3rd F O'all
Michelle Warren 47:03 3rd F 30-39

West Metropolitan Series #2, Concord, 11/04/09

4km
Robyn Briscoe ## 18:29 1st F 50-59

8km
Michelle Warren ## 50:20 1st F 30-39

Sydney Corporate Cup, Series 63 #6, 15/04/09

6km
Stephen Browne 29:15

West Metropolitan Series #3, Rydalmere, 18/04/09

4km
Robyn Briscoe ## 17:34 2nd F 50-59

Canberra Marathon, 18-19/04/09

5km
Joe Ayoub 25:58
Therese Ayoub 37:39

10km
Bronwyn Hager 43:24
Mark O'Donnell 50:34
Brian Ogilwy ## 52:57 1st M65-69
Linda Barwick ## 52:58
Mark Mercieca 54:43
Dot Siepmann 56:23
Kerry Bray 58:29

42.2
Brendan Davies 2:51:12
Martin Amy 3:01:23
Anthony Robinson 3:26:45 Debut, PB
Vass Vassiliou 3:32:03
Thalia Anthony 3:53:36 Debut, PB
Chaia Patacsil 3:56:05 Debut, PB
Rick Collins ## 4:05:23
Jeff Morunga 4:31:19

50km Optional Extra
Brendan Davies 3:30:39 7th M O'all
Jeff Morunga 5:39:34

Bathurst Half Marathon, 26/04/09

21.1km
Brendan Davies 1:19:46 2nd M O'all

West Metropolitan Series #4, Smithfield, 25/04/09

4km
Robyn Briscoe 17:51 2nd F 40-49

8km
Michelle Warren 47:57 2nd F 30-39

Sydney Marathon Clinic, 26/04/09

5km
Joe Ayoub 25:10
Therese Ayoub 30:16

10km
Martin Amy 40:08 3rd M 20-34
Manal Garcia 45:23 1st F 35-44
Lyn Jackson 45:45 1st F 45-54
Paul Whiteway :48:23 PB
Lee Baker 48:47

21.1km
John Dawlings 1:29:04
Bronwyn Hager 1:35:02 1st F O'all
Tomoni Yamazaki 1:55:21
Jeff Morunga 1:56:01
Dorothy Siepmann 2:03:59 1st F 60+
Michelle Warren 2:13:15

Striders/ANSW 10km Road Champs, 02/05/09

10km
Brendan Davies ## 34:57 PB
Stephen Laws ## 41:54
Anthony Robinson 42:42 PB
Lorraine Spanton ## 47:12
Charissa Patacsil 48:09 PB
Lee Baker ## 48:59
Jeff Morunga ## 49:27 PB
Brian Ogilwy ## 49:47
Dot Siepmann ## :53:44 2nd F 65-69

Macarthur Anzac Day Cross Country Run, 27/04/09

5km
Dot Siepmann 28:56 1st F >50



Woodies, the garbage truck and a few intruders!
at the ANSW 10K Road 10K

Upcoming Events

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

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

Sun 24 May ROCKDALE CITY COMMUNITY FUN RUN

Organised jointly by Rockdale City Council And St. George District Athletic Club Inc. A beautiful 5k run/walk and 1k walk on the beautiful shores of Botany Bay and Georges River, on 24th May 2009. For start times, entry forms, prizes, etc, please visit the website. Money raised will go to the Knights of St.George Heart Association and St. George Emerging athlete Programme. contact: Albie Thomas or Jim Owens. email: albienola@bigpond.com. Visit the [website](#) for more details.

Sun 24 May BONDI BAREFOOT SOFT SAND RACES

The "BONDIBarefoot" is a soft sand race which and has quickly developed into one of Australia's most unique running events. The event attracts runners from far & wide and continues to grow in popularity. This is a unique event run across Australia's most famous beach. The Bondi Barefoot is run over 4km & 10km with a new race been added to the famous course this year, stay tuned for updates or check out our website. The Barefoot BOLT is a skins type knock out beach sprint held over 70m. The race is repeated 60 secs after the completion of the previous race. 24th May 2009 start time 9am. See you on the sand! Visit the [website](#) for more details.

Sun 24 May 2009 BLACKTOWN CITY FUN RUN

Are your engines ready? For the first time you can run on the internationally acclaimed Eastern Creek Raceway Track! Whether your'e a serious competitor or in it for the first time, the Blacktown City Fun Run has a course for you; 4km Fun Run/Walk or 10km Fun Run. Great prizes up for grabs thanks to our sponsors Eastern Creek International Raceway, Chifley Hotels Eastern Creek, Neverfail Springwater, Quality Trophies, McDonalds Blacktown and Definition Health Clubs. contact: Mark Gibson. email: mark.gibson@blacktown.nsw.gov.au. Visit the [website](#) for more details. Click here for an [entryform](#).

Sun 24 May SYDNEY SPINES ON THE MOVE

Sydney Spines on the Move is a 5km fun run or family walk at the Sydney Olympic Park, being hosted by Macquarie University WCCS (World Congress of Chiropractic students). The run is to promote health and chiropractic in the community. Registration begin at 6:45 and the race begins at 8am with a kids' race at 7:45. There are tons of prizes to be won, from a host of companies from shoes, to apparel, and cash for the winners. Registration via the website. contact: Catherine Carter. email: spinesonthemove@gmail.com. Visit the [website](#) for more details.

Sun 31 May BALMORAL BURN

A 420metre run up one of Sydney's steepest hills - Awaba Street, Balmoral Beach. Men's Elite Invitational 2008 - Lachlan Renshaw - 1:23 Women's Elite Invitational 2008 - Sianne Toemoe - 1:46 contact: Humpty Dumpty Foundation. email: humpty@humpty.com.au. Visit the [website](#) for more details.

Sun 31 May BANKSTOWN HEART OF THE LAKE 3KM &10KM RUN/WALK

The Races start and finish at the Western Districts Joggers and Harriers' Clubhouse at Lake Gillawarna-150m west of the footbridge over Henry Lawson Drive, between Flinders Rd and Georges Cres, Georges Hall. Start Times 10KM - 8.00am , 3KM - 8.15am. The course, reputed to be one of the best and most picturesque traffic free running courses in Sydney Metro, follows pathways and trails in a park and Lake setting. It provides for a balanced and "honest" 10km course with a good mix of hills and flats. The 3km course is fast and flat for those who might wish to brag about their good kilometre rate times but it also provides for an "easy"walk/Run course for the beginner runner and family groups. Awards for outright 1st,2nd &3rd Female and Male and with the same for the 10year age categories for both races.. Legendary Lucky Draw for all runners/walkers. Contact Pam Green (02) 97711113. email: westieswdjh@gmail.com. Visit the web site for more details. contact: Pam Green (02) 97711113. email: westieswdjh@gmail.com. Visit the [website](#) for more details.

Sun 31 May GREAT NOSH FOOTRACE

Run or walk on a traffic-free course from Lindfield Oval via Roseville Bridge to Seaforth Oval through some of Sydney's most spectacular bushland. The course is 15km, mostly on bush tracks and fire trails, with some steep sections. Now in its 35th year! Venue Start at Lindfield Oval, Tryon Road, East Lindfield. Finish at Seaforth Oval, Wakehurst Parkway, Bantry Bay. contact: Robert Spry 02-94101313. email: robert.spry@smartchat.net.au. Visit the [website](#) for more details.

Sat 6 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 7 Jun MACLEAY RIVER MARATHON

Marathon, 1/2 Marathon, 10k Run contact: Mary Dunkley. email: macsaw@midcoast.com.au. Visit the [website](#) for more details.

Sun 7 Jun THE WANDA X-TREME 6

Jock Athletic and Skins bring you a unique event stemming from the ever growing soft sand racing fraternity. A 6km endurance race on grass, unsealed service trail, and through the famous Wanda Sand hills @ Cronulla & beach trail. Hills aplenty! This race has 12 categorised hills, both sand and unsealed road. But wait there's more, you also get a bonus km for no extra charge, total 7km. This race is for everyman and his dog, yes a dog and owner category will set off 30mins after the main race. contact: 02 9544 3628. email: info@jockathletic.com. Visit the [website](#) for more details.

Sun 7 Jun MANLY BEACH SOFT SAND CLASSIC

Soft sand running event held entirely on Manly Beach in Sydney. Race distances are 21k, 9k & 1.6k contact: Scott Wood. email: biglifesport@internode.on.net. Visit the [website](#) for more details.

Sun 7 Jun QUEENS BIRTHDAY FUN RUN

Get those joggers on for the Queens Birthday Fun Run in on Sunday, June 7. The fun run will start at the Epping Club in Rawson St at 9am, with participants able to choose an 8km walk or run. The route travels across the pedestrian bridge to Epping station and along Norfolk Rd, around North Epping and into the clubhouse. After the run a healthy breakfast of sandwiches, yoghurt and fruit will be provided. The run is sponsored by the Northern District Times, Raine and Horne Real Estate, Travelworld Epping, DPT Solutions and The Epping Club, with support from St John's 1/2s Ambulance. Entry costs \$10 for individuals or \$25 a family. Registrations must be made online on this website before Friday, May 29 or you will have to pay a late entry fee of \$15. contact: Peter Hetami 0413 797 255. email: funrun@EppingDAC.com.au. Visit the [website](#) for more details. Click here for an [entryform](#).

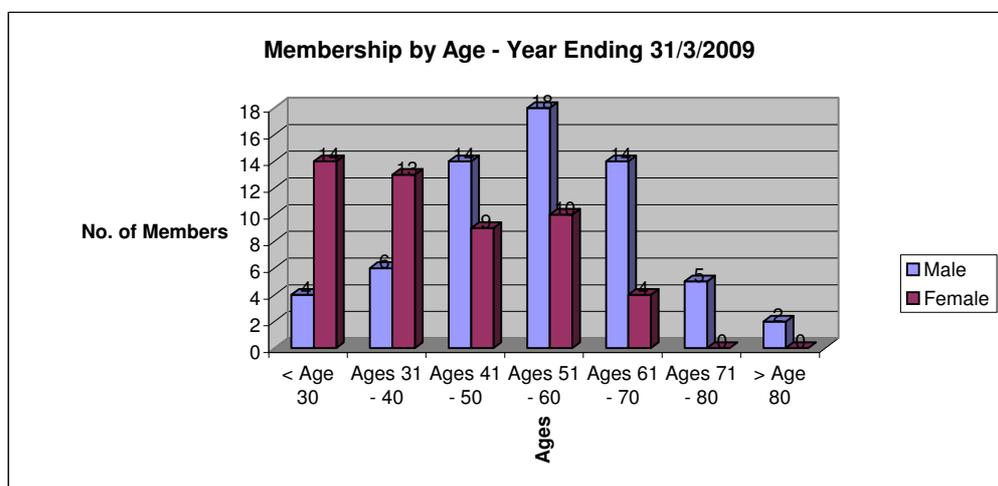
Woodstock Runners
Membership Report as at 31/3/2009

- We had 113 members at the end of the 2008/9 year (31/03/2009), a 28% increase on last year (88 members).
- This level of membership is a record for the club in it's 29 year history.
- 34 members joined during the year (30 new members, 4 rejoined after a lapse in membership).
- 9 members did not renew their membership from 2007.
- Female members - 50 (44%), Male members - 63 (56%).
- Average age of members is 47.9 years, ranging from 16 to 84 (average in 2007 was approx. 51)
- Average length of membership is 9 years, longest is 29 years

The spread of Years of Membership, and the Ages Groups of members, is as follows:

Membership Ages

<u>Age</u>	<u>Male</u>	<u>Female</u>	<u>Total</u>	<u>%</u>
< Age 30	4	14	18	16%
Ages 31 - 40	6	13	19	17%
Ages 41 - 50	14	9	23	20%
Ages 51 - 60	18	10	28	25%
Ages 61 - 70	14	4	18	16%
Ages 71 - 80	5	0	5	4%
> Age 80	2	0	2	2%
Totals	63	50	113	100%



Length of Membership (Years)

<u>Years</u>	<u>Number</u>	<u>%</u>
0 - 5 years	55	49%
6 - 10 years	17	15%
11 - 15 years	12	11%
16 - 20 years	8	7%
21 - 25 years	15	13%
> 25 years	6	5%
Totals	113	100%

