

The

WOODSTOCK RUNDOWN

December 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?ID=503>

Postal Address: PO Box 672, BURWOOD NSW 1805



The Rundown On Members

What a party! The large number of members present enjoyed themselves immensely and were impressed with the venue and the volcanically cooked food. It was excellent value for money. We thank all who contributed to the organisation of the night, especially Deirdre, Lesley, Maree and Barry.

Congratulations to all recipients of trophies and medals. It is fitting we should recognise the great performances of many members, especially in a year when the Club and its members have achieved so much. This year we have more members than ever before and we received more nominations for awards than in any other year.

Thank you to Tami and Tristan for opening their delightful home for a pancake breakfast on our Saturday morning run. It was a novel idea and the second half of the run was way slower than the first, thanks to the great cooking of pancakes and generous helpings of fruit and ice cream.

We welcomed back Kay Johnson from her extended trip to Europe. I guess you did plenty of walking on your hols, Kay, so shouldn't be too far behind the other Woodstock Walkers.

Colin Green, a former member and very keen runner, called in one Tuesday for a walk. Colin has experienced many health issues and has also moved away to Blacktown. He had last run with the Club 21 years ago. We hope to see you back again soon, Colin.

We all send our best wishes to Stella Baer who is recuperating in hospital after rupturing her achilles tendon. We hope you make a rapid and complete recovery, Stella and hope it's not too long before you are pounding the pavements once more.

Good luck to all who are carrying injuries. Wouldn't it be wonderful if we could all start the year injury free.

I wish each and everyone and their families a most enjoyable Christmas and every good wish for the year ahead. Thank you to all for your contribution to Woodstock Runners in 2009, for without you all we would not have a Club and I'm sure we are all looking forward to making next year, our 30th, the very best year for Woodstock.

Happy running and walking over the holidays.

Kerry

December Birthday Celebrants

**Chris Siepen 1st, Eleanor Siepen 3rd, Luana Ferrara 5th,
Therese Ayoub 9th, Kay Johnson 9th, Roy Rankin 14th,
Belinda Essex 17th**

Letter from the editor

Dear Woodstock Runners and Walkers!
Season's Greetings to all!

Great to see members and their family and friends at the Christmas Dinner and Awards night. We missed a lot too, hopefully next year? Congratulations to the Award winners, and everybody who nominated me too. Its will be an inspiration to keep on making our newsletter better, thank you! This is one of the best jobs combining two things I am enthusiastic about, running and journalism. I appreciate all your support and hopefully it continues as we move on to another good year of running, walking and friendship (and coffee and parties). Woodstock is indeed more than just a running and walking club! Merry Christmas and Happy new year!!

P.s. Acknowledgement to Nadine Davies for most of the photos in this edition

- editor



Do not forget!!

What? Christmas Day Run

When? 25th December 2009, Friday, 7:30 am

Where: Brett Park
Come in your Christmas costume and let's do the Bay Run!

Guilty of gluttony? Sweat off all those calories from the party food and booze! Let's get Physical!

What: Boxing day run

When: 26th December, 2009, 6:30 am

What: 5Km, 10Km, and longer distances

Where: Rodd Point

Marathon Training

Interested and or planning to do a Marathon next year? Number of Marathon's are coming up and number of us are keen in organizing Marathon training/longer runs for the group.



Number of us will be doing 6 Foot Track, Canberra, Mcleay River, Gold Coast, and New York Marathon. Looking forward to our debutants!

Email: Martin Amy, Rick Collins, Brendan Davies more information.

December-January Training Program

Tuesday Runs 6pm @Woodstock, Burwood,		Thursday Night Intervals 6:30pm@Campbell Oval, Ashbury.		Saturday Runs 7.20am at Brett Park, Drummoyne	
15/12/2009	Bayview 10km	17/12/2009	"Command" or "Mona" Fartlek	19/12/2009	Drummoyne 9km
22/12/2009	Strathfield Stride 10km	24/12/2009	"Hills" Session	26/12/2009	Rodd Point Run Rodd Point, 6.30am start
29/12/2009	Cooks River Canter 10km	31/12/2009	400m x 12	2/01/2010	Balmain Shores 7.5km

Did you know?

* In the 2008/9 running year, members competed 698 times, and over a total of 9702.6km.

* Number of Woodies work in Sydney Uni



Woodland 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.

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*



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



mr.T fitness trainer

0406013201

**Call for a free
Fitness Evaluation**

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 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/>



**SYDNEY
sports podiatry**



**To Schedule an
Appointment**



**City 02 9251 0822
Bondi 02 9369 3616**

Dear TNTers

What a wonderful year it has been for Thursday Night Track. Sessions continue to be well attended and certainly the spate of PBs this year from many members, young and old, can be attributed in part to our interval training sessions.

As Xmas Eve falls on a Thursday, we will have a short session on the 24th, followed by a longer trivia/drinks session at Summer Hill pub. All members (not just TNTers) are welcome!

There will be no TNT on the following week, New Years Eve. Go out and have a few. Enjoy the respite from running and come back well refreshed for a massive 2010. It also seems apt to remind the regular attendees who have been a bit AWOL lately "Oh come all ye faithful!"

See you there!

- Brendan



Merry Christmas

[Thursday Night Track \(TNT\)](#)

Sick of plodding along at the same pace?

Want to do some speed work but hate doing it on your own?

Want a safe and secure training venue away from traffic and bitumen?

Then TNT is for you!!!

Everyone is welcome, regardless of your ability level. We have had men and women runners aged from 15 to 80 participate, with many different paced groups. The sessions are easily modified to cater for all ages and abilities.

There is no cost for members! Cold drinks are supplied (*even some of Brendan's famous homebrew comes out in Summer!*)

Visitors including family and friends are welcome to try us out. Sessions range from hill repeats, fartlek training, pyramids, sprints and standard intervals. Variety is the key to enjoyment!

Location details are: Campbell Athletic Field, part of Canterbury Park, Princess St Ashbury. Car park access is of Andrews Ave.

Session starts at 6:30pm and are finished by 7:30pm.



Why not come down and check us out! You won't be disappointed.

For more information, contact Brendan on 0422 233463 or email at bjdavies2000@yahoo.com

Minute with a member

Name: Manal Garcia

What is your occupation? Personal Trainer / Fitness Instructor

Running age group? 35 - 39

Do you have family? Yes an amazing husband (Hector) & 2 boys (Tyler & Cameron) ages 9 & 7

How long have you been a Woody? I think since 2003

Do you run on Tuesday night/TNT/Saturday morning? Can't get to any at the moment due to family & work commitments but I run 6 days a week & catch up with a lot of Woodies along the way.

Why do you enjoy running? Running is my time – time to be me not a mum, wife or trainer (if I'm not running with clients). I'm also very self competitive so I love to strive towards bettering my times – having a goal to aim for & ticking it off once it's achieved.

What is your favourite running distance/course/event and why? SMC 10km – might be boring but the repetition suits me, the people are lovely & there's a challenge (best 6 out of 9) which I love.

What has been your running highlight? Gold Coast Half Marathon this year was a great weekend away, for so many reasons – company, course, beautiful conditions & location to race in & I achieved a sub 100 min goal (97:03) which I still can't believe. Last year's full Marathon in Sydney was another highlight. Again great conditions & atmosphere but more importantly the end of 20 weeks of training for a specific race – which was all consuming. I was really pleased with my debut Marathon time of 3:50:33. Another highlight which is sort of running was the Sydney Tower Run Up this year. I won my category in 11 mins & won a very decent cash prize as well.

Any lowlights (injury etc)? I've had a few injuries over the years but have treated them fairly quickly & they have resolved themselves within a month usually. Lately I get stitches during races so I'm just working on that. Nothing really to complain about, I'm very lucky.

What was the last race you went in and how did you go? Striders 10km at Homebush – not a PB, around 46mins (trying to get below 44)

Anything funny/unusual ever happened to you while you have been out running? Years ago I ran Tues night & followed the Woodies across the road in Burwood & we almost were run over as a group – can't remember who was there, but it made me very aware of night running ever since.

What other sports/hobbies are you involved in? I weight train at the gym a few times a week & cross train with clients all week so I get mini workouts when I can. My boys play soccer & Little Athletics so I get involved a bit there as well.

Favourite food/beverage? Chocolate, ricotta canollis & a good soy mocca (sweet tooth)

If you could have dinner with anyone who would it be and why? Audrey Hepburn, beautiful, complicated, caring & intelligent.

Where would your ideal holiday be? I've just been to Phuket & that was pretty fabulous – holidays for me have to be warm with a pool, swim up bar, great shopping, great food & entertainment for the kids.

In just one word what is it that best describes you most? happy

Interesting things we may not know about you? I did a degree (BA) in Politics but I have no idea what's going on in the world (OK maybe a little knowledge). I worked in the disabilities field for 9 years before doing the fitness thing. My cooking is not a strong point (though I'm trying harder at that) & I rarely drink alcohol – so when I do I am a very cheap drunk!...oh I recently got a "running girl" tatoo (see pic).. so I'd better keep running forever....

Thank you Manal for taking time to answer my pleas despite of hectic schedule! Too bad I couldn't find a photo of you in Woodstock top, you are excused as you are on the Woodstock color ;-)-editor



Woodstock Annual Award Winners

1. Most Improved Runner of the Year

Female
Peta Bray



Male
Paul Whiteway



2. Rookie of the Year

Peta Bray

3. Long Distance Trophy

Brendan Davies

4. Allan Tully Award

Brendan Davies

5. Most Outstanding Individual Road Running Performance of the Year

Female: Dot Siepmann, SMH Half Marathon, 2:03:42, 1st W65-69, State Age Record



Male

Brendan Davies, Commonwealth Championships 100km, UK, 7:31:15, 36:01PB

6. Most Outstanding Team Performance

Sydney Marathon Clinic - 1st Outright
Brendan Davies, Martin Amy, Vass Vassiliou,
Anthony Robinson, Thalia Anthony.

7. Club Champion

Male
Brendan Davies

Female
Bronwyn Hager



8. Runner of the Year

Brendan Davies

9. Champion Person Award

Chaia Patacsil



10. President's Award

Derek White



11. Membership Awards

10 Years: Kay Johnson, Roy Rankin, Lorraine Spanton, Willem Vervoort, Greg Muir, Rick Collins

20 Years: Ross Keys



12. Handicap Awards

1st Chaia Patacsil

2nd Anthony Robinson & Brendan Davies (tie)



13. Marathon Trophy

Female: Tomomi Yamazaki, Gold Coast marathon

Male: Brendan Davies, Deep Space Marathon



14. Log Book Awards

Runners: 1st Dot Siepmann 649.5, 2nd Roy Rankin 645, 3rd Brendan Davies 586, 4th Paul Whiteway 565, 5th Kerry Bray 489, 6th Maree Lucas 473.5, 7th Jon Patrick 458.5, 8th Bronwyn Hager 431, 9th Alex Hill 424, 10th Barry Cole 378, 11th John Dawlings 371, 12th Vass Vassiliou 369, 13th Kim Cayzer 361, 14th Martin Amy 355, 15th Stretch Fowler 346, 16th Anthony Robinson 346, 17th Emanuel Finos 344.

Walkers: 1st Ken Murray 197, 2nd Kay Johnson 169, 3rd Ken Murray 158



What's the Goss?

- Lesley is keen on doing some adventure race with a team, contact Lesley Maher to join the winning team
- Tami, Tristan and Bridget did an adventure race in Canberra where they got challenged to the limit
- Tim Cochrane is preparing for the Coast to koziko Ultra marathon of 200KM++ on 13th of December
- Phil Lobsey and Brendan Davies registered for the 6 foot track
- Number of woodies are signing their names to help for the Fun run, the club would love some help!
- Who is this Woodie who disguises in aliases in races so Dot and I can not search the name in the race Results?
- Number of the Woodstock kingdom is travelling. Kirsty Ellwell to Europe, and Sarah Waladan on an attempt to do an almost Round the World trip
- Linda had a PB (pee break) in the recent Half Marathon in Central Coast (hmm sounds familiar)
- Well done to Brendan and John who hosted a Coolrunning Twilight Series in the Balmain Fun run course
- Tristan and Tami will be registering in the puffing billy Race in Victoria
- Good pancakes was served last Breaky run at Tristan and Tami

President's Award 2009

There is no criteria for the presidents award. As this has been an outstanding year for Woodstock runners, there were a number of worthy possible recipients of this award. Some of the worthy people I considered were Brendan Davies and Tim Cochrane who ran as Australian representatives in the Commonwealth Championships, Michelle Warren who was a close runner-up in the Alan Tully award for the most road runs, and Dot Siepmann who has had a cracker of a year with many firsts in her age group and set a state record. In the end the selected recipient has shown the qualities of perseverance in their running, contributions to the club over the years, and being a positive role model for runners of all ages.

This years winner has shown perseverance in their running. Even when his speed dramatically fell off, and it is easy to become discouraged, he continued running. Even with age related difficulties which made running painful, he continued running. After his recent stroke, he tried to run in his back yard so when he fall it would be on the soft grass, and he has been able to join Woodstock several times as a walker.

Over the years, the award winner has made many contributions to the club. To name a few. When I first joined the club he would regularly organize Sunday runs. He has also made several of the trophies that Woodstock now enjoy.

The winner has been a positive role model to running. He has shown that running and physical activity need not stop when you get older, but can continue through life. Also he shows that running matters health wise. In his recent stroke, it was said that running reduced the severity of the outcome.

This years Woodstock Runners President's award goes to Derek White.

*Congratulations,
Roy Rankin President Woodstock Runners*

Tougher than 6 Foot Track...the Deep Space Mountain Marathon

By Brendan Davies

The 45km, 6 Foot Track Marathon, run by 850 hardy, seasoned trail runners each year, is often thought of as one of the toughest trail races under 50km in Australia. Indeed, ask any of these participants and 99% would surely agree, and I was once one of them, until...

I finished the Deep Space Mountain Marathon in Canberra.

I got a taste of the insanity that this race is last year, however it was more the conditions of the day, rather than the course and terrain that broke my spirit that day. On that day I experienced blizzard like conditions (OK there was snow) and had to pull out at the pikers option 25km mark. I was determined to exact revenge this year on this 44km epic through the mountains of Namadji National Park in the ACT.

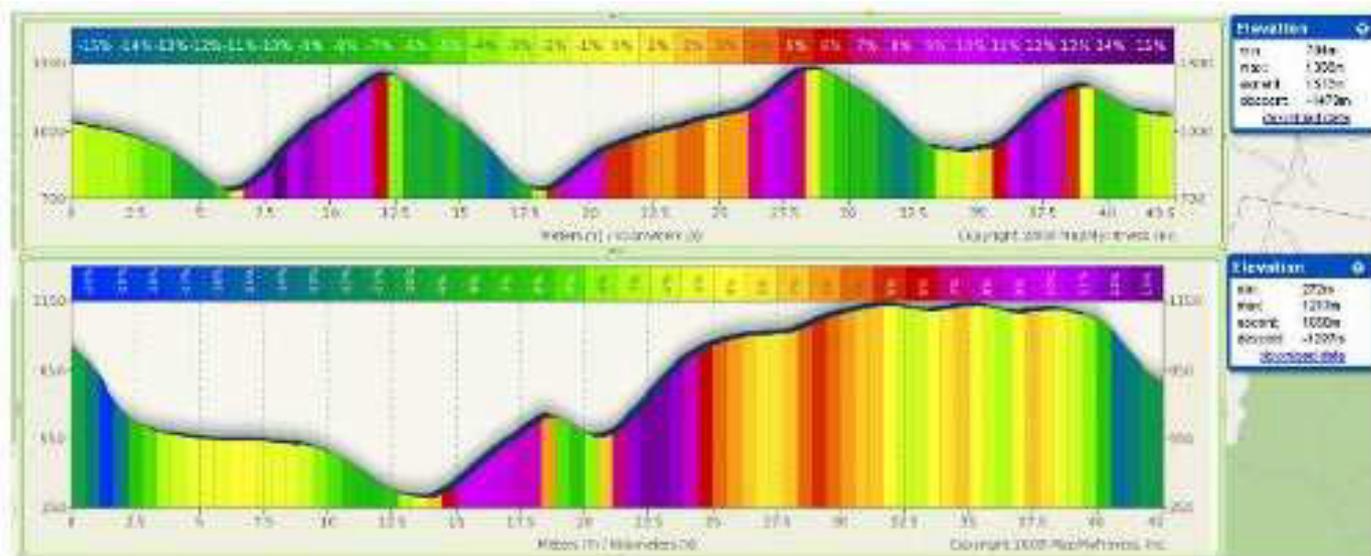
I won't go into great detail about the course, it's a regular trail run with a bit of tarmac thrown in. The terrain is mostly regular trail width. It's the elevation that makes this race unique! There is absolutely no flat sections in the entire journey of any great significance, and you always seem to be either grinding it out going uphill or smashing your quads to smithereens on steep drops downhill.

I think I came to the conclusion that it is tougher than 6 foot after finishing, but it was really confirmed for me the days after the race. I have not felt the pain and DOMS in my legs ever before after any other race than what I felt then. I was a hobbling mess and was finding the regular daily tasks, eg walking, very very difficult!

Saying that however, I loved every second of the pain. Yes I am a confirmed nutcase John!

Here is an scaled elevation chart, which compares it to 6 foot track. Top is Deep Space, bottom is 6 foot.

Put this one on your race calendar next year!



Handicap Point score Series 2009

Place	Name	28/02/2009 Points	30/05/2009 Points	29/08/2009 Points	24/10/2009 Points	Total (Best 3)	Count
1	Patacsil, Charissa	30	11	14	18	62	4
=2	Davies, Brendan	23	11	17	19	59	4
=2	Robinson, Anthony	21	14	24		59	3
=4	Burbidge, Julian	10	24		23	57	3
=4	Rankin, Roy	10	22	23	12	57	4
6	Cole, Barry		15	27	14	56	3
=7	Akers, Bridget	10	20	19	15	54	4
=7	Crossley, Max		11	26	17	54	3
=9	Phillips, John	10	18		24	52	3
=9	Pryor, Emma		25	20	7	52	3
11	Amy, Martin	29		21		50	2
12	Nash, Paul	25		13	10	48	3
13	Bray, Kerry	19	11	15		45	3
14	Capel, Rick	11		28	5	44	3
15	Morunga, Jeff	14	16	11		41	3
=16	Finos, Emanuel		17	9	13	39	3
=16	Hastings, Theo			18	21	39	2
=16	Patrick, Jon		13	10	16	39	3
19	Hill, Alex	10		8	20	38	3
=20	Purss, Tony	16	12	8		36	3
=20	Takahashi, Kazuaki	10	21		5	36	3
22	Yamazaki, Tomomi	24	11			35	2
23	Siepmann, Dot	13		12	8	33	3
24	Fowler, Stretch			22	9	31	2

Handicap Point score Series 2009

Place	Name	28/02/2009 Points	30/05/2009 Points	29/08/2009 Points	24/10/2009 Points	Total (Best 3)	Count
=25	Merciera, Mark	17	11			28	2
=25	Reed, Jen ##	20		8		28	2
=25	Waladan, Sarah	28				28	1
=28	Bray, Peta			16	11	27	2
=28	Siepen, Elle	27				27	1
30	Klein, Corinne ##	26				26	1
=31	Collins, Rick		11	8	6	25	3
=31	Johnston, Lucy ##			25		25	1
33	Vohradsky, Terry		23			23	1
=34	Cantley, Michael				22	22	1
=34	Hager, Bronwyn	22				22	1
=36	Brown, Calli		19			19	1
=36	Dower, Tami		11	8		19	2
=36	Iseli, Tristan		11	8		19	2
39	Stenton, Julia	18				18	1
=40	McGown, Max	15				15	1
=40	Ullio, Lawrence	10			5	15	2
42	Whiteway, Paul			8	5	13	2
43	White, Derek	12				12	1
44	Chandran, Emmanuel		11			11	1
=45	Cayzer, Kim	10				10	1
=45	Lung, Andrea	10				10	1
=45	Owen, Caroline	10				10	1
48	Anthony, Thalia			8		8	1
49	Elmarie O'Regan				5	5	1

Woodstock Runners Australia Day Run, 26/1/2010

Various distances, with a breakfast available afterwards at the home of Kevin & Maree Lucas (address below)

Date: Tuesday 26th January, 2010

Time: 6.30am - 15k run
6.45am - 5-8km walk
7.00am - 7-10km run

Place: 7 Mortley Avenue, Haberfield

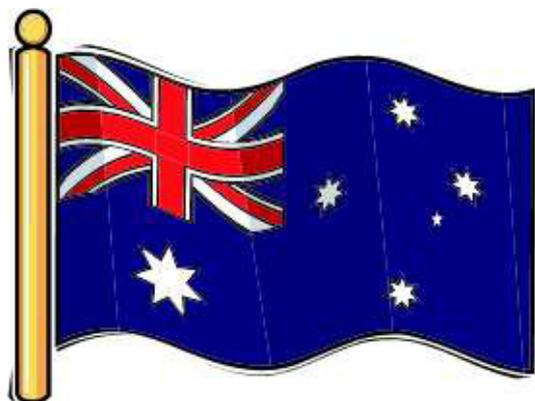
Cost: only \$2 for members, \$3 for non-members.

Enter through the side gate, bring cossies for a swim.

RSVP: 23/1/2010

Email: klu42116@bigpond.net.au

Phone: 9798 6912 (H)



Race Results

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

Sri Chinmoy Series

7KM Centennial Park 22/11/09

Mark O'Donnell	37:14
Terry Vohradsky	35:14
Charissa Patacsil	35:48
Thalia Anthony	36:57
Peta Bray	41:36

Sydney Marathon Clinic

Smithfield, NSW

21.1KM

Tim Cochrane 3rd	1:16:53	1st 20-39
Phil Lobsey	1:37:33	
Emanuel Finos	1:39:19	
Vass Vassilou	1:44:44	6th 50-59
Paul Whiteway	1:44:49	7th 50-59
Brian Ogilvy	2:05:22	2nd 60-69

10 KM

Daniel Lorenzotti	39:18	3rd OAll, 1st M20-29
John Dawlings	40:27	4th OAll, 1st M50-59
Lesley Maher	1:04:52	1st F50-59

5KM

Dorothy Siepmann	26:40	1st F60-69
Michelle Warren	33:16	2nd F30-39

Deep Space Mountain Marathon,

44km, Canberra, ACT 22/11/2009

Brendan Davies 3:50:05, 2nd O'all

Great Australian Run

15KM Melbourne, Vic 29/11/2009

Brendan Davies 54.16

Central Coast Half marathon

The Entrance 6/12/09

21.1 KM

Brendan Davies: 78.18, 1 sec PB (3rd O/All)

Daniel Lorenzotti: 89.45

Linda Barwick*: 114.32 (1st 50-59)

9 km

John Dawlings: 34.15 (1st 50-59)

Charissa Patacsil: 44.10

Anthony Robinson: 35.25

Dot Siepmann: 47.43

Terry Vohradsky: 44.10

*Not a member or not in Woodstock gear

John's acknowledgment and fun run donation

This year for the first time ever I tried to organise a fun run myself. It left me with a new found admiration for the work that must have gone into organising the Woodstock fun run for all those years and for making it consistently the best run in Sydney.

The Balmain run was certainly not the best fun run in Sydney this year but it was a huge success. We attracted nearly 600 entrants and raised nearly \$7,000 for Balmain Public School. The success on the day was in no small part due to the efforts made by various members of Woodstock. I know I will miss some out but amongst others, Brendan Davies was the lead cyclist, Barry Cole and Ken Flarrey organised the marshals, Chris Siepen was the MC, Martin Amy co-ordinated the volunteers, Marlene Cole handled the baggage and Emmanuel and Kerry worked as marshals. In addition several people from Woodstock took part as competitors.

To show its gratitude for the part that Woodstock played in getting this new event off the ground, the Balmain Public School P&C have donated \$250 to the club. I too am extremely grateful for all the help I received from everyone.

Many thanks,

John Dawlings

Statistics:

Top 10 keyphrases that have led people to our website:

woodstock runners 83 22.9 %, thalia anthony 16 4.4 %, woodstock running club 15 4.1 %, christmas party awards 8 2.2 %, macleay river marathon 7 1.9 %, woodstock calendar 6 1.6 %, martin amy 5 1.3 %, woodstockrunners 5 1.3 %, homebush fun run 4 1.1 %, fishers ghost fun run 2009results 4 1.1 %

Other phrases 208 57.6 %

Upcoming events

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

Fri-Sun 11-13 Dec COAST TO KOSCIUSZKO

A 236km run from sea level (Boydton Beach, near Eden) to the highest point in Australia (Mt Kosciuszko, 2229m above sea level). Timelimit of 48hrs applies. Need to supply own crew. contact: Paul Every at (02) 9482-8276. email: peverydweaver@hotmail.com. Visit the <http://www.c2k.ultraoz.com/> for more details.

Sat 12 Dec COOLRUNNING WESTERN SYDNEY 5 KM CHALLENGE INCORPORATING BEESKNEES 21ST BIRTHDAY BASH

Location: Nurragingy Reserve, Knox Rd, Doonside. The aim is to finish as close to 8 am as possible. So if you're a 35 min 5 km runner you will start at 7:25, finishing at 8 am, if you're a 20 min 5 km runner then you will leave at 7:40, etc. This way everyone finishes at 8 am for the breakfast. The breakfast is legendary, gold donation appreciated, unless you bring some yummy food, then it is free. Course measurement has been given Colin's seal of approval. Aim for a P.B or a social chat along the way. contact: ratdog 0419 623 569. Visit the <http://www.coolrunning.com.au/forums/index.php?s=&showtopic=18902&view=findpost&p=519965> for more details.

Wed 16 Dec SYDNEY SUMMER SERIES # 11

Varying distances, 45 minute time limit. The Sydney Summers Series is an exciting program of after-work running events for those who would like a navigational challenge in the cool of Sydney's summer evenings. The events are 45-minute duration, attracting walkers and joggers through to champion runners. Starts anytime between 4:45pm and 6:45pm from Allan Small Park, Saiala Road, East Killara contact: Adrian White ph. 9416 7310 or Ross Barr (Series Co-ordinator) on (02) 9489-4154.. email: ross.barr@rossbarr.com.au. Visit the <http://www.sydneysummerseries.com.au/> for more details.

Thu 17 Dec SYDNEY SUMMER TWILIGHT SERIES - RACE 6 SILVERWATER 6.30PM

Race 6 - Thursday 17 December 2009, 6:30PM - Wilson Park, Silverwater (see website for map). Toilets, parking. This is a flat course with no slopes or hills. Course is bike path. Host: Colin. This is the 6th in an informal 5 and 10K time trial series in the Sydney Metro area over the summer. Races are held in the twilight so that runners can race after work. All standards welcome. No entry fee: events are not officially sanctioned, and runners share the paths with the general public. contact: Leave a message on the forum thread. Visit the http://www.coolrunning.com.au/runningguide/wiki/index.php/Sydney_Summer_Twilight_Series for more details.

Sun 20 Dec SMC ROAD RACE SERIES

21km, 10km, 5km and 5km walk. Rosford St. Reserve, Smithfield. A series of road-races that provides an opportunity for people to improve their running and prepare for some of the major fun runs and races held throughout the year. Join a very friendly and sociable group of runners at 7:00am (long run and walk) 7:30am (5km & 10km runs) from beginners through to hard core. Enter on-line or on the day. Everyone is welcome. Series entrants will receive a timing chip and bib number to use for the duration of the series, allowing them to bypass the entry queues and go straight to the start line. Electronic timing on an IAAF certified course with accurate km markers and regular drink stations with water sachets and sports drink etc. Series certificates, hot showers, fresh fruit, hot drinks & entry in lucky draw after each race. email: smc@sydneymarathonclinic.org.au. Visit the <http://www.sydneymarathonclinic.org.au/tikiwiki/tiki-index.php> for more details. Click <http://www.coolrunning.com.au/users/calendar/2009/2009e080.pdf> for an entryform.

Wed 23 Dec SYDNEY SUMMER SERIES # 12

SYDNEY SUMMER SERIES # 12 Varying distances, 45 minute time limit. The Sydney Summers Series is an exciting program of after-work running events for those who would like a navigational challenge in the cool of Sydney's summer evenings. The events are 45-minute duration, attracting walkers and joggers through to champion runners. Starts anytime between 4:45pm and 6:45pm from Georges Heights Oval, Suakin Drive, Mosman contact: Rob Spry ph. 9410 1313 or Ross Barr (Series Co-ordinator) on (02) 9489-4154. email: ross.barr@rossbarr.com.au. Visit the <http://www.sydneysummeries.com.au/> for more details.

Wed 30 Dec SYDNEY SUMMER SERIES # 13

Varying distances, 45 minute time limit. The Sydney Summers Series is an exciting program of after-work running events for those who would like a navigational challenge in the cool of Sydney's summer evenings. The events are 45-minute duration, attracting walkers and joggers through to champion runners. Starts anytime between 4:45pm and 6:45pm from Sir David Martin Reserve, Auluba Road, South Turrumurra contact: Stuart McWilliam ph. 0411 819 313 or Ross Barr (Series Co-ordinator) on (02) 9489-4154. email: ross.barr@rossbarr.com.au.. Visit the <http://www.sydneysummerseries.com.au/> for more details.

Ex-Woodstocks: Where are they now?

Guess what's on the Woodies post from the past?

Sue Phipps

Woodstock member 1986-1998a
 Moved to Adelaide 1998
 Ran up until 8 months pregnant -Australia Day Fun Run Centennial Park 1988
 Ran 7 mths pregnant, but infrequently in 1990 Silver womens 30-39 yrs City-to -Surf 1989
 Created a new Woodstock singlet- 2 joined together to go around the bulge! Then a Junior Woodstock shirt for the baby, Emma.
 No longer running, never got back into it after moving. The dogs' mournful pleading eyes for a walk won out!
 Started archery in July 2009 & hooked.!
 Still working part-time with severely disabled kids in wheelchairs. Living on a 22 hectare farm in Adelaide Hills. Have 25 beef cattle. "Tina" the dog now 14years old .

Gerry Phipps

Woodstock member 1986-1998
 Moved to Adelaide 1998.
 Pushed a pram in funruns.
 Won Family category 1989 with Sue & Emma in pram. There was a bit of a kerfuffle over the pram until organizers realised all entrants had a baby in a running pram.
 Started "Brekky Runs" with a swim & brekky in 4 star hotels (where we all had 4 courses of everything & rolled home at 1 la.m. after a 7am run)

"Cracked the whip " & kept Sue running with a big belly.
 Gerry is retired (since 1998) and still plays about with lumps of wood., including building a house.
 He has been seriously into Archery since before leaving Sydney, 22 hectares gives room for every Archery course possible.
 Get a farm and find out the meaning of "hard work", mostly ensuring the comfort of Sue's cows.

Podiatrist Says ...

By:chaianthenet



Found the Woodies?

There are 6.



Woodie 1: Brendan @ Fisher's ghost; Woodie 3, 4, 5: Kerry, Bray, Dot Siepmann and Susan Murray @ WMG 10KM;
 Woodies 5 and 6: Running away from Dot for not having their singlets, Emma Pryor, Bridget Akers @Fisher's Ghost

Woodstocks are Photogenic!



Clockwise: Dot@Central Coast Run; Tony, Terry, Daniel, Bren@Central Coast; Thalia@Centennial Park; Bren@Melbourne; Daniel@CC; John@CC; Chaia, Terry@CC



Who is this Woodie disguised as Santa?



She is not a Woodie, however can you spot two and who?



Hey Anthony, is that a new Woodstock dance move? :)