

**The**

# **WOODSTOCK RUNDOWN**

**March 2010**

Internet address: [www.woodstockrunners.org.au](http://www.woodstockrunners.org.au)

Email: [info@woodstockrunners.org.au](mailto:info@woodstockrunners.org.au)

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

Email Results and Contributions to: [rundown@woodstockrunners.org.au](mailto: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 wonderful morning it was for the Cronulla Breakfast Run and a great turn out of 26 Woodstockians. Conditions for the run were ideal, the ocean magnificent and breakfast, delicious. Special mentions must go to Martin and Michael who ran from Summer Hill and Jeff, who left the Coles' home at 1.30am at Eastwood to run the 38k to Cronulla, but became lost and finished up covering 44k. They all then ran at Cronulla and swam as well. Well done everyone.

Welcome back to members who have been holidaying recently, most returned in good condition, though not our esteemed Editor, Chaia, who came home with an injured ankle.....no, not from running, but table tennis in the Philippines. I loved John Phillips' Woodstock photo in the snow and ice of Finland.

Stretch returned from his penny farthing trip in Tassie a little the worse for wear following a couple of stacks. We hope to have you back running (which is obviously safer) very soon.

Thanks to Colin for the last Handicap and to Deirdre, David and Lesley for the barbecue, also to Tristan who took on the job of part time chef. Well done to the winners on the day and to those who recorded PBs. Lloyd celebrated his 85<sup>th</sup> birthday that morning and we all helped out eating his cake.

Thank you to Brendan for the Pack Run and also to Nadine, in charge of the fabulous drink station at half way. The variety of drinks was much appreciated.

Congratulations Larissa on your amazing effort in the Narrabeen All-nighter. Third female overall in 11hrs44mins is incredible and we are in awe.

Maureen and John Pollard are very happy in their new life at Lake Macquarie. They have retired there having sold their home in Burwood. Bowls have replaced running as their new found sport and they also have a boat in which they are hoping to spend more time on the water.

Who remembers Charlie Topfer? He is now happily married with a little baby and is still cycling.

Steve Briscoe is running a little these days, though when I last spoke to him, Robyn was injured. Anthony is suffering from a stress fracture at the moment. Let's hope everyone who is injured is back on deck real soon.

Good luck to all as the running season starts to take shape. Hope we see lots of PBs and great results all round.

### ***March Birthday Celebrants***

<b>Kerry</b>	<b>Bray</b>	<b>11</b>	<b>Brian</b>	<b>Ogilvy</b>	<b>14</b>	<b>Jonathan</b>	<b>Fowler</b>	<b>16</b>	<b>Paul</b>	<b>Barnett</b>	<b>23</b>
			<b>Ian</b>	<b>Whitfield</b>	<b>27</b>	<b>Christine</b>	<b>Berle</b>	<b>28</b>			

## Letter from the editor

Dear Woodstocks!

Yes I am back. Thanks Brendan for the wonderful February issue last month and taking care of the Newsletter while I am "on-leave". Congratulations to our finned-runners Rick Collins, David Blackwell and John Phillips in the Coles Classic in Manly.

Good to see that few of our injured runners last year are back running butunfortunate for few who are not injured before are now nursing one.

BTW, I got a book from Terry for Christmas titled 26.2 Marathon Stories and currently finishing Marathon Woman and What I talk about when running. Email me should you want to borrow this running books, I'm happy to lend it to you.

- editor

### Sunday Marathon Training continues

Even with the Canberra Marathon going to happen and finish soon, the group lead by Martin is still pushing through in the long distance training.



This might make it to a regular Club run to those training for a particular long distance race all throughout the calendar.

Interested members please **email:**  
Martin Amy, Rick Collins, Brendan Davies more information.

### Welcome to the club new members!!

**Graeme Tutt, Rebecca Bangura, Martina Lyons, & Michelle Smith,**

Let's make our new members to the family welcome. New members, should you have questions on uniforms please contact Dot Siepmann out Uniform officer.

### 30th Anniversary Announcement

Calling all members!!

Please send me any Photos, Articles and Videos for the 30th anniversary edition.

Send it through email or to:

Thank you!

- Editor

## March-April Training Program

<b>Tuesday Runs</b> 6pm @Woodstock, Burwood,		<b>Thursday Night Intervals</b> 6:30pm@Campbell Oval, Ashbury.		<b>Saturday Runs</b> 7.20am at Brett Park, Drummoyne	
9/03/2010	Cooks River Canter 10km	11/03/2010	Standard Pyramid	13/03/2010	Timbrell Park 8km
16/03/2010	Blue Mountains Express 10.5km	18/03/2010	3 minutes x 8	20/03/2010	Five Dock 7km
23/03/2010	Cabarita 11km	25/03/2010	"Mile Down" Pyramid *	27/03/2010	Bay Run 7km
30/03/2010	Kev's Kadiddlehopper 10km	1/04/2010	Long Hill/Short Hill Repeats	3/04/2010	Drummoyne 9km

**Did you know?** Last 4/2/2010 the Thursday Night Training Session had a PB? It was participated by 14 members and 2 visitors



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## **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?***

Teaches you pace - Timing your intervals helps you get a feel for your speed. Your body gets to know different paces and how to maintain a rhythm.

Increases your speed - It's no mystery. You'll get faster by running faster.

Raises your anaerobic limit - This is the point where your muscles fatigue at a faster rate. Increase the limit with this speed training and you'll run faster for longer.

Improves your form - Your body learns to run more efficiently and relaxed while running faster.

Adds to your endurance - This training also builds your strength and stamina.

Throws in variety - Mixing some speed with easy runs, long runs and hills rounds out your training.

Monitors your progress - Record your number of intervals, times and recovery in your running log. Over time you'll see improvements e.g. more reps, faster reps, shorter recoveries, etc

Prepares you for racing - Learning pace, completing a workout when you're tired all helps you mentally and physically for racing.

**Everyone is welcome, regardless of our 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. Visitors including family and friends are welcome to try us out. Sessions range from hill repeats, fartlek training, pyramids, sprints and standard intervals. Open the attachment to view the sessions. Variety is the key to enjoyment! Then TNT is for you!!!**

**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 **[davies2000@yahoo.com](mailto:davies2000@yahoo.com)****



# *A Minute with a member*

**Name:** Peta Bray

**What is your occupation?** Early Childhood Teacher

**Running age group?** 40-50 years

**Do you have family?** No Children, 4 siblings and nieces and nephews

**How long have you been a Woody?** 8 months, but running a little before then.

**Do you run on Tuesday night/TNT/Saturday morning?**

Unable to run with Woodstock anytime but run the Handicap runs

**Why do you enjoy running?** I enjoy running because it makes me feel better and healthy. I like the challenges it brings specially as running is new to me. I like setting goals for myself and trying to achieve these. Finally its great to run with others, meet people and belong to a running group where people cheer on you and encourage you. It also means I can eat anything.

**What is your favourite running distance/course/event and why?** As I've just began running its a bit of a tricky question. I would say after my first season I prefer medium distances of 7-10 Km because there are many races of these distances and it interesting to compare times. I also enjoyed the Blackmore's Half Marathon last year as it was my first half and loved the atmosphere and everything about it.

**What has been your running highlight?** I have a few completing my first ever fun run without stopping (4Km, Sri Chinmoy) with my mum Kerry. Receiving my first ever medal in my age category and completing my first half marathon last year as the longest distance ever.

**Any lowlights (injury etc)?** Fortunately, I haven't experienced any low lights or injuries. So far only being sore and tight but I'm used to now. (found out that stretching helps!)

**What was the last race you went in and how did you go?** Sri Chinmoy 7Km November 2009. Would have liked to have done a faster time but due to the heat and humidity thought I did okay.

**Anything funny/unusual ever happened to you while you have been out running?** Nothing unusual or funny has happened to me while running. I'm sure something will as I continue to run more.

**What other sports/hobbies are you involved in?** I like cycling and sometimes my own circuit training

**Favourite food/beverage?** Vegetables and Pizza, Stir fries, Chicken and of course chocolate apple juice and smoothies

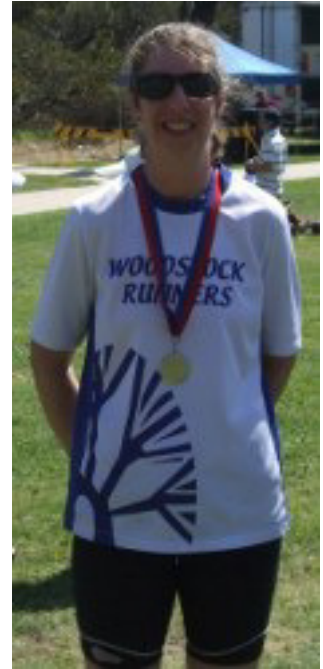
**If you could have dinner with anyone who would it be and why?** Michael Palin author of New Europe (ravel Book). It would be fascinating to hear all about his travels and about the many countries he's been to and written about.

**Where would your ideal holiday be?** Would love to go to Egypt. I like ancient history and one day would love to see the Pyramids.

**Favorite running shoe/Gadget?** Why? Can't Fault my Polar running watch it keeps track of my distance and helps me with training and to keep my speed up in races.

**Interesting things we may not know about you?** I've never driven. Lived and worked in London for 2 years, 13 years ago.

*Thanks Peta for sharing! I appreciate your effort of having to write the response down since your computer was acting up. - Editor*



**Woodstock Runners Handicap Event, 6/2/2010**  
**Held around the 7km Bay Run course**

Name	Estimated Time	Start Time	Finish Time	Actual Time	Finish Place	Points
Amy, Martin	26:30	7:46:30	8:12:05	25:35	1	22
Bray, Peta	40:00	7:33:00	8:12:28	39:28	2	21
Davies, Brendan	26:00	7:47:00	8:12:45	25:45	3	20
Hastings, Theo	30:00	7:43:00	8:12:50	29:50	4	19
Purss, Tony	34:30	7:39:30	8:12:51	33:21	5	18
Whiteway, Paul	35:00	7:38:00	8:13:11	35:11	6	17
Takahashi, Kazu	29:00	7:44:00	8:13:20	29:20	7	16
Hager, Bronwyn	30:00	7:43:00	8:13:30	30:30	8	15
Bray, Kerry	43:00	7:30:00	8:13:53	43:53	9	14
Cole, Barry	48:45	7:24:15	8:14:09	49:54	10	13
Akers, Bridget	37:00	7:36:00	8:14:13	38:13	11	12
Pryor, Emma	37:00	7:36:00	8:14:17	38:17	12	11
Brown, Calli	37:50	7:35:10	8:14:33	39:23	13	10
O'Regan, Elmarie	31:00	7:42:00	8:14:36	32:36	14	9
Lyons, Martina ##	46:00	7:27:30	8:14:39	47:09	15	8
Rankin, Roy	43:00	7:30:00	8:14:48	44:48	16	7
Collins, Rick	36:00	7:37:00	8:15:35	38:35	17	6
Nash, Paul	38:00	7:35:00	8:15:37	40:37	18	5
Iseli, Tristan	36:00	7:41:40	8:17:37	35:57	19	4
Cantley, Michael	26:00	7:47:00	8:11:50	24:50	DQ	3
Smith, Michelle	45:00	7:28:00	8:11:58	43:58	DQ	3
Dower, Tami	34:20	7:41:40	DNF			

In this Handicap event, Martin Amy, Peta Bray & Brendan Davies took the first three places.

There was 1 Handicap PB set: Peta Bray 39:28 1:15 Handicap PB

The fastest male was Michael Cantley (24:50)

The fastest female was Bronwyn Hager (30:30)

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**REVOLUTION IMAGING**

**Hot Designs 10% discount offer**

*Hot designs have offered Woodstock members 10% off any items purchased from their shop on the last Saturday of each month - 8am. To 1pm.*

*Hot Designs are the manufacturers of our latest long sleeve tops, bra tops and singlets.*



## **WINTER RUNS PROGRAM 2010**

<b>Tuesday Runs</b> <b>Meet at 6pm at Woodstock,</b> <b>Burwood,</b> <b>access via Fitzroy St.</b>	<b>Thursday Night Intervals</b> <b>Meet at 6:30pm at Campbell</b> <b>Athletics Field, part</b> <b>of Canterbury Park,</b> <b>Princess St, Ashbury.</b>	<b>Saturday Runs</b> <b>Meets at 7.20am at Brett</b> <b>Park, Drummoyne</b> <b>for 7.30am start</b>
<p>30/03/2010 Kev's Kadiddlehopper 10km  6/04/2010 Concord 9km  13/04/2010 Canada Bay 11km  20/04/2010 Homebush Run 10km  27/04/2010 Campsie 9km  4/05/2010 Burwood Park 10km  11/05/2010 Woodstock Fun Run 8km (AGM Night)  18/05/2010 Concord 9km  25/05/2010 Canada Bay 11km  1/06/2010 Homebush Run 10km  8/06/2010 Campsie 9km  15/06/2010 Jak's Strathfield Run 8km  22/06/2010 Burwood Park 10km  29/06/2010 Concord 9km  6/07/2010 Canada Bay 11km  13/07/2010 Homebush Run 10km  20/07/2010 Campsie 9km  27/07/2010 Burwood Park 10km  3/08/2010 Concord 9km  10/08/2010 Appian Way/ Woodstock Fun Run 9.6km  17/08/2010 Canada Bay 11km  24/08/2010 Homebush Run 10km  31/08/2010 Campsie 9km  7/09/2010 Jak's Strathfield Run 8km  14/09/2010 Burwood Park 10km  21/09/2010 Concord 9km  28/09/2010 Canada Bay 11km</p>	<p>1/04/2010 1200m x 4  8/04/2010 "Command" or "Mona" Fartlek  15/04/2010 "Hills" Session  22/04/2010 400m x 12  29/04/2010 "Doubles" Standard Pyramid  6/05/2010 800m x 6  13/05/2010 "Mile Down" Inverted Pyramid  20/05/2010 "Parlov" 300m x 12  27/05/2010 1200m x 4  3/06/2010 "Command" or "Mona" Fartlek  10/06/2010 "Hills" Session  17/06/2010 400m x 12  24/06/2010 "Doubles" Standard Pyramid  1/07/2010 800m x 6  8/07/2010 "Mile Down" Inverted Pyramid  15/07/2010 "Parlov" 300m x 12  22/07/2010 1200m x 4  29/07/2010 "Command" or "Mona" Fartlek  5/08/2010 "Hills" Session  12/08/2010 400m x 12  19/08/2010 "Doubles" Standard Pyramid  26/08/2010 800m x 6  2/09/2010 "Mile Down" Inverted Pyramid  9/09/2010 "Parlov" 300m x 12  16/09/2010 1200m x 4  23/09/2010 "Command" or "Mona" Fartlek  30/09/2010 "Hills" Session</p>	<p>3/04/2010 Drummoyne 9km  10/04/2010 Balmain Shores 7.5km  17/04/2010 Hell Hill 8km  24/04/2010 Balmain 9km  1/05/2010 Timbrell Park 8km  8/05/2010 Five Dock 7km  15/05/2010 Handicap Run #2, Brett Park  22/05/2010 Balmain Shores 7.5km  29/05/2010 Hell Hill 8km  5/06/2010 Balmain 9km  12/06/2010 Timbrell Park 8km  19/06/2010 Five Dock 7km  26/06/2010 Bay Run 7km  3/07/2010 Balmain Shores 7.5km  10/07/2010 Hell Hill 8km  17/07/2010 Balmain 9km  24/07/2010 Timbrell Park 8km  31/07/2010 Handicap Run #3, Brett Park  7/08/2010 Five Dock 7km  14/08/2010 Bay Run 7km  21/08/2010 Balmain Shores 7.5km  28/08/2010 Hell Hill 8km  4/09/2010 Balmain 9km  11/09/2010 Timbrell Park 8km  18/09/2010 Five Dock 7km  25/09/2010 Bay Run 7km  2/10/2010 Balmain Shores 7.5km</p>

NB. During the winter months (April to August), a Hills training group will operate on Tuesday nights.  
*The Winter program continues until Daylight Saving begins 3/10/2010*

Should you wish to contribute saving Mother planet and opt to receive the newsletter thru email, email me at [rundown@woodstockrunners.org.au](mailto:rundown@woodstockrunners.org.au)

### **Tami and Tristan are off to tie the knot...**

Friday 12th March is our last Friday night in town before TnT head down to Melbourne to get married and they'd like to spend it with you!



Please join us for celebratory drinks at:  
The Glenmore Rooftop Hotel  
96 Cumberland St



# Race Results

**Members - Please email all results to**  
[rundown@woodstockrunners.org.au](mailto:rundown@woodstockrunners.org.au)

## Sydney Striders Homebush, 06/02/10

### 10Km

Linda Barwick##	53:21
Emanuel Finos ##	44:26
Brian Ogilwy ##	48:14
Dot Siepmann	55:41

## Cole Classic, Ocean Swim, 07/02/10

### 2km

John Murray	42:49
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### 1km

Rick Collins	25:05
Jeff Morunga	25:30
David Blackwell	22:41

## Paddy Pallin Adventure Race, Canberra, 13/02/10

### 3 x MTB, 3 x Run Leg

### Approx 30km

Brendan Davies,	2:37:24
Lachlan Dansie ## ,	7th o'all, 3rd Male
Andrew Johnson ##	

## Sydney Marathon Clinic 21/02/2010

### 25 KM

Davies Brendan	1:34:55 4th
Lobsey Phil	1:54:18
Finos Emanuel	2:03:43
Barwick Linda	2:26:35
Morunga Jeff	3:12:14

### 10 KM

Cantley Michael	36:28 4th/4th M30-35
Cochrane Tim	38:00 5th/1st M20-29
Lorenzotti Daniel	38:15 6th/2nd M20-29
Robinson Anthony	40:57 9th/6th M30-39
Hager Bronwyn	44:50 3rd/1F20-29

### SMC 10 KM

Garcia Manal	45:59 4th/1st F30-39
Mahe Lesley	58:17

### 5km

Brown Calli	26:05
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## Sri Chinmoy Centennial Park 21/02/2010

### 4Km

Mark O'Donnell	20:39
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## Sydney Striders North Head 6/3/10

### 10KM

Emanuel Finos##	44.04
Manal Garcia##	45.26
Brian Ogilwy##	47.28
Linda Barwick##	52.39
Jeff Morunga##	57.55

## NSW Masters Athletics Championships 7/3/10

### 5000M

Brendan Davies##	16.14 1st M30
Dot Siepmann##	28.04 1st W65

### 60M

Brendan Davies##	9.07 3rd M30
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### 800M

Brendan Davies##	2.17 5th M30
Dot Siepmann##	3.54 2nd W65

## Orange Running Festival 7/3/10

### 21.5Km

Tim Cochrane	79.24 2nd M19-29
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### 10 KM

Lesley Maher	59.13
Lorraine Spanton	53.40 1st F50-59
Michelle Warren	68.31

### 4.5 KM

Deirdre Stewart	25:16
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**Martin Amy's stunts:** Left to right, Martin and his apprentice; Martin doing a "fell" running.



## **Woodstock Runners – Membership Forms for 2010-2011**

Membership Fees for the 2010-2011 year are due by 31<sup>st</sup> March 2010. Please note the following:

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

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

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

3. **Due Date is 31/3/2010** - Any members not rejoining by 31/3/2010 cease to be a member on that date (refer Constitution, clause 8.2).

4. **New Club Gear Order Closing 28/2/2010** – new stock of short sleeve tops, long sleeve tops, and bra tops will be ordered from Hot Designs on 28/2/2010, based on orders received up to that date. Members will have these items by early April, just in time for the Canberra Marathon.

Short Sleeve Tops	\$50
Long Sleeve Tops	\$60
Bra Top	\$66

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

**These orders will definitely close 28/2/2010.**

We still have some caps, & a few old shirts & polar fleeces left, these can be ordered online or purchased from our Uniforms Officer (Dot Siepmann).

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

5. **Cheques** - should be made payable to "Woodstock Runners", with completed forms and money to be submitted by 31/3/2010 at any of our Club runs, or posted to The Treasurer, PO Box 672, Burwood NSW 1805.

### **6. Rundown & Privacy**

On your membership renewal, please indicate if you require a paper copy of the Rundown.

You may also indicate if you do not consent to your details appearing on our Member List. Note that the Member List is issued periodically, will not be posted on our website, and is only intended for internal Club purposes.

You may also indicate if you do not consent to your results and/or photos being published. This includes the Rundown & website, but precludes the members from being eligible for any club awards.

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

Thanks,

Colin Townsend  
On behalf of the Club Committee

# Woodstock Runners



## Membership Form – 2010-2011

Name: \_\_\_\_\_  
Address: \_\_\_\_\_ Suburb: \_\_\_\_\_ Postcode \_\_\_\_\_  
Telephone Home: \_\_\_\_\_ Work: \_\_\_\_\_ Mobile: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ Email: \_\_\_\_\_

I wish to join/rejoin as a financial member of Woodstock Runners Inc. for 2010-2011 as indicated below:

### Part A - Club Fees:

#### Existing Members

Adults	Concession
\$40.00	\$25.00
	\$ _____

#### New Members

New Member Fee includes either a Club cotton T-Shirt, or a Hot Designs singlet/short sleeve shirt

	Adults	Concession
Membership - Cotton T-shirt	\$40.00	\$25.00
Membership - Hot Designs Singlet/Short Sleeve Shirt	\$60.00	\$45.00
		\$ _____

NB. Any non-members are welcome to run/walk with us for one month prior to joining.

The TNT sessions are free for members, and \$5 for non-members.

Any TNT fees paid by non-members will be credited against the cost of membership when joining.

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

Distance	Event	Date	Time
10Km			
City to Surf			
1/2 Marathon			
Marathon			

### Part B – Club Gear

	Size / Qty		Size / Qty		Size / Qty
Cap \$20	____ / ____	Singlets(M/F)\$45	____ / ____	Old T-Shirts \$5	____ / ____
Short Sleeve \$50	____ / ____	Bra Top \$66	____ / ____	Old Singlets \$5	____ / ____
Long Sleeve \$60	____ / ____	Polar Fleece \$28	____ / ____		\$ _____
				<b>Total</b>	\$ _____

### Please tick as appropriate (leave if not required):

- ☐ I require a paper copy of the "Rundown" (Club Newsletter issued monthly).  
☐ I **do not** consent to my contact details being included in the Club Member List.  
☐ I **do not** consent to my results and/or photos of me being published (Rundown and website)

Please return to: Treasurer - Woodstock Runners Inc.  
PO Box 672  
BURWOOD NSW 1805

Cheques should be made payable to "Woodstock Runners Inc".

## Upcoming events

All events courtesy of: [www.coolrunning.com.au/calendar](http://www.coolrunning.com.au/calendar)

March 2010

### **Sat 13 Mar SIX FOOT TRACK MARATHON**

45.0km mountain trail run, starts 8am Saturday from Katoomba to Jenolan Caves. Time limit 7 hours - entry criteria apply. Approx 800 runners. Incorporating the AURA National Trail Ultramarathon Championships contact: Race Organiser, Six Foot Track Marathon, PO Box R1227 Royal Exchange, Sydney, NSW 1225. email: [raceorganiser@sixfoot.com](mailto:raceorganiser@sixfoot.com). Visit the <http://www.sixfoot.com/> for more details.

### **Sat 13 Mar PADDY PALLIN ADVENTURE RACE SERIES - SYDNEY AREA**

The Season Grand Finale of the Paddy Pallin Adventure Race Series has been moved forward a bit this year to try and dodge the rainy April weather! It has a tendency to sell out quite fast so get in early, don't miss out! Teams of 3 navigate around a secret course and find their way from checkpoint to checkpoint on foot, bike and kayak. Heaps of fun for beginners and seasoned racers alike with an option of Novice, Classic and Advanced Course featuring extra bonus legs! Kayaks, paddles, PFDs, maps and race instructions are provided. Put a team together and come experience the most fun you'll have outdoors, you won't regret it! contact: Alina McMaster. email: [info@arocsport.com.au](mailto:info@arocsport.com.au). Visit the <http://www.arocsport.com.au/> for more details.

### **Sat 13 Mar CROSS COUNTRY RUNNING SEASON REGISTRATION DAY**

We welcome novice and experienced runners of all ages to join us in healthy Saturday afternoon competition throughout the Winter months. Our well organised running program offers a variety of distances from 1km-10km at a different location each week throughout the Sutherland Shire and Royal National Park. Free for Little As. Free snake run for the tiny tots! Fun & fitness for the individuals and the whole family. Our unique handicap and point scoring systems reward runners of all abilities from novice to the elite in the same field. See website to obtain registration forms and more information. Running program will be finalised and published on Programs & Events page of website in mid February. contact: Bob Reus. email: [webmaster@sutherlandathletics.com](mailto:webmaster@sutherlandathletics.com). Visit the <http://www.sutherlandathletics.com/> for more details.

### **Fri 19 Mar KOSCIUSZKO RUN 2010**

The Run will begin at 10am, on Friday, March 19. The "Summit Walk"™ will lead competitors across Kosciuszko National Park, from the starting line at Charlotte Pass (1840 metres above sea level) to the summit of Mount Kosciuszko (2228 metres above sea level). The total length of the track is 9.1km. contact: John Harding. email: [hackettrunner@hotmail.com](mailto:hackettrunner@hotmail.com). Visit the <http://www.transitionzone.com.au/events/amra/kosciuszko10/> for more details. Click <http://www.transitionzone.com.au/events/amra/kosciuszko10/> for an entry form

### **Sun 21 Mar SMC ROAD RACE SERIES**

30km, 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](mailto: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.

### **Sun 28 Mar SRI CHINMOY SYDNEY SERIES RACE 2 - IRON COVE 16 KM, 8 KM & 4 KM.**

The second race in the Sri Chinmoy Sydney Series for 2010, returning to the ever-popular Iron Cove. 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](mailto:sydney@srchinmoyraces.org). Visit the [http://au.srichinmoyraces.org/sydneyraces\\_10](http://au.srichinmoyraces.org/sydneyraces_10) for more details. Click <http://au.eventdirector.net/Register.aspx?EventID=3804> for an entryform.

### **Sun 28 Mar GREAT VOLCANIC MOUNTAIN CHALLENGE**

An 11 km run up the 1397 metre Mount Canobolas near Orange NSW. Run from the Towac Pinnacle Picnic Grounds to the summit of Mount Canobolas via Mount Towac and Young Man Canobolas. It



### **Continuation ... Upcoming Events**

takes in spectacular views from the volcanic range, passing through changing vegetation on little used forest roads and bush tracks. The climb for the whole route is 520m. Individual, Team or Family group entries. email: [greatvolcanic2006@gmail.com](mailto:greatvolcanic2006@gmail.com). Visit the <http://www.greatvolcanic.org/> for more details.

Sun 28 Mar LINDFIELD ROTARY FUN RUN 2010

The event now in the 15th year will run on Sunday 28th March 2010. A 10km run and a 5km run/walk starting from Roseville Park, Clanville Road, Roseville. The 10km run, starting at 8:00am, includes two circuits of the course and the 5km event will start at 8:10am. Online registrations can be completed on the dedicated website and details and receipts printed directly. contact: Garry McIntosh. email: [lindfieldrotaryfunrun@hotmail.com](mailto:lindfieldrotaryfunrun@hotmail.com). Visit the <http://www.lindfieldrotaryfunrun.org.au/> for more details.

### **April 2010**

Sat 3 Apr SYDNEY STRIDERS 10KM SERIES

10km race on an officially certified course at Lane Cove National Park. 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](mailto:info@sydneystriders.org.au). Visit the <http://www.sydneystriders.org.au/10k/> for more details.

Sat 3 Apr BACK TO PERISHER WEEKEND - FUN RUN

As part of stimulating more interest in the Perisher area over the Easter period, a 'Fun Run' will take place between Perisher Gap (approximately 2.3km west of Perisher Valley) and Charlotte Pass; a distance of 6.1km. The Fun Run was held last year with 40 participants and targeted club lodge members of the Perisher Range Resorts in Kosciuszko National Park. This year the event is open to a wider audience. The event is being coordinated by SLOPES (Ski Lodges of Perisher Valley, Smiggin Holes and Guthega Incorporated) with assistance from the National Parks and Wildlife Service. contact: Dave Woods. email: [dave.woods@environment.nsw.gov.au](mailto:dave.woods@environment.nsw.gov.au).

Sun 4 Apr BEROWRA BUSH RUNNERS 10KM ROAD RUN HANDICAP

This handicap race is held on the first Sunday of every month. Join us and enjoy a free breakfast. We will record your time and give you a handicap. Join the club and race for weekly and yearly prizes and medals. We also have social runs every other Sunday. Check out our website for the calendar and race rules. Contact: Graham Leslie 8402 1169. contact: Graham Leslie. email: [gles@inet.net.au](mailto:gles@inet.net.au). Visit the <http://www.berowrabushrunners.com/> for more details.

Mon 5 Apr HERALD HILL TO HARBOUR CHALLENGE

One of the most picturesque city based running events in Australia, this 10km and half marathon challenge is true to its name, with a mighty good hill on the way to the harbour. With the 10km event starting just up from the famous Merewether Surf Beach, this event heads straight up a great big hill, but then is mostly downhill or flat. Hugging the coastline and foreshore of Newcastle this event touches on the iconic Fort Scratchley, Nobbys (aka Pasha Bulka) Beach, and Newcastle Harbour. The half marathon is the 10km backwards plus a bit and is truly worth the effort and a great tester early in the season. With close on 2000 runners last year this event is set to become a must do event on the national calendar. Yes due to Easter falling badly we are running on Easter Monday. contact: Paul Humphreys. email: [paul@hevents.com.au](mailto:paul@hevents.com.au). Visit the <http://www.berowrabushrunners.com/> for more details.

Sun 11 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](mailto:cundysm@ozemail.com.au). Visit the <http://www.canberramarathon.com.au/> for more details.

Sun 11 Apr NSW MOUNTAIN RUNNING CHAMPIONSHIP

This year's run is being staged at Kedumba Pass, Wentworth Falls, in the Blue Mountains. Open to all runners, 10K mens open, 8K womens open and 4K junior events. Steep and scenic. contact: Dennis Emery. email: [dennis.emery@aonbenfield.com](mailto:dennis.emery@aonbenfield.com). Visit the <http://www.coolrunning.com.au/users/calendar/2010/2010e011.pdf> for more details. Click <http://www.coolrunning.com.au/users/calendar/2010/2010e011.pdf> for an entryform.

***There are only three winners: The one who competes with himself,  
the one who crosses the finish line first and the one who finishes the  
race – Sri Chinmoy***



### ***Tony run' s home for a cause***

Anthony Robinson says he has gone a nuts! He is Running the Comrades Marathon 2010. For those who does not know Tony, he is from South Africa. And he decided to run the ultra Marathon of 89Kms.

Aside from doing what he loves, he is running for a charity called 40k home. A small, Sydney based, non-profit that takes on joint venture projects to reduce poverty in developing communities around the world.

They are due to finish their maiden project – building a bridging school to support the children of impoverished quarry workers in the rural slums around Bangalore – this September, so every cent counts as they go through the final stages of building. Once it is opened it will be able to provide facilities for 150 children whose families have never been able to afford an education before.

Let us support Tony and donate what you can by clicking on the below link. You can find out more info on 40k Home at <http://www.40khome.org/>



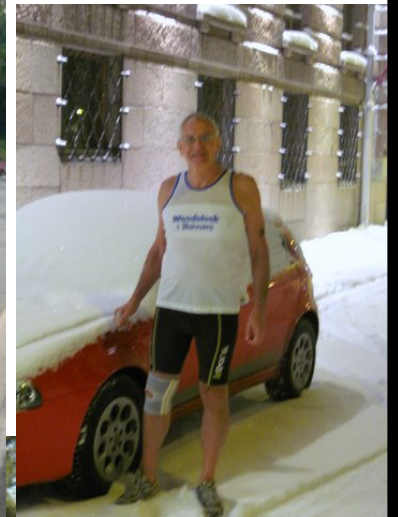
### ***Woodstock Summer Fashionistas***

Guessed who the topless Woodies are? Left: Kazu, Right: Brendan





# Woodstock's Summer Affair



Clockwise from top: Lorraine's birthday celebration, @Canberra adventure race: Bridget, Tami and Tristan; John@Finland, Dot&Paul@TNT, Woodies@TNT. Deirdre Lesley and Lorraine at Orange, Stretc, penny-farthing