

The

WOODSTOCK RUNDOWN

December 2011

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

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

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The Rundown On Members

What an excellent evening we enjoyed for the annual Woodstock Runners Presentation of Awards and Christmas Party. Congratulations to the winners on the night, as well as the many nominees for all awards. We are grateful to Maree for her wonderful and sometimes difficult job in organising the evening. The venue was great, despite the weather; the food delicious and the company, awesome. Thanks also to Martin as the MC for the night, Greg for collecting trophies and organising the engraving, and Cordial Captain Extraordinaire, Barry for the lucky draws.

The previous weekend saw 13 of us travel in Joe's bus to the Central Coast to be joined up there by others for dinner on Saturday evening and then compete in the 10k and Half Marathon on the Sunday. Thanks to Joe and Therese for providing the bus as well as the muffins etc. We are indebted to Angela for the overall organising of accommodation etc. Well done to all who competed on the flat, but somewhat boring course out along the beach front and back.

A week ago Woodstock Runners made its presence felt at the Balmain Fun Run, expertly organised by John Dawlings. The Club was the recipient of a donation in appreciation of our assistance. There were many good performances on the morning, including our President's Mum and Dad, with Chris Amy winning the Females over 60.

I was speaking to Pat Mahony last week. She has settled into a new place east of Gosford, but is facing a hip replacement in the next year or so, due to arthritis. Lloyd Laing fractured his hip, signed himself out of hospital and is now in Qld with his daughter. Arnold Beauchamp is undergoing chemo, but in good spirits. Steve Briscoe is feeling better now than he has for a while. Roy sustained a cut to his elbow on a Saturday morning run which required 6 stitches. It took a while to heal, but is looking good now. Barry Cole had a recent surgical procedure. We wish all of these friends the very best for improved health.

As we fast approach the Festive Season, I wish everyone a wonderful Christmas and a fabulous year ahead, with lots of running, walking, swimming, cycling and many great performances with many PBs.

Happy running and walking,

Kerry

Merry Merry Christmas to everybody and a Happy New year!

December Birthday Celebrants

**Chris Siepen 1st, Luana Ferrara 5th, Roy Rankin 14th, Anneliese McDowell 15th,
Therese Ayoub 9th, Kay Johnson 9th**

Motivation is what gets you started. Habit is what keeps you going. -Jim Ryan

Letter from the editor

Dear Woodies,

As we're days before we culminate another year of running, I'd like to take this opportunity to congratulate everyone in their running and training this year. Whether be Pbs, distances, course type, well done to all!

It also has been a wonderful and enjoyable event, seeing number of the club and their family at the award's night in our none-sweaty decent clothes! Congratulations to all the awardees.

I am delighted, thankful and humbled to receive the Most Improved Female Runner. I am glad to have achieved the Pbs this 2011 after having twisted both of my ankles twice last year.

The Pbs I attribute to TNT Sessions, thanks Woodstock - the coaches and the running buddies at the track, and the quicker ones I try to keep up with!

Also, this year, I learned a lot of things in my running life, aside from being quicker, attitude has changed

- **Less does not mean more.** On 2010 I run 4-5 times a week, while this year I have only been running 3 to 4 times a week

- **Lowering my expectations.** I don't stress and get frustrated too much anymore when I don't finish the race on a time I wanted

- **Cross Training.** In between training runs, I've been doing boxing, weights, swimming, yoga, circuit and boot camp which helped my core and gained upper body strength. If my legs get tired and can't go on anymore, can't believe the wonders of having a stronger upper body helps you cross the finish line

- **Discovering the nutritional diet that works for me.** From a result of leaving my energy gels by accident on one of the half-marathon race, I discovered I can go the distance without it. From that time on I can survive running longer runs, as long as I ate carbohydrates and protein and hydrate properly before a long run

- **Change of scenery.** I discovered the fun in running the trail. I maybe slower in times, but the satisfaction of being closer to the nature is "relaxing" compared to running on the roads.

- **Its not all about the legs and speed.** Joining adventure races reminds me that running is just part of a race. Using your brain, your upper strength, having fun, and using your other skills also is important.

- **Minimalist footwear works for me.** Years after experimenting what shoes works for me, although I overpronate and I am prescribed to have orthotics, I went back looking for the shoes that I was comfortable and injury free years ago, incorporating the use of mimicking running barefoot seem to have strengthened my Achilles and calves. So did it changed my running form and strides.

I realized that not all we read in books and prescribed by sports doctors is best for you. What works for one does not apply to all.

I wish that the wisdom I learned from running this year helps me more grow better as a runner in the continuing year, and I wish everyone the same.

I wish everybody a Happy Christmas celebration and Prosperous New Year to club and everyone!!

See you next year!

- Editor

P.S. Look forward to the next year's Rundown that will be published by our Associate Editor - Brendan Davies.

GETTING WARM AND YOU NEED A WOODSTOCK SINGLET?

Everything is now available:

- * Singlets (M or F): \$45
- * Short sleeve runshirts (Unisex): \$50
- * Long sleeve runshirts (Unisex): \$60
- * Bra Tops (8 & 10) but others can be ordered: \$66
- * Cotton T-shirts (Unisex): \$10
- * Caps: \$20
- * Old Style T-shirts (1 lge & 4 X/L only left): \$5
- * Womens Hot Designs shorts (unlined, 1 size 10 only): \$40. No more of these will be ordered.

Shorts can be quite individual so choose whatever is comfortable in royal (Woodstock) blue or as near to that as possible.

All our Hot Design (Drifit) items are in stock as well as the basic cotton T-shirts so no need to run incognito.

For our new members, the membership fee of \$40 entitles you to the basic club cotton T-shirt or if you choose to pay \$60 that entitles you to either our Hot Designs (Drifit) singlet or short sleeve runshirt.

Any queries, feel free to contact me:

Dot Siepman

Club Uniforms Officer

Email: dottedisco@y7mail.com

Phone: 02 9637-9536

Payment can be made by cash, cheque or online via RegisterNow:

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

Great North Walk 100k Race Report

By Brendan Davies

Another race down and I'm certainly glad to have made it through, but I'm not quite out of the woods just yet!

Having heard so much about this event, it was only a matter of time before I toed the line for this epic race. While the 100k (actually 103.7km) gets totally overshadowed by the 100 miler (and so it should), I really rate that 100k course as the toughest I've done so far. It has so many differing terrains and of course the big factor - the November heat and humidity. Thankfully for the first time in a long time, the weather was mild and everyone knew that this could be the year that some quick times are posted across both races. Of course this proved to be correct, with all race records obliterated!

On Friday afternoon, Nadine and I travelled up to Forresters Beach to the McClymont's new place where we enjoyed a lovely pasta dinner and did our pre-race preparation things. Clarke was a little concerned about the stomach issues he had been having the past couple of days, but was still very keen to try and break 11 hours together. I was looking forward to running with Clarke, he is great company on a run and also knows the course better than most! Nadine and Clarke's wife Tiffany discussed crewing details, and then we were off to bed for a 3:30am wake up!

Once up, I downed some muesli, porridge and coffee and we were on our way. I was happy with my gear and pack, the super light Nathan Endurance Vest was going to get a baptism of fire today. Clarke put me on to Nathan and after a bit of searching around on the web, I was finally able to get one delivered just in time. At the start, I was weighed in at 65.5kg. This is the heaviest I've been in a long time and testament to the big sessions of carbo loading that went into the preparation. Hot tip, the takeaway shop in Whalan still makes hot chips the old fashioned (not frozen) way and they are really really good! is there a better pre-race snack?

Once the gun went off it was down the tar and my GPS system for the day (Clarke) took a while to warm up, almost overshooting the turnoff over the railway line. Once going up the hill, the main contenders in both races became clear. We swapped introductions and I met Dave Coombs, a top guy and super runner from up North way who seemed like the only other 100k runner who was looking for line honours. I told him of our plan to go for a sub 11 run and he seemed to like that idea. We all knew it could be the day for it with predicted lower than average temperatures and we agreed in not so many words to work together to make it happen.



At the start line chatting with Damo. Shona, the female 100k winner is to my left. She ran a scorcher to finish 2nd overall!

Once into the bush, my calf was beginning to play up a bit, especially on the downhills where I had to stretch out, or on uneven ground. I knew that I would have to nurse it on the downhills without going crazy, and certainly our pace was quite conservative. Climbing Heaton Gap was OK, I ran most of it (the uphills were not aggravating the calf) while Dave and Clarke walked sections but never got too far behind. I had a half minute breather at the top while waiting for them and took in the spectacular view. Into the rainforest section, I didn't quite expect it to be so technical and navigationally challenging, thank goodness someone had marked out the course by spray painting a series of dots on the trees. It was very slow going through here, conserving the energy was definitely the wise thing to do. I didn't realise how conservative we were going though until about half way through this section when we suffered the indignity of being passed by the leading three 100 milers! This was like a slap in the face with a wet fish and I rallied Dave and Clarke to pick it up a bit.

Clarke was beginning to suffer from the stomach cramps, and I could tell on the look on his face that he was concerned about the day ahead. Dave looked very smooth and comfortable, he has a really nice running style, very fluid and relaxed and I knew he had more to give.

Just past the rainforest section, I ran ahead and caught the three milers, just to find out who they were and what their aim was for the day and 100k split. It was Pipi, Matt Cooper and, as I was later to find out, Levi Martin. On the last turnoff before checkpoint 1, I wished them well and waited for Dave and Clarke about a minute back. Here Clarke told me to go ahead, but there was no way I was doing that, and on the last bit before CP1 I encouraged him to find a rhythm, hoping it would brighten his mental state.



Coming into CP1 with Dave Coombs. Clarke was just behind us.

Unfortunately for Clarke, his stomach and bowels were giving him too much grief and he decided to pull the pin at CP1. Tiffany and I tried for about 5 minutes to convince him to soldier on, knowing the next leg was relatively smooth and flat. But in the end, Clarke made the right decision. He was clearly not well, with diarrhoea and gastro there was a real risk of dehydration on a day like that. He encouraged me to go ahead. As I'd been at the CP for about 10 minutes now, I was raring to go and once off I began to pull in the leaders.

First was Andrew Vize, who was clearly unconcerned that the leading milers were at least a km or two ahead. He was pacing himself nicely and we had a little chat about tactics. I thought he showed a lot of self control not to be sucked into the early race to CP1, and no doubt that would pay off later in the race for him (he ended up winning in a classy 22:02). I then pulled in Dave Coombs, and ran with him. I would have been quite happy to run with him all day, but he also encouraged me to go off and 'smash it'. I wished him well and then took off after the milers. The type

of undulating firetrail along this leg is my favourite type of terrain; hilly without being fiercely steep at any point. I had a couple of 'where is the trail' moments; once waiting for Dave to catch up to confirm that it was straight ahead, and then stupidly taking a left at a junction where someone had spray painted lots of pink arrows on a tree. Thinking this was the course, I followed the arrows! It soon became evident it wasn't looking like the trail, so I retraced steps. When I got back to the junction, right below the arrows next to the same tree was a little Green sign with a red man on it (the GNW signs) pointing straight ahead! These two moments probably cost me 10 minutes.

The rollercoaster run out of the forest down to Congewai Rd gave me the opportunity to practise controlled downhill running - too many tight twists and turns to go hell for leather. Once down on the road I began the trudge to the Public School. It was hot hot hot but I was running with a fair amount of determination.

Here I came across Jordan, Dave's mate, who was running out to meet his charger, and we exchanged a hopeless high five. Into the school, I was weighed (62.4), I restocked, refilled and was on my way out. Losing 3 kg raised the eyebrow of a race medic, but I told him my usual weight is 60-61kg so still had a bit to burn off before it should become concerning. I was drinking plenty and keeping well hydrated so I wasn't too worried either.

The climb up Congewai was a run/power walk. Only a month earlier, Clarke and I had run the entire 3rd leg including the hills all the way to Yarramalong. Clearly this was not going to happen today though! Once up the top I opened up a bit again and started to churn out some quickish kms along the Watagon Range. It was just me, the goannas, the birds and the occasional stop and look at the map! The run down the other

side was fast and I reached the farmyard gates in good time. I ran the first bit of the big hill, until the rocks started slipping from under me and decided that a walk might be the better option. Grinded that one out and boy was it tough, and I certainly needed to refill my bottle and hydration pack by the time I got to unmanned water stop at the top.

Entering the Basin section I was really careful. Clarke and I had run all this section on our training run, but we didn't do the little out and back to the Basin Checkpoint. This was to prove a little costly as it was here

that I took the most significant detour for the day. It was stupid and I should have trusted my instincts a little more which were telling me the right way, but hey, it wasn't major and probably cost me no more than 12 minutes.

When I had filled my bladder and made my (correct) way out of the campsite, I was a little shocked how close the 100 milers were; even with my stuff up I didn't think they would be that close. I think I have found a new found respect for these guys. I don't mind saying so, but as far as ultra running press goes, I have thought at times that these races get way too much exposure purely for the distance, rather than the quality of the run. Yeah, I'm guilty of being a little whinging bastard when it comes to the lack of exposure the shorter (but faster) ultras get. Classic example, the great results at the Commonwealth Ultra Trail Champs, hardly raised an eyebrow on the big Oz running websites. However, saying that, and now seeing these guys in action, there is no doubt they are supremely, fit, immaculately conditioned athletes at the top of their chosen discipline. I'll jump off my soapbox now.

Going out of the basin I ran very solidly to the track head at the farm just before the road to Yarramalong. I was pretty sure 11 hours would be out of reach now but was keen to get under 11 and a half, so I started the road doing 4:30 minute ks, pretty much giving it all I had. Problem was, it seemed my body only has 100k to give, and halfway up the road I hit empty and was forced to a shuffle the rest of the 3.7kms. A pretty disappointing finish, I would have loved to have sprinted in but it was not to be. End time 11:36. End weight 60.2, more than a 5kg weight loss!

What about my post mortem of the race? I think this course is brutal, given the heat, but definitely a much quicker time is attainable and I don't expect this record to last for long. I don't think the course is harder per se than The North Face, it is just slower due to the technical sections that TNF just doesn't have.

I've had a few people ask me if I'm going to step up to the miler next year. I just don't know. It's very tempting, but to be honest I love racing the shorter stuff, so I'll stick to that for the time being. Talking of short stuff, next race is the Kedumba Half this weekend. I'm reigning champ, not expecting to win this year but it would be nice to stay out of Katoomba Hospital.

Oh...and the 'not out of the woods bit'? A day or so after the race my ankle has turned into a cankle with a nasty infection causing Celluitis in my left foot. It was caused by a leech or spider bite, I have no idea what, but the treatment is a 5 day course of a heavy antibiotic via injections into my butt cheeks. My ass feels a bit like a pin cushion at the moment! The good news is that it has settled the infection down and it looks like it has turned the corner and the worst is over.



Left: Shuffling to the finish line. That road killed me!

Right: Nadine presenting me with the winner's medal!

Welcome to our new members!!!! Henry Andersen, Miriam Herold, Mark Sullivan, Hilary Schneider, Jane Artup, Chris Lawrence, Kathryn Bolitho, Frank Hidvegi and Helene Scarf

THURSDAY NIGHT TRACK (TNT)

Training by Level 2 Athletics Coaches - Brendan Davies and Martin Amy is looking forward to seeing you all down at Campbell Athletic Field, **on Thursday's Interval trainings.**

The venue is 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.** * last TNT of each month, drinks and/or dinner at Summer Hill Hotel after each session

No charge for Woodstock members. All visitors most welcome. Cold drinks provided. Toilets available.

5KM Time trial

Photo credits: Martin's friend



Worms Pre

by: chaianthenet



Woodstock Runners Year-end awardees 2011

1. Most Improved Runner of the Year (Male and Female)

"The persons that you consider have shown the greatest improvement in their running over the past 9- 12 months. ie improvement in times (refer Fun Run Book)."

Awardees:

Male

Phil Lobsey

Female

Chaia Patacsil

2. Rookie of the Year

"The person who joined Woodstock Runners during the year as a relative newcomer to running and/or competing in road runs, and has made the most outstanding progress."

Eligible Members (joined 18/10/2010 to 16/10/2011)

Awardee: Fiona McIntyre

3. Long Distance Trophy

To qualify for this award, members must complete 3 events of 21.1 kms or over. The award will be made to the member who has most consistently improved their performance in events of 21.1 kms or over during the course of the year.

Details of performances are on the website

<http://www.woodstockrunners.org.au/drupal2/content/long-distance-award-2011>

Awardee: Kerry Bray

4. Most Outstanding Individual Road Running Performance of the Year (Male and Female)

"This award is for a single performance of note."

Awardee: :

Male

Anthony Robinson – Comrades Marathon, 86.9km, 9:14:06

Female

Theresa Wood - Canberra Ultra, 50km, 5:30:55, Debut

5. Club Champion (Male and Female)

"The runners who have competed regularly, and consistently produced the fastest results in road races and met with much success throughout the 12 months."

Awardeed:

Male

Brendan Davies

Female

Elmarie O'Regan

6. Runner of the Year

"A highly valued member of the Club who inspires others by regular attendance at training, willingness to participate in teams, loyalty to the Club, always willing to offer assistance, support and encouragement to fellow runners, and gives 100% of themselves when participating in competitive road runs."

Awardee: Martin Amy

7. Champion Person Award

"That person who has done outstanding work for the Club throughout the year, with no thought of reward."

Awardee: Martin Amy

8. Most Outstanding Team Road Running Performance

The most outstanding performance in a team event."

Please select your nomination(s).

Awardee: City to Surf 14/8/11 – 1st Veteran Women (50+)

Kerry Bray, Dot Siepmann, Maree Lucas

10. 5Km Time Trial

Winner on the 5KM TT series aaround Canterbury Oval

Awardee: Kerry Bray

8. Log Book awards

Runners and walkers who are on the lead in accumulation of mileage during training runs.

Walkers

Ken Murray 183km
Bev Edwards 165km
Kay Johnson 145km

Runners:

Brendan Davies	672Km	Martin Amy	634Km
Sandra Bogun	596Km	Angela Haynes	541Km
Kazuaki Takahashi	522Km	Dot Siepmann	519Km
Joseph Ayoub	479Km	Kerry Bray	465Km
Maree Lucas	456Km	Barry Cole	438Km
Roy Rankin	437Km	John Dawlings	435Km
Alex Hill	414Km	Bridget Akers	392Km
Paul Whiteway	376Km		

9. Handicap Awards

Runners and walkers who estimated the right time at the Bay Run.

Awardee:

1. Barney McCarthy
2. Sandra Bogun
3. Angela Haynes

11. President awards

Deserving member according to the President's choice

Awardees: Joe Ayoub Therese Ayoub Angela Haynes

12. Allan Tully Award

Most Fun Run participated in memory of late Allan Tully

Awardee:Dot Siepmann

13. Membership awards

10 years - Emmanuel Finos, Christine Berle, Jeny Vassilou

20 Years - Dot Siepmann

30 Years - Ken Murray

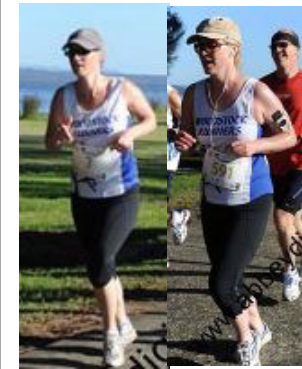
The secret of getting ahead is getting started. -Mark Twain

Found one Woodie?



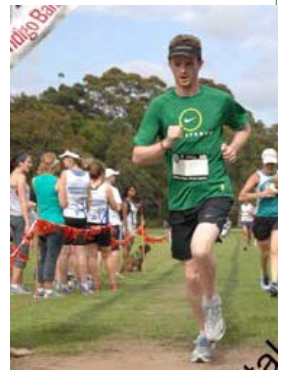
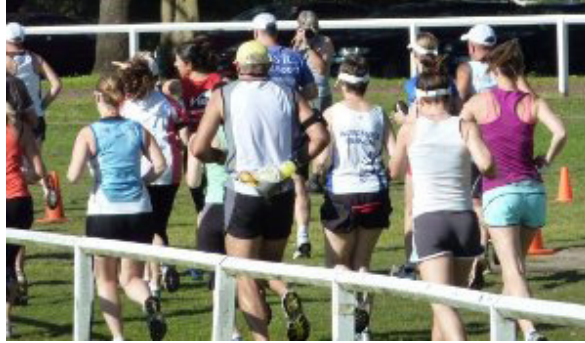
Barry Cole participating the 8KM run in Maroubra Fun Run

MAD Runners doing the MUD run: Angela Haynes, Sandra Bogun and Debbie Rutherford



Spot the
difference.

Who and how many Woodies?



ASK THE EXPERTS: THE SPECIALISTS

5 ways a painful hamstring will effect your running:

We recently blogged on what the body does in response to pain. These new theories support the notion that pain is associated with changes in movement that leads to protection of the painful tissue and consequently an unloading of the musculoskeletal system. The study looked at a painful hamstring muscle and the effect this had on gait. So we thought we would elaborate on these findings and how a painful or weak hamstring will change the gait of a runner and the consequences to this changes.

1. Reduced stride length: in response to pain the body inhibits the hamstring muscle leading to reduced hip extension, which means less forward propulsion & therefore a reduced stride length.
2. Piriformis syndrome: in response to reduced hip extension from the hamstrings the piriformis muscle may increase it's action to extend the hip, as it tightens it will also externally rotate the hip & could compress the sciatic nerve.
3. Sacroiliac joint & low back pain: due to reduced muscle activation there is reduced stability of the sacroiliac joint, leading to increased movement of the low back, resulting in microtrauma, inflammation & pain.
4. Knee pain: increased medial rotation due to reduced lateral pull from the hamstring muscle, resulting in pressure on medial structures (ligaments, meniscus) & lateral structures (ITB).
5. Ankle/foot pain: increased medial rotation of tibia resulting in pronation of the ankle & possible overuse injuries such as plantar fascia, tibialis posterior strain & achilles tendonitis.

So don't overlook the bigger picture with your aches, pains & niggles- as it may just be contributing to changes in your biomechanics. Overuse injuries & slower running times may just be the start of the injury cascade. Get the right diagnosis & treatment as soon as you can.

Chris Knee (B.Sc, M.Chiro)

Tobias Hudson (B.ScExSp, M.Chiro)

A: 145/2-18 Buchanan Street Balmain NSW 2041 T: 61 2 806 55 896

E: info@spineassociates.com.au W: spineassociates.com.au

Like us in FB: <https://www.facebook.com/spineassociates>



Upcoming events

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

JANUARY 2012

Sat 7 Jan THREDBO CRACKENBACK CHALLENGE

2km steep uphill with 600m of climb, 3pm Thredbo Valley Terminal. A National Running Week activity. contact: Phil Aungles. email: paungles@tpg.com.au. Visit http://www.coolrunning.com.au/calendar/public_html/2011/2011e090.pdf for more details. Click http://www.coolrunning.com.au/calendar/public_html/2011/2011e091.pdf for an entryform.

Sat-Fri 7 Jan-7 Dec 2012 RESOLUTION RUN

Kick start the new year in dynamic fashion at the 2012 Sydney Resolution Run! Honour your new year's resolution to get fit, active and healthy and enter either the 5.5km or 11km run or walk at Sydney Olympic Park. contact: Steve Corrie. email: steve.corrie@active8change.com.au. Visit <http://www.active8change.com.au/> for more details.

Sat 14 Jan RUNNING WILD NARROWNECK 14K AND 20K NIGHT RUNS

6.30pm Katoomba Indoor Swim Centre Visit <http://www.runningwildnsw.com/narrowneck-night-run/> for more details.

Sat 14 Jan 5KM KOSCIUSZKO CLASSIC

11am, Snowy River Bridge to summit of Mt Kosciuszko. A National Running Week activity. contact: Phil Aungles. email: paungles@tpg.com.au. Visit the http://www.coolrunning.com.au/calendar/public_html/2011/2011e091.pdf for more details. Click http://www.coolrunning.com.au/calendar/public_html/2011/2011e091.pdf for an entryform.

Sun 15 Jan SMC ROAD RUN - EVENT 4 OF 9

Half marathon, 10km, 5km run and 5km walk. Half marathon and 5km walk start at 7:00am. 10km starts at 7:30am. 5km run starts at 7:35am. All events start from Rosford Street Reserve, Smithfield. Run on sealed roads on an Athletics Australia certified course with accurate markers every 1km. Electronic timing tags for everyone. Regular drink stations with water and sports drinks. Fresh fruit, hot showers and hot drinks available afterwards. The series is a friendly and sociable group for runners of all ages and abilities. contact: SMC Enquires. email: smcroadraceseries@gmail.com. Visit the <http://www.sydneyathletics.com.au/> for more details.

Sat 21 Jan ADVENTURE RACING TRAINING DAY

Adventure racing is a 'thinking sport' where strategy is key and age is no barrier. If you feel apprehensive about entering a race or want to learn more about racing, why not experience the ideal way to learn about adventure racing by completing an introductory AR course. This course will give you all the necessary skills to complete an adventure race. You will learn the technical skills of each discipline with our experienced instructors. Areas of focus include navigation, preparation, kit, nutrition, strategy, paddling techniques, and mountain biking skills. contact: Gary Farebrother. email: info@maxadventure.com.au. Visit the <http://www.kathmanduadventure.com.au/> for more details.

Thu 26 Jan RUNNING WILD KNAPSACK 3HR AND 4HR

7.30am A 4.5km loop course around Knapsack Park, Glenbrook. The course has a mixture of single trail, fire trail, descents, climbs and two lookouts. Singles and team categories available to suit all runners. Visit <http://www.runningwildnsw.com/knapsack-lap-race/> for more details.

Thu 26 Jan AUSTRALIA DAY RUNNING FESTIVAL

An amazing family day out at Wanda Beach, Cronulla... 7:00 AM - Jane McGrath Classic 2.5km Fun Run/Walk 7:05 AM - Wanda X-Treme 6km Soft Sand Race 8:15 AM - Corporate Dash contact: Jock Athletic. email: info@jockathletic.com. Visit http://www.jockathletic.com/pg_se_australia_day_running_festival-2012.php for more details. Click <http://au.eventdirector.net/Public/Reg/regCategory.aspx> for an entryform.

Australia day fun runs

Balmain Fun Run

Thank you to all the Woodstock people who took part in the Balmain Fun Run and to those who worked as volunteers.

The run was successful beyond our wildest dreams with nearly 900 entrants and (most) things running very smoothly on the day. We have given a donation of \$200 to Woodstock to show our appreciation.

Many thanks,

John Dawlings

A minute with an Elite Australian Athlete

Interviewed by: Joe Ayoub

Name: Patrick Johnson

Australian Olympian, Commonwealth Games and World Championships representative

Achievements:

- Oceania and National Record for the 100m 9.93sec (+1.8w/a legal) Japan May 2003 (first Australian to go under 10sec.)

- Perth Feb 2003 9.88sec (+3.6 w/a) not legal

Occupation: Program called ARM tour Athletes as Role Models (NASCA) National Aboriginal Sporting Chance Academy

Family: Single (Father lives in Cooktown, North Queensland)

Running age Started and time: at 24yrs for approx 14yrs, then retired in 2010

Do you enjoy running: Yes, the Freedom, Discipline and been Elite

Training: 6hrs/day, Weights, Pilates, Plyometrics etc.

Favourite Distance: 100m - 9.93sec (+1.8w/a) and 9.88 (+3.6w/a)
200m - 20.35sec (+1.0w/a)

Career Highlights: Oceania & National record for 100m 2003 official and legal time of 9.93sec. Also in 2003 9.88sec not legal due to (+3.6 w/a)

Last competition event: Commonwealth Games New Delhi in 2010

Other sports or hobbies: All sports and coaching athletics and promoting a healthy lifestyle

Ideal holidays/destination: Whitsunday – Relaxing, Beach, Reading and Nature

Favourite food or beverage: Blueberries, Japanese, Italian and (H₂O) water

Favourite person or Idol: Dad and anyone mainly of good character

Dinner date a favourite person: Barack Obama and Geoffrey Gurrumul Yunupingu, Blind and talented Indigenous Australian musician

Statement and Comments: Help young kids to believe in themselves and follow their passions. Promote Education, Health and Well being

Thank you Joe for the contribution!

I hope you asked him his speed secrets ;-)



Race Results

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

SYDNEY MARATHON CLINIC

16/10/2011

5KM

Dot Siepmann 29.59

SYDNEY STRIDERS SERIES

Sat. 5/11/11

10 KM

Thien Vuong 35.43

GREAT NORTH WALK

12/11/11

100 KMS

Brendan Davies: 11 Hrs, 36 Mins (1st O/All & Course Record)

KEDUMBA HALF MARATHON, RUNNING WILD RACE

3, 19/11/2011

Half Marathon

Brendan Davies 1:36:14 1st O'all

URBAN MAX ADVENTURE SERIES - SYDNEY

19/11/2011

Woodstock Runners Charissa Patacsil
Kim Cayzer 6:09:13

Embridge Bridget Akers
Emma Pryor 5:32:23

SYDNEY MARATHON CLINIC

20/11/11

10 KM

John Dawlings 42.29 3rd M50

5 KM

Dot Siepmann 29.30 2nd F60

CENTRAL COAST

Sun 27/11/11

HALF MARATHON

Bridget Akers 2.03.20
Brian Amy 2.19.55
Joe Ayoub 2.08.36
Kim Cayzer 1.51.50
Charissa Patacsil 1.45.44 Course PB
Emma Pryor 2.07.14
Teresa Wood 2.00.03

10 KM

Martin Amy 40.38 5th M30
Therese Ayoub 68.06
Peta Bray 57.18
Angela Haynes 68.07
Julie Malone 59.58
Dot Siepmann 60.38 2nd F60
Terry Vohradsky 51.04

3 POINTS CHALLENGE & OCEAN SWIM

3/12/2011

Jeff Morunga 1:20:09

MUD RUN

3/12/2011

6KM

Debbie Rutherford 01:21:19
Angela Haynes 01:21:19
Sandra Bogun 01:21:19

BALMAIN FUN RUNS

4/12/11

10 KM

Bridget Akers 57.37
Brian Amy 62.26
Martin Amy 43.09
Rebecca Bangura 57.52
Kathryn Bolitho 51.16
Christine Cullen 57.16
Frank Hidvegi 50.52
Miriam Herold 56.09
Anneliese McDowell 51.22
Jeff Morunga 58.57
Brian Newton 46.08
Hilary Schneider 63.01
Ryan Sinclair 40.25
Teresa Wood 57.41

5 KM

Chris Amy 29.56 1st F60
Sandra Bogun 29.55
Peta Bray 27.56
Angela Haynes 31.24
Eddie McLean 39.58
Elmarie O'Regan 21.02 2nd Fem O/All
Chaia Patacsil 23:18 1st F20-39
Debbie Rutherford 47.06
Dot Siepmann 30.18 3rd F60

SRI CHINMOY / COOKS RIVER

Sun 27/11/11

16 KM

Sandra Bogun 1.41.05
John Dawlings 70.00 (1st M50)

8 KM

Kathryn Bolitho 38.34
Frank Hidvegi 40.43
Elmarie O'Regan 34.27 1st Fem O/All
Lauren Stewart 44.03 PB

SRI CHINMOY / CENTENNIAL PARK

11/12/11

14 KM

Sandra Bogan 1.27.36
John Dawlings 1.01.37 1st M50
Frank Hidvegi 1.13.45
Charissa Patacsil 1.11.00 7th U/50 course
PB

7 KM

Dot Siepmann 53.03 2nd F60

4 KM

Fiona McIntyre 30.50

Race Results

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

MANLY TO SHELLY OCEAN BEACH SWIM

1KM

Mark Sullivan	16:55
Lesley Maher	24:27
Deirdre Stewart	21:23

Bondi to Bronte OCEAN SWIM

2.4 KM

Mark Sullivan	58:29
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ISLAND CHALLENGE COOGEE

27/12/2011

1km

Mark SULLIVAN	24:26
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SYDNEY MARATHON CLINIC

Smithfield

Half-Marathon

Brendan Davies	1:16:40 2nd OALL
Jeff Morunga	2:04:59

5Km

Dot Siepmann	28:26 1st F60
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RUN FOR CHANGE

McKinley Hills, Taguig, Manila, Philippines

10 KM

Chaia Patacsil	49:35 1st FO'All/10th O'All
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Things you need to know ...

- Flax seeds cut cholesterol and blood sugar. It also release energy during exercise
- 20 minutes of aerobic exercise is enough to lift mood for 12 hours
- Other mood foods include nuts and seeds, salmon and sardines

DON'T BOTHER JUST TO BE BETTER THAN YOUR CONTEMPORARIES
OR PREDECESSORS. TRY TO BE BETTER THAN YOURSELF.
WILLIAM FAULKNER



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christmas party and awards night



LR: El prez with Roy Rankin, John Dawlings, Barry Cole, Ken Murray, Phil Lobsey, Sandra Bogun



LR: El prez with Elmarie O'regan, Woodstock female Vets-Kerry Bray, Maree Lucas, Dot Siepmann, Kay Johnson, President awardees-Angela Haynes, Therese and Joe Ayoub, Brendan Davies, Dot Siepmann



LR: El prez with Paul Whiteway, Angela Haynes, Chaia Patacsil, Bridget Akers, Greg Muir, Maree Lucas

central coast half marathon



Race Gallery



LR: Chaia Patacsil, Sandra Bogun, Marty Amy, Brian Green, El Marie O'Regan and Maree Lucas assisting a runner @Balmain Fun Run



LR: Dot Siepmann@SriChinmoy Cook's River, Joe Ayoub, Dot, and Kim Cayzer@Central Coast,@Run4Fun Frank@Balmain FR, Lesley Maher, ex-woody Stella Baer and Deirdre Stewart in Shelley beach to Manly Swim



LR: Elmarie at Sri Chinmoy Cook's River, Chaia@Central Coast Half Marathon, Sandra@Sri Chinmoy Centennial Park, Chaia@Run4Fun, Jogn Dawlings@Sri Chinmoy Cook's River