

The

WOODSTOCK RUNDOWN

February 2010

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



Founded in 1980

The Rundown On Members

While it's hard to believe, it is already February. Chaia, Terry and John D. have returned from their holidays. Brendan and Luana have commenced new jobs and many of us have returned to work, following time off. The weather has been anything but conducive to running, but let's hope it improves and we all get back into training and achieve great results for 2011.

Kazu and Jeff had the sensible solution when they swam in the Cole Classic last weekend, with good results. Michael Cantley ran exceptionally well to be 14th across the line in the Sun Run from Dee Why to Manly in Saturday's energy sapping heat.

A fabulous morning was had by all at the Australia Day Run and Breakfast at the Lucas'. Thank you so much Maree and Kevin for opening your home to us and for the excellent breakfast. A generous donation was made to the Qld Premier's Relief Fund.

Also on Oz Day, Elmarie had her interview and test to become an Australian citizen. We hope to be able to welcome you as a dinki-di Aussie very soon, Elmarie.

Maree was somewhat incapacitated having had surgery on her toe some days earlier, but she was nevertheless, the perfect host. Christine Berle and Dot are both experiencing health issues. We all wish you both a rapid recovery, along with anyone else under an injury or ill health cloud.

On a brighter note, we eagerly await news of the arrival of Tami and Tristan's and Michael and Kristie Cantley's babies. Tony Purs and wife are expecting their third in May and Thalia and Mark, their first in July. We send our good baby wishes to you all.

Peta Bray entered her first triathlon at Kurnell on Jan 16 and recorded a good time, especially as she had never swum in open water, having trained in a 25m indoor heated pool. Last weekend she contested her second event with an 8min improvement, despite both the swim and run being longer. Great effort Peta. One of the organisers at the triathlons is Anthony Parrington, a former Woodstockian.

I believe Fiona Day was seen at TNT a couple of weeks ago. We hope you are back for good, Fiona.

The annual Woodstock Breakfast Run at Cronulla will be held on Sunday April 3. There will be runs of 6k, 9k and 15k, with walkers taking off around 7.15am and runners 7.30am. There will be ample opportunity to have a swim before breakfast at Alley Break Cafe at 9.00am. Details elsewhere in The Rundown.

The following weekend is the Canberra Running Festival. The Woodlands Bus, with driver, Joe Ayoub, at the helm, will be taking us down on Saturday, returning Sunday. Please let Martin know asap, if you are interested.

Enjoy your running and walking

Kerry

February Birthday Celebrants

***Michael Cantley 8th, Tami Iseli 8th, Derek White 12th, Beverley Edwards 16th,
Wayne Brissett 19th, Lorraine Spanton 22nd, Tomomi Yamazaki 23rd, John Brown 25th, Barry
Crisp 25th, Vass Vassiliou 25th, Alan Mansfield 26 th***

<3<3<3 Happy Valentines! <3<3<3

Letter from the editor

Dear all Woodies!

First, I would like to thank Brendan for doing a good job on the Publication last month. I missed you for a month while Tezza and I were away! I'm glad we at least tried to run while we were in holidays this time, and even managed and glad to finish two races. Survived a half-marathon in a tropical heat! That was my first time longest run back home! Tezza and I sported our Woodstock gear while we did our races. Its not very different coming back running in Oz, in fact feels harder with the heat-wave for the past week. To all those doing their training for a marathon, keep it up! Keep yourself hydrated and train well!!

- Editor

WOODIES STAND OUT

Is it our scintillating company? Is it the speed at which we run? Or maybe it's what we wear !! After all, you can see the blue and white tree coming a mile (1.6093 kms) away.

The current items available are:

- *Singlet (M or F): \$45
- *Short Sleeve tops (Unisex): \$50
- *Long Sleeve Tops (Unisex): \$60
- *Bra Tops (8 & 10) but others can be ordered: \$66
- *Cotton T-shirts (Unisex): \$10
- *Caps: \$20
- *Old Style T-shirts (Lge & X/L only): \$5

Shorts can be a really individual thing so feel free to choose our own in royal blue or as near to that as possible.

Whether or not you have worn your Woodstock uniform is taken into consideration at the end of the year when club awards are decided. We encourage you to wear Woodstock gear unless, occasionally, event rules state otherwise.

For those just joining, the membership fee of \$40 entitles you to a basic club cotton T-shirt or you can choose to pay \$60 and that entitles you to your preference of our Hot Designs (Drifit) singlet or short sleeve runshirt.

We currently have a Hot Designs order in the pipeline so those of you waiting on runshirts and singlets, please be patient.

Any uniform queries, please contact our Uniform Officer, Dot:

Email: dottiedisco@y7mail.com to confirm sizes/items needed and payment can be made by cash or cheque (to Woodstock Runners, please) or online via RegisterNow:

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

Dot Siepmann
Club Uniform Officer

February-March Training Program

Tuesday Runs 6pm @Woodstock, Burwood		Thursday Night Intervals 6:30pm@Campbell Oval, Ashbury.		Saturday Runs 7.20am at Brett Park, Drummoyne	
8/02/2011	Putney Punt 12km	10/02/2011	3mins x 6	12/02/2011	Handicap Run #1, Brett Park
15/02/2011	Bayview 10km	17/02/2011	"Mile Down" Pyramid	19/02/2011	Balmain 9km
22/02/2011	Strathfield Stride 10km	24/02/2011	5Km Time trial	26/02/2011	Timbrell Park 8km
2/03/2011	Pack Run	3/03/2011	Long Hill / Short Hill Repeats *	5/03/2011	Hunters Hill 14km
9/03/2011	Cooks River Canter 10km	10/03/2011	5mins x 4	12/03/2011	Drummoyne 8km

Full details of the summer calendar can be downloaded in our website.



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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.

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For every loan application that successfully settles, Hector Garcia will donate a percentage to Woodstock Runners.



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.



Well this is it, RACE TIME!

5Km Time Trial



ALL OUT 12.5 laps.... NOT FOR THE FAINT-HEARTED....

First one in the series of 5, points on offer based on age-adjusted system.
...Prizes on the night and for the series but you must have entered at least 3 TT's

6:45pm - Gun goes off, so be there in good time for warm up...

\$2 entry for members
\$5 entry for non-members

When: January 24, 2011, 6:30 PM

This is a PRE-RACE only event. You must inform Martin Amy your running in the TT by Thursday 17 February 2011. This is to make sure that it all is set-up and ready to go on race night!

So no need to waste time thinking about it, just send it through Now!! Your entry, must include providing an estimated time for the run!

Naturally as it's the last Thursday of the month we'll be heading up to Ashfield Hotel after to talk the usual rubbish and running chat about how we're going to smash the Six Foot Challenge, Orange Half or Canberra Marathon... Bring plus one's if you like, or the whole family!

Not forgetting that there is transport available to Orange and Canberra on offer, so get in touch!

Ps. Anyone injured or soft, who fancies helping out on the night, always welcome volunteers!

Welcome to Woodstock to Tobias Hudson who is more or less a month old member, and to Fiona Day who has rejoined us after approx 10-15 years!! Members, make sure Fiona and Tobias feel the warmth of the Woodstock hospitality!

Marathon Training

Date	Distance	Route
Sunday 13th February, 6:00am	approx 30km	Escarpment Challenge
Sunday, 20th February 2010, 7 a.m	25 Km	Smithfield
Sunday 27th February	20km	Bedford Creek Trail
Sunday 6th March	30km	Haberfield
Saturday 13th March	35km	Summer-Hill

Contact Martin 0404623257, martinamy1@gmail.com - or -
/Brendan 0422233463, bjdavies2000@yahoo.com

A Minute with a member



Name: Angela Haynes

What is your occupation? Chartered Accountant at PwC in their Insolvency and Restructuring team

Running age group? Hahhh....more than 35 but less than 40

Do you have family? Husband Matthew and sons Jackson (13) and Harrison (10),

How long have you been a Woody? Since Oct 2010 ish

Do you run on Tuesday night/TNT/Saturday morning? TNT & Saturday mornings

Why do you enjoy running? Can do it anywhere, anytime and see lots of new places and its great for weightloss.

What is your favourite running distance/course/event and why?

Any fun run...and 10km races generally. SMC would be my favourite course (joking). My two fave 2010 runs were Sutherland to Surf (cause it felt like a downhill course) and the Mud Run at Peats Ridge (it was a fun challenge & absolutely invigorating).

What has been your running highlight? Apart from joining Woodstock of course, other highlights include doing a couple of fun runs with my kids and beating them at the Balmain 5km (mean mum I know)

Any lowlights (injury etc)? What an ironic question, I was injury free until this month when my Hamstring started niggling.

What was the last race you went in and how did you go? The Manly to Dee Why 'Sun Run' on 5 Feb....very hot and very slow time (resting my hamstrings).

Anything funny/unusual ever happened to you while you have been out running? We got egg'd (they missed) on a Tuesday night Woodstock run.

What other sports/hobbies are you involved in? Orienteering and softball

Favourite food/beverage? OMG where do I start....

If you could have dinner with anyone who would it be and why? Hugh Jackman, Brad Pitt and Leonardo DiCaprio...you can guess why and it isn't their brains!

Where would your ideal holiday be? Egypt

Favourite running shoe/Gadget? Why? Mizuno or Asics for shoes and one day soon I hope to be able to say my fave gadget is a Garmin

Interesting things we may not know about you? I met my husband delivering pizzas and we have been married for 15 years. When I was younger and sillier I raced stock cars at Parramatta Speedway for a season. I sometimes ride my motorbike to work and lastly, I love horses!

Thanks you Angela for sharing! And I appreciate the promptness and consideration for sending me this bit in a short period of notice!!!

May that niggling hammies go away soonest! - Editor

Upcoming events

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

FEBURARY 2011

Fri 11 Feb SYDNEY SUMMER TWILIGHT SERIES - SHELLEY BEACH, MANLY

7:00PM - Shelley Beach, Manly. This is one of a series of free 5 and 10K time trials in the Sydney Metro area over the summer. Races are held in the twilight so that runners can race after work. All standards welcome. Run from Shelley Beach, following the water's edge right up until Queenscliff Surf Club. Run around surf club and back again. Exactly 2.5k each way, so 5k laps. There are toilets, showers, BBQ facilities and the opportunity for a dip after the race at this venue. Course map: <http://www.gmap-pedometer.com/?r=1519066> Host: Hamburglar. contact: queries can be posted on the Coolrunning Australia forum thread. Visit http://www.coolrunning.com.au/runningguide/wiki/index.php/Sydney_Summer_Twilight_Series#Season_2010.2F11 for more details.

Sat 12 Feb KOSCIUSZKO RUN

11 km run at 8.30am from Charlotte Pass Village to summit of Mt Kosciuszko. Field limited to 120. Must be 18 and over and have demonstrated half marathon/marathon/endurance fitness to run 22 kms to the summit and return carrying a pack with food, fluid, a wincheater, gloves and beanie. Celebrating the 171st anniversary in 2011 of the discovery of Mt Kosciuszko by Sir Paul Edmund Strzelecki. See the historical background at www.kosciuszkorun.com.au A Kosciuszko Festival event in Charlotte Pass Village <http://www.kozziefest.com/> contact: John Harding. email: hackettrunner@hotmail.com. Visit <https://commerce34.pair.com/tzone/events/amra/kosciuszko11/> for more details. Click <https://commerce34.pair.com/tzone/events/amra/kosciuszko11/> for an entryform.

Sun 13 Feb ORANGE RUNNERS CLUB SUNDAY RUN

Lake Canobolas 3k and 6k contact: Judy Tarleton. email: jta14797@bigpond.net.au. Visit <http://www.orangerunnersclub.com.au/> for more details.

Sat-Mon 19-21 Feb NESTLE MINI TRI/TRIAL BAY TRIATHLON

Saturday is juniors from 5 to 15 plus teams. Sunday is a 500m swim, 26k cycle, 6k run. contact: Peter Needs. email: trialbay@gmail.com. Visit <http://www.coastline.com.au/> for more details.

Sat 19 Feb SYDNEY FRONTRUNNERS LITTLE BLACK DRESS RUN + BLACK SPEEDOS

This is a charity run to raise money for children and their families living with HIV. Great fun morning with over 200 others for a run in Centennial Park..... and lots of photo shoots along the way. Enter on web site or on the day @ Centennial Park. FEB 19, 9am, Centennial Park, Oxford St gates contact: Wayne Morgen. email: secretary@sydneyfrontrunners.org. Visit <http://sydneyfrontrunners.org/> for more details.

Sun 20 Feb SMC ROAD RACE SERIES RACE 5

5km, 10km, 25km 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 <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 20 Feb ORANGE RUNNERS CLUB SUNDAY EVENT

Botanic Gardens 3.2km and 8km contact: Judy Tarleton. email: jta14797@bigpond.net.au. Visit <http://www.orangerunnersclub.com.au/> for more details.

Fri 25 Feb SYDNEY SUMMER TWILIGHT SERIES WRAPUP - IRON COVE

6:30PM - Yab Nur returns for the series wrapup. This is one of a series of free 5 and 10K time trials in the Sydney Metro area over the summer. Races are held in the twilight so that runners can race after work. All standards welcome. Start in Richard Murden Reserve, Haberfield (Hawthorne Parade). 10km runners out and back to 0km point of Bay Run (Drummoyne), 5km runners out and back to 2.5km point (Henley Marine Dve, Rodd Point). See the route map <http://www.coolrunning.com.au/runningguide/wiki/uploads/a/ac/YabNur.gif>. contact: leave a message on the forum thread (linked from website). Visit <http://www.coolrunning.com.au/runningguide/wiki/uploads/a/ac/YabNur.gif> for more details.

Sun 27 Feb RUNNING WILD TRAIL SERIES RACE 6: 20 KM BEDFORD CREEK TRAIL RACE

Start Time: 7.30am Entry Cost: \$10.00 (members) or \$15.00 (non-members). Venue: A map from the M4 crossing the Nepean River to the start venue is available on the website. email: runningwildnsw@gmail.com. Visit <http://www.runningwildnsw.com/> for more details.

(TO BE CONTINUED)

(Continuation Upcoming Events)

Sun 27 Feb YARRA BAY FUN RUN AND WALK

Approx. 6km around shores of Botany Bay in Eastern Suburbs Sydney. Also kids 12 & Under 1200m running events. All entries donated to Victor Chang Cardiac Research Institute. Organised by Ex-Race Walker Jane Saville. A fun community event promoting healthy, active lifestyles. Fun Run Prizes for overall 1st, 2nd & 3rd plus 1st in all age groups. All levels and ages welcome. contact: Jane Saville. email: info@janesaville.com. Visit <http://www.janesaville.com.au/yarrabay> for more details.

Sun 27 Feb CENTENNIAL PARK ULTRA

A scenic and flat 3.55km loop around Sydney's iconic Centennial Park. The course is packed dirt. Entrants will have to complete 14 or 28 loops for the 50km and 100km, respectively. contact: April Palmerlee. email: apalmerlee@yahoo.com. Visit <http://www.cpultra.com/> for more details.

Sun 27 Feb ORANGE RUNNERS CLUB SUNDAY RUN

Kinross Forest 2km, 4.8km and 9km contact: Judy Tarleton. email: jta14797@bigpond.net.au. Visit <http://www.orangerunnersclub.com.au/> for more details.

Sun 27 Feb SRI CHINMOY SYDNEY SERIES RACE 1 - IRON COVE 16 KM, 8 KM & 4 KM.

Leichhardt Park, end of Glover St, Lilyfield. The perfect venue to launch a new year of races! The relaxed leafy atmosphere of Leichhardt Park, the soothing waters of Iron Cove always nearby, the slightly-off-the-beaten-track yet close-to-the-city location: all combine with a simply great course – flat, fast and scenic – to make this a must-do event for runners, joggers and life-enjoyers. Parking at the end of Glover St, Lilyfield. On-the-day registration opens at 6.45 am and closes at 7.55 am, with races starting from 8 am. contact: Prachar Stegemann. email: sydney@srchinmoyraces.org. Visit http://au.srichinmoyraces.org/sydneyraces_11 for more details. Click <http://au.eventdirector.net/Register.aspx?EventID=4390> for an entryform.

Mar 2011

Fri-Sat 4-5 Mar THE WILD WOMEN ON TOP SYDNEY COASTREK

Be a part of this incredibly scenic and stunning world class event!! Wild Women on Top Sydney Coastrek invite you to challenge yourselves by walking either 50km or 100km along the stunning coastlines and harbour foreshores of Sydney - the most beautiful coastline on the planet! With the option of either 50km or 100km, Coastrek appeals to both hard core endurance athletes and recreational walkers alike. It is perfect. In being a part of this - you will not only enjoy trekking one of the great walks of the world, you will be raising money for The Fred Hollows Foundation, and in doing so restore sight to those needlessly blind. Entries for this exclusive event open September 22, so you will have 5 months to prepare yourselves for this incredible challenge. contact: Danae Griffith - Project Manager. email: coastrek@wildwomenontop.com. Visit <http://www.coastrek.com.au/> for more details.

Sat 5 Mar SYDNEY STRIDERS 10K SERIES (NORTH HEAD)

10km race on a certified course at North Head, Corner of North Head Scenic Drive and North Fort Road. All runners over 18 welcome, non-Club Members pre-entry \$20 online or register on the day for \$25 from 6.00am. Race starts 7.00am, 60 minute limit, includes pacers, refreshments and friendly runners. contact: James Masters 0424 511 774. email: 10kseries@sydneystriders.org.au. Visit <http://www.sydneystriders.org.au/10k/> for more details. Click <http://regonline.activeglobal.com/Register/Checkin.aspx?EventID=911974> for an entryform.

Sat 5 Mar 65K 4 65 ROSES WALKATHON

The 65K 4 65 Roses Walkathon is an endurance walking event that has raised funds for people living with Cystic Fibrosis. Since 2008 over \$270,000 has been raised for research and support services for adults and kids with CF and their carers. The event name is self explanatory, walk 65K to support Cystic Fibrosis (CF). Walking 65K is tough but living with an incurable and life-shortening illness is tougher. The 65K 4 65 Roses Walkathon 2011 takes place Saturday 5th March around the famous "Bay Run" spanning the foreshores of Drummoyne, Five Dock, Leichhardt and Rozelle. There are many ways to take part: - Ultra Endurance - Test your stamina, endurance and mental strength and enter the 65km Endurance Event. Are you up to it? - Team Event - Get together with work colleagues, friends or family to walk set distances of 21, 35, 42 or the full 65Kms. Forget Paintball! This is the ultimate Team Building Event. Corporate Teams of 6 can enter for a discounted fee of \$250. - Casual Walker - Come along on the day to walk a lap of the course. - Sponsor - No need to walk, you can simply donate or sponsor a walker or team. contact: 65k465roses@gmail.com. email: 65k465roses@gmail.com. Visit <http://65k465roses.org/> for more details.

Sun 6 Mar ORANGE COLOUR CITY RUNNING FESTIVAL

Now into the 5th running of our charity running festival; thanks to major sponsors and entrants we raised \$10,000 in both 2009 and 2010 with over 600 participants for both years. A choice of half marathon on bitumen and gravel roads, a scenic 10km run and a fast 5km run/walk. We always have a fantastic

(TO BE CONTINUED)

(Continuation Upcoming Events)

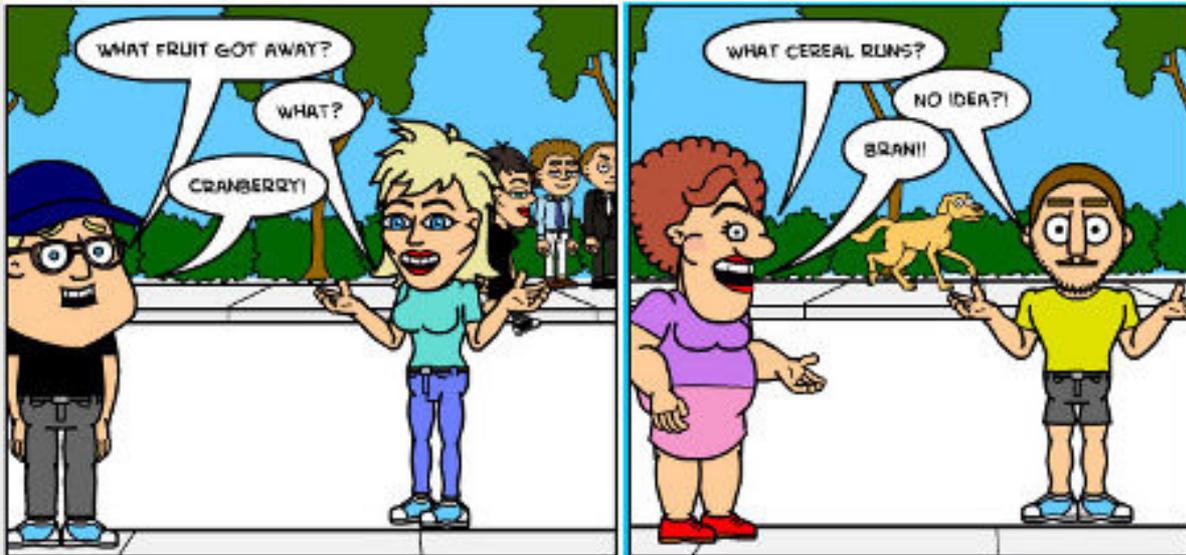
early-bird prize, over \$2,000 in prize money and the best barrel draw anywhere. More details to follow but please come out to the central west and experience the colour city in full bloom and get involved in this great running festival. Details will be ongoing on our website www.orangerunnersclub.org.au including on-line and entry form download. Any queries, visit our website and hit on the 'contact us' link. Looking forward to seeing you there. contact: Bill Fairgrieve. email: wjfairgrieve@hotmail.com. Visit <http://www.orangerunners.com.au/> for more details.

Sun 6 Mar BEROWRA BUSH RUNNERS 10KM ROAD RUN

This handicap race is held on the first Sunday of every month. Start racing at 7:15am. Join us for the race and breakfast included in the entry fee. We also have social runs every other Sunday. Check out our website for the calendar and race rules. \$7. Warrina Street Oval, Berowra. contact: Graham Leslie. email: gles@inet.net.au. Visit <http://www.coolrunning.com.au/calendar/www.berowrabushrunners.com> for more details.

Running Foods

by: Chaianthenet



SMH Half Marathon and Canberra Running Festival Teams

Hi all,

Entries have opened for the SMH Half Marathon <http://halfmarathon.smh.com.au/default.asp?PageID=16840>

Like always, there are teams categories. If you are planning on running in this event, please select one of the Woodstock teams when doing your online entry. It costs no extra and is a good way to get involved in the club.

When entering online, the first question will ask you if you would like to join a team. Select 'search for an existing team' and type in Woodstock. There will be four choices that come up. Please select the team that applies to you, as defined here:

Woodstock Runners – Males - Any male members under the age of 40

Woodstock Runners – Females- Any female members under the age of 40

Woodstock Mixed - This category is for our winning team from last year only

Woodstock Veterans-Any member, male or female, aged over 40 years

Last year we had some excellent results in this event. Let's see if we can do it again!

In regards to the Canberra Running Festival, when entering any of these events, also follow the steps above. However, unlike the SMH, there is only one teams category, so there will be only one Woodstock team. Please enter this one.

Brendan

Fun Run Review: Australia Day-Menai Fun Run

By: John Dawlings

About the only problem I have on Australia Day is working out whether to enjoy the wonderful hospitality at Kevin and Maree Lucas's house for their annual run or whether to go to the Menai fun run. Now there is also a run at Canterbury, the decision is harder. This year I nearly missed all three as I needed to visit my mother in Perth but I felt that I could put this off until after the run. Far better that I am happy when I get there and not grumpy because I have missed the run!

So off to Menai I went. There are two runs; the shorter run is 3 kms and the longer 8.2. The first 3 kms is the same for both runs but then the longer run carries on past the finish line. The hills on the 3 kms run are very tough and by the time you get to the 3 kms mark most people are thinking of finishing even if they have entered the longer run. The additional few kilometres on the long run are no flatter making this one of the toughest runs around.

Everything is brilliantly organised by Illawong Athletics Club. Entries are easy and cheap, timing is efficient, the course is really well marshaled with plenty of drink stops. The atmosphere too at the start / finish is excellent with the runners and walkers milling around talking in a very pleasant park.

I am never very fit in January as I try to peak for the City to Surf and then ease off for the rest of the year. This year was even worse. Injuries stopped me running for a few weeks in November and this was followed by a trip overseas with no running in December and January. I knew I was heading for a slow time but also knew that the run would do something to help build up my fitness. Nevertheless it was easy to get a good start as the run starts on a wide road and most people are happy to be at the back of the pack. When the gun went there was the distinct sound of a small sonic boom as Brendan shot out of the gates and into the distance. That was the last I saw of Brendan until the end of the run and it was the last most of the other runners saw of him. He was the clear winner of the 3 kms run even though it is about 97 kms short of his preferred distance.

My run was more sedate as I got more value for money working my way around the course. It was tough and very hot but the marshals on the course were supportive and the drink stations were plentiful and well organised. A very attractive young lady in a bikini was an extraordinary sight helping out at the final drink station – but it is possible I was hallucinating by then.

I got to the end in 38.01; more than 2 minutes slower than last year and a long way off my 30.55 in 2003. To my amazement that was enough to get me 39th place overall and third place in the over 50s. Still, I was fitter than if I hadn't run and I had had a great start to the day. Many friends were there from Sylvania where I race on the track each week and it was good to catch up with them and many other runners after the event.



All in all a great day out and a great start to Australia.

When people ask me why I run, I tell them, there's not really a reason, it's just the adrenalin when you start, and the feeling when you cross that finish line, and know that you are a winner no matter what place you got.

Courtney Parsons

Yearbook announcement:

* For those who missed out on the yearbook last August, we have a new batch at \$20 each. If interested email rundown@woodstockrunners.org.au



Woodstock Handicap Event - 1

Handicap Event, 12/02/2011

The first event of the 2011 Handicap Series starts on Saturday (12/2/2011). The event starts from about 7:30am, starting at Brett Park, Drummoyne, (opposite the Drummoyne Rowing Club). The 2010 Pointscore series will continue with the same format as recent years, the rules are quite simple:

1. All entrants nominate their own time, any entrants beating their estimated time by more than one minute will be disqualified.
2. All entrants are to run/walk without watches, to prevent any "fudging" at the finish.
3. The 7km course map is on our website (<http://www.woodstockrunners.org.au/drupal2/content/bay-run>), & includes going to the point just after the bridge near Haberfield Rowers, not the steps, & going up the steps on the north/eastern side of the Iron Cove Bridge.
4. Entry fee is \$2, with a pair of movie tickets for the lucky place prize.
5. Points will accrue over each member's best 3 events each year, with awards at year end.

If you are intending to walk/run, you can register your estimated time up until 8:00pm on 08/01/11, so that the starting times can be finalised, & minimise any delays & confusion on the morning. There will once again be a free BBQ breakfast as a way to promote the club to any outsiders. Please bring any friends who might like to come along for a run.

Membership Forms will be available on the morning, or people can join online later via the website. The registration list will be available at Tuesday, Thursday and Saturday training leading up to the event to register your estimated time. You can phone me on 9680 7476 or 0413 484 053 (or SMS) with your time, or by email on colin_townsend@optusnet.com.au

I look forward to seeing you there.

And a request from our President...If you are free on 12 Feb to help out with timing at the Handicap please let me know!

Yours in running,
El Prez, martinamy1@gmail.com



We run for Wine!

Hello,

A few of us are planning to venture to **Orange on 6 March** to take part in the Orange Running festival.

http://www.orangerunners.com.au/?page_id=28

There is a **half marathon, a 10k and a 5k run.**

More importantly, there are several good wineries and restaurants all within hobbling distance for post race celebrations!

Angela has advised that she is willing and able to drive a mini bus to get us there if enough Woodies are interested in making the trip.

If you're interested in going in the mini bus to Orange it would be great if you could let me know.

Cheers
Bridget

Race Results

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

Central Coast half marathon 5/12/2010

Stephen Briant 1: 52:07

Resolution Run Homebush (11km)

Olympic Park, 09/01/11

Stephen Briant 55:47

Cebu Marathon, Cebu, The Philippiines

Half marathon

Terry Vohradsky 2:22:33

Charissa Patacsil 1:56:44 10th F'O'all

Capital Half Marathon

Kim Cayzer 01:53:21 7th Age/cat

Stephen Briant 01:49:33 5th AgeCat

Australia Day- Menai Fun Run

3.2 KM

Davies, Brendan 11:08 1stOall

8.2 Km

Dawlings, John 38:01

Canterbury Fun Run

5Km

Helena Amaro 28.49

Phil Lobsey 19.4

SYDNEY MARATHON CLINIC Sun. 16/1/11

HALF MARATHON

Martin Amy 1.21.40 3rd O/All & 3rd M30

Anthony Robinson: 1.31.55

Vass Vassiliou 1.45.38

Nick Spasevski 1.51.52

10 KM

Manal Garcia 43.37 2nd F30

Angela Haynes 62.18

10 KM

Lesley Maher: 58.20 (3rd F50)

Deirdre Stewart: 59.41 (4th F40)

*Not in Woodstock gear

KEDUMBA HALF MARATHON

(Part of Running Wild Series) Sat. 15/1/11

Brendan Davies 1.36.00 1st Oall

Phil Lobsey 2.01.00

KURNELL TRIATHLON

Sun. 16/1/11 (750M Swim / 20 km Cycle / 5 km Run)

Peta Bray 1.50.13 (1st ever Triathlon)

Susan Murray 1.13.19 3rd AgeCategory

Sydney Striders 10Km Series

10KM

Brendan Davies 0.35.36 3rd Age Cat

Manal Garcia 0.44.28 F35-39 3

Lorraine Spanton 0.54.30 F55-59 4

Brian Ogilwy 0.57.46 M65-695

SMH SUN RUN DeeWhy to Manly

6.48KM

Michael Cantley 23:16 6th Age Cat

Chaia Patacsil 34.17

Stephen Briant 35:04

Jeff Morounga 34.53

Angela Hayne 43.45

Sandra Bogun 44.18

Woodstock Team 10th/128 teams that finished

COLES CLASSIC, Manly

1Km swim

David Blackwell 23.37

Rick Collins 26.19

Jeff Morunga 33.38

2Km

Kazuaki Takahashi 44.20

*Not member or not in Woodstock uniform

Cronulla Breakfast Run

What: Kerry's Cronulla Breaky Run

When: April 3

Where: Cronulla

Breakfast will be as in previous years.



N.B. However, in the event of rain, the cafe cannot accommodate us all and cannot give us the set breakfast at the reduced price. However, there are plenty of places to eat in Cronulla, even if we are unable to all fit in the same venue. Let's pray for a fine day.



Woodstock Runners - Membership Forms for 2010-2011

Membership Fees for the 2010-2011 year are due by 31st 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. Club Gear - 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

Thanks,

Colin Townsend

On behalf of the Club Committee

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:

	Adults	Concession
Existing Members	\$40.00	\$25.00

Part A - Club Fees:

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:

1. 10km 2. City to Surf 3. ½ Marathon 4. Marathon

Part B – Club Gear

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 _____ / _____ \$ _____

Total \$ _____

Please print **YES** 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".

Woodstock Album



El Marie winning Resolution Run



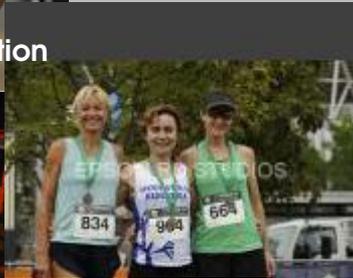
Left: Nick Spasevski @ SMC



Right: Joe Ayoub@SMC 10 KM



Chaia@Run for Change



Phil@Kedumba Half Marathon



Chaia Running at dawn@ Cebu Half-Marathon



Terry@Cebu Half-Marathon



Peta Bray finishing her first ever triathlon, Kurnell 16/01/11



Chris McCormack "Macca and Peta, 2010 World Ironman Champion



Martim Amy @ SMC