

# The **WOODSTOCK RUNDOWN**

**January 2012**



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?>

## ***The Rundown On Members***

I trust all enjoyed Christmas and are looking forward to a rewarding year, especially in the running department. I guess everyone has set some goals. Let's hope we all achieve them. Good luck!

Around 10 members commenced Christmas with the annual Woodstock Run around The Bay. Wearing appropriate Festive gear we attracted many a cheery greeting from other exercisers. Poor Dot ran Boxing Day on her own. Where was everyone? Possibly still recovering???

Congratulations to Emmanuel Chandran and Amanda on their wedding just before Christmas. We wish you a lifetime of happiness together. Roy has now retired. We hope you enjoy your leisure time with lots of running, cycling and singing. I ran into Gary Shoesmith in Cronulla prior to Christmas. He was off to spend a few days in Darwin with his gorgeous young daughter, Ella, who is now a doctor, and I thought she would still be at school.

Had a call from Jean Foulser to let me know that Len has now been in the nursing home for 3 years following his stroke. Though confined to a wheelchair and unable to speak well, he is on no medication and is in good physical health. He is 97 and for the many years he was a Woodstock Runner he was our oldest member. Jean asked to be remembered to all who know them.

Courtesy of Qantas, I flew to New Zealand to spend 10 days with my sister and her husband in the Bay of Islands. I had a few runs there and enjoyed the experience of running in a new environment. However, I've been out of touch here, so am not sure of any extraordinary happenings taking place among members. I know many have been on holidays and some are still away. I hope all enjoyed their vacation.

Good luck everyone in your running, walking, swimming, cycling goals for 2012 and I look forward to seeing members at Maree and Kevin's for the Australia Day Run.

*Kerry, Woodstock Welfare Officer*

**P.S. Am considering Sunday February 26 for the Cronulla Breakfast Run. It is fine with the tides and I'm unable to find a clash with any Fun Runs. If anyone can see a problem with the date, can you please let me know asap as I shall need to book for breakfast.**

## ***This Month's Birthdays!***

Joseph Ayoub - 1st, Brendan Davies - 3rd, Ryan Sinclair - 3rd, Paul Whiteway - 6th,  
Tristan Iseli - 7th, Lawrence Ullio - 7th, Louise Hawkins - 8th, Hilton Sinclair - 20th,  
Ken Murray - 22nd, John Phillips - 22nd, Anthony Robinson - 23rd, Terry Vohradsky - 24th,  
Sandra Bogun - 25th, Tobias Hudson - 26th.

# From the Editor

With our regular editor Chaia taking a well earned holiday back to The Philippines, I once again have the privilege of putting together this January Rundown. May I take this opportunity to wish everyone a joyous, safe and prosperous 2012. I hope in whatever ventures you pursue; running or otherwise, you all achieve happiness and success.

With Summer now very much upon us, some of us are rediscovering our liking for swimming and other less taxing recreational pursuits. However, the training runs go on, and the training schedule for January is listed below. It would be lovely to see some of our newer members at one of the training sessions. Remember, Woodstock caters for all abilities and will surely have a group that will suit your fitness level and running or walking pace. We would love to see you run or walk with us!

*Brendan, Stand-in Woodstock Editor*

## January Training Program

Full Summer calendar details

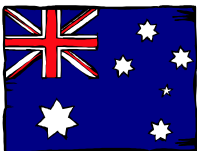
<http://www.woodstockrunners.org.au/drupal2/files/Summer%202012.pdf>

Tuesday Road Run Meet at 6pm Woodstock, Church St Burwood			Thursday Intervals Meet at 6:30pm Campbell Oval, Ashbury		Saturday Run Meet at 7:20am Brett Park, Drummoyne		
03/01	Blue Mountains Express	10.5k	05/01	"Mile Down" Inverse Pyramid	07/01	Bay Run	7k
10/01	Cabarita	11k	12/01	Long Hill / Short Hill Repeats	14/01	Hunters Hill	14k
17/01	Kev's Kadiddlehopper	10k	19/01	Parlov 300m x 14	21/01	Drummoyne	8k
24/01	Parks Run	10k	26/01	<b>NO TNT - Australia Day Run</b>	28/01	Five Dock	7k
31/02	Putney Punt	12k	02/02	Mona Fartlek	04/02	Balmain Shores	7.5k
07/02	Bayview	10k	09/02	"Parlov" 300m x 14	11/02	Woolwich	9k

## Australia Day Run

*Woodstock Runners, Australia Day Run, Thursday 26/01/2012*

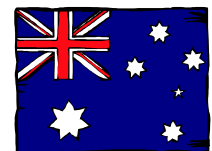
*Various distances, with a breakfast supplied afterwards at the home of member John Ovenden*



**Date:** Thursday 26th January, 2012

**Time:** 7.30am: 14km run

7.45am: 7 or 10km run



**Address:** 23 Wrights Rd, Drummoyne (go down the side driveway to drop off gear).

Please be considerate of the neighbours when arriving as it is a shared driveway.

**Cost:** Only \$2 for members, \$3 for non-members (cereal, eggs, sausages, bacon, muffins, fruit etc.)

Australiana clothing encouraged!

**RSVP:** PLEASE EMAIL JOHN BY MONDAY NIGHT FOR CATERING PURPOSES.

[stonefruit@swiftdsl.com.au](mailto:stonefruit@swiftdsl.com.au)

# Teams Update!

Fairfax Events are offering a teams category (albeit awardless...just for 'bragging rights') for the Canberra Marathon event "Australian Running Festival" and the Sydney 7km fun run "The Sun Run" on the Northern Beaches.

If you plan on entering any of these events, please join the Woodstock team that have been set up. It doesn't cost you any extra and is very easy to do when you enter online. Simply 'search for an existing team', type in Woodstock, and the search result will come up with the team 'Woodstock Runners'. Select that and continue with the entry procedure.

Top 3 finishers in the team will count towards the overall team time.

- Sun Run <http://www.sunrun.com.au/>
- Australian Running Festival <http://runningfestival.com.au/>

*Brendan, Teams Coordinator*

## Welcome New Member!

A big Woodstock welcome to our newest member **Brett Andersen**. We look forward to seeing you all at one of our training runs in the near future. We encourage all our new members to check out the Woodstock website to learn more about our club and our club training nights. Remember, Dot Siepmann is our uniform officer and she can fix you up for all your Woodstock gear.



Woodlands Tours p/l - ACC 34363  
Joseph & Therese - 0419 373 326  
email: [woodlandstours@hotmail.com](mailto:woodlandstours@hotmail.com)  
Sydney, Hunter Valley, Canberra  
Blue Mountains/Jenolan Caves  
Charter/Hire, Golfing Weekends,  
Function Transfers, Custom Trips, etc.  
Other enquiries welcome  
Competitive Rates

**OneLifeCat**  
100% Fitness 100% Sweat 100% Life  
<http://www.facebook.com/pages/onelifecat/104046396300519>  
<http://onelifecat.wordpress.com/>  
Spooof and inspirational fitness merchandise. Clothing, mugs,  
aprons, caps and more!

# Results

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

## 03/12/11 - 3 Points Challenge, North Curl Curl

300m swim, 1.5km run, 300m swim, 1km run, 200m swim, 2.5km run

David Blackwell 1:10:23 20th M50+

## 07/01/12 - Resolution Run, Homebush Bay

11km

Frank Hidvegi 0:52:37

Kathryn Bolitho 0:53:38

## 08/01/12 - Cadbury Marathon, Hobart

42.2km Marathon

Thien Vuong 2:38:19 4th M O'all

21.1km Half Marathon

Martin Amy 1:38:51

## 08/01/12 - Bull Run, Taguig, The Philippines

10km

Charissa Patacsil 0:49:38 5th F O'all

## 08/01/12 - Bogong to Hotham, Mt Beauty

35km (shortened course due to bad weather)

Brendan Davies 4:18:27 4th M O'all

## 14/01/12 - Running Wild, Narroneck

20km

Brendan Davies 1:26:22 3rd M O'all

## 08-14/01/12 - National Running Week, Thredbo

Thredbo Fun Run, 6km

Dot Siepmann 0:37:06

Terrigal Trotters Dingo Run (X/C), 9km

Dot Siepmann 1:02:15

Pizza Relay, 1km

Dot Siepmann 0:06:15

Fun Run Mile, 1.6km

Dot Siepmann 0:06:54

Mt Kosciusko Walk, 13km

Dot Siepmann 2:57:00

Women from Snowy River Run (X/C), 4.2km

Dot Siepmann 0:29:50

Fazackerley Vets Run (X/C), 4km

Dot Siepmann 0:28:53

Kosciusko Classic, 5km

Dot Siepmann 0:44:13 3rd F O'all

## 15/01/12 - Sydney Marathon Clinic, Smithfield

21.1km Half Marathon

Kathryn Bolitho 1:49:57 4th F40-49

Frank Hidvegi 1:55:12 14th M40-19

10km

John Dawlings 0:44:54 5th M50-59

Barry Crisp 0:50:27 4th M60-69

5km

Angela Haynes 0:30:55 7th F30-39

Fiona McIntyre 0:39:41 2nd F40-49

## CORRECTION

The December Rundown incorrectly listed Brendan Davies as running 1:36:14 at the Kedumba Half Marathon on 19/11/11. The time was actually 1:53:55.



L - R: Frank and Kathryn all smiles at the Resolution Run, Martin with his signature pose at the Cadbury Half Marathon in Hobart.

# Woodies Abroad!



Chaia and friends post race in The Philippines. Chaia has been racking up some great results while over there!



Bron Hager on the Inca Trail in Peru. Follow Bron's adventures at <http://www.whereisbron.com/>



Kerry at Cape Reinga at the top of New Zealand where the Tasman Sea meets the Pacific Ocean.

## It's Road Trip Time!

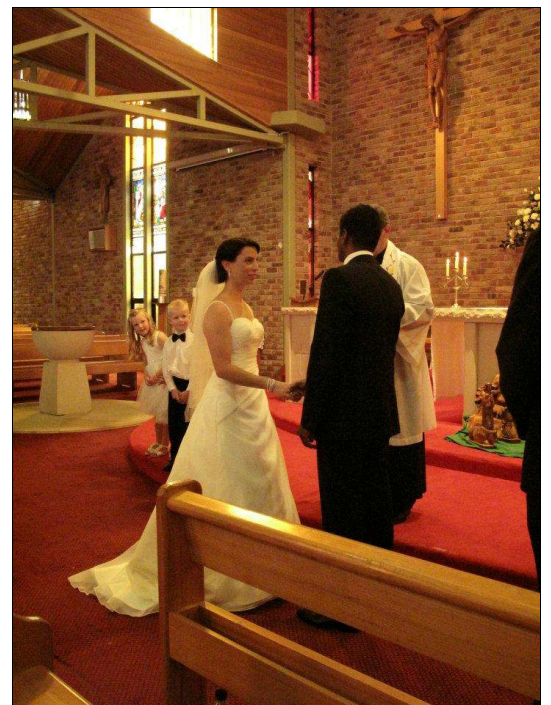
It's Official - the Woodstock Trip to Orange on March 3rd is full and I have some people on a wait list. Total cost for bus, one nights shared accommodation and access to showers after the run on Sunday is \$90 per person. To guarantee your spot on this trip I would require \$45 now and \$45 on the bus (or all now) into my bank account (I can be trusted - you all know where I live) or by cash cheque to myself, Joe Ayoub or Angela. If I can get deposit by 9 Feb (before early bird closes) or I will offer spaces to those on the wait list so they can get the cheaper rego fees.

**Orange Running Festival** - 4 March - Half Marathon and 10km run. Entries open now and early bird closes 12 Feb. [http://www.orangerunners.com.au/?page\\_id=28](http://www.orangerunners.com.au/?page_id=28)

Contact **Sandra Bogun**: [SBogun@redkite.org.au](mailto:SBogun@redkite.org.au)

## Mani and Mandy get hitched!

Emmanuel and Amanda Chandran were married on December 17th in Camden. They now live on the Central Coast of NSW. Emmanuel says a big hello to all his Woodstock friends. We wish you both all the very best.



# Upcoming Events

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

## Jan 2012

- Sat-Fri* 7 Jan-7 **2012 RESOLUTION RUN**  
*Dec* 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](mailto:steve.corrie@active8change.com.au). Visit the [website](#) 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](mailto:info@maxadventure.com.au). Visit the [website](#) 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 the [website](#) for more details.
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- 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 Xtreme 6km Soft Sand Race 8:15 AM - Corporate Dash contact: Jock Athletic. email: [info@jockathletic.com](mailto:info@jockathletic.com). Visit the [website](#) for more details. Click here for an [entryform](#).
- Thu* 26 Jan **REVESBY WORKERS' MENAI CHARITY FUN RUN**  
Distance: 8.2km & 3.2km. Australia Day 2011 Event Time: 8am, marshalling starts at 6:30am. Location of race: Menai Park, Menai. Two Events - 3.2km and 8.2km runs 3.2km Run - U/11, U/15, Open, over 35 and over 50 8.2km Run - U/18, Open and Over 50. Map of runs & entry information is on the web site. Online Entries or register on the day only. Barrel Draw Prizes. contact: Steven Clarke . email: [funrun05@yahoo.com.au](mailto:funrun05@yahoo.com.au). Visit the [website](#) for more details.

## Feb 2012

- Sat-Sun* 4-5 Feb **KATHMANDU ADVENTURE SPRINT**  
Have a real adventure this weekend! If you love the outdoors, have a genuine passion for fun and adventure, and want to push yourself to new limits, then round up a teammate...the Kathmandu Adventure Series is definitely for you! It incorporates mountain biking, kayaking, trail running and simple navigation on a secret course. All you need is a pair of trainers, a mountain bike and a sense of adventure! Note: We are running separate, identical events on Sat 4th and Sun 5th Feb. contact: Gary Farebrother. email: [info@maxadventure.com.au](mailto:info@maxadventure.com.au). Visit the [website](#) for more details.
- Sat* 4 Feb **SHOTOVER MOONLIGHT MOUNTAIN MARATHON ()**  
Inaugural Shotover Moonlight Mountain Marathon Run begins at the Pipeline Bridge across the Shotover River and ends at the Ben Lomond Station woolshed at Moke Lake. The route initially follows the Shotover River, past old gold dredging equipment, and continues to follow water races above Stoney and Murphy's Creeks. It then follows farm tracks above the Moonlight River and Moke Creek to the Ben Lomond Woolshed, taking in beautiful beech forests, stunning mountain buffs, cliff tops and ridgelines as well as open grassland, with 360 degree panoramic mountain views. The entire event takes place on a private station. There's also a 5km, 10km and a Marathon Trail Run. Something for all the family. contact: Adrian Bailey. email: [adrian@activeqt.co.nz](mailto:adrian@activeqt.co.nz). Visit the [website](#) for more details. Click here for an [entryform](#).
- Sat* 11 Feb **WARRIOR DASH NEW SOUTH WALES**  
Warrior Dash is a mud-crawling, fire-leaping extreme run from hell. This fierce running series is held on the most challenging and rugged terrain across the globe. Warriors conquer extreme obstacles, push their limits and celebrate with live music, beer and warrior helmets. contact: Red Frog Events. email: [info@redfrogevents.com](mailto:info@redfrogevents.com). Visit the [website](#) for more details.
- Sat* 11 Feb **BAY ADVENTURE**  
SWIM 1.7km -MTB 18km - KAYAK 6km - RUN 14KM This event will be held on Saturday 11 February 2012 in and around the Port Stephens and Great Lakes areas of Soldiers Point, Pindimar, Tea Gardens, Shoal Bay, Nelson Bay and Salamander. The event challenges participants to complete the course as individuals, teams of 2 or relay teams of 4. This off and on road multi-event will see participants swim 1.7km across the channel between Soldiers Point and Pindimar (with a small beach run), then Mountain Bike Ride through Pindimar and through bush and farmland to Jimmy's Beach then Kayak to Shoal Bay. The final leg will see participants run along footpaths and through foreshore parks until the finish line at Salamander Shores at Soldiers Point. contact: Paul Humphreys. email: [paul@hevents.com.au](mailto:paul@hevents.com.au). Visit the [website](#) for more details.
- Sat* 11 Feb **SUMMER RUN PORT STEPHENS**  
A stand alone 14km urban/coastal run from Shoal Bay to Soldiers Point, Port Stephens, along the same run course as the Bay Adventure Event which is a multisport event held on the same day. Course includes beach, (sand,) footpaths, and bush tracks and is open for all ages from 12 years plus. contact: Paul Humphreys. email: [paul@hevents.com.au](mailto:paul@hevents.com.au). Visit the [website](#) for more details.

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