

The

WOODSTOCK RUNDOWN

June 2011

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Email Results and Contributions to: rundown@woodstockrunners.org.au

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

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

Postal Address: PO Box 672, BURWOOD NSW 1805



The Rundown On Members

Bumped into former Woodstock member, Michael Donnelly, at the Heart of the Lake Fun Run at Lake Gillawarna. He informed me he was the very first paid up member of our Club when we became sufficiently formal to charge membership fees. He paid the huge sum of \$6.50. We're unsure of the year, but he assures me he kept the No1 receipt. I shall keep you informed.

On the subject of the above run, which was expertly organised as always, it was great to have Eddie and Derek take out the silver and bronze medals respectively in the over 70 category in the 3k, with both of them well over 80 years. Well done guys.

To younger member, Anthony, we extend massive congratulations on his fabulous run in the Comrades Ultramarathon in South Africa. His time of just over 9 hours was brilliant in the uphill 87km race. We are in awe of your guts and determination, along with your running ability, Anthony. Where to from here?

Brendan continued to inspire us when he was placed 5th overall in the tough North Face 100km in the Blue Mountains. With the first 3 placegetters international trail runners, Brendan was 2nd Australian, a mighty effort.

Dot is on the way back having recorded a good time in the recent NSW State 10k. It's been a long time out of racing for Dorothy and we are all delighted to see you back and realise we will need to keep improving to stay in front of you, Dot.

John Dawlings has offered to host a Breakfast Run on July 3 from his delightful Balmain home before he moves out in a few weeks. Anyone interested in attending please let John know and likewise, anyone interested in buying his home should do the same.

Good luck to the Woodies heading to the Macleay River Runs next weekend. Also, don't forget there is a bus to the Hunter Valley next month for the wineries and the runs, I believe in that order. Many members will be travelling to Auckland in October for the various runs including the Marathon. If you're interested, contact Angela or Martin. Numbers for some of the distances are filling fast.

Happy holiday to Martin and Caroline who are off soon to Vietnam and Cambodia. Welcome to new members who have joined us recently and best wishes to those recovering from injuries.

Until next month, happy running and walking.

Kerry

Welcome to our new members!!

Woodies let's welcome our new members: **Lisa Linssen, Avril Fortuin, David Miller** please make them feel welcomed.

BELATED Happy birthday to Ray Dean on 31st of May!

June Birthday Celebrants

Bronwyn Hager 2nd, Max Hall 4th, Lesley Maher 8th

Kim Cayzer 11th, Emma Pryor 24th,

Letter from the editor

Hi Woodies!

It has been really very cold lately, hasn't? I hope everybody's keeping warm during the runs. As I write and get this newsletter together, I am with some of the Woodies up South West Rock's on this very rainy long weekend for the Mcleay River Marathon. It has been a mix emotions on the race because of the weather, but then it has been a very good race and organized event as usual, hoping that next year more of the club comes up for the long weekend! Also, I did want The Rundown published while we are up here although my net connection is not working so apologies with the un-synched write-up from Kerry and the publication, I hope you still enjoy reading the newsletter.

- Editor

NEEDING NEW WOODSTOCK GEAR??

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 Siepmann

Club Uniforms Officer

Email: dottiedisco@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>

Support Brendan on his Kokoda Challenge!!!

Dear Woodies

On the weekend of the 16th and 17th July, I will be running in Australia's toughest team endurance event – The Kokoda Challenge. Along with three mates Ben Artup, Andrew Lee & Stu Gibson we will be running a 96km course that encompasses more than 5000 metres of elevation and 12 creek crossings through the Gold Coast Hinterland. On average only half of the teams entered make it to the finish line as a complete team, despite this we hope to get there within 11 hours and break the course record! Why are we doing this?

It's not only a great personal challenge but a way to make a difference to Australian teenagers through the Kokoda Challenge Youth Program. The 14 month early intervention program is helping young people from a variety of backgrounds to gain confidence, direction, new friends and the skills to overcome any obstacles that life throws at them. My team, No Roads Expeditions (Team #321), is committed to raising \$1,500 and it would be great if you could get behind us by making a fully tax deductible donation through our Team online donation facility <https://www.kokodachallenge.com/team-profile/1075>. And you can follow our training progress on our team page <https://www.kokodachallenge.com/team-profile/no-roads-expeditions-1075>. As well as supporting a very worthwhile cause, my trek is also in honour of the Australian soldiers who fought on the Kokoda Track during WWII. I hope to use the spirit borne there of mateship, endurance, courage and sacrifice as inspiration to get me through the tough course. I appreciate you taking the time to read my email and thank you in advance for supporting my team, and in turn support some very deserving Aussie teens.

Kindest regards,

Brendan



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Spoof and inspirational fitness merchandise. Clothing, mugs, aprons, caps and more!

OUR FINANCING OPTIONS ARE SURPRISINGLY SIMPLE.

It doesn't matter if you are re-financing, purchasing a new home or investment property, renovating, or consolidating your debts, at The Mortgage Professionals we offer over 450 value packed products so we're sure to have a financing solution that suits your individual needs.

To find out how surprisingly simple financing can be, call Hector Garcia on 0411 065 993 or 9572 9593 for an appointment today.

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



The City 2 Surf entries are now open at
<http://www.city2surf.com.au/default.asp?PageID=18225>



Woodstock teams are categorized as following when entering:

- **Woodstock Runners – Open Men** Any man runner aged Under 40 to enter.
- **Woodstock Runners – Open Women** Any woman runner aged Under 40 to enter.
- **Woodstock Runners – Mixed Elite** This is traditionally reserved for the club's fastest 2 men and fastest woman. We are the reigning champions in this category! Club protocol means these runners have entry preference (Brendan Davies, Martin Amy, Bronwyn Hager), unless these runners think there is someone more appropriate.
- **Woodstock Runners** – Men 40-49 Any Man (Aged 40 to 49)
- **Woodstock Runners** – Women 40-49 Any Woman (Aged 40 to 49)
- **Woodstock Runners** – Men over 50 Any Man over 50
- **Woodstock Runners** – Women over 50 Any Woman over 50

SMH Half-Marathon Internal Teams

1st Place - Team 5

Anthony Robinson
Kim Cayzer
Lawrence Ullio
Total Diff:06:28 Ave 0:03:14

2nd Place - Team 3

Tobias Hudson
Kerry Bray
Rick Collins
Total Diff: 0:09:46 Ave 0:03:15

3rd Place - Team 2

Martin Amy
Sandra Bogun
Emma Pryor
Total Diff: 0:09:47 Ave: 0:03:16

4th Place- Team 4

Barney McCarthy
Helena Amaro
Deirdre Stewart
Total Diff:0:10:59 Ave 0:03:40

5th Place- Team 1

Mick Cantley
Angela Haynes
Nick Marshall
Total Diff:0:13:36 Ave 0:04:32

6th Place - Team 6

Peter O'Sullivan
Sarah Waladan
Bronwyn Hager
Emma Colenbrander
Total Diff: 0:20:39 Ave 0:06:53

Best Estimator: Mick Cantley (32s)

'Way off' Award: Bronwyn Hager (12m 14s)

SMH Half-Marathon Official Team Results

All Male Team

5th out of 31 finishing teams.

Tobias Kai Hudson
Barney McCarthy
Rick Collins
Non scoring
Anthony Robinson
Peter O'Sullivan

All Female Team

6th out of 14 finishing teams.

Sarah Waladan
Emma Colenbrander
Helena Amaro
Emma Pryor
Non Scoring
Kim Cayzer
Angela Haynes

Mixed Team

8th out of 109 finishing teams.

Michael Cantley
Martin Amy
Bronwyn Hager

Veterans Team (>40)

8th out of 9 finishing teams

Deirdre Stewart

Lawrence Ullilo

Kerry Bray

Sandra Bogun

Peta Bray

www.OzTips.com
Week 2 - NRL



Your Sports Tipping Headquarters Online

Woodstock Runners NRL Tipping 2011 (Comp# 254535)

THIS WEEK				OVERALL LADDER			
#	(LW)	TIPSTER	POINTS	#	(LW)	TIPSTER	POINTS
1	(4)	Go Jana Love Tamsyn	5	1	(1)	Brandon Davies	9
2	(12)	bronbrons	4	1	(4)	Go Jana Love Tamsyn	9
2	(15)	Chutney1980	4	3	(12)	bronbrons	7
4	(1)	Brendan Davies	3	3	(4)	Midcon	7
4	(4)	Mickcon	3	3	(4)	Rebecca_Bangura	7
4	(4)	Rebecca_Bangura	3	3	(4)	Trialex	7
4	(4)	Trialex	3	3	(4)	tutto	7
4	(4)	tutto	3	8	(4)	paulwhitevay	6
9	(12)	3553	2	9	(12)	3553	5
9	(4)	paulwhitevay	2	9	(15)	Chutney1980	5
11	(4)	Colin T_0	0	9	(2)	feefeedee	5
11	(2)	feefeedee	0	9	(2)	LukeT1	5
11	(2)	LukeT1	0	13	(4)	Colin T_0	4
11	(4)	qazxs	0	13	(4)	qazxs	4
11	(12)	woodgood	0	15	(12)	woodgood	3

TOTAL TIPSTERS: 15

Handicap Results May 2011

Name	Estimated Time	Start Time	Finish Time	Actual Time	Finish Place	Points
Haynes, Angela	41:30	7:33:30	8:14:11	40:41	1	28
Ovenden, John	55:00	7:20:00	8:14:18	54:18	2	27
Lucas, Maree	44:00	7:31:00	8:14:25	43:25	3	26
Cantley, Michael	24:30	7:50:30	8:14:39	24:09	4	25
Colenbrander, Emma	34:00	7:41:00	8:14:45	33:45	5	24
Morunga, Jeff	35:00	7:40:00	8:14:56	34:56	6	23
Spanton, Lorraine	35:00	7:40:00	8:15:00	35:00	7	22
Patacsil, Charissa	33:40	7:41:20	8:15:02	33:42	8	21
McCarthy, Barney	28:00	7:47:00	8:15:13	28:13	9	20
Lobsey, Phil	32:00	7:43:00	8:15:14	32:14	10	19
Purss, Tony	34:30	7:40:30	8:15:23	34:53	11	18
Davies, Brendan	24:00	7:51:00	8:15:26	24:26	12	17
Rankin, Roy	49:00	7:26:00	8:15:49	49:49	13	16
Mclean, Eddie	1:08:00	7:07:00	8:15:54	1:08:54	14	15
Yamazaki, Tomomi	39:00	7:36:00	8:15:58	39:58	15	14
Collins, Rick	36:00	7:39:00	8:16:01	37:01	16	13
Siepmann, Dot	49:00	7:26:00	8:16:09	50:09	17	12
Cole, Barry	48:00	7:27:00	8:16:09	49:09	18	11
Mancuso, Gaye	46:00	7:29:00	8:16:12	47:12	19	10
Waladan, Sarah	35:00	7:43:00	8:18:02	35:02	20	9
Wood, Teresa	7:35:00	8:11:20	8:11:20	36:20	DQ	8
Townsend, Colin	34:30	7:40:30	8:12:47	32:17	DQ	8
Patrick, John	40:00	7:35:00	8:13:03	38:03	DQ	8
Crossley, Max	40:00	7:35:00	8:13:13	38:18	DQ	8
Day, Fiona	36:30	7:38:30	8:13:18	34:48	DQ	8
Bogun, Sandra	41:37	7:33:23	8:13:34	40:11	DQ	8
Tutt, Graham	36:25	7:38:35	8:13:44	35:09	DQ	8
Ullio, Lawrence	34:45	7:40:15	8:13:56	33:41	DQ	8

In this Handicap event, **Angela Haynes, John Ovenden & Maree Lucas** took the first three places.

There were 2 Handicap PB's set:

Sandra Bogun 40:11 3:50 Handicap PB

Angela Haynes 40:41 2:35 Handicap PB

Sarah Waladan 35:02 1:13 Handicap PB

Graham Tutt 35:09 0:56 Handicap PB

Michael Cantley 24:09 2:35 Handicap PB

The fastest male was Michael Cantley (24:09)

The fastest female was Charissa Patacsil (33:42)

DQ indicates disqualified for being more than one minute under estimated time, so they get the pointscore of 21st place.

Thanks to helper **volunteers - Deirdre Stewart, Garth McCullough, Kevin Lucas & Martin Amy**

This event has three new starters: **Fiona Day, Emma Colenbrander, Gaye Manusco**

A minute with a Member

Name: Emma Colenbrander

What is your occupation? Student at Syd Uni

Running age group? 20-29

Do you have family? Mum, Dad and 2 sisters

How long have you been a Woody? Since March 2011

Do you run on Tuesday night/TNT/Saturday morning? TNT and Saturdays (when I can get myself out of bed that early!)

Why do you enjoy running? As someone who has always played team sports I'm used to relying on team mates for motivation. But with running I have discovered that I can push myself and know that how far and how hard I go is entirely up to me. It's very satisfying to be in complete control.

What is your favourite running distance/course/event and why? I haven't run further than a half marathon yet, but am finding that I prefer to run longer distances. Building up to run the Blackmore's marathon in Sept!

What has been your running highlight? Finishing my first half marathon a few weeks ago.

Any lowlights (injury etc)? My very uncomfortable joggers ... saving up to get some newbies!

What was the last race you went in and how did you go? The NOSH 15km. I found it really tough but was happy to finish in 94:02.

Anything funny/unusual ever happened to you while you have been out running? Being new to the sport I never realised the bodily dilemmas involved in running!!! Why has no-one ever told me about chafing??!! And - far more embarrassingly - the runner's trots?!?! (had an extremely close call on my first 15k run!!!!)

What other sports/hobbies are you involved in? Netball and basketball

Favourite food/beverage? Chocolate and wine!

If you get the chance to have super powers, what would it be?? Travel at the speed of light so I could check out the universe!

Where would your ideal holiday be? Backpacking central and southern Africa.

Favorite running shoe/Gadget? Why? My ipod. Gotta have those tunes to push me up those hills!

Interesting things we may not know about you? I'm a lifelong vegetarian and have never eaten meat - let's get some veggie sausages happening at the next BBQ!

Thank you Emma for sharing! Hoping all goes well on your debut Marathon, we'll be looking out on that!



***"Believe that you can run farther or faster. Believe that you're young enough, old enough, strong enough, and so on to accomplish everything you want to do. Don't let worn-out beliefs stop you from moving beyond yourself."
-John Bingham, running speaker and writer***

FUN RUN REVIEW: BLACKTOWN FUN RUN

By: Angela Haynes

Well the running calendar was jam packed for w/end 22/5 with SMC, Sri Chinmoy Iron Cove, Manly Scenic Run and Blacktown City Fun Run all on offer. After much deliberation Chaia, Teresa and I settled on the 10km at Blacktown and we were particularly appreciative of the late (8:30am) start time.

Hosted by Blacktown City Council and held at Blacktown Olympic Park Athletics Facility at Rooty Hill, there were 10km and 4km run/walks on offer. On the day registration was efficient and for \$25 we got electronic timing, a finishers' medal, a Powerade and a show bag! As there were three of us we were able to enter as a team.

I estimate a field of about 200 in the 10km and a few more than that in the 4km. The local sporting and athletics clubs were well represented and the run had a great community/family atmosphere. Chairs and tables were available for spectators plus coffee and a sausage sizzle. My husband came along to cheer us on and minded our bags became team photographer.



Angela hyped amongst the crowd

The run itself covered a variety of terrain starting with a lap of the Olympic quality track and then out through Blacktown Olympic Park along a footpath to Nurragingy Reserve. Through the reserve there was some cross country, some gravel and some footpaths. There were three drink stations on course. The course was reasonably flat and enjoyable to run. Our own Steven Briant was a course marshal and hearing a 'Go Woodstock' certainly lifted our spirits and strides.

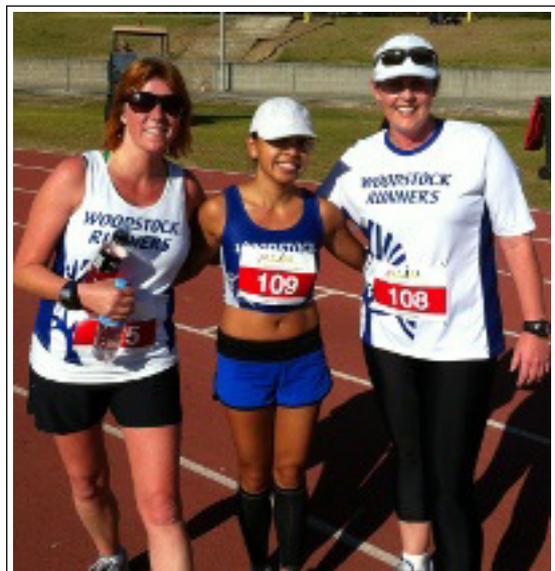
We stayed for the presentation but unfortunately there were a few hiccups with some of the results being mixed up. Chaia's result came out correctly and she was 2nd F 25-34 yrs with 49:13. Teresa's division was mixed up and whilst according to the official results she was 3rd F 35-44 yrs with 52:50, her trophy was unfortunately awarded to another competitor. I believe there is a compensatory 'I heart Blacktown' t-shirt on its way to Teresa.

Teams results were unable to be worked out in time for the presentation however upon enquiry to the organizers we are

All in all we had a fun morning and hammed it up with the

extra large finishers' medals. The Free Big Mac vouchers in the show bags were also a highlight!!!

Rating: 5/5



Teresa, Chaia and Angela fresh from the finish

Kathmandu Adventure Race – finally number 1!

By Brendan Davies

The Kathmandu Adventure race series has always been a must do event since I first tried adventure racing 4 years ago. In my initial race, partnered with my brother-in-law, Ian, we finished mid pack but also with a longing to do it again and do it better!

Since then my partner in crime has been my good mate Lachlan Dansie; who holds the world record for most number of jobs anyone can hold down at once. Try this for a list; fireman, gym instructor, personal trainer, lecturer, sales assistant at Paddy Pallin (apparently he just works here 'for the 10% discount') and group exercise instructor at Nadine's hospital. Makes me tired just thinking about it but somehow he juggles all this and still manages to compete quite successfully in running and fitness competitions!

Since partnering up, Locky and I have finished 3rd three times and 2nd once. It seems like we were never destined to get the top spot. Not that we haven't been close. The nature of adventure racing means that one missed checkpoint, one navigational error or a flat tyre can ruin any chance. To this end, we've been there, often leading but only to be cruelly thwarted by some ridiculously unavoidable stuff up, or, admittedly a stuff up totally of our own doing!

This year, we once again went into the race confident and resolute that this was our year. Pre-race, we were surprised to see the course was very different to that of previous years, utilising sections of the Royal National Park that hadn't been used in previous years. It was also longer than usual, which we were both pleased about.

For those that aren't aware, adventure racing comprises of a number of elements across many legs. These elements may be trail running, canoeing, kayaking, mountain biking and rowing. Usually there are 1-3 legs of each, with the typical total distance being around 30-45km. On each leg, there are 'checkpoints' to find (a hole punch that you record on a card), which bring in an element of navigation and to some level orienteering as well. For those that know me, I frequently get lost on roads, so being out in the bush doesn't make things easier! Counteracting this however, is the fact that Locky and I have both lived and trained around the park for many years and pretty much now every trail. Call it a home ground advantage!

Our first leg was a hard trail run of about 6km up over Audley hill. The rules of adventure racing state that both team members must stay together at all times. As this leg is my strength, Locky was working overtime to keep up, but we work as a team with me stopping to record the checkpoints, and Locky running ahead. This works well as I usually am able to catch back up by the next checkpoint.



Our second leg is the rowing leg. If anyone has been down to Audley, you will know that the craft down there are more suited for 'rowing gently down the stream' than racing! Once in the boat, I take up my customary role – of navigator! Locky has the arms of the Terminator and so I leave the heavy hauling to him. Eventually even he needs a break and once we turned around at the checkpoint we take an oar each and row back to the boatshed. It seems to work well, and we get back still holding a comfortable lead.

Our next leg was a run up the Honeymooners Steps which are very tough but thankfully we had just come off a leg that we didn't have to use our legs for so they felt reasonably fresh. Once up the top of this short but demanding ascent we hopped on our bikes for our first mountain biking leg of about 7km. While not particularly technical, the riding has its challenges, with the tracks being quite muddy. Once we reached the checkpoint, we dismounted and were again off on a run leg, this time down on the Ullula Falls track, which is a very narrow and overgrown single track. It is heavy going and we lost a bit of time finding one of the checkpoints, but we knew that we were still on track for a great time.

Fatigue starts to kick in on this leg and we chow down some GUs and water and eventually we again reach our bikes. We hop back on for a 12km ride back to the start finish. Reaching the last km of the leg, we were allowed to use the road to get back down to Audley; a very exhilarating ride! Once at the finish of this leg, we only had one more leg to go-the kayak. Again, Locky is the main contributor on this leg. My peewee matchstick arms offer no real forward motion, but I still dip the paddle in to make it look like I am doing my bit and to appease Locky who is barking orders and 'encouragement' from the back! Although we were leading our group, we didn't know what our position was in comparison to the entire field, as there are 3 groups that all do the race in a different order. This is done to alleviate traffic on the course, so one doesn't really know how they finish overall until after the race.

Thankfully, after 3 and a quarter hours, we crossed the finish line to learn that we were definitely the first to finish! Finally we had one the event we have been trying to do for four years. Talk about a feeling of relief and satisfaction! We celebrated by listening to Queen's 'We are the Champions' on the car stereo while going back to Locky's house to clean ourselves up before the presentations. At the presentations, we finally got to climb the podium to the top (the teams that finished 2nd and 3rd had gone home by this point!) where we received our \$200 gift voucher. Woohoo!

I know fellow Woodies Tam and Tris Iseli and Phil Lobsey are keen adventure racers too. I really encourage anyone who wants to try something different to have a go. They really are very enjoyable!



WOODSTOCK RUNNERS' BREAKFAST RUN / WALK



A run around the streets of Balmain and the harbour of Sydney

When: Sunday 3rd July

Meet at 7.20 am for 7.30 am start

Where: Ann Cashman Reserve, corner
Beattie and Elliot Streets, Balmain

There are no toilets at the start but you can use ours until 7.20

Free parking at the start but there are meters outside my house or park in the car park in Beattie Street close to Darling Street

Breakfast afterwards at 60 Beattie Street, Balmain
(about 200 metres from the start)

Distances 5, 10 or 15 kilometres
Maps provided and courses marked with chalk

Cost \$3 for breakfast



Upcoming events

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

Fri 17 Jun CITY MILE DASH Are you tough enough? Ready to conquer the mile? Cancer Council NSW introduces City Mile Dash, a challenging lunchtime corporate speed race and the first of its kind. On Friday 17th June, 2011 we're challenging all men and women to run, jog, or sprint for just one mile (1.6km). City Mile Dash gives you the opportunity to join us at Barangaroo in Sydney's CBD and run the mile, to help fight cancer in men. Challenge your friends, colleagues, or your corporate rivals and register to participate in one of our categories; corporate teams, individual races or the "hard core" Bootcamp challenge. Spots are limited to 2000 entrants, so get in quick! Register now at www.citymiledash.com.au. email: citymiledash@nswcc.org.au. Visit the www.citymiledash.com.au for more details.

Sat 18 Jun COASTAL CLASSIC A stunning 29.1km trail run along the Coast Track from Offord to Bundeena. The course traverses beautiful beaches, rainforest trails and cliff top views, there is something for everyone. The inaugural event raised over \$8,000 for the Royal National Park to assist with signage and trail maintenance of the Coast Track. With entries limited to 400 runners by the Royal National Park, this event is expected to sell out soon after entries open on 31st January 2011. Don't miss out on this classic race! contact: Gary Farebrother - 0403 820 282. email: info@maxadventure.com.au. Visit the <http://www.maxadventure.com.au/coastalclassic> for more details.

Sat 18 Jun SUTHERLAND DISTRICT ATHLETICS CLUB CROSS COUNTRY & ROAD RUNNING SERIES - SUTHERLAND The bike track is at the southern end of Waratah Park, on Rawson Avenue, Sutherland. The course consists of multiple laps of the track which is gently undulating, apart from one tough hill. Interval Start and Senior Scratch Championship race. Race distances over 1km, 2km, 3km, 5km, 8km. REGISTRATIONS WELCOME ON THE DAY AT THE VENUE. All ages and fitness levels welcome. Only 9 weeks to go to Sutherland Half Marathon (20th August). contact: Sally Luxton. email: publicity@sutherlandathletics.com. Visit the <http://www.sutherlandathletics.com/> for more details.

Sun 19 Jun SMC ROAD RACE SERIES RACE 9 5km, 10km, 30km 5km walk. Rosford St. Reserve, Smithfield. A series of road-races that provides an opportunity for people to improve their running and prepare for some of the major fun runs and races held throughout the year. Join a very friendly and sociable group of runners at 7:00am (long run and walk) 7:30am (5km & 10km runs) from beginners through to hard core. Enter on-line or on the day. Everyone is welcome. Series entrants will receive a timing chip and bib number to use for the duration of the series, allowing them to bypass the entry queues and go straight to the start line. Electronic timing on an IAAF certified course with accurate km markers and regular drink stations with water sachets and sports drink etc. Series certificates, hot showers, fresh fruit, hot drinks & entry in lucky draw after each race. email: smc@sydneymarathonclinic.org.au. Visit the <http://www.sydneymarathonclinic.org.au/tikiwiki/tiki-index.php> for more details.

Sun 19 Jun MINI-MOS 10KM Mini-Mos is a community run that started 29 years ago. The event has a 2km, 5km and newly accredited IAAF 10km course around Mosman, Sydney. Last year over 2500 people competed in the event. There is a new corporate team challenge this year for teams of 4. contact: Nick Elliott. email: info@mini-mos.com. Visit the <http://www.mini-mos.com/> for more details.

Sun 19 Jun BAY TO BAY 12K M FUN RUN 8:00am Start from Woy Woy waterfront. Fast, flat and certified accurate 12km course bordering scenic Brisbane Water from Woy Woy to Gosford on the NSW Central Coast (1.5 hours drive north of Sydney CBD). Organised by Terrigal Trotters to raise money for Central Coast charities. Limited bus transport from Finish to Start before and after the event. Many categories and prizes. Presentation at 10:30am. Excellent feedback received from runners. contact: Kevin Andrews. email: kandrews@cirruscomms.com.au. Visit the <http://www.baytobay.org.au/> for more details.

Sat 25 Jun SUTHERLAND DISTRICT ATHLETICS CLUB CROSS COUNTRY & ROAD RUNNING SERIES - GRAYS POINT The start is at the southern end of Grays Point Road, just South of the Grays Point Primary School. The course is along service trails in the Royal National Park. Race distances over 1km, 2km, 3km, & 5km (last race at 2.30pm). REGISTRATIONS WELCOME ON THE DAY AT THE VENUE. All ages and fitness levels welcome. Only 8 weeks to go to Sutherland Half Marathon (20th August). contact: Sally Luxton. email: publicity@sutherlandathletics.com. Visit the <http://www.sutherlandathletics.com/> for more details.

Sun 26 Jun 2011 COOKS RIVER FUN RUN Starting & Finishing in Ford Park, Strathfield South, following the walkway/cycle path adjacent to the Cooks River. Turn around point in Freshwater Park. This event is open to all ages and abilities - Runners can enter one of two categories: 5km (one lap of the course) or 10km (two laps of the course). Walkers complete the 5km course. Online registrations open on Tuesday 26 April and close on Thursday 23 June 2011 at 11:59pm. Late registrations will be accepted

Upcoming events
Continuation ...

on the morning of the event in Ford Park between 7:00am and 8:30am. contact: Sold Out National Event Management. email: admin@soldout.com.au.

Sun 26 Jun WOOFORD TO GLENBROOK CLASSIC 2011 This year's CareFlight Woodford to Glenbrook Classic will attract over 1000 entrants to run or ride the Oaks Fire Trail through the beautiful Blue Mountains National Park, from the town of Woodford down to the Euroka Clearing near Glenbrook. Covering 25km of undulating bushland, the trail is incredibly scenic and a must for keen mountain bikers and trail runners. Participants are supported the full length of the track by Rural Fire Service crews stationed along the way, providing First Aid and drinks. A CareFlight doctor and St John Ambulance volunteers will also be in support. The event will finish with a community fair-style reception in the beautiful Euroka Clearing. Families are welcome to join in the fun with activities for the kids, food stalls and displays throughout the day. Mountain bike riders start from 9am and runners start from 10am. Exact start times and transport and parking details will be advised closer to the event. Registration is just \$45 for adults and \$20 for juniors, which only covers the cost of conducting the event. Money raised by entrants through donations and fundraising activities helps to fund CareFlight's services. Each entrant is asked to assist with this. Teams and individuals are welcome to enter. The registration process is online and easy to follow. Registrations will open at 8am Friday 1 April and will be taken until 4.00pm Monday 20 June 2011, or until the event reaches the maximum number of participants. No entries will be accepted on the day of the event. There is a limit of 700 cyclists, with no limit on runners. Entries are only available online from the web site. email: events@careflight.org. Visit the http://careflight.org/get_involved/events/woodford_to_glenbrook_2011/ for more details.

Jul 2011

Sat 2-3 Jul TOUGH BLOKE CHALLENGE Maximum Adventure presents the Tough Bloke Challenge; an off road running event that is likely the toughest thing you'll ever do. Open to both men and women the event will include extreme obstacles, mud, sweat, and probably tears. Note: We are running separate, identical events on Sat 2nd and Sun 3rd July. contact: Gary Farebrother. email: info@maxadventure.com.au. Visit the <http://www.toughbloke.com.au/> for more details.

Sun 3 Jul BEROWRA 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 1/2 road, 1/2 bush runs every 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 the <http://www.berowrabushrunners.com/> for more details.

Sun 3 Jul SHOALHAVEN KING OF THE MOUNTAIN 2011 Attention Mountain, Marathon and Half Marathon runners! Come and have a go at the South Coast's oldest and best long distance running event - the Shoalhaven King of the Mountain. A 32km race that travels from the quiet rural village of Cambewarra (40m elevation), up over Mt Scanzi (360m elevation) and ends at the historic township of Kangaroo Valley (40m elevation). Plenty of aid stations, beautiful scenery, cheering crowds with locally made tea and scones at the finish. All this for only \$50 - details and online entries at www.kingofthemountainnowra.org.au. Further questions contact Doug Jeffrey 0407 441 889 or admin@kingofthemountainnowra.org.au contact: Doug Jeffrey. email: admin@kingofthemountainnowra.org.au. Visit the website for more details. Click here for an entryform.

Sat 9 Jul SUTHERLAND DISTRICT ATHLETICS CLUB CROSS COUNTRY & ROAD RUNNING SERIES - BOTTLE FOREST Bottle Forest Road, East Heathcote. Proceed to the end of Bottle Forest Road, where it meets the Royal National Park. This course is undulating along National Park trails. Race distances over 1km, 2km, 3km, & 4.6km (last race at 2.30pm). REGISTRATIONS WELCOME ON THE DAY AT THE VENUE. All ages and fitness levels welcome. Good lead up race to Sutherland Half Marathon - 20th August. Get your entries in! contact: Sally Luxton. email: publicity@sutherlandathletics.com. Visit the <http://www.sutherlandathletics.com/> for more details.

Sun 10 Jul SRI CHINMOY SYDNEY SERIES RACE 5 - DOLLS POINT HALF-MARATHON (21.1 KM), 10 KM & 5 KM. Peter Depena Reserve, Russell Ave, Dolls Point. Botany Bay is a beautiful place to run, while Peter Depena Reserve in Cook Park offers the ideal start/finishing point. The course also loops over the spectacular Captain Cook Bridge, affording great views over the mouth of the Georges River and beyond. Choose from the world's 3 most popular racing distances of Half-Marathon, 10 km and 5 km. Parking in car parks along Russell Ave. 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@srichinmoyraces.org. Visit the http://au.srichinmoyraces.org/sydneyraces_11 for more details. Click <http://au.eventdirector.net/Register.aspx?EventID=4394> for an entryform.

Sat 16 Jul 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

Upcoming events
Continuation ...

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.

Sat 16 Jul SUTHERLAND DISTRICT ATHLETICS CLUB CROSS COUNTRY & ROAD RUNNING SERIES - SYLVANIA WATERS This is a new course for 2011. Events will commence at the Sylvania Athletics track, Belgrave Esplanade, Sylvania Waters. The course is flat with a combination of track, grass and cross country in the area around the Sylvania Athletics Track. Senior Scratch Championship race, and Junior Club Championship race. Race distances approximately 1km, 2km, 3km, 5km & 10km. REGISTRATIONS WELCOME ON THE DAY AT THE VENUE. All ages and fitness levels welcome. contact: Sally Luxton. email: publicity@sutherlandathletics.com. Visit the <http://www.sutherlandathletics.com/> for more details.

Sun 17 Jul LAWLER PARTNERS WINERY RUNNING FESTIVAL HUNTER VALLEY One of the best locations for a running festival in Australia this event runs through or past some of the best wineries and resorts in Australia. Staged next to the Hunter Valley Gardens of Pokolbin, the event offers a marathon (2 lap), half marathon, 10km, 6km and 2km Kids Run, as well as sports expo, kids entertainment and live music. Make sure you hang around to win one of the 100 bottles a great HUNter Wine that are given away during the event. With well over 2000 participants in 2010 you will need to get in early for the 2011 event. Entries open 1 Feb 2011. contact: Paul Humphreys. email: paul@hevents.com.au. Visit the <http://www.huntervalleymarathon.net/> for more details.

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.

DEEP TEST

	Level/Shuttles		Level/Shuttles
Angela Haynes	6/2	Lisa Linssen##	7/2
Anita Doig##	9/6	Lucas Mancuso##	6/2
Barney McCarthy	10/7	Maree Lucas	5/3
Brendan Davies	14/8	Martin Amy	9/9
Chaia Patacsil	9/3	Melissa Bromley##	7/6
Dave Kistle##	11/4	Michael Cantley	13/12
Derek White	2/4	Patricia Doughty	6/6
Emma Colenbrander	11/9	Peter O'Sullivan	12/5
Fiona Day	8/7	Sandra Bogun	5/1
Gaye Mancuso	6/1	Steven Briant	7/9
Karen Stanley##	10/10	Susan Murray	10/2
Kevin Lucas	3/2	Teresa Wood	8/10

TNT Stats

Some TNT YTD so far, with 2010 in brackets: average number participants.

January: 18 (11.5)

February: 25 (17.25)

March: 22 (14)

Race Results

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

SMH HALF MARATHON, Sunday 15/5/11 (Net Times)

Helena Amaro	2.01.36
Martin Amy	1.23.50
Sandra Bogun	2.07.01
Kerry Bray	2.03.38
Peta Bray	2.22.12
Mick Cantley	1.18.32 (PB)
Kim Cayzer	2.03.14
Rick Collins	1.58.26
Emma Colenbrander	1.52.29
Bronwyn Hager	1.48.14
Angela Haynes	2.23.27
Tobias Hudson	1.21.28
Nick Marshall	1.56.37
Barney McCarthy	1.27.29
Jeff Morunga	2.08.15
Brian Ogilwy	1.57.35
Chaia Patacsil	1:57:24
Emma Pryor	1.59.01
Hilton Sinclair	1.30.28
Ryan Sinclair	1.26.13
Lorraine Spanton	1.51.16
Deirdre Stewart	1.49.54
Lawrence Ullio	1.52.46
Sarah Waladan	1.46.36
Ellen Glennan*	1.41.19
Ron Daly*	2.56.57 (86 yrs. Friend of Woodstock & oldest to finish)

THE NORTH FACE 100, Saturday 14/5/11 (Blue Mountains)

Brendan Davies: 10 hr. 25 min. (5th O/All)

SRI CHINMOY / IRON COVE, Sunday 22/5/11

16 KM

Sandra Bogun	1.40.02
Kerry Bray	1.31.54 (1st F60)
John Dawlings	67.17 (2nd M50)

8 KM

Stacy Gurrie	48.11
Theo Hastings	34.30
Elmarie O'Regan	33.13 (2nd Female)

4 KM

Fiona McIntyre	28.35
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SYDNEY MARATHON CLINIC, Sunday 22/5/11

25 KM

Jeff Morunga	2.32.37
Thien Vuong	1.39.46 (5th O/All & 1st M20)

10 KM

Lesley Maher	52.32 (2nd F50)
Deirdre Stewart	51.30 (1st F40)

5 KM

Dot Siepmann	30.55 (1st F60)
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BLACKTOWN CITY FUN RUN

Sunday 22/5/11

10 KM

Angela Haynes	63.46
Chaia Patacsil	49.13 (2nd 25-34)
Teresa Wood	52.50 (3rd 35-45)

KATHMANDU ADVENTURE SPRINT

Sunday 22/5/11 (Royal National Park)

7 Legs of Mtn Biking, Kayaking & Trail Running

1st of 110 Male Teams

"Spirit Kickers"

Brendan Davies & Lachlan Dansie 3 hrs, 14 Mins

MOTHER'S DAY CLASSIC, Sunday 9/5/2011 8Km

Daniel MURRAY*	00:17:07
Justin MURRAY *	00:19:20
John MURRAY	00:19:20
Yvonne FILLERY	00:23:00

SYDNEY STRIDERS / NORTH HEAD MANLY, Saturday 28/5/11, 10 KM

Brendan Davies	40.00 (40 min. pacer)
Lesley Maher	52.24
Jeff Morunga	52.15
Brian Ogilwy	47.44
Thien Vuong	34.44

ANSW X/C RELAYS / MIRANDA, Saturday 28/5/11, 4 KM

Dot Siepmann 24.32

HEART OF THE LAKE FUN RUNS, Sunday 29/5/11

10 KM

Kerry Bray	55.44 (1st F60)
Peta Bray	59.15
John Dawlings	39.36 (1st M50)
Angela Haynes	59.57
Elmarie O'Regan	41.44 (1st F30)
<u>3 KM</u>	
Eddie McLean	27.25 (2nd M70+)
Dot Siepmann	18.07 (1st F60)
Derek White	36.26 (3rd M70+)

BONDI SOFT SAND CLASSIC Sunday 29/5/11

4 KM

Charissa Patacsil 25.20 (2.09 Course PB)

10 KM

Jeff Morunga 68.59

COMRADES MARATHON / SOUTH AFRICA, Sunday 29/5/11, 86.9 KMS

Anthony Robinson: 9.14.06 (2,479 out of 20,000 and Bronze Medallist)

ADIDAS 10 KM / HOMEBUSH

(Incorp NSW Road Championships) Saturday 4/6/11

10 KM

Daniel Bortolussi	50.47 PB
Angela Haynes	59.40
Charissa Patacsil	47.28 PB
Dot Siepmann	58.02 2nd W60
Thien Vuong	33.53 PB

GREAT NOSH FOOTRACE

Sunday 5/6/11 15.25 KM

Emma Colenbrander	94.02
Brendan Davies	67.26 6th O/All; 2nd M30
Brian Ogilwy	101.08
Lorraine Spanton	100.21 2nd F50

In2ADVENTURE RACE, Cattai, NSW, Sunday 5/6/11

Phil Lobsey 6 hrs 35 mins

MS RUN, Sunday 5/6/11 8KM

John Dawlings 32.49 1st 50-59

ASK THE EXPERTS: THE SPECIALISTS

Lower back pain linked to lower limb injuries...

Recent research has found decreased strength & stability of lower back muscles causes a reduction in neuromuscular activation of the quadriceps muscles. Thus changing the mechanics & force distribution of the lower limb & increasing risk of injury & degeneration.

The theories behind these changes in lower limb biomechanics, as a result of excessive fatigue of the lower back muscles, include:

- poor rotational core strength
- increased forward lean of trunk
- quadricep weakness
- reduced knee bend

So what can be done about maximising strength of the lower back muscles?

- ensure you participate in an integrated trunk & lower limb rotational conditioning program
- train lower back extensor muscles- including glut max & hamstrings
- maintain flexibility in hip flexor muscles
- maximise mid-back mobility

Chris Knee (B.Sc, M.Chiro)

Spine Associates

145/2-18 Buchanan Street Balmain NSW 2041

Spine Associates has moved location & we are now currently residing at 145/2-18 Buchanan St Balmain.

Woodstock members receive 20% off all treatments at Spine Associates. Enquire today about the 30min specific running treatment protocol that targets all the key areas of a runners body. You don't have to be injured to get the benefit!

145/2-18 Buchanan St Balmain

+61 2 8065 5896

spineassociates.com.au

info@spineassociates.com.au

www.facebook.com/spineassociates

www.spineassociates.com.au

www.twitter.com/spineassoc



Rankings Trivia

In 10km distance, Daniel Bortolussi straight in at No 231 with his run at SMC

During the Canberra Event:

In the Half Marathon:

Emma Pryor moves up a 4 places overall and 2 in female rank

Bridget Akers with a near 3min PB, moving up 5 places overall and 3 in female rank as the 2hr marker is breached

Peta Bray eases to a 2min PB and moves up 7 places in both ranks

Angela Haynes knocks a mere 18mins of her previous best rising 2 places

Massively bunched for the dudettes around the 2hr marker but Sarah Waladan (1:46:12) has their measure at the moment, if only she'd spoken to Disco about getting a top!

Marathon

Barney McCarthy straight in at No 15 in Marathon

El Prez moves up one spot to 5th in Marathon

Anthony Robinson with a massive 11min PB, moves him up 19 places to 23rd

Phil Lobsey moves up 4 places to 28

Brendan Davies improved his State Masters 10 Km, M30 record from 34.22 to 33.57 at the Striders North Head Run at Manly on March 5. Brendan also holds the Masters M30 Half Marathon and Marathon records

TEAM UPDATES

Hi all,

Well there is certainly a lot happening on the teams front.

Careflight Woodford to Glenbrook Classic – 26th June <http://regonline.activeeurope.com/builder/site/default.aspx?eventid=909443>

They have a teams category, in the entry page when you enter it asks you if you would like to enter a team. If you are entering please select 'yes', team name is 'Woodstock Runners' and Team Captain is 'Brendan Davies'

M7 Marathon -31st July <http://regonline.activeeurope.com/builder/site/default.aspx?eventid=909443>

There is a 'Marathon Pairs' category, (2 person Male, Female or Mixed), with each runner running a half marathon each of the full marathon course. So if you are interested, find a partner to run it with and enter! We are the reigning 'Mixed Team' champions in this event.

Bay Run – 7th August <http://www.bayrun.com.au/>

There is a teams category, but these have to be organised by someone who enters the team participants online altogether. Chaia is interested in entering a team for this event (teams of 4). If you would like to enter the Woodstock team for this event, please email Chaia chaia.patacsil@gmail.com. You will actually save yourself \$4 if you enter as a team (and you will still get an individual time and place too)

City2Surf – 14th August

The City2Surf official teams are coming together nicely and we look forward to challenging for many teams categories in this years event. Just a hint, try to get to the front of your pack when starting as the team times are taken off the gun for the individual runners, not the chip time. Please refer to <http://www.woodstockrunners.org.au/drupal2/content/city2surf-official-teams> for information on how to enter.

Sydney Running Festival – 18th September <http://www.sydneyrunningfestival.com.au/>

Just as we did for Canberra Running Festival, I have set up a team registration for the (Blackmores) Sydney Running Festival on the 18th of September. Although there doesn't appear to be any team categories per se in the competition sense, it does help the club know (as we have access to the entry list) who has entered so we can support each other in the lead up and on the day. This team applies for the family fun run (~4km), the bridge run (~9km), the half marathon and the big daddy marathon.

When you enter at <http://www.sydneyrunningfestival.com.au/>, select 'search for existing team' and do a search for 'woodstock'. The team "Woodstock Runners" will appear. This time we have to enter a password (their rule not mine!), so please enter 'woodstock' (without the quote marks) in the password field. Simply then just complete the entry process as you normally would.

Amnesia Runner

by: chaianthenet



WOODSTOCK SNAPSHOTS



Elmarie@SriChinmoy's 8Km



Teresa Wood@Blacktown Fun Run



Thien@Sydney:10



Dot@Sydney:10



Angela@Blacktown Fun Run



Chaia@Blacktown Fun Run



Bren@TheNorthface 100KM



Daniel@Sydney:10



Dotting Woodstock Dad Tris and Lachlan



Guess where and who the Woodie in the photo?