

The

WOODSTOCK RUNDOWN

March 2011

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



The Rundown On Members

The running scene is hotting up as we welcome Autumn. I'm sure everyone enjoyed the weekend in Orange and trust some excellent times were recorded. The next weekend away is in just 4 weeks, when Joe will be driving a full busload of Woodstockians to Canberra.

Our esteemed President, ably assisted by a loyal band of helpers, organised a fantastic 5k Time Trial at TNT a couple of weeks ago. There were some fabulous performances and this event can only get bigger. It was terrific seeing Derek White walking the 5k. It's a wonderful opportunity to judge one's time on a measured course. Thanks to everyone involved and dinner at the pub afterwards was good too.

Lesley, Deirdre, David, Jeff and Kazu have been competing in some ocean swims and really loving it. For others interested, the oceanswims website gives all the information you require. On March 27 the Shark Island Swim will be held at Cronulla. There is a 2.5k and a 1k event. Kerry has entry forms.

Arnold, Dorothy and Brian have all undergone recent surgery. We are thinking of you all and hope your recovery is rapid and you are "back on deck" very soon. Steve Briscoe is not travelling well at this time and would greatly appreciate our prayers.

Congratulations to Susan Murray on winning the bronze medal in the W45 at the NSW Sprint Triathlon State Championship at Kurnell. Peta completed her 3rd Triathlon on the day.

Don't forget the Woodstock Breakfast Run at Cronulla on April 3. Details elsewhere in The Rundown. Those interested will need to contact Kerry at kerry.bray@bigpond.com as numbers are limited at breakfast.

I wish everyone many great runs, walks, swims, triathlons etc. Enjoy yourselves and the good times will come.

Kerry

Welcome to Woodstock to our new members, Thien Vuong, Hilton Sinclair, Ryan Sinclair, Debbie Rutherford, and Daniel Bortolussi!

Congratulations to Tam i and Tris Iseli on the birth of baby boy Lachlan!

&

***Congratulations to Mick Cantley and Kristy on the birth of baby girl Claire!
Hope to see our mom/dad-pushing-pram running with the club soon!***

March Birthday Celebrants

***Kerry Bray 11th, Brian Ogilwy 14th, Michelle Smith 15th, Jonathan Fowler 16th,
Julia Boonzaier 23rd, Colin Bailey 25th, Ian Whitfield 27th, Christine Berle 28th***

Letter from the editor

Hello Woodstockians!

Has everybody welcomed autumn yet? The temperature has slightly gone colder and day light savings is ending soon. I do miss running on colder temperature but i'd be missing running late till 9pm!

It has been a good trip to Orange for The Running festival and it was also my first time to go there. Thank you Bridget, Emma and Angela for organizing! Thanks Angela and Brendan for driving the Woodie bus to and fro safely! And thank you to our photographer Nadine Davies! With that good experience, I am looking forward to the next road trip to Canberra Running festival on April!!!

- Editor

UNIFORMS, UNIFORMS, UNIFORMS!!!

Here is the latest on what is 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 & 5 X/L only left): \$5

Since shorts are a pretty individual thing, feel free to choose something in royal (Woodstock) blue or as near to that as possible.

Our Hot Designs (Drifit) items are all in stock now. However, our last order of cotton T-shirts unfortunately was lost by the supplier so I have placed a new order the week of Feb. 24. Please feel free to order them with your membership or individually and I will put you on my waiting list. I will let you all know when these arrive.

For those newly 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.

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>

March-April Training Program

Tuesday Runs 6pm @Woodstock, Burwood		Thursday Night Intervals 6:30pm@Campbell Oval, Ashbury.		Saturday Runs 7.20am at Brett Park, Drummoyne	
16/03/2010	Blue Mountains Express 10.5km	18/03/11	400m x 10/12	19/03/2011	Five Dock 7km
23/03/2010	Cabarita 11km	24/03/11	"Parlov" 300m x 14	26/03/2011	Balmain Shores 7.5km
30/03/2010	Kev's Kadiddlehopper 10km	31/03/11*	Long Hill/Short Hill Repeats *	2/04/2011	Woolwich Run 9km
5/4/2011	Parks Run 10km	7/4/2011	5 minutes x 4 *	9/4/2011	Hell Hill 8km

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

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





Woodland Tours p/l - ACC 34363
 Joseph @ Therese - 0419 373 326
 Email: woodlandstours@hotmail.com
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 (next to Kirrawee High School) Ph: 02 95217011

Hot Designs
 REVOLUTION IMAGING

Hot Designs 10% discount offer

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

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

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.

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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.

5Km Time Trial Results

Name	Actual Time	Estimated Time	Age Adjusted time	Results
Takahashi Kazuaki	0:19:19	0:20:00	0:16:05	25
Davies Brendan	0:16:54	0:17:00	0:16:38	24
#	0:17:00	0:17:30	0:17:00	23
Cantley Michael	0:17:34	0:16:30	0:17:34	22
Bray Kerry	0:27:50	0:30:00	0:19:05	21
Lobsey Phil	0:20:04	0:20:35	0:19:06	20
Mccarthy Barney	0:19:29	0:18:45	0:19:29	19
Ayoub Joseph	0:26:23	0:27:00	0:21:47	18
Hager Bronwyn	0:22:54	0:24:00	0:22:54	17
Tutt Graeme	0:26:01	0:24:40	0:22:56	16
Patacsil Charissa	0:23:48	0:25:00	0:23:46	15
Yamazaki Tomomi	0:26:01	0:27:30	0:25:00	14
Vohradsky Terry	0:25:21	0:28:00	0:25:09	13
Bridget #	0:25:16	0:25:00	0:25:16	12
Bogun Sandra	0:28:00	0:31:00	0:25:23	11
Amaro Helena	0:25:38	0:27:00	0:25:34	10
Bangura Rebecca	0:25:36	0:24:00	0:25:36	10
Akers Bridget	0:27:00	0:27:00	0:26:47	10
McIntyre Fiona	0:33:00	0:33:00	0:29:33	10
Haynes Angela	0:33:00	0:35:00	0:29:33	10
White Derek	0:58:54	0:55:00	0:33:20	10
Haynes Jackson #	0:39:26	0:32:00	0:35:04	10
Siepmann Dot	0:52:20	0:55:00	0:35:19	10
Rutherford Debbie	0:42:40	0:42:00	0:40:20	10

Age adjusted Rank(1,2,3 in order): Kazuaki Takahashi, Brendan Davies, #

Male Adjusted Rank(1,2,3 in order): Kazuaki Takahashi, Brendan Davies, #

Female Adjusted Rank(1,2,3 in order): Kerry Bray, Bronwyn Hager, Charissa Patacsil

OverAll(1,2,3 in order): Brendan Davies, # , Michael Cantley

Male Rank(1,2,3 in order): Brendan Davies, # , Michael Cantley

Female Rank(1,2,3 in order): Bronwyn Hager, Charissa Patacsil, Bridget #

Acknowledgment to the Vollies: Max Crossley, Kevin Lucas, Maree Lucas, Alan Mansfield, Martin Amy, Belinda Essex # , Nadine Davies #

- Non-Member. Not eligible for Series Awards, unless Membership received during Series.

A Minute with a member



Name: Sandra Bogun

What is your occupation? EA to the CEO of Redkite, a charity supporting families with children diagnosed with Cancer - hopefully you have all seen Redkite Runners at events and they man the second water station at the Blackmore Running Festival.

Running age group? 45+ and working on doing well in that next age group.

Do you have family? Husband Garth who is more than enough for one person to handle.

How long have you been a Woody? Joined in May 2010.

Do you run on Tuesday night/TNT/Saturday morning? Tuesday and TNT and just started Saturday runs.

Why do you enjoy running? It just feels so good when you stop! No Matter how bad your day has been or how many problems you have, you always feel better after a run.

What is your favourite running distance/course/event and why? My first ever run was coach potato to half marathon in 4 months and that was Taupo NZ, and finishing that will always be the best memory ever. The Auckland Half is pretty special, you get to run on the outside of the harbour bridge so amazing views and it's the only run so far that I have done twice. City 2 Surf would have to be the most fun run as far as spectators and bands getting out and enjoying the day but the down side is too many runners.

Any lowlights (injury etc)? First ever injury after the Sydney Half last year when I set my PB of 2.04 and a dodgy knee and shin splint have taken months to come right - the best advice is get to a physio as soon as it hurts and stop running hard until it heals, you only make it hurt longer if you ignore it.

What was the last race you went in and how did you go? Does the TNT 5km time trial count? Sat on Kerry's heels the whole way and finished in a respectable 29 which was very good for me - thanks Kerry.

Favourite food/beverage? Love a steak and a cold beer so the last Thursday of every month is a real winner.

If you could have dinner with anyone who would it be and why? Ritchie McCaw (I like them rough), Mahe Drysdale (NZ Rower with arms to die for who got the bronze at the Olympics despite being very ill), Sir Edmond Hillary (you didn't say they had to be living) and Jacques Cousteau (not only was he a pioneer scuba diver but he hid a whole second family from the world his entire life - has to be some good stories there).

Where would your ideal holiday be? Anywhere with good beaches and diving, lots of fish and beer on the menu - Solomon Islands next on my list.

Favourite running shoe/Gadget? Why? It should be my running watch but I don't know how to use it - hope to upgrade to a Garmin soon. In reality it's the little bag full of emergency toilet paper Debs gave me for Xmas - and the running club that keeps me motivated in all weathers and provides such amazing support. Don't ask about shoes - can't get them right no matter how hard I try!

Interesting things we may not know about you? When I left school I trained as a Cheese-maker and worked in a specialist factory making Blue Vein cheese. Years ago I met the guy who is "Big Bird" and on a visit to New York sometime later I got to go behind the scenes at Sesame Street.

Thanks Sandra for sharing and getting to know you more! And congratulations by the way on your PB of 2 minutes from the recent Orang Running Festival's 10KM!! - Editor

Upcoming events

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

MARCH 2011

Sat 12 Mar SIX FOOT TRACK MARATHON

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

Sun 13 Mar SRI CHINMOY MULTI-SPORT CLASSIC

A superb all-day multi-sport race for solo athletes and relay teams of 4 or up to 12 members exploring beautiful Lake Jinbabyte, Kosciuszko National Park and surrounds. 12 legs of swimming, paddling, mountain biking and running, with legs varying from flat and easy to 'not flat' and strenuous - something for everyone! An unforgettable journey... contact: Prachar Stegemann. email: canberra@srichinmoyraces.org. Visit the <http://au.srichinmoyraces.org/events/jindabyne> for more details. Click <http://au.eventdirector.net/Register.aspx?EventID=4207> for an entryform.

Sun 13 Mar 26TH ANNUAL WESTON CREEK HALF MARATHON (ACT)

The course starts at the end of Garryowen drive on Black Mountain Peninsula. Runners will proceed along Garryowen drive and turn left onto the shared path just before Lady Denman drive. Runners then proceed along the shared path, (keeping to the left hand side) around West Basin and over Scrivener dam before following shared paths past the ovals at Curtin, under McCulloch street and adjacent to Yarra glen. The shared path then crosses under Melrose Drive and passes the pitch n putt in Woden. Shortly after runners turn and retrace their steps to Black Mountain Peninsula. Here they turn right onto the bike path near the rowing sheds and enter John Cardiff Close for the finish. contact: Vince Craig. email: vince.craig@anu.edu.au. Visit <http://www.westoncreekathletics.org.au/> for more details. Click <http://www.coolrunning.com.au/calendar/available%20from%20website> for an entryform.

Sat 19 Mar KING OF THE MOUNTAIN RACE

The race begins in the Lithgow Showground (George Coates Ave) in front of the grandstand at 4pm, with registration from 3pm. the race runs out of the showground turn left then run across the bridge to the road then up the mountain to the very top, where your number will be recorded then all the way back down the same way until you reach the track then you turn to the right and run all the way around the track back to in front of the grandstand and finish line. the course is 4.4km and is steep and rough in parts. contact: Heather Younger. email: hoyounger@bigpond.com. Visit the <http://www.lithgowshow.com/> for more details. Click <http://www.coolrunning.com.au/calendar/available%20from%20website> for an entryform.

Sun 20 Mar SMC ROAD RACE SERIES RACE 6

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@sydneyathleticclinic.org.au. Visit <http://www.sydneyathleticclinic.org.au/tikiwiki/tiki-index.php> for more details.

Sun 27 Mar GREAT VOLCANIC MOUNTAIN CHALLENGE

An 11 km run from Towac Pinnacle Picnic Reserve to the summit of Mount Canobolas at 1397m via the volcanic peaks of Mount Towac and Young Man Canobolas. It takes in spectacular views from the volcanic range, passing through changing vegetation on little used forest roads and bush tracks. The climb for the whole route is 520m. Individual, Team or Family group entries. contact: Russell Tym. email: admin@greatvolcanic.org. Visit the <http://www.greatvolcanic.org/> for more details.

Sun 27 Mar SRI CHINMOY SYDNEY SERIES RACE 2 - CENTENNIAL PARK HALF-MARATHON (21.1 KM), 7 KM & 4 KM CROSS-COUNTRY

Mackay Sportsground, near Robertson Rd gates, Centennial Park. Centennial Park has become the most popular venue for Sri Chinmoy Sydney Races in recent times, and for good reason - an ever-changing cross-country course over dirt, grass and gravel takes you alongside pretty ponds, across playing fields and through lush groves of natives. With the occasional horse idling by, it's easy to imagine you're out in the countryside - until you look up at the imposing city

skyline, which you can almost touch. Parking anywhere near the Robertson Rd gates. 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 http://au.srichinmoyraces.org/sydneyraces_1 for more details. Click <http://au.eventdirector.net/Register.aspx?EventID=4391> for an entryform.

Sun 27 Mar WATER WORLD RED ROCK TO COFFS ~ 45 KM

Non measured beach run of approx 45 km, traversing 5 creek crossings and 10 headlands. One of Australia's most picturesque run courses. contact: Steel Beveridge. email: steelyn@yabba.net.au. Visit http://www.aura.asn.au/WaterWorld_RR2CH.html for more details.

APRIL 2011

Sat 2 Apr PADDY PALLIN ADVENTURE RACE SERIES

Put some adventure into your life with the Season Grand Finale of the Paddy Pallin Adventure Race Series in the Sydney area! In this short adventure race, teams of 3 navigate around a secret course and find their way from checkpoint to checkpoint on foot, bike and kayak. With challenging navigation for experienced racers and a shorter Novice Course for beginners there is something for everyone and guaranteed fun for all! Companies can enter the Corporate category while kids can compete in the Schools category. Kayaks, paddles, PFDs, maps and race instructions are provided. contact: AROC Sport. email: info@arocsport.com.au. Visit <http://www.arocsport.com.au/> for more details.

Sun 3 Apr OATLEY PARK FUN RUN 2.5KM & 5KM FUN RUN & WALK

Unbeatable location on the banks of the Georges River within Oatley Park. Fully sealed road circuit, 2.5km or 5km options, walk or run. Prizes, age categories, timing chips, certificates for finishers, post run BBQ, pancakes and refreshments. Children's playground on site or take a short bushwalk while your friends and family run. This event attracted over 600 entrants in its first year in 2010 - don't miss out on a place this year. Enter online from January 2011. Event hosted by the JORG running club of Oatley. All proceeds to local charities. contact: Jim Owens 0408 462 617. email: info@oatleyfunrun.com. Visit <http://www.oatleyfunrun.com/> for more details.

Sun 3 Apr HERALD HILL TO HARBOUR

This event has a classic city coastline course in the heart of Newcastle. The event runs from Mereweather to the Newcastle Harbour with a couple of good hills at the start and in the middle. We will again be offering the classic 10km at 8.30am run from Bar Beach to Newcastle Harbour or the out and back Half Marathon at 7.00am from Shortland Lawns in Foreshore Park to Bar Beach and back. Our new finish area will be fine tuned from 2010 with more barriers and better signage. What a great spot to finish opposite Newcastle Harbour. If the weather holds up we will be staging live music and rides for the whole family. Make a day of it at Newcastle Harbour. contact: Paul Humphreys. email: paul@hevents.com.au. Visit <http://www.heraldhilltoharbour.net/> for more details.

Sun 3 Apr HERALD HILL TO HARBOUR CHALLENGE

This event offers the classic 10km at 8.30am run from Bar Beach to Newcastle Harbour or the out and back Half Marathon at 7.00am from Shortland Lawns in Foreshore Park to Bar Beach and back. There will also be a 2 km kids race around Foreshore Park. contact: Paul Humphreys. email: admin@hevents.com.au. Visit <http://www.hevents.net/> for more details.

Sun 3 Apr LINDFIELD ROTARY FUN RUN 2011

10 Km Run and 5 Km Run/Walk. Start and finish at Roseville Park, Clanville Road, Roseville. contact: Garry McIntosh. email: lindfieldrotaryfunrun@hotmail.com. Visit <http://www.lindfieldrotaryfunrun.org.au/> for more details.

Sun 3 Apr 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@iinet.net.au. Visit the <http://www.sjnumurkah.cathloic.edu.au/> for more details.

Sun 9 Apr AUSTRALIAN RUNNING FESTIVAL

This exciting new major event will incorporate The Canberra Times Canberra Marathon along with a Half Marathon, 10km and 5km fun runs for all abilities from serious runners to joggers, wheelchairs, pushers and walkers (Saturday only) held in the Nation's Capital from April 9-10, 2011. Visit <http://www.canberramarathon.com.au/> for more details.

"Sport is not about being wrapped up in cotton wool. Sport is about adapting to the unexpected and being able to modify plans at the last minute. Sport, like all life, is about taking risks."

Fun Run Review: Sri Chinmoy Series – Centennial Park – Dec 2010

By: Sandra Bogun

After hearing Dot talk about these runs I thought it was time I gave them a go, and I am so glad I did.

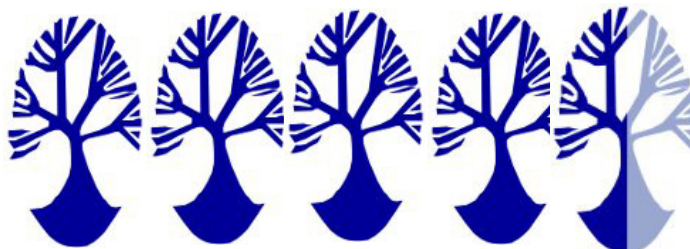
The last run of 2010 was at Centennial Park and while I had wanted to do the 14km run I ended up going for the shorter 7km to help rest my shin splint – and because it was so hot.

These are really fun runs with everyone there seeming to know each other and a very relaxed atmosphere before they start the groups off and lots of kids, partners and dogs in support of the runners and volunteers helping set things up. With no timing tags if you want a really good time you have to elbow your way to the front, but most of us seemed happy to mill about at the back.

The track spent the first couple of km's under the trees which was very welcome and a hot day and made it more like a trail run. Really enjoyed being off the road and around trees and having all the horses, cyclists and other joggers to take my mind off the dust and heat and my sore leg. With plenty of water stations and marshalls directing the way it was impossible to get lost and when I saw the poor sods doing the 14km coming past for their second loop I was very glad I was not one of them. This was a great last run of the year.

The price of these runs is the best value ever – not only do you get all the support and water out on the track but at the finish line there is fruit and fresh cooked pancakes for all and then there are the prizes, everyone gets something and the cheers from the crowd for each recipient is as long and as loud whether you know them or not.

These truly are 'fun' runs and I had such a good time I have bought the 10 race pack for 2011 and look forward to racing my Woodstock buddies every month – and to the pancakes of course!



Running is like mouthwash; if you can feel the burn, it's working. --Brian Tackett

Fun Run Review: Sun Run – Dee Why to Manly (6.75km)

By: Sandra Bogun

It was a last minute decision to run this event, I had been hesitating because of the heat and peer pressure at work was what got me registered.

Apparently there was a long line picking up bibs if you were too late to get them posted, but as someone else picked mine up that really didn't bother me. The price was the usual Fairfax sting, I'm not sure what they spend all their money on, certainly not porta-loos at the start.

Organisation was a bit hit and miss, we got to the bus stop in Manly in plenty of time to get the usual city bus to Dee Why, but it seems they did not put that on due to the event buses that were running, the very grumpy lady in the fluoro shirt had lots to say but none of it much use.

The event bus did eventually turn up and got us to the start in time, but the long line for the toilet meant I crossed the start line 15 minutes after everyone else. The advantage of that was of course that it was not very crowded!

I really enjoyed the run, lots of stunning sea views and the thought of a swim kept my mind busy, and with the sun still low in the sky there was plenty of shade to run in. The hills were smaller than other runs so mentally got up them OK and the bloke playing "Eye of the Tiger" was a great distraction. Plenty of support guys and gals on bikes and Marshalls at intersections and even with many runners starting much later than they planned they did not open the roads before we passed.

I had been running with a friend and she did better than expected and we crossed the line together in 44 minutes. Plenty of water and Gatorade at the finish and always happy to pick up my free paper – and the car park in Manly gave us free parking so a good day. Had a swim and then met friends for a slap up brunch and enjoyed the day in

Manly. My friend and I will be there next year, and in payment for her running with me I have to train and swim the cole classic with her – so that might be the end of me, but I have a whole year



Woodstock Tri-team



This summer, Deirdre, Lesley, and Jeff have been competing and participating variuos Tri events! Photo: (L-R) 1-Deirdre, Lesley, Jeff@Amy Gillet Bike ride; 2-Lesley, Deirdre, David, Jeff @ Malabar

"If one can stick to the training throughout the many long years, then will power is no longer a problem. It's raining? That doesn't matter. I am tired? That's besides the point. It's simply that I just have to." - Emil Zatopek

Everyday Hero

Support Joe Ayoub for his cause!

"At the canberra Marathon eve run I will be running in the 5km event.

I am registered on the everyday hero webpage to help raise funds for the Exodus foundation - Ashfield

To donate: go to http://www.everydayhero.com.au/Joseph_Ayoub_8851 or contact Joe

In the City 2 Surf 2010, I managed to raise \$1300.00 for the Exodus foundation, this goes to providing meals for the homeless and less fortunate.

The Exodus foundation was founded by Reverend Bill Crews at the Uniting Church Liverpool Rd Ashfield, The Fishes and Loaves restaurant is open everyday at 8:30am for morning tea and 11am for lunch and everyone is welcome.

Also one of the Vans converted into a kitchen provide hot meals every night in city, and blankets etc in the colder months.

Many thanks for your support

Regards

Joseph Ayoub

ASK THE EXPERTS: THE SPECIALISTS

Question: How do I get quicker? - Martin Amy

Answer:

Thank you El Prez for the first instalment of Ask the specialist. Whilst we could submit a 60,000 word thesis on this really specific topic, we'll answer this question each month!

Part 1: Increase your stride length

Eccentric hamstring exercises: Not yet considered a mainstream addition to any exercise program, eccentric hamstring training focuses on lengthening the hamstring under force to maximise it's ability to generate power at length. Eccentric training has been proven to provide reduced risk of injury, increase fatigability and create long lasting changes in muscle length. A recent study showed a significant deterioration in eccentric hamstring strength following a marathon, with no significant loss in quadriceps strength. Increasing your hip range of motion through hamstring length and eccentric strength allows you to increase your stride length. Small increases to each stride over a 21.1 or 42.2km course would convert to hundreds of meters or a few kilometres resulting in a faster time and a new PB!

Exercises that include Nordic hamstrings, single leg dead lifts and power bounds are a few eccentric focused hamstring exercises. Check out the video section at spineassociates.com.au

Dynamic hamstring stretch: A recent review of interventions that reduce hamstring injury suggested that the normal hamstring stretch (where an individual leans over to stretch their hamstring) may just be creating micro trauma of neural tissue and may be contributing to hamstring injury. Instead, try to maintain the arch in your lower back and add movement to enhance the stretch through the muscles entire range. Dynamic lengthening of your hamstring will give you that extra ability to target certain muscle groups, increasing your range of motion and subsequently allowing a greater range to be subjected to the eccentric exercises. Again small things that all can add up to an increase in your stride length. Check out the video section at spineassociates.com.au

Dynamic muscle releases: At Spine Associates we believe that living in a moving world, participating in the movement that is running and injuring ourselves through movement, it really makes sense that a movement based therapy is part of any intervention to prevent and rehabilitate injury. Dynamic muscle releases involve breaking adhesions or trigger points along the muscle fibres while the muscle is actively moved through it's entire range of motion. The application of these dynamic muscle releases encourages lengthening of a tight muscle to prevent injury. Check out the video section at spineassociates.com.au for an example of a dynamic muscle release of the hamstring muscle group.

Stay tuned for another instalment of "Ask the Specialist" next month. Don't forget if you have a question that you would like answered simply email the team at info@spineassociates.com.au. All questions are welcomed and with the exception of El Prez's questions all future requests will remain anonymous.

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spine
associates



Crazy Runners

by: chaianthenet



Handicap - 12/2/2011/Bay Run, 7KM

Name	Estimated Time	Start Time	Finish Time	Actual Time	Finish Place	Points
Amy, Martin	26:00	7:48:10	8:13:34	0:25:24	1	26
Burbidge, Tony	43:00	7:31:00	8:13:41	0:42:41	2	25
Patacsil, Chaia	37:00	7:37:00	8:13:57	0:36:57	3	24
Tutt, Graeme	37:30	7:36:30	8:14:21	0:37:51	4	23
Akers, Bridget	37:30	7:36:30	8:14:25	0:37:55	5	22
Bogan, Sandra	43:30	7:30:30	8:14:31	0:44:01	6	21
McCarthy, Barney	26:45	7:47:25	8:14:48	0:27:23	7	20
Wallkington, Tim	29:00	7:45:00	8:14:50	0:29:50	8	19
Iseli, Tristan	34:30	7:39:30	8:15:00	0:35:30	9	18
Robinson, Anthony	28:00	7:46:00	8:15:10	0:29:10	10	17
Crossley, Max	35:00	7:39:00	8:16:21	0:37:21	11	16
Yamazaki, Tomomi	36:20	7:37:40	8:16:34	0:38:54	12	15
Amaro, Helena	35:00	7:39:00	8:18:06	0:39:06	13	14
Haynes, Angela	42:00	7:32:00	8:21:27	0:49:27	14	13
McLean, Eddie	1:03:00	7:11:00	8:22:19	1:11:19	15	12
Collins, Rick	36:00	7:38:00	8:28:45	0:50:45	16	11
Purss, Tony	33:30	8:09:30	8:42:30	0:33:00	17	10
Ovenden, John	58:00	7:16:00	8:11:11	0:55:11	DQ	9
Hudson, Tobias	29:00	7:45:00	8:11:33	0:26:33	DQ	9
Waladan, Sarah	38:00	7:36:00	8:12:21	0:36:21	DQ	9
Phillips, John	48:00	7:26:00	8:12:23	0:46:23	DQ	9
Ullio, Lawrence	38:30	7:35:30	8:12:24	0:36:54	DQ	9
Lobsey, Phil	30:00	7:44:00	8:12:43	0:28:43	DQ	9
Bray, Peta	45:00	7:29:00	8:12:55	0:43:55	DQ	9
Takahashi, Kazuaki	30:00	7:44:00	8:12:55	0:28:55	DQ	9
O'Regan, Elmarie	30:00	7:44:00	8:12:57	0:28:57	DQ	9

In this Handicap event, **Martin Amy, Tony Burbidge & Chaia Patacsil** took the first three places.

There were 2 Handicap PB's set:

Phil Lobsey 28:43 1:25 Handicap PB

Elmarie O'Regan 28:57 1:30 Handicap PB

The fastest male was Martin Amy (25:24)

The fastest female was Elmarie O'Regan (28:57)

This event has

1. It's a new Course!
2. Three new starters: Sandra Bogun, - Helena Amaro, - Tobias Hudson
3. El Marie goes to second fastest Female of all time round the Bay
4. Tobias Hudson went straight in at No.12 Overall
5. Bridget Akers hasn't missed a Handicap Race since May 2008

"I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs." - Jesse Owens

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



Cronulla Breakfast Run

WOODSTOCK RUNNERS' BREAKFAST RUN / WALK

CRONULLA

Sunday April 3

7.00am for 7.30am start
(walkers leave at 7.15am)

Park alongside Dunningham Park, Elouera Road in front of the North Cronulla Hotel

DISTANCES 6K -15K approx

MAPS PROVIDED

Breakfast at Alley Break Cafe (alongside Dunningham Park) from 9.00am

BREAKFAST \$12.00

2 CHOICES

Cold Breakfast - Muesli, Fruit Salas and Yoghurt + hot or cold drink

Hot Breakfast - Bacon, Fried or Scrambled Egg + hot or cold drink
Additional drinks extra

Bring cozzies for a surf at beautiful North Cronulla

Please reply to Kerry asap as numbers are strictly limited



NB 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. We're all praying for a fine day.

MEET THE AMYS. UNOFFICIAL..WOODIES AT WORKINGHAM, UK HALF MARATHON!



Woodstock Women Warriors! Before and After Photos of Chaia, Angela and Elmarie at Warrior Dash in Glenworth Valley



**New Woodstock team dance?
Woodstock
Cheerleading Squad?
Practice for a
Woodstock Jingle?**

L-R: Chaia, Emma, Bridget and Rebecca caught by Nadine's Camera at the Orange Running Festival doing a warm up!

Race Results

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

CANTERBURY FUN RUN

5Km 26/1/2011

Derek White 1.00.27

SYDNEY MARATHON CLINIC

Smithfield 20/2/2011

25 KM

Martin Amy	1:40.50	5th O/All
Kim Cayzer	2.29.16	1st F20
Brendan Davies	1.33.47	3rd O/All, 3rd M30
Phil Lobsey:	2.00.37	
Barney McCarthy	1.47.23	2nd M20
Charissa Patacsil	2.27.15	
Anthony Robinson	2.00.49	
Thien Vuong #	1.48.40	3rd M20
Tomomi Yamazaki	3.03.00	

10 KM

Sandra Bogun	60.55	
Manal Garcia#	44.08	1st F30
Terry Vohradsky	57.26	
Teresa Wood	58.11	

5 KM

Lawrence Markham* 25.47
*Former member- was wearing Woodstock singlet

5 KM WALK

Dot Siepmann 50.24 2nd Walker

SRI CHINMOY / IRON COVE

27/2/11

16 KM

Charissa Patacsil 1.24.16

8 KM

Sandra Bogun	46.42
Daniel Bortolussi	41.25
Elmarie O'Regan	33.23 2nd Fem O/All
Debbie Rutherford	62.56
Daniel Bortolussi	41;25

4 KM

Angela Haynes	23.15
Harrison Haynes*:	31.17
Jackson Haynes*	28.17

*Not member but member of the famous Haynes family

BEDFORD CREEK TRAIL RACE

Running Wild Series 27/2/11

20 KM

Brendan Davies# 1.42.25 2nd O/All , 2nd M30
Also O/All winner of the Series

10 KM

De-Anne Attard# 1.38.20

SYDNEY CORPORATE CUP

The Domain, Sydney

6KM

2/02/2011	John Murray	31.00
9/02/2011	John Murray	30.05
2/03/2011	John Murray	29.00

SYDNEY STRIDERS SERIES

North Head 5/3/11

10 KM

Rick Collins#	53.23
Brendan Davies	33.57 10th O/All
Manal Garcia#	41.47
Lorraine Spanton#	49.45
Jeff Morunga#	53.08
Thien Vuong#	35.12

ORANGE RUNNING FESTIVAL

6/3/11

HALF MARATHON

Bridget Akers	2.02.37 10th F30
Rebecca Bangura	2.00.24 10th F20
Brian Ogilwy	1.50.41 2nd M60
Charissa Patacsil	1.49.47 6th F30
Emma Pryor	2.00.54 9th F30

10 KM

Sandra Bogun	56.50
Brendan Davies	35.20 2nd O/All & 1st M30
Angela Haynes	59.43
Terry Vohradsky	52.20
Sandra Bogun	56.50 10TH F40- PB

WARRIOR DASH

Glenworth Valley, 12/02/2011

5.13 Km Obstacle Run

Elmarie O'Regan#	37:20
Charissa Patacsil#	37:35
Angela Haynes#	47:52

Not in Woodstock gear

"Your toughness is made up of equal parts persistence and experience. You don't so much outrun your opponents as outlast and outsmart them, and the toughest opponent of all is the one inside your head." - Joe Henderson

Erratum: On the last month's The Rundown, February issue, at the last page's Gallery section, editor apologizes for wrong caption it should be Vass Vassilou not Joe Ayoub.

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

New Members:

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

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

NB. Any non-members are welcome to run/walk with us for one month prior to joining. The TNT sessions are free for members, and \$5 for non-members. Any TNT fees paid by non-members will be credited against the cost of membership when joining. New Member PB's (optional, but will be recognised in our Club Rankings):

Distance/Event/Date/Time:

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 _____ / _____ Long Sleeve \$60 _____ / _____

\$ _____

Total \$ _____

Note: Old T-shirts \$5 (keep in but add 1 Lge & 5 X/L only)

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".

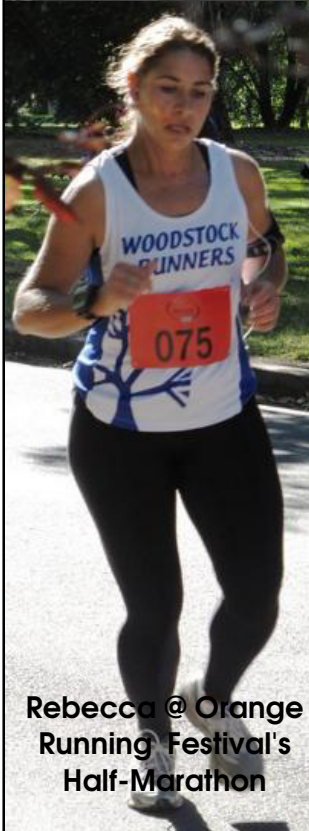
Camera Snaps



Woodstock team @ Orange Running Festival



Kerry, Sandra and Tomi at TNT's 5KM Time Trial



Rebecca @ Orange Running Festival's Half-Marathon



Elmarie @ Sri Chimnoy 8Km



Derek @ TNT 5KM TT



Brendan @ Running Wild Series



Tezza @ Orange's 10KM



Phil @ TNT 5KM TT



Angela @ Orange's 10KM



Woodstock team @ Budgie Charity Run organized by Manaf&Jo