

The

WOODSTOCK RUNDOWN

March 2012

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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

Thanks to all who travelled to The Shire for the annual Woodstock Runners Cronulla Breakfast Run. It was a glorious day and the 20 members enjoyed the runs, swims and a delicious breakfast. Hope to see you back next year and we will cut off at 18, as this number can be accommodated comfortably by Alley Break.

Despite the deluges and much flooding around the State, 27 set out for Orange on March 3, not totally convinced we would all make it through. About 20 of us were chauffeured by Joe, amused by Martin and organised most diligently by Sandra. Thanks to everyone who contributed to a fabulous weekend. There were many excellent performances especially among the Half Marathoners. The big winners were Brendan who took out the 10k Event and Chris Lawrence who won a regional flight and a BridgeClimb for 2 as the major lucky draw. Don't miss out on this weekend next year.

Members are most appreciative of the efforts of Martin and his volunteers at the 5k Time Trial, as well as all who helped out at the recent Handicap.

Don't forget the Canberra weekend April 14/15. There are a few vacancies on the bus and maybe some accommodation. Angela is the person to contact, so don't miss out on what should be another brilliant weekend. There will be a 5k, 10k, Half Marathon, Marathon and Ultra. Thanks Angela for your massive contribution.

It's wonderful to have Elle and Chris Siepen back running regularly with us after a gap of more than 15 years. Julia Stenton has walked with us over the last 2 weeks following a similar absence. I think it's great that people can return after such a long time and we're still there and welcome them with open arms.

We wish Chris and Jess an enjoyable extended holiday in Europe, North and South America following what we hope is a brilliant Paris Marathon for Chris. Jonathon Fowler is mentioned in the local Inner West Courier this week, training on his penny farthing bike. Derrick Titmus who underwent aortic surgery in the UK last month after 3 weeks in hospital has now returned to his sister's place. He is now walking 1.5 miles; has an appointment with the surgeon in 5 weeks and if all is well he will return to his home in Thailand.

Best wishes to all in up and coming events.

Happy running and walking,

Kerry

March Birthday Celebrants

Katie Burnell 4th, Lisa Penson 4th, Henry Anderson 8th, Kerry Bray 11th, Avril Fortuin 13th, Brian Ogilwy 14th, Jonathan Fowler 16th, Ian Whitfield 27th, Christine Berle 28th

Belated Happy Birthday Alan Mansfield last 26/2, sorry we missed that!

Welcome to new members Julia Clements and Sally Johnson. Please feel at home with the Woodies and don't forget to get your uniform from our uniform officer, Dot.

Letter from the editor

Dear Woodies,

Racing season is back on now that its Autumn, and the Day-Light -Savings Time shall be reverted soon. It has been fun trip with the club in Orange, and glad to see some PBs, so wit the 5KM TNT and the 1st series for the year for the Handicap around the Bay.

We have Peta Bray training for ING NY Marathon this year, following her mom's footsteps, we wish her well for her training to go well. And we are wishing Chris Lawrence in competing the Paris Marathon. Our Club Champ, Brendan Davies will soon be traveling to Seregno, Italy for the 100 Km World Championships!

Our "Hawaiian" Woodie, Kim Cayzer has been doing well in her races in the tropical island of Hawaii. I hope you still miss the best running-club-in-the-world!

It has been not the best of weather conditions lately that the rainy weather lead to the cancellation of the 6-foot track! We were even eyeing good results for Brendan, Tym and Phil, I bet your training is not wasted and you have a Marathon/Ultra queued up very soon!

We have few Marathoners who will be running g their debut in Canberra and we are hoping that we give them the support they need - Kathryn Bolithio and Frank Hidvegi. The Tweetie bird tells me that there are few more woodies participating the Marathon on this event, so we should keep eye on that. To those who are keen to join the Running tour at Joe's Bus, please do not forget to book your places with Angela. I am also impressed that number of members are now discovering the wonders of cross training. And to our two fastest runner, Elmarie & Kazu, I hope you recover soon from your injuries! -Editor

AMNESTY FUNDRAISER - 'THE BEST EXOTIC MARIGOLD HOTEL'

Invitation By Sarah Waladan

When: Thursday, 22 March 2012

18:30 until 20:30

Costs: Tickets \$30, includes a glass of champagne

Must be purchased in advance from Eventbrite at: <http://www.eventbrite.com.au/event/2957892135>

Where: Palace Cinemas Norton Street

99 Norton Street, Sydney, NSW 2040

GETTING WARM AND YOU NEED A WOODSTOCK SINGLET?

Everything is now available:

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

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

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

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

Any queries, feel free to contact me:

Dot Siepmann

Club Uniforms Officer

Email: dottedisco@y7mail.com

Phone: 02 9637-9536

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

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

Fun Run Review: Woodstock Tours Weekend & Orange Colour City Running Festival

Orange - 3 & 4 March 2012

by: Angela Haynes

With a waitlist for seats on the bus, the Orange weekend away was always going to be a biggie. Flooding at Bathurst and the dam bursting at Orange didn't deter the Woodies and an 18 strong bus contingent with 5+ under their own steam. Fingers and toes crossed all the way!

El Prez and his new sound machine kept us entertained throughout the trip – not only could he laugh and applaud at his own jokes but he could also burp, fart, booo, shriek, ba-bomp, ting and spring us all the way to Orange. So popular is this 'toy of the year' that orders were placed for Mrs Amy to deplete all UK stocks and ship them to Aus [applause sound].

Our cabins at Canobolas Caravan Park did the job even if some sloped downhill! Sat night dinner was as good as it gets. Within moments of arriving at the Friar Tuck restaurant in the Robin Hood Hotel (who were major sponsors of the race) the manager sat us all down to openers of garlic & herb bread followed by gluten free pizzas, pasta, salad, steamed veggies and chips. In usual form we got back to the accommodation early and sober with strict instructions to be at the bus ready to go at 6:45 am and we were!

I think race mornings are always exciting especially when we travel as a group. In our Cabin Frank Hidvegi and Kathy Bolitho were definitely excited cause when I opened my eyes at 6 am there they were ... dressed, fed and bouncing around the lounge room in anticipation ['spring/boing' sound]!

The race was starting in the grounds of picturesque Bloomfield Hospital. Collecting race packs was efficient and we loved the free t-shirt for half marathon entrants. The 400 member Orange Running Club really run this event well ['cheers' sound].

I ran the half marathon. It was an out and back course with the 10km starting only 15 minutes later so I got to say hi and wave to many Woodies during the race. To quote Teresa Wood "who said this race wasn't hilly". It was and my quads showed me how hilly the next morning when I tried to walk downstairs.

Weather was a perfect 17 degrees, sunny with a cool breeze. Well done to Bridget Akers, Hillary Schneider, Kathryn Bolitho, Frank Hidvegi and Chris Lawrence on your PB's ['applause' sound]. I managed to run the whole course in

2:22 and have enough left for a sprint finish at the end. This bodes well for a PB attempt in Canberra in 6 weeks time. Teresa "the race is my training" Wood suffered a groin strain ['booo' sound] and we wish her a speedy recovery so she can 'practise' (as opposed to 'train') for her next adventure.



Half-Marathon Runners at the start line: Kathryn, Sandra, Chaia,, Frank, Chris, Rebecca, Teresa, and Angela



10 Km Runners at the start line: Brendan, Dot, Tezza, Hilary, Martin, Lesley, Jess, Joe, ,Kerry, and Peta

Sydney Harbour Bridge climb! But that was it....not one other Woodie bib was drawn out of the barrel (and they had a bazillion prizes). Onto the awards where Brendan, after being incorrectly declared second, took out first prize and \$200 for winning the 10km.

Sadly the race timing malfunctioned and wreaked havoc with posting results on the net ['uh-ohhh' sound]. We are still thankful to the race organisers nonetheless who, due to the extreme weather, had to change the course that morning but still held a great race on a lovely course that was enjoyed by all.
(continued in next page ...)

Member's Profile

Name: Frank Hidvegi

What is your occupation? Vehicle spray painter

Running age group? 40-49

Do you have family? My lovely wifeand three pussy cats

How long have you been a Woody? 5-6 months now

Why do you enjoy running? I dont know....think it is called the running bug.....if it makes any sense

What is your favourite running distance, course, event and why? Sri Chinmoy races 7-16km are good.....pan cakes ! yum

What has been your running highlights? Passing the finish line

Any lowlights (injury etc)? Minor injuries both ankles, knee, now corn on my toe....ouch !!

What was the last race you went in and how did you go? Orange half-marathon....got a PB

Anything funny/unusual ever happened to you while you have been out running? Getting lost with other runners on a Tuesday night around the streets of Cabarritta, I still laugh about it

What other sports/hobbies are you involved in? No other sports, hobbies. I enjoy gardening

Favourite food/beverage? My bolognese with a couple Carlton Drys

If you could have dinner with anyone who would it be and why? Neil Armstrong is one for the books to see if there was a real moon landing.

Where would your ideal holiday be? Hamilton island, there is the hilly half-marathon which i hope to be there in 2013

Interesting things we may not know about you? Interesting you mention that, there is nothing interesting about me

What's your current running goal? Current goal is to start and finish Canberra marathon under 3hr 45min ?

Thanks Frank for sharing! Hope the Canberra training is going well! - Ed.



(continuation Fun Run Review ...)

It was nice to have a post race shower back at the caravan park before a sit down lunch at the Canobolas Hotel. Return bus highlights were of course the sound machine, some peeps enjoying post race beers, unplanned toilet stops and terrible photography of anyone who dared fall asleep... yes I was a victim!

And so concluded another excellent 'run and fun' weekend away. A big thanks ['cheers' sound] to Sandra for organising and to Joe and Theresa for the bus and little extras. Bring on Canberra on 14/15 April!



The woodies after the pre-race dinner at Robin Hood Hotel

WOODIES AROUND THE WORLD



Kerry and Lawrence at the big Apple- New York, US on the period of the ING NY Marathon November 2011



Guess Who Woodie??
Someone has spotted
a Woodie participating
A Triathlon event
somewhere,
can you
guess who he is?

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.

Some stats from the TNT logbook for Summer...

Dec 2010 average was 14.2 people, Dec 2011 was 15.4

Jan 2011 average was 18.0 people, Jan 2012 was 15.67

Feb 2011 average was 25.0, Feb 2012 was 17.5

NB: I blame the decrease on the rain! -Bren

5KM Time trial

Name	Actual Time	Estimated Tome	Age Adjusted Time	Points
Davies Brendan	0:17:06	0:17:00	0:16:44	25
Maria #	0:24:52	0:24:00	0:19:31	25
Siepmann Dot	0:32:08	0:31:00	0:21:20	24
Muir Greg	0:21:32	0:25:00	0:17:55	24
Doig Anita	0:22:26	0:21:30	0:22:26	23
Blackwell Tym	0:19:28	0:20:00	0:19:09	23
Patacsil Charissa	0:23:20	0:23:30	0:23:16	22
Lawrence Chris	0:19:46	0:21:00	0:19:46	22
Day Fiona	0:26:14	0:25:00	0:24:34	21
Lobsey Phil	0:21:15	0:21:30	0:20:05	21
Bogun Sandra	0:27:41	0:27:30	0:24:47	20
Cantley Michael	0:20:29	0:22:00	0:20:28	20
Hidvegi Frank	0:22:42	0:22:00	0:21:08	19
Doughty Patricia	0:30:01	0:32:00	0:27:32	19
Haynes Angela	0:30:23	0:30:00	0:29:35	18
Whiteway Paul	0:25:08	0:25:00	0:21:17	18

8 first timers

1st time Kerry Bray has not taken out top honours!

Anita Doig - Debut with the quickest ever Female time around the track.

Chris Lawrence & Tym Blackwell also on debut go straight into the Male top 10.

Thank you Vollies - b and the **Big O** for help, couldn't done it without you!

Now just to work on getting everyone to bring their \$2 from the car to the track?!

Awesome work on post-race meals and drinks (can still hear that bird going cheap, cheap!!!), thanks Sandra!!!
So, if you want to know what all the fuss is about, lock in the last Thursday of April 26th for the 2nd Installment of the 2012 Series. Why? Question really is why not!

Female Rank (1st,2nd,3rd): Anita Doig, Charissa Patacsil, Maria

Male Rank/Overall Rank (1st,2nd,3rd): Brendan Davies, Tym Blackwell, Chris Lawrence

Female adjusted (1st,2nd,3rd): Maria, Dot Siepmann, Anita Doig

Male Adjusted Rank (1st,2nd,3rd): Brendan Davies, Greg Muir, Tym Blackwell,

Handicap - 10/03/2012/Bay Run, 7KM

Name	Estimated Time	Start Time	Finish Time	Actual Time	Finish Place	Points
Patacsil Chaia	0:33:20	7:41:40	8:14:02	0:32:22	1	26
Plakias Evan	0:34:00	7:41:00	8:14:15	0:33:15	2	25
Purss Tony	0:32:00	7:43:00	8:14:32	0:31:32	3	24
Takahashi Kazuaki	0:29:00	7:46:00	8:14:35	0:28:35	4	23
Miller David	0:39:30	7:35:30	8:14:35	0:39:05	5	22
Scarf Helen	0:40:00	7:35:00	8:14:36	0:39:36	6	21
Blackwell Tym	0:28:00	7:47:00	8:14:39	0:27:39	7	20
Muir Greg	0:30:00	7:45:00	8:14:41	0:29:41	8	19
Haynes Angela	0:41:30	7:33:30	8:14:44	0:41:14	9	18
Day Fiona	0:34:50	7:40:10	8:15:01	0:34:51	10	17
Wu Andrew #	0:28:00	7:47:00	8:15:12	0:28:12	11	16
Newton Brian	0:32:00	7:43:00	8:15:19	0:32:19	12	15
Bogun Sandra	0:39:59	7:35:01	8:15:23	0:40:22	13	14
Wigg Allan #	0:34:50	7:40:10	8:15:35	0:35:25	14	13
Phillips John	0:49:00	7:26:00	8:15:44	0:49:44	15	12
Mancuso Gaye	0:48:00	7:27:00	8:15:49	0:48:49	16	11
Burbidge Julian	0:31:30	7:43:30	8:16:20	0:32:50	17	10
Akers Bridget	0:36:30	7:38:30	8:16:44	0:38:14	18	9
Waladan Sarah	0:36:30	7:38:30	8:16:45	0:38:15	19	8
Bolitho Kathryn	0:31:30	7:43:30	8:16:47	0:33:17	20	7
Siepmann Dot	0:40:00	7:35:00	8:17:04	0:42:04	21	6
Schneider Hilary	0:38:00	7:37:00	8:17:06	0:40:06	22	5
Collins Rick	0:36:30	7:38:30	8:17:30	0:39:00	23	4
Reed Jen #	0:41:30	7:33:30	8:12:55	0:39:25	DQ	4
Adams Jackie #	0:44:00	7:31:00	8:13:35	0:42:35	DQ	4
Hill Alex	0:33:00	7:42:00	8:13:58	0:31:58	DQ	4
Amy Martin	Volley	Volley	Volley	Volley	Volley	4
Lucas Kevin	Volley	Volley	Volley	Volley	Volley	4
McCullough Garth	Volley	Volley	Volley	Volley	Volley	4
Vohradsky Terry	Volley	Volley	Volley	Volley	Volley	4
McGown Max	Volley	Volley	Volley	Volley	Volley	4

In this Handicap event, **Chaia Patacsil, Evan Plakias & Tony Purss** took the first three places.

There were 2 Handicap PB's set: Chaia Patacsil 32:51 32:22 0:29 PB

Angela Haynes 40:41 40:14 0:27 PB

Top 3 male/overall fastest: Tym Blackwell, Andrew Wu, ,Kazuaki Takahashi

Top 3 female fastest: Chaia Patacsil, Kathryn Bolithio, ,Fiona Day

The fastest male was Tym Blackwell (23:39)

The fastest female was Chaia Patacsil (32:22)

DQ indicates disqualified for being more than one minute under estimated time, so they get the pointscore of 22nd place.

Thanks to helper volunteers - **Martin Amy, Kevin Lucas, Garth McCullough, terry Vohradsky and Max McGown.**

Woodstock Training Calendar

Tuesday Runs 6pm @Woodstock, Burwood		Thursday Night Intervals 6:30pm@Campbell Oval, Ashbury.		Saturday Runs 7.20am at Brett Park, Drummoyne	
13/03/2012	Cabarita 11km	15/03/2012	Long Hill / Short Hill Repeats	17/03/2012	Hunters Hill 14km
20/03/2012	Kev's Kadiddlehopper 10km	22/03/2012	5 minutes x 4/5	24/03/2012	Drummoyne 8km
27/03/2012	Parks Run 10km	29/03/2012	Beep Test & 400m rep's *	31/03/2012	Five Dock 7km

Teams Update!

1. Canberra Marathon event "Australian Running Festival" <http://runningfestival.com.au/>

If you plan on entering any of the races at this event, please join the Woodstock team that has been set up. 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.

2. "Sydney Morning Herald Half Marathon" <http://www.smhalfmarathon.com.au/>

Follow the same procedure as above, then select the appropriate team:

- 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 strongest team possible and you will be advised if needed shortly.

- Woodstock Runners - Veterans
Any member, male or female, aged over 40 years
- Internal teams will follow
- Brendan, Teams Coordinator

Woodstock Running Tours

• CANBERRA TRIP UPDATE

14/15 APRIL 2012 <http://runningfestival.com.au/> Australian Running Festival Canberra Weekend

Only a few weeks to go, keep up your training, its nearly taper time and bibs have been arriving in the mail!

Bus is now full although there are up to 4 more beds (some may be sofa beds) in our rooms at Pinnacle Apartments, Kingston <http://www.pinnacleapartments.com.au/> if people can make their own way there. **Call/text - 0419 444 010** /Facebook me if keen.

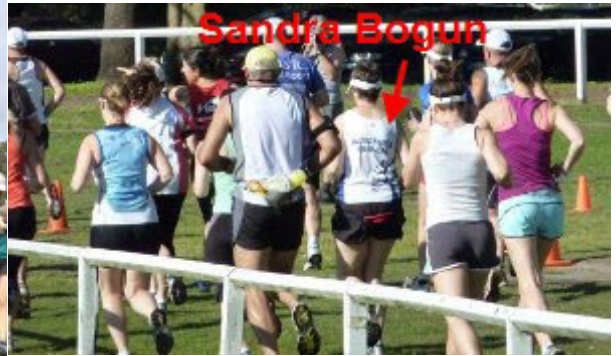
Based on the current accom requirements, looks like final **accom cost will be \$60 per head. Bus is still \$50. Deposit \$30** payable up front if not done so already. I will collect the balance from the bus people on the way down and the others over the weekend. It can be deposited to my account **BSB: 062-233 Acct #: 1005-6323**. Deposit refundable as long as someone else avail to take your spot. List of booked members can be found here: <https://www.facebook.com/groups/30549208990/>

Plan is for bus to leave **Joe & Theresa Ayoub's at 9am sharp on Sat 14/4 (meet at 8:30am)**. This will allow us time for a quick lunch stop, drops at the various accom spots, check-in and then walk down to the start line to cheer our runners doing the 10km Dash at 3pm and then the 10km run at 4pm.

See latest update on Woodstock Runners Facebook Page and recent email I sent to the e-list for whose going, the Ayoub's address and my deposit bank account details.

I'll finalise the Sat dinner plans and Sun return winery stop then broadcast final details on FB & the e-list.
Happy Training!
- Angela Haynes

From December 2011 Issue,
Did you identify who
and How many
Woodies in the photo?



ASK THE EXPERTS: THE SPECIALISTS

Changes in biomechanics in the fatigued runner.

A recent article looked at muscle and joint changes at the end of a run (about 45min). Whilst we all know that when we are fatigued or lacking strength our dynamic posture begins to fail, what exact muscles should be targeted to enhance your posture, running form & reduce injury?

In this study, even in the uninjured runner, they found subtle kinematic changes when running with exertion at the end of the run. These changes were most notable with significant increases in tibial internal rotation and knee internal rotation at the end of the run.

What does this mean?

Internal rotation of the tibia (or lower leg) places increasing pressure on the Achilles tendon & a muscle called tibialis posterior. Internal rotation at the knee placing increasing pressure on the middle structures of your knee, your ITB and your hip joint. There is then a cascade of ankle/calf pain, knee pain, ITB pain, hip pain and then low back pain, as well as increasing your risk of osteoarthritis.

What can you do?

Strengthen you glut medius, glut maximus and your hamstring muscles (particularly on the outside). Typically your glut medius and a powerful muscle in your trunk called the quadratus lumborum works in synergy. Enhancing this relationship will pay dividends to your dynamic posture & ultimately delay the breakdown of your lower limb biomechanics during a run.

Lunges, single leg bounds, crab walks & hamstring push-ups will all strengthen these all important muscles.



Chris Knee (B.Sc, M.Chiro)
Tobias Hudson (B.ScExSp, M.Chiro)

A: 145/2-18 Buchanan Street Balmain NSW 2041 T: 61 2 806 55 896
E: info@spineassociates.com.au W: spineassociates.com.au
Like us in FB: <https://www.facebook.com/spineassociates>


spineassociates

Upcoming events

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

Sat 17 Mar WINTER SERIES REGISTRATIONS AND RACES - GRAYS POINT Join up with Sutherland District Athletics Club and enjoy participating in our Winter Series every Saturday afternoon. Races at same time every week - approximately same distances - 1km (1.50pm), 2km (2.00pm), 3km (2.15pm), 5km (2.30pm) & 8km (3.00pm) this week at Grays Point, end of Grays Point Rd, just south of the Grays Point Primary School. This course is undulating along National Park service trails. Point score starts 24th March. Just turn up, sign up and have a run. Once membership fees paid for the season - no further fees to pay for local club runs. contact: Sally Luxton. email: publicity@sutherlandathletics.com. Visit <http://www.sutherlandathletics.com/> for more details.

Sun 18 Mar 27TH ANNUAL WESTON CREEK HALF MARATHON (ACT) A beautiful course and great value for money. 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. For safety reasons, no dogs or strollers are permitted in the event. contact: Vince Craig. email: half@westoncreekathletics.org.au. Visit <https://www.registernow.com.au/secure/Register.aspx?ID=5257> for more details. Click http://www.coolrunning.com.au/calendar/public_html/2012/2012e002.pdf for an entryform.

Sun 18 Mar SPARKE HELMORE NBN TRIATHLON FESTIVAL NEWCASTLE The 2012 Sparke Helmore / NBN Television Triathlon Festival will be held Friday 16 March to Sunday 18 March 2012 around the foreshore of Newcastle city. The 2012 event is set to attract 4000 participants across 5 events including the Foreshore 5K run on 16 March, Tri Junior triathlon for 7-13 year olds on Saturday 17 March and the main triathlon on Sunday 18th March. The triathlon includes both short and long distances, catering for the elite, seasoned triathletes and novice athletes. Corporate or social Teams may compete in both triathlon events. This event has a proud history of being one of the Hunter Region's largest and most successful health and fitness days. This festival has something for everyone. contact: Paul Humphreys. Visit <http://www.hevents.net/> for more details.

Sun 18 Mar PORT MACQUARIE RUNNING FESTIVAL Come and run Port! Sport Macquarie as the town is known to many, has an amazing contingency of willing volunteers and organisers that have helped make some of the most memorable events possible, whilst allowing athletes to achieve their dreams. This truly beautiful town is surrounded by crystal waters that you have to share with the pods of majestic dolphins as they make their way through the Hastings River. Come and be a part of the inaugural port Macquarie running festival, there is a run for everyone 21.1km Half Marathon, 10km Run 5km Fun Run, 5km Walk, Kids Fun Run contact: Peter Camilleri. email: petercam@primus.com.au. Visit the <http://www.portmacquarierunningfestival.com.au/event/> for more details.

Fri 23 Mar TOONGABBIE CREEK TIME TRIAL - 5KM Regular 5km time trials on every second Friday morning. It would great if others feel they could do with the same training, and obtain the benefits of doing it in a small group. The course is flat, and is two laps of a wide path. We will set off in a handicap order, so faster runners start later, all aiming to finishing around 6:30am. Anyone welcome - please share the invite and info. No fees, no fuss, just fun. (We start at the end of Chanel St, Toongabbie closest to Old Windsor Rd, where the footpath enters the park.) contact: Ian (nite_time_runner on CR). email: ian@youcanrun.com.au.

Sat 24 Mar WINTER SERIES - START OF POINT SCORE - ROCKY POINT Hosted by Sutherland District Athletics Club every Saturday afternoon. Races at same time every week - approximately same distances - this week - 1km (1.50pm), 2km (2.00pm), 3km (2.15pm), 5km (2.30pm) & 10km (3.00pm) starting at St George Sailing Club car park at the end of Riverside Drive, Sans Souci. The runs are undulating to flat. They cross the bridge walkway into the Taren Point area, then return. Casual and new members of all ages/abilities, novice-elite welcome every week. Just turn up and sign up! contact: Sally Luxton. email: publicity@sutherlandathletics.com. Visit <http://www.sutherlandathletics.com/> for more details.

Sun 25 Mar GREAT VOLCANIC MOUNTAIN CHALLENGE An 11km run up the 1937 meter Mount Canobolas near Orange, NSW. Run from the Towac Pinnacle Picnic Ground to the summit of Mount Canobolas via Mt Towac and Young Man Canobolas. It takes in spectacular views from the forestry roads and then on to little used bush tracks through beautiful woodland. The climb for the whole route is 520m. Individual, Team or Family group entries. Also this year the 2012 NSW Mountain Running Championships will be incorporated with the Great Volcanic! contact: Russell Tym. email: russell_tym@yahoo.com.au OR admin@greatvolcanic.org. Visit the <http://www.greatvolcanic.org/> for more details.

Sun 25 Mar SRI CHINMOY SYDNEY 2012 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

(continuation ... upcoming Events)

- 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_12 for more details. Click <http://au.eventdirector.net/Register.aspx?EventID=4879> for an entryform.

Sun 25 Mar SMC ROAD RUN - EVENT 6 OF 9 30km, 10km, 5km run and 5km walk. 30km and 5km walk start at 7:00am. 10km starts at 7:30am. 5km run starts at 7:40am. All events start from Rosford Street Reserve, Smithfield. Run on sealed roads on an Athletics Australia certified course with accurate markers every 1km. Electronic timing tags for everyone. Regular drink stations with water and sports drinks. Fresh fruit, hot showers and hot drinks available afterwards. The series is a friendly and sociable group for runners of all ages and abilities. contact: SMC Enquiries. email: smcroadraceseries@gmail.com. Visit <http://www.sydneyathletics.org.au/> for more details.

Sat 31 Mar WINTER SERIES - DARKES FOREST COURSE 1 Hosted by Sutherland District Athletics Club every Saturday afternoon. Races at same time every week - approximately same distances - this week - 1km (1.50pm), 2km (2.00pm), 3km (2.15pm), 5km (2.30pm) & 10km (3.00pm). Darkes Forest is 13k south of Waterfall via the Old Princes Highway and 5k south of the Helensburgh roundabout. The start is 2.5k along that road, about 500m before the Community Hall/Fire Station Park. This course is undulating cross country along a wide fire trail. Senior Scratch Championship race and Junior Club Championship race. Casual and new members of all ages/abilities, novice-elite welcome every week. Just turn up and sign up! contact: Sally Luxton. email: publicity@sutherlandathletics.com. Visit <http://www.sutherlandathletics.com/> for more details.

April 2012

Sun 1 Apr QUIRINDI CANTER FOR YOUNGCARE Note new date of Sunday 1st April 2012. This is a charity fun run (inaugural) in aid of Youngcare. We will have a community walk of about 4.5k, as well as 5km and 10k runs, and teams events. Quirindi is south of Tamworth on the Liverpool Plains. There will be a function following the events. Registration on the day. contact: Adrienne Ranken. email: adrienneranken@hotmail.com. Visit <http://www.quirindicanter.org/> for more details. Click <http://www.quirindicanter.org/registration.html> for an entryform.

Sun 1 Apr HERALD HILL TO HARBOUR CHALLENGE Classic 10km run/walk from Bar Beach to Newcastle Harbour for ages 12 years+ or the out and back Half Marathon from Shortland Lawns in Foreshore Park, Newcastle to Bar Beach and back. Run along the beautiful coastline opposite Newcastle Harbour. For those kids not up to the 10km event, there is a 2K4Kids fun run for kids to 17 years old. Complimentary souvenir t-shirts for early bird entries. contact: Paul Humphreys. email: paul@hevents.com.au. Visit <http://www.hevents.net/> for more details.

Sun 1 Apr 2K4KIDS FUN RUN This event will be a 2km run around the Shortland Lawns at Newcastle. This event will not be timed and no places will be given. All children will however receive a race number, free shirt for early bird entries plus a downloadable certificate. The 2K4Kids run in conjunction with the Herald Hill to Harbour 10km run/walk or half marathon held on the same day. contact: Paul Humphreys. email: paul@hevents.com.au. Visit <http://www.hevents.net/> for more details.

Sun 1 Apr LINDFIELD ROTARY FUN RUN 2012 Seventeenth annual Fun Run organised by Lindfield Rotary including 10km run and 5km run/walk, starting at Roseville Oval, Clanville Road, Roseville on Sunday April 1st 2012, 5km starting at 8:00am and 10km starting at 8:15am. contact: Garry McIntosh. email: lindfieldrotaryfunrun@hotmail.com. Visit <http://www.lindfieldrotaryfunrun.org.au/> for more details. Click <http://www.coolrunning.com.au/calendar/online> for an entryform.

Sun 1 Apr HUNTERS HILL HUSTLE United Resource Management (URM) is a leading waste & recycling company which services local government and businesses. URM is an Australian, privately owned environmentally conscious company. URM is committed to giving back to the communities we serve and is proactive when seeking opportunities to raise funds for charity. URM and Hunters Hill Council have joined forces to hold the Hunters Hill Hustle. The URM Hunters Hill Hustle will include the following races: 5km Run, 10km Run, The Corporate Team Challenge. The Run is due to start at 8am. Arrive early to secure a great start spot and warm up! Post run entertainment will be held at Boronia Park. The purpose of this event is to involve the local community in an event to raise much needed funds for local charities. The Hunter's Hill Hustle will be a healthy and environmentally friendly event. Along with raising money for local charities URM will use the event to promote the importance of recycling and looking after the environment. To register click here. <http://eventdesq.imgstg.com/index.cfm?fuseaction=main&EventDesqID=61&OrgID=9724>

Fri 6 Apr LEO FRANCO HOLDEN BACCHUS ON THE LAKE 5km Sprint, 10km Enduro, 8km Walk around Lake Wyangan. Start from Picnic Area. Runners 9:00am, Walkers from 7:00am Registration from 7:00am Register before 16 March 2012 for chance to win prizes & for personalised bib. contact: Janet Mazzarolo 0432 202 948. email: jmazzarolo@advancedrehab.com.au. Visit <http://www.griffithbacchus.org.au/> for more details. Click http://www.coolrunning.com.au/calendar/public_html/2012/2012e023.pdf for an entryform.

Race Results

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

SRI CHINMOY / MIRAMBEENA

19/2/2012

16 KM

John Dawlings	1.10.39 (1st M50 & 5th O/ All)
Frank Hidvegi	1.20.14

8 KM

Kathryn Bolitho	44.14
Kerry Bray	48.22 (1st W60)
Peta Bray	45.26
Christine Cullen	47.15

SYDNEY MARATHON CLINIC

19/2/12

25 KM

Chris Lawrence	1.59.17 (1st M20)
Charissa Patacsil	2.11.51 (4th W30)

10 KM

Barry Crisp	54.46 (3rd M60)
Dot Siepmann	28.18 (1st W60)

STROMLO RUNNING FESTIVAL / ACT

18 & 19/2/12

30 KM

Teresa Wood	3.42.09
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10 KM

Sandra Bogun	1.05.10
Angela Haynes	1.08.23

7.5 KM X/C

Sandra Bogun	41.36
Angela Haynes	47.47
Teresa Wood	40.42

3.2 KM Mtn Run

Teresa Wood	23.48
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RUNNING WILD / WOODFORD DAM

26/02/2012

19 KMS

Brendan Davies	1.19.16 (2nd O/All)
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NSW MASTERS ATHLETICS CH'SHIPS

26/02/2012

5000M TRACK

Dot Siepmann	30.59 (1st W65)
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ORANGE RUNNING FESTIVAL

SUN. 4/3/12

HALF MARATHON

Bridget Akers	1.59.01 PB
Rebecca Bangura	1.58.56
Kathryn Bolitho	1.46.05
Frank Hidvegi	1.44.00 PB
Angela Haynes	2.22.43
Sally Johnson	2.19.31

ORANGE RUNNING FESTIVAL 4/3/12

HALF MARATHON

Chris Lawrence	1.32.25
Charissa Patacsil	1.47.52
Teresa Wood	2.00.44

10 KM

Martin Amy	40.08
Joe Ayoub	54.38
Sandra Bogun	? (Not listed in results)
Kerry Bray	59.06 (3rd W60)
Peta Bray	56.52
Brendan Davies	34.33 (1st O/All)
Jess Lawrence	63.06
Lesley Maher	57.51
Debbie Rutherford	73.42
Hilary Schneider	59.46
Dot Siepmann	57.14 (2nd W60)
Terry Vohradsky	54.38
Hilary schneider	59:34

4.8 KM (No times listed for this distance).

Fiona McIntyre	?
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HUSKISSON TRITHLON 2/18/2012

Sprint , 750m swim / 20km bike / 5km run

Jeff Morunga	(Swim	0:21:43; T1
0:03:08; Cycle	0:46:21; T2	0:02:34; Run
0:27:41;	Total	1:41:29)
Lesley Maher	(Swim	0:21:41; T1
0:03:12; Cycle	0:45:36; T2	0:02:07; Run
0:28:44;	Total	1:41:23)

Long Course , 2km swim / 83km bike / 20km run

Alex Hill	(Swim	0:35:29; T1	0:02:41
Cycle	2:43:56; T2	0:01:12; Run	
2:11:42;	Total	5:31:08)	

RUN FOR CATHY 16/1/2012

10KM

Chaia Patacsil	54:51 2nd Female
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SHARON'S RIDE/RUN/WALK FOR EPILEPSY

29/1/2012

10km

Kim Cayzer	50:12 3rd F 30-34
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HONOLULU HALF MARATHON

Kim Cayzer	1:53:13
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GREAT ALOHA RUN 20/2/2012

13km

Kim Cayzer	1:07:13
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WOMEN'S PACIFIC HEALTH

4/3/2012

10km

Kim Cayzer	52:28
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PARK RUN

17/3/12

5Km

Anita Doig	21:51
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Committee Announcement

What: AGM Meeting

When: 15/5/2012 -or- 8/5/2012 (Tentative please mark your calendars)

Where: Woodstock Community Center, Burwood, 7:30 after Tuesday Run

There will be Nomination forms that will be passed around soon for AGM Committee nominees, please prepare your nominations for the following positions:

President

Vice-President

Secretary

Treasurer:

Social Officer(s):

Uniform Officer:

Members representative; Walker's Representative

Web administrator

Publisher/Editor



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Joseph @ Therese - 0419 373 326

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DAWLO'S BREAKFAST RUN



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

When: Sunday 3rd June

Meet at 7.20 am for 7.30 am start

Where: 96/8 Water Street, Birchgrove
Entrance in Water Street close to Birchgrove Road

Distances: 5, 9 or 15 kilometres

Maps provided and courses marked with chalk

Cost \$3 for breakfast

See John Dawlings for further details or call on 9810-7619 (h) or 0422 819 468 (w)



Woodstock inPress



THE ECHO
Community Newspapers
February 2012 Issue 12
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Woodford Athlete heads to World Championships

Continued from Page 1

a win in the Great North 100km on the Central Coast in November and racing the Blue Mountains Running Wild series.

Brendan will be joining Sydney runner Andrew Byles, who ran a marathon 7 hr 39 minutes 55 second race in last year's 100km Worlds in the Netherlands.

Sergio is in the far north of Italy, not far from Milan. Competitors will race around a 20km loop five times, with drink stations every five kilometres. The starting time will likely be around around a half to seven hours, Brendan's fastest time over 100km so far is 7:31.



Woodford Athlete heads to the 100km World Championships...

Woodford athlete Brendan Davies will represent Australia in the 26th World 100km Championship running race in Seregno, Italy, on April 22nd.

Brendan has a long history of national representation, having previously run in the World Long Distance Mountain Running titles in Colorado and the Commonwealth Trail Ultramarathon championships in Wales. Closer to home, he was second place in the 2011 Six Foot Track marathon between Katoomba and Jenolan Caves, and also fifth place (second Australian) in the prestigious North Face 100km, which covers many of the trails in the upper Blue Mountains.

Brendan ran to and from school as a student before running gradually gave way to more worldly pursuits when he made it to university and then into the workforce, before taking the sport up again a few years ago. Quickly shedding any excess kilos, he found he was naturally talented and started notching up podium finishes in races. Now aged 34 and married to Rachel, Brendan moved to Woodford from western Sydney last year and is already declaring he never wants to move back to Sydney again.

Brendan explained that the Worlds was part of a big season of racing, fitting in with his return to the Six Foot Track in March and the North Face 100 in May. He has been sharpening up over summer with

Below: Brendan Davies, now resident in Woodford, at the World Long Course Mountain Running Titles in Colorado.



WHO IS ULTRA100? GEAR REVIEWS ULTRA NEWS ULTRA GUIDES & ADVICE THE BIG INTERVIEWS

MEET THE ELITES - BRENDAN DAVIES

Posted by Marcus on March 7, 2012 - 12 Comments



NEWS

NEWSLOCAL Inner West Cou

Penny-farthing champs tell all

PEOPLE 13 MAR 12 @ 05:25AM | BY DEBORAH FITZGERALD

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James and Jonathan Fowler.

Jonathan, who also competed at the championships, was philosophical about his own performance.

"In the 32km event, I was the first to start and James was the last off a nine minute handicap and at the end our positions were reversed."

★★★★★ 3 Votes

Brendan Davies is one of the those runners who just can't stop running. At the drop of a bat he will turn up for a training run, race at his local Running Wild Series, compete with his No Roads Trail Team and represent Australia which he takes all in his stride.

On a recent training run through his local Blue Mountains I caught up with Brendan and was lucky to get his views on the state of Australian ultra running, his plans for the rest of the year and his views on Kilian.

All eyes will be on Brendan at this weekend's Six Foot Track Marathon where he hopes to go one better this year as long as the weather gods are kind to us.

What is your running background? Were you a good runner at school?

I always looked forward to the cross country and athletics carnivals at school, I got through to regional level a few times but it was done off no real specific running training. When I was a child I was more into playing lots of team sports like football, cricket and soccer. I did little athletics too which was more for the social benefits of

MARRICKVILLE father and son Jonathan and James Fowler have found an unusual family pastime racing penny-farthings.

This year success followed when James won the national championships.

James, 27, took the title after being runner-up in the event for two years in a row.

He won the 1.6km race in Evandale, Tasmania and the 32km race the next day.

Woodie Album



Top to Bottom(L-R):
 TNT session during the 5Km TT;
 Terry and Joe @Orange;
 Dot @SMC; Lesley@Huskisson;
 Woodies@Cronulla-Kerry's Breaky Run;
 Angela@TNT;
 Alex@Huskisson;
 Woodies@Orange post race;
 Kazu@Kurnell;
 Kim@Hawaii; @Angela and Sandra
 @GNW course.