

The

WOODSTOCK RUNDOWN

May 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

We have a new Aussie in our midst. Congratulations Elmarie on your Australian Citizenship. We are excited for you and wish we had lots more Elmaries.

A successful AGM was held on Tuesday. Well done to the outgoing Committee on a most successful year for our Club. Martin listed the many achievements in his President's report. We welcome the new Committee; thank them for accepting their positions; and guarantee our support throughout the year.

I spoke recently to Maureen and John Pollard who are enjoying their retirement in Lake Macquarie. They are learning to sail, having purchased a boat and are playing bowls. Unfortunately John has been diagnosed with early onset Alzheimers.

Jon Patrick has been troubled with fluid on the knee for some months now, but has just commenced running again. He and Mary Ellen are off to the UK and Europe for a wedding, holiday and conference. We hope you have a wonderful time.

Our Prez is travelling to Vietnam and Cambodia next month with Caroline. We know you'll enjoy yourselves. Maree, Kevin and John O have just returned from 5 weeks in China, having had a brilliant time. They have suggested they are not interested in the Great Wall Marathon, having found a couple of days trekking on the Wall, somewhat challenging. Teresa is still on her trip to Everest Base Camp.

We wish Brendan the very best of everything as he takes on the North Face 100kms in the Mountains, starting Saturday. It is a massive challenge, even for Brendan. Good luck. We know you'll give it your best, Champ.

Over a much shorter and somewhat easier course, many members will be taking part in this Sunday's Sydney Morning Herald Half Marathon. We wish everyone a great race and look forward to many PBs etc. Thanks Brendan for organising both internal and external teams.

Welcome to all new members who have signed up recently. We hope to meet up with you all at some stage soon and trust your running will take off and you'll enjoy good times with Woodstock Runners.

Happy running and walking

Kerry

Welcome to our new members!!!

Woodies let's welcome **Emma Colenbrander, Mary Sherman and Gaye Manusco** and **Nick Marshall** who re-joined the club.

May Birthday Celebrants

***John Dawlings 3rd, Emanuel Finos 21st, Alex Hill 22rd, Angela Haynes 25
Scott Murray 29***

Letter from the editor

Hi Woodstockians!

Thanks to those who replied and expressed their interest to help in the Rundown, I appreciate that. And we are hoping to get it better this year with the newsletter.

It is good to be back in land after our break in the Pacific Islands weeks ago, and I was glad to just have gained a kilo after all the food you can eat in the ship. Thanks to the lap deck, where i get to run 6 laps for 1 Kilometer and the gym! Without it, I might have sank the ship heaps of that extra baggage from food :D.

Remember to wear light colored clothing when running in dark this season!!

- 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



Woodland Tours p/l - ACC 34363
 Joseph @ Therese - 0419 373 326
 Email: woodlandstours@hotmail.com
 Sydney, Hunter Valley, Canberra, Blue Mountains/Jenolan caves, Charter/Hire, Golfing Weekends, Function Transfers, Custom trips, etc.
 Other enquiries welcome
 Competitive rates.

OneLifeCat
 100% Fitness 100% Sweat 100% Life
<http://www.facebook.com/pages/onelifecat/104046396300519>
<http://onelifecat.wordpress.com/>
 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.



A LITTLE FASTER

BY: CHAIANTHNET



Race report: 6 Foot Track – 2011

By Brendan Davies

"This race report was written for a trail running magazine in Australia, and thus I refer to myself in third person and have remained as impartial as possible" Enjoy, Brendan

877 runners lined up for the 28th edition of Australia's largest trail running race, the 6 Foot Track marathon which stretches from the Explorer's Tree at Katoomba to the Jenolan Caves, travelling through the World Heritage area of the Blue Mountains National Park – a distance of 45km. Just like the pioneers that fashioned this famous track as a means of reaching the rich valleys on the other side of the rugged Blue Mountains, a similar amount of blood, sweat and tears is spilt each year by hoards of hardy competitors attempting to accomplish their own ultra running mission.

The race, which incorporates the Australian National Trail Ultramarathon Championships, is as tough on the body as it is on the mind. Incorporating single track, creek crossings, rocky descents, stairs and 1500m of climbing, this race has a bit of everything. Testament to the popularity of the event and the astute management led by race director Colin Jefftha, is the fact that registration filled in under 15 minutes this year. This is further evidence of the growing interest and participation in ultra running all around Australia, surely a wonderful thing.

This year's race attracted perhaps the best credentialed field ever seen in Australia. On the early entry list were a number of Australia's finest trail runners. Unfortunately on the men's side, many succumbed



to injury in the lead up to the event; most notably course record holder Ben Artup, The North Face 100, Bogong to Hotham and Cradle Mountain winner Stu Gibson and previous winner Tony Fattorini. However, with names like Andy Lee, 2010 winner Alex Matthews, and Australian representatives Rob Walter (orienteering), David Osmond, Matt Robbie and Brendan Davies (mountain running), the field was still stacked with plenty of talent and experience. On the ladies side, reigning champion Colleen Middleton was joined by Australian mountain running representatives Vanessa Haverd, Angela Bateup and The North Face 100 winner Beth Cardelli. Also throwing an international flavour in the mix was the highly regarded Kiwi, Anna Frost.

At 8am the gun was fired and the first wave of runners sprinted off down the firetrail and started the tricky and technical descent of Nellie's Glen. Multiple previous place getter, and local resident Andy Lee led the field out, pushing along very strongly. He was followed closely by Robbie and Davies. By the time the steps of Nellie's Glen levelled out and formed Nellie's Glen Rd, Lee had already put 50m on the field. Either this was going to be Lee's day or the heavy efforts were sure to sap the energy out of him, especially as this is the 'easiest' part of the course as it descends for 15km into the beautiful Megalong Valley.

Robbie, himself known as a fast starter, was seemingly not going to let Lee usurp his reputation and next



chased Lee gallantly to the farmlands of Megalong Rd. But by Pinnacle Hill, this heavy effort took its toll, and Robbie began to drop back. Davies, who was more circumspect about the pace, was left to chase Lee, who had widened the gap to around two minutes by the time he entered the single track section leading down to Cox's River. This gap remained to the river. Making his move was Victorian David Venour, and he joined Davies in chasing Lee going up the tough ascents of Mini Mini and Pluvi for the for the next 10km.

Slowly making his way through the field in the meantime was Alex Matthews. While not known as a downhill or technical trail runner, his reputation for climbing however is highly regarded. Matthews began the uphill section determined to make ground on the leaders. This he achieved, with his 'King of the Mountain' split being the fastest of the day. Although, passing Venour and cutting the gap to Davies down to only 40 seconds, leader Lee was showing no signs of slowing down and maintained his 4-5 minute lead over Davies and Matthews. Entering the grinding steady ascent of the Black Range, the chase pack began to make up some ground on Lee. Davies, finding this undulating section more to his liking, widened the gap between him and the tiring Matthews, who was surely feeling the pinch of his fast climb in conditions that were getting warmer and more humid by the minute. On Davies' heels was the evergreen Anthony Scott, Rob Walter and previous Canberra Marathon winner Andrew Tuckey.

As Lee reached Deviation, the gap to Davies had shortened to 2 minutes and even less at the 38km mark at Caves Rd Crossing. Walter and Scott were also continually gaining and it was going to take a massive effort from one of these three to catch Lee. It wasn't to be however, with Lee crossing the tape to take his first 6 Foot Track victory in 3 hours, 35 minutes and 22 seconds. Some two minutes later the exuberant Davies finished in 3:37:27 with the fast finishing Walter rounding out the top 3 in 3:38:35. Although the times were considerably slower than in previous years, this could be attributed to the heat, humidity and mud on the track from heavy rain the night before.



In the women's race, Kiwi Anna Frost lead from start to finish and crossed the tape in a magnificent 3:52:48, the third fastest ladies time ever. What makes this even more remarkable is that, unlike her rivals, the course was relatively unknown to her before the race. The ever consistent Vanessa Haverd finished in 4:03:57. Although some 5 minutes off her previous 6 Foot Track best, Haverd should take confidence from this as her lead up was regularly disrupted with injury. The battle for the last podium position was neck and neck throughout the entire race between Beth Cardelli and Queenslander Lucy Blaber. While Blaber took the last 2km rocky descent cautiously, the slightly built Cardelli powered down to take third position in 4:10:06, only 16 seconds ahead of Blaber.

Other significant achievements were also duly recognised as the field made their way through heavy rain, mud and warm conditions to the finish line. Max Bogenhuber, the only remaining participant to have run in every 6 Foot deserves a special mention, finishing in a very respectable 5:33:22. In all, 840 runners finished within the 7 hour cut-off. This accounted for 95% of the starting field, a remarkable effort considering the conditions of the day.

www.OzTips.com

Week 9 - NRL



Your Sports Tipping Headquarters Online

Woodstock Runners NRL Tipping 2011 (Comp# 254935)

THIS WEEK				OVERALL LADDER			
#	(LW)	TIPSTER	POINTS	#	(LW)	TIPSTER	POINTS
1	(5)	3553	3	1	(1)	paulwhiteway	50
1	(5)	Brendan Davies	3	2	(2)	qazxs	48
1	(10)	bronbrons	3	2	(2)	Trialex	48
1	(5)	Colin T_0	3	4	(4)	Brendan Davies	47
1	(12)	Mickcan	3	5	(6)	bronbrons	45
1	(1)	paulwhiteway	3	6	(5)	Rebecca_Bangura	43
1	(1)	qazxs	3	6	(7)	tutto	43
1	(1)	Trialex	3	8	(7)	Go Jana Love Tamsyn	42
1	(5)	tutto	3	9	(9)	Chutney1980	40
10	(5)	Chutney1980	2	10	(10)	Mickcan	38
10	(11)	Go Jana Love Tamsyn	2	11	(11)	3553	37
12	(14)	feefeedee	0	12	(12)	Colin T_0	24
12	(13)	LukeT1	0	13	(13)	LukeT1	11
12	(1)	Rebecca_Bangura	0	14	(14)	feefeedee	5
12	(14)	woodgood	0	15	(15)	woodgood	3

TOTAL TIPSTERS: 15

A minute with a Member

Name: Thien Vuong

What is your occupation? Full-time physiotherapist in a private practice during the week and at St. George Hospital on the weekends

Running age group? 20-29

Do you have family? Single and living at home with parents

How long have you been a Woody? 3 months

Do you run on Tuesday night/TNT/Saturday morning? I usually run on Tuesday evenings, and Thursday evenings with Woodstock.

Why do you enjoy running? Same reason why everyone else enjoys running - it's fun, and it's the easiest way to get fit, sociable, gives us reasons for travelling.

What is your favourite running distance/course/event and why? My favourite running distance is the 10km because it's long enough to hurt your legs, but not so long that you require a whole week taper to prepare and another whole week off to recover from it. I particularly enjoy the Sydney Striders 10km series and make an effort to turn up to all of them every year. I would have to say my favourite course is the Sydney 10 at Homebush because that was where I did my personal best.

What has been your running highlight? Having the privilege of training alongside elite runners for the last two years and sharing their wisdom and experience with me.

Any lowlights (injury etc)? Overtraining and feeling flat as a tack in my next training session, and also resulting in a mediocre race because I used to think the more I train the better.

What was the last race you went in and how did you go? My last race was Canberra Marathon on April 10, I came 7th with a time of 2:39:56. Wasn't a personal best, but I was still satisfied with how I performed considering the nature of the course and the weather.

Anything funny/unusual ever happened to you while you have been out running? Getting chased by dogs many many times. Sometimes I never realised how fast I can run until something like this happens to me. Maybe they should allow dogs in marathons.

What other sports/hobbies are you involved in? Other sports I'm involved in include cycling, indoor rowing. I have an indoor + outdoor bike and use those along with my indoor rower for cross training, speaking of which I have been doing a lot this week in order to assist with my recovery from the marathon. I am also a music + stamp + money collector. Used to be huge fan of stamps and money but I've slowed down a lot when I realised they will never stop making new stamps and money.

Favourite food/beverage? Favourite food would be 6 Weet Bix with honey, a banana, chia seeds, and raisins. Favourite beverage would be a chocolate banana smoothie - ideal for post-long run recovery.

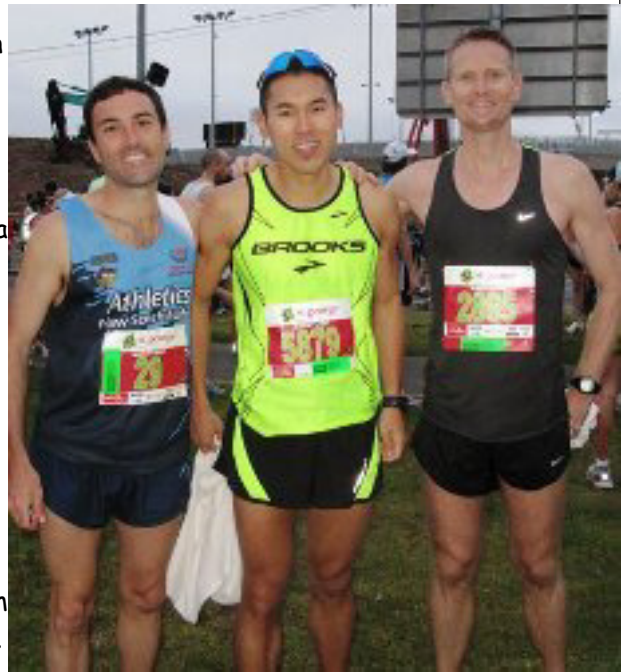
If you could have dinner with anyone who would it be and why? Jessica Trengove because I think she would make a good date and an ideal training partner.

Where would your ideal holiday be? Madrid, Spain.

Favorite running shoe/Gadget? Why? Favourite running shoe is the Brooks Green Silence because the looks of it stands out and is a very light racing flat.

Favourite running gadget is my ipod as I don't go anywhere without it.

Interesting things we may not know about you? I'm a computer + facebook + internet junkie!



Thank you Thien for sharing! Do Woodstock get discount from your services? J/k! Anyway, we welcome you for joining the club, and you are a good asset to Woodstock Runners! - editor

A minute with a Member



Name: Emma Pryor

What is your occupation? Engineer

Running age group? 35

Do you have family? No

How long have you been a Woody? Three and a half years I think

Do you run on Tuesday night/TNT/Saturday morning? Saturday mornings and the occasional TNT

Why do you enjoy running? I find it a great way to relax. I also enjoy it as the exercise means I can eat and drink more! :)

What is your favourite running distance/course/event and why? I don't know if I have favourite distance, but this year, my most favourite event was the Orange Half Marathon ... it was a beautiful course on a crisp Autumn morning. Lovely!

What has been your running highlight? Canberra Half Marathon this year ... a PB at 1:56

Any lowlights (injury etc)? Have a bit of a nagging thigh issue, but nothing serious, so I count me as lucky!

What was the last race you went in and how did you go? Canberra ... see above. That will change this coming weekend though - Sydney Morning Herald half!

Anything funny/unusual ever happened to you while you have been out running? I must be boring - nothing I can think of...

What other sports/hobbies are you involved in? I love traveling and cooking

Favourite food/beverage? Coffee and red wine

Where would your ideal holiday be? I don't know about ideal, but I am really keen to visit Bhutan as soon as possible

Favorite running shoe/Gadget? Why? My ipod

Thank you Emma for sharing! Well done on your massive PB and at last the long time goal of sub 2 half Marathon!! - editor



THE ELUSIVE PB OR The Never to Happen Again PB

I look with admiration and a little envy at the many PBs achieved each month by members in various races over different distances.

I dream 'wouldn't it be lovely'.

When one has been running for over 30 years and ran PBs in each distance some 27 to 28 years ago, I'm sure it's impossible to achieve now. Yes, I can only dream.

It certainly doesn't stop me training hard and pushing myself to run as fast as my legs and lungs will take me. I now aim to achieve a 'PB of the Second Coming'.

My only chance of an all time PB will happen when I could run a race of an unusual distance like 13.9271 kms and repeat it in a better time, or maybe an extraordinary distance such as 100km with a second run in a quicker time. Watch out Brendan.

So, from hereon in, I'll be looking to PBs in the Second Coming. Wish me luck.

I hope other members continue in their pursuits of genuine PBs.

Good luck to everyone.

Kerry

The Bondi Soft Sand Series have team competition this year! Should you be interested in running a 4KM or 10 KM Soft Sand Race in Bondi please contact Chaia Patacsil/ chaia.patacsil@gmail.com or call/sms 0434672273 to organize the team.

The distance will depend on the consensus of the majority who are interested as we need 4 members each team.

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

28th April 2011

Name	Actual Time	Estimated Time	Age Adjusted Time	Points
Davies Brendan	0:17:03	0:17:00	0:16:47	25
Muir Greg	0:20:38	0:21:00	0:17:19	24
Cantley Michael	0:17:30	0:17:30	0:17:30	23
Vuong Thien	0:17:48	0:17:45	0:17:48	22
Bray Kerry	0:27:36	0:27:20	0:18:38	25
Lobsey Phil	0:20:35	0:20:25	0:19:36	21
Stanley Karen #	0:21:45	0:25:00	0:19:43	24
McCarthy Barney	0:20:00	0:19:20	0:20:00	20
Robinson Anthony	0:20:17	0:21:00	0:20:03	19
Murray Susan	0:22:57	0:25:00	0:20:18	23
Hong Keith #	0:20:38	0:20:25	0:20:24	18
Ayoub Joseph	0:25:33	0:25:45	0:21:05	17
Whiteway Paul	0:25:33	0:27:30	0:21:49	16
Kistle Dave #	0:23:35	0:20:30	0:22:07	15
Day Fiona	0:25:00	0:25:00	0:23:38	22
Colenbrander Emma #	0:24:23	0:25:00	0:24:23	21
McIntyre Jess #	0:26:40	0:30:00	0:26:40	20
Bortolussi Daniel	0:29:18	0:27:50	0:28:06	14
Haynes Angela	0:29:34	0:29:15	0:28:57	19
McIntyre Fiona	0:37:33	0:35:00	0:33:12	18
Rutherford Debbie	0:37:19	0:40:00	0:35:16	17

13 points and acknowledgements on Vollies: Martina Lyons, Alan Mansfield, Martin Amy, Nadine Davies#, Shaun Pint#

Age Adjusted (1st, 2nd, 3rd):Brendan Davies, Greg Muir, Michael Cantley

Male Age Adjusted (1st, 2nd, 3rd): Brendan Davies, Greg Muir, Michael Cantley

Female Age Adjusted (1st, 2nd, 3rd): Kerry Bray, Karen Stanley, Susan Murray

Male Rank (1st, 2nd, 3rd): Brendan Davies, Michael Cantley, Thien Vuong

Female Rank (1st, 2nd, 3rd): Karen Stanley, Susan Murray, Emma Colenbrander

Overall Rank (1st, 2nd, 3rd): Brendan Davies, Michael Cantley, Thien Vuong

Closest to Estimated Time (Spot On)

Day Fiona 0:00

Cantley Michael 0:00

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

Upcoming events

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

Sat-Sun 14-15 May THE NORTH FACE 100

A 100km competitive ultra-trail running event in the Blue Mountains open to individuals. Rated by Dean Karnazes, the Ultra-Marathon Man, as the toughest 100km he's ever done, this is the pinnacle of trail running events in Australia including a spectacular course, over 4,200m elevation and a cut-off time of only 28 hrs to complete the course. Belt buckles for those finishing in less than 14 hours and 20 hours! Test yourself, push your own limits and achieve something to be proud of! For those not quite ready for the total experience, the Marathon Pairs option offers teams of 2 the possibility to relay the distance at mid-course. contact: AROC Sport. email: info@arocsport.com.au. Visit <http://www.sutherlandathletics.com/> for more details.

Sat 14 May SUTHERLAND DISTRICT ATHLETICS CLUB CROSS COUNTRY & ROAD RUNNING SERIES - JACANA GROVE

Jacana Grove, East Heathcote. Drive to the end of The Avenue where it meets Jacana Grove, East Heathcote. This is a tough course along a rocky trail in the National Park. Interval Start and Senior Scratch Championship race. REGISTRATIONS ACCEPTED ON THE DAY AT VENUE. Race distances over 1km, 2km, 3km, 5.3km & 10.5km. All ages and fitness levels welcome. Start training now for Sutherland Half Marathon - 20th August. contact: Sally Luxton. email: publicity@sutherlandathletics.com. Visit <http://www.sutherlandathletics.com/> for more details.

Sun 15 May RUN 4 FUN

A 10km, 5km or 3km junior course taking you through the streets of Moama and surrounding bushland. A family friendly event for all abilities and ages. Run, jog or walk your way through bitumen, gravel and bush tracks. Starts 9am at Kerrabee Soundshell Moama, register before via attached form, or from 7.45am on the day. Get in quick though, first 100 entries receive free singlet! More information available on the website. email: run4funmoama@gmail.com. Visit <http://www.moamafc.com.au/> for more details. Click http://www.coolrunning.com.au/calendar/public_html/2011/2011e042.pdf for an entryform.

Sat 21 May KATHMANDU ADVENTURE SPRINT

Enter a Kathmandu Adventure race and see what everyone is talking about! Adventure racing is a thinking sport requiring teams to work together to complete the secret course in the shortest time possible. Imagine an off-road triathlon with simple navigation and short multiple stages, with a few obstacles to add a little spice. The course includes simple navigation (you can read a street directory?), mountain biking 15-25km (mostly fire trail, nothing too technical), kayaking 2-4km (we provide boats, paddles and lifejackets) and trail running 5-10km. Team categories are male, female and mixed teams of two. contact: Gary Farebrother. email: info@maxadventure.com.au. Visit <http://www.kathmanduadventure.com.au/> for more details.

Sat 21 May SUTHERLAND DISTRICT ATHLETICS CLUB CROSS COUNTRY & ROAD RUNNING SERIES - WATERFALL

This is a new course for 2011. Darkes Forest Road is 13km south of Waterfall via the Old Princes Highway and 5km south of the Helensburgh roundabout. The start is 5.2km along that road. The course is undulating cross country along a wide fire trail. This run will see the introduction of a 10 mile and 5 mile event. Senior Scratch Championship race and Junior Club Championship race. REGISTRATIONS ACCEPTED ON THE DAY AT VENUE. All ages and fitness levels welcome. contact: Sally Luxton. email: publicity@sutherlandathletics.com. Visit <http://www.sutherlandathletics.com/> for more details.

Sun 22 May SMC ROAD RACE SERIES RACE 8

5km, 10km, 25km 5km walk. Rosford St. Reserve, Smithfield. A series of road-races that provides an opportunity for people to improve their running and prepare for some of the major fun runs and races held throughout the year. Join a very friendly and sociable group of runners at 7:00am (long run and walk) 7:30am (5km & 10km runs) from beginners through to hard core. Enter on-line or on the day. Everyone is welcome. Series entrants will receive a timing chip and bib number to use for the duration of the series, allowing them to bypass the entry queues and go straight to the start line. Electronic timing on an IAAF certified course with accurate km markers and regular drink stations with water sachets and sports drink etc. Series certificates, hot showers, fresh fruit, hot drinks & entry in lucky draw after each race. email: smc@sydneyathleticclinic.org.au. Visit <http://www.sydneyathleticclinic.org.au/tikiwiki/tiki-index.php> for more details.

Sun 22 May SRI CHINMOY SYDNEY SERIES RACE 3 - IRON COVE 16 KM, 8 KM & 4 KM.

Leichhardt Park, end of Glover St, Lilyfield. When a race venue is as good as this, we just have to keep returning! Compare your times from the previous race here in March, or challenge yourself over another distance. Bring family and friends to enjoy a lovely Autumn morning by the Bay. Parking at the

Upcoming events
Continuation ...

end of Glover St, Lilyfield. On-the-day registration opens at 6.45 am and closes at 7.55 am, with races starting from 8 am. Did we mention the pancake breakfast? contact: Prachar Stegemann. email: sydney@srichinmoyraces.org. Visit http://au.srichinmoyraces.org/sydneyraces_11 for more details. Click <http://au.eventdirector.net/Register.aspx?EventID=4392> for an entryform.

Sun 22 May MANLY FUN RUN & WALK CHARITY EVENT

MANLY SCENIC FUN RUN & WALK The second 10km, 5km & 2km events will be held in scenic Manly NSW on Sunday 22 May 2011 starting at 8am. All events start at North Steyne & head south along the beach promenade. The 10 km event wends its way by back roads, St Patricks estate, National Park & Sydney Harbour Trust land to North Head & return. The scenery is stunning. Water is available at the start & half way at North Fort Museum & tunnels. The event is conducted by The Rotary Club of Manly Sunrise Inc, an all volunteer community service organization, to raise funds for LOCAL charity. 100% of funds generated go to charity. contact: Robert Steffens. email: manlysunrise@yahoo.com.au. Visit www.manlyfunrun.org for more details or contact: Robert Steffens.

Sun 22 May ROCKDALE COMMUNITY FUN RUN & WALK

5km run or walk and 1km walk through Peter Depena Reserve and Cook Park to Ramsgate. Cross country community event. Money raised will be donated to Knights of St George Heart Association for St George Hospital Cardiac Surgery Unit. Fee \$10 Individuals \$20 Family (2 adults and 2 children up to 16 years of age) Free sausage sizzle for registered competitors at the completion of the race. Event organised by St George District Athletics Club Inc and supported by Rockdale City Council. contact: Michelle Callinan. email: mcallinan.rockdale.nsw.gov.au. Visit the <http://www.sgdac.org> or <http://www.rockdale.nsw.gov.au> for more details.

Sun 22 May 2011 BLACKTOWN CITY FESTIVAL FUN RUNS

The 2011 Blacktown City Fun Runs are held in conjunction with Blacktown City Festival Week on Sunday 22 May. Start and finish venue is Blacktown Olympic Park Athletics Field, Eastern Road, Rooty Hill. There is a 10km Fun Run, 10km Walk, 4km Fun Run & 4km Walk. Team entries are also available in the following categories; 10km Run Open Males, 10km Run Open Females, 10km Walk Open Males, 10km Walk Open Females, 4km Run Open Males, 4km Run Open Females, 4km Walk Open Males & 4km Walk Open Females. Late entries on race day from 7.30am. contact: Mark Gibson (02 9839 6075) during business hours. email: mark.gibson@blacktown.nsw.gov.au. Visit <http://regonline.activeeurope.com/builder/site/tab3.aspx?EventID=931982> for more details.

Sun 22 May NF FUNRUN/WALK AND 1/2 MARATHON

Beach to Lighthouse Fun Run/Walk along some of the most picturesque coastal scenery of Kiama. The event is not a race as it is along shared paved pathways and is not timed. Entrants choose to do as much or as little of the course as they choose which could be 1km up to close to the 1/2 Marathon distance of 5 full laps), and whether they wish to run or walk. Distance is variable with a north loop to Lighthouse 2.0km return to base, and a south loop to south end of Kendall's Beach of 2.2km return to base, or 4.2km for a single full loop. Start point is north end of Surf Beach in Manning St which is in main area of Kiama close to station (electric trains from Sydney). Adults \$10, Child \$5, Family \$25 with all funds going to NF (Neurofibromatosis) which is more commonly known for causing childhood tumours. See <http://info@nfaa.org.au> for more details on NF. May is NF Awareness Month Spot prizes throughout and at line. Wrist Bands, Barbeque. Start time 8.30am Sunday 22 May. Further information email Howard on hgbaylis@inet.net.au or 0418 579257, or Julia 0401 860484. Entry also on day. contact: Howard. email: hgbaylis@inet.net.au. Click <http://www.coolrunning.com.au/calendar/To%20be%20added%20soon> for an entryform.

Sun 22 May GLORIA JEANS FORSTER 5K RUN FOR FUN

Enjoy a scenic run. Starting at Gloria Jean's in Blows Lane, runners head north along Memorial Drive, under the bridge, along the pathway adjacent to the marina and along the breakwall. Head along the gravel track to Forster Surf Club and along the beachfront to the Bullring, up North St and into the reserve to the playground. Return along the same route to finish at Gloria Jean's. ENTRY FEE \$15 ENTER ONLINE at www.forstertribl.com.au or download an entry form and lodge your entry at Gloria Jean's Forster or post to Forster Tri Club PO Box 145 Forster NSW 2428. Postal entries close last mail Wed 18 May Late entries taken at race check-in between 6.30am and 7.15am. NOTE: Late entries ARE NOT eligible for cash prizes. Sunday 22 May 2011 RACE START: 7.30AM contact: Murray Verran. email: murrayv@westnet.com.au. Visit <http://www.forstertribl.com.au/> for more details. Click http://www.coolrunning.com.au/calendar/public_html/2011/2011e039.pdf for an entryform.

Sun 29 May BANKSTOWN HEART OF THE LAKE 3KM & 10KM RUN/WALK

Races start and finish at the Western Districts Joggers and Harriers' Clubhouse at Lake Gillawarna- 150m west of the footbridge over Henry Lawson Drive, between Flinders Rd and Georges Cres, Georges Hall. Start Times: 10KM - 8.00am, 3KM - 8.15am. Picturesque traffic free running course follows pathways and

Upcoming events

Continuation ...

trails in a park and Lake setting, a balanced and "honest" 10km course with a good mix of hills and flats. The 3km course is fast and flat for a PB time for the faster runners or an "easy" walk/Run course for the beginner runner and family groups. Awards for 1st, 2nd & 3rd Female and Male outright and in each age category for both races. Legendary Lucky Draw for all runners/walkers. If you want to try out the course come down any Saturday for our Club's Saturday Run, 7.15am you will be most welcome. Entry form and online registration will be available closer to the date, check our website. Contact: Robert 97724062. Email: westiesjoggers@gmail.com or contact: Robert 97724062. email: westiesjoggers@gmail.com. Visit <http://www.westiesjoggers.com/> for more details.

Sun 29 May BONDI BAREFOOT

The "BONDIBarefoot" was first run in 2003 and has quickly developed into a unique Australian running event. Run over 3 distances - 10km, 4km, and the Barefoot bolt. The 4km & 10km is run entirely on soft sand between the Northern and Southern ends of Bondi Beach. The Barefoot Bolt is a skins-type knock out beach sprint held over 70m. The race is repeated 60 secs after the completion of the previous race. Categories - Open, U19, Over 30, Over 40, Over 50, 60+. In 2010 a new category was introduced - The team event. In 2011 it's back! A team comprises four runners. A team can be made up of male and/or female of all ages and all will compete in the Open Team event only (4km & 10km races only). Bondi is not only the most famous beaches in the world but also is renowned for having one of the softest sands, making running all that more challenging. Start time 9am. See you on the sand!! contact: Joel Maybury. email: office@northbondisurfclub.com. Visit <http://www.bondibarefoot.com.au/> for more details.

Jun 2011

Sat 4 Jun 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 1km, 2km, 3km, 4.6km (last race at 2.30pm). REGISTRATIONS ACCEPTED ON THE DAY AT VENUE. All ages and fitness levels welcome. Great lead up training race for Sutherland Half Marathon. contact: Sally Luxton. email: publicity@sutherlandathletics.com. Visit the <http://www.sutherlandathletics.com/> for more details.

Sun 5 Jun 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 <http://www.berowrabushrunners.com/> for more details.

Sun 5 Jun THE 37TH ANNUAL GREAT NOSH FOOTRACE

Run or walk on a traffic-free course from Lindfield Oval via Roseville Bridge to Seaforth Oval through some of Sydney's most spectacular bushland. The course is 15km, mostly on bush tracks and fire trails, with some steep sections. Now in its 37th year! Proceeds from the event go to the Association to assist in running our sport. Venue Start at Lindfield Oval, Tryon Road, East Lindfield. Finish at Seaforth Oval, Wakehurst Parkway, Bantry Bay. Time 10-00am start Classes Male/Female, Run/Walk, and a range of age categories. Entries Online entry between 1 April and 27 May for \$20, \$25 enter on the day. See www.bennelong.nsw.orienteeing.asn.au for link to online entry form contact: Joel Putnam. email: 30x@idx.com.au. Visit <http://www.bennelong.nsw.orienteeing.asn.au/> for more details.

Sat-Sun 11-12 Jun MACLEAY RIVER MARATHON

Marathon, Half marathon, 10k run, 5k walk contact: Peter Needs. email: trialbay@gmail.com.. Visit <http://www.coastline.com.au/> for more details.

Sat 11 Jun SUTHERLAND DISTRICT ATHLETICS CLUB CROSS COUNTRY & ROAD RUNNING SERIES - FERNTREE RESERVE ()

Ferntree Reserve, Engadine, is at the intersection of Ferntree Avenue and Ridge Road. A tough, hilly course, largely alongside the Waterboard Pipeline. All runs proceed down the hill. Senior Scratch Championship race. Race distances over 1km, 2km, 3km, 5km, 10km. REGISTRATIONS WELCOME ON THE DAY AT VENUE. All ages and fitness levels welcome. contact: Sally Luxton. email: publicity@sutherlandathletics.com. Visit <http://www.sutherlandathletics.com/> for more details.

Sun 12 Jun NORTHERN STAR BALLINA LIONS FUN-RUN-WALK

Sunday morning the Fun-Run-Walk will consist of 12 separate events for all ages around an Athletics Australia Certified Course of 5 & 10 kilometres. Ten events for runners shall marshal at 0800 hours & start at 0900 hours. The walkers & families events shall marshal at 0900 hours & start at 1000 hours. Winners and place getters in running events shall be rewarded with a cheque. contact: Ken Leo. email: funrunwalk@live.com. Visit <http://ballinalions.com/> for more details.

Upcoming events
Continuation ...

Sun 12 Jun SRI CHINMOY SYDNEY SERIES RACE 4 - MIRAMBEENA 16 KM, 8 KM & 2 MILES.

Garrison Point, Beatty Reserve, end of Beatty Parade (off Henry Lawson Dr), Mirambeena Regional Reserve, Georges Hall. If you haven't experienced the joys of running at Mirambeena, mark this down as a must do! Starting and finishing from the grassy expanse of Garrison Point, follow cycle paths through native bushland alongside Prospect Creek and around Lake Gillawarna. A few hills keep the effort honest. A run to delight body, heart and soul. Parking in car parks at the end of Beatty Parade. 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_11 for more details. Click <http://au.eventdirector.net/Register.aspx?EventID=4393> for an entryform.

Handicap Announcement

What: Woodstock Handicap, Bay Run, 7KM

When: 21/05/2011

Where: Assembly at Brett Park

How: Please give nominated time to Colin on or before 18/5/2011. You can phone me on 9680 7476 or 0413 484 053 (or SMS) with your time, or by email on colin_townsend@optusnet.com.au

If you are injured, or not up to running, you can volunteer and still get handicap points, please let Martin Amy (martinamy1@gmail.com) know.



Race Results

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

SYDNEY MARATHON CLINIC

Smithfield 17/4/2011

HALF MARATHON

John Dawling	1.35.02 1st M50
Charissa Patacsil	1.53.20 3rd F30
Jeff Moruna	2.08.27
Sandra Bogun	2.14.41
Angela Haynes	2.27.28

10 KM

Lesley Maher	54.17 2nd F50
Deirdre Stewart	54.31 2nd F40
Calli Brown	54.53
Teresa Wood	57.00

5 KM WALK

Dot Siepmann	46.07
--------------	-------

WANDA X-TREME 6

7 KM 17/4/2011

Brendan Davies	35.26 7th Open;8th O/All
----------------	--------------------------

ANSW NOVICE X/COUNTRY

Scarborough Park, 30/4/11

4 KM

Dot Siepmann	27.42
--------------	-------

BATHURST HALF MARATHON

1/5/11

Brendan Davies	1:15.09 2nd O/All
Thien Vuong	1:15.56 4th O/All & 1st M20
John Dawlings	1:29.02 1st M50
Nick Marshall	1:57.14

SYDNEY STRIDERS SERIES

HOMEBUSH 7/5/11

10 KM

Thien Vuong	34.45
Manal Garcia	43.43
Lesley Maher	52.51
Jeff Morunga	53.25
Brian Ogilwy	47.45
Lorraine Spanton	49.52

MOTHERS DAY CLASSIC

8/5/11

(Parramatta Park) 4 KM

Angela Haynes	28.13
Jackson Haynes	28.13
Harrison Haynes	33.13
Dot Siepmann	29.27 3rd F60

(Domain) 8 KM

Deirdre Stewart	41.49
-----------------	-------

ASK THE EXPERTS: THE SPECIALISTS

Is your thoracic spine affecting your running?

One of the last things we think about as runners is our mid back (thoracic spine). We are more concerned with our lower back, pelvis and legs however the thoracic spine plays a huge part in your stride length and muscular endurance of both the upper and lower limbs.

A large mid back curve (kyphosis) and resultant reduced mobility places stress on your scapulae and glenohumeral joint (shoulder blade and joint) causing the shoulder blade to tilt forward which leads to increased risk of overuse shoulder impingement syndrome. As the shoulder blade tilts forward it lengthens the posterior back musculature such as the lower trapezius which leads to early fatigue and dysfunction. How does this affect running? Well over the thousands of steps taken in a long distance race due to the hypomobility of the thoracic spine and tilting of the shoulder blade anterior muscles contract such as your sternocleidomastoid (scm), posterior muscles fatigue and the rotator cuff musculature must increase contraction in order to stabilize the biomechanically compromised shoulder joint. This predisposes to cramp during the race and chronic overuse after time.

Increased thoracic curve and also affect the pelvis and lower limbs. When we slump or increase our mid back curve we effectively reduce our normal lumbar curve and rotate the pelvis backwards. Again this creates muscle imbalance causing increased stretch of the hip flexors and a relatively shortened hamstring ultimately affecting your stride length and muscular endurance, especially with down hill running.

So what's the most effective way to correct this? Here's a few at time exercises for thoracic mobility.

1. Thoracic mobility wall lean (as seen on our facebook video page)
2. Back extension over exercise ball or foam roller (take care as this may

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

The logo for Spine Assoc. features a stylized white wave-like symbol above the text "spine assoc." in a white, lowercase, sans-serif font, all set against a blue background.

Committee Members 2011-2012

President – Martin Amy

Vice-President – Brendan Davies

Secretary – Rick Collins

Treasurer – Phil Lobsey

Team's Coordinator – Brendan Davies

Social Committee – Deirdre Stewart, Lesley Maher, Maree Lucas & Angela Haynes

Uniforms Officer – Dot Siepmann

Website Administrator – Colin Townsend & Elmarie O'Regan

Publicity Officer – Charissa Patacsil

Rundown Publisher – Charissa Patacsil

Rundown Staff – Brendan Davies, Bridget Akers, Tami Iseli,

Welfare Officer – Kerry Bray

General Committee members – Barry Cole, Vass Vassiliou, Greg Muir, Roy Rankin

Sydney Morning Herald Half Marathon Internal team Competition

Team 1

Mick Cantley	1:18:00
Angela Haynes	2:13:00
Nick Marshall	1:54:00
Total	5:25:00

Team 2

Martin Amy	1:19:00
Sandra Bogun	2:09:57
Emma Pryor	1:57:00
Total	5:25:57

Team 3

Tobias Hudson	1:20:30
Kerry Bray	2:09:00
Rick Collins	1:55:00
Total	5:24:30

Team 4

Barney McCarthy	1:26:00
Helena Amaro	2:08:00
Deirdre Stewart	1:53:00
Total	5:27:00

Team 6

Peter O'Sullivan	1:34:00
Sarah Waladan	1:47:30
Bronwyn Hager	1:36:00
Emma Colenbrander	
	2:00:00
Total	6:57:30

Team 5

Anthony Robinson	1:29:00
Kim Cayzer	2:00:00
Lawrence Ullio	1:56:00
Total	5:25:00

Rules:

The absolute difference between the estimated time of each runner and the actual 'chip/net' time of that runner is calculated.

The differences of the team members are added to get the total. The total is divided by the number of runners in the team to get the average. The team with the lowest average is the winner.

For instance, if all 4 members of a team estimate a time of 100 minutes and they run 95, 106, 97 and 90, the average difference for the team is $(5 + 6 + 3 + 10) / 4 = 6$ minutes.

People not finishing (or starting) the run are not eligible for prizes and remaining team members' times are used. Non-members of Woodstock Runners not eligible for prizes.

You do not have to be in Woodstock Uniform, although it is very much encouraged.

If a timing chip is used in the event, this time is used rather than the 'gun' time.

Prizes:

1st Place: One bottle of wine/6 pack of beer and two movie tickets for each team member.

2nd Place: Two movie tickets for each team member

3rd Place: A bottle of wine/6 pack of beer for each team member



Woodies on tour

Check out Facebook updates or email El Prez if you are interested on the following:

I. North Coast for the Mcleay River Marathon - 12 June 2011 <http://www.mymarathonclub.com/macleay.html> . It is on during the long weekend, The Queen's Birthday June 13, 2011. Plan is to travel Friday afternoon, arrive Friday evening, rest and leisure Saturday and Sunday night after race, travel back Monday Noon.

II. Hunter Valley Running Festival - 15-17 July 2011, <http://huntervalleymarathon.net/>

Plan is for another Woodlands Tour Bus adventure on the Friday night, Wine Tour on the Saturday and then whatever race you'd like to run on the Sunday, But the push will be for everyone to be part of a Team for the Team Marathon event (everyone runs 10km each in a team of 4). The focus of this event is the Saturday, plus the Team Marathon event doesn't start until 9:30am so plenty of time to recuperate! There will be an internal NEW point scoring system called: Wine Adjusted time!!

III. Auckland Marathon, NZ - Race Day - 30 October 2011,

<http://www.aucklandmarathon.co.nz/> Get good number of keen members and get cheap deals on group flights and accommodation, or even maybe a tour!

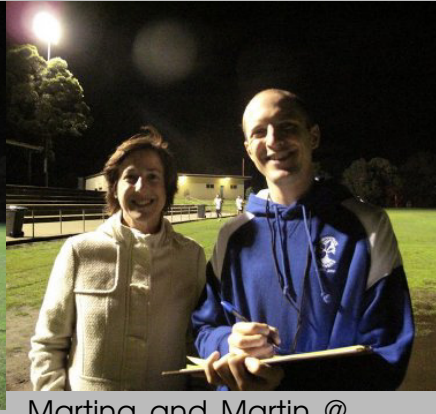
El Prez
0404 623 257
martinamy1@gmail.com



Woodies in action



Woodies at 5KM TT



Martina and Martin @



El Prez Distributing the bibs @ 5KM TT



Woodie Girls 5Km tt Start



Woodies Stretching and prepping @TNT



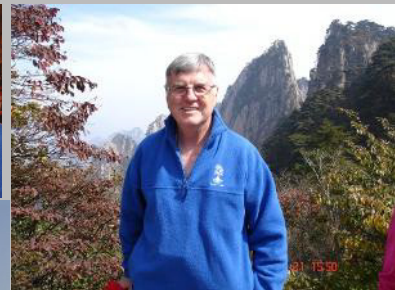
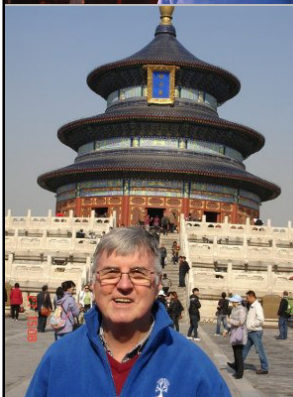
Brendan Davies @Canberra



Mother and Son Angela



The Woodie boys@5KM tt



"St. Martin" contributed by Joe Ayoub -->



<--Clockwise(Max Crossley on Woodies around the world!): @the semi-final of the Copo do Brazil (the Brazil Cup) soccer match between Athletico Curitiba & Vasco from Rio de Janeiro 5/2011; In the very picturesque Yellow Mountains, China;On the Beijing Olympics marathon blue line At the Forbidden City, Beijing, China in October 2010;At the Temple of Heaven