

The

WOODSTOCK RUNDOWN

August 2010

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

With just days remaining to Woodstock Runners' 30th birthday, I feel it is an appropriate time to thank all involved in the upcoming celebrations. To the very active group of young members, new to the Club, we all offer our gratefulness for your dedication in preparing the 30th Year Book and picture show. We appreciate the many hours you've spent in researching and collecting photos, stories and much history of which you knew little prior to setting out on the venture. Thanks also to the many contributors to the above.

We are looking forward to Saturday's birthday party and wish to express our thanks and appreciation to all involved in its organisation. I'm sure a great time will be had by all.

We wish both Barry Cole and Roy Rankin a swift recovery following a short visit to hospital and a Tuesday evening fall respectively. To any members who are injured or ill, we hope to see you back very soon.

I guess by the time you read this, the 40th C2S will be run and won. What an amazing Event for Sydney, 80000 runners and walkers of all shapes and sizes forming a human wave from our City to our Surf. I hope you all enjoyed the experience, whatever that meant for you.

Happy Birthday Woodstock!

Kerry

Woodstock's

Runners and Walkers 30th Birthday Party

When: 14th August 630 PM

Where: Hunters Hill Club

Please save the date!!



August Birthday Celebrants

***Julia Stenton 4th, Tony Burbidge 5th, Mark O'Donnell 7th,
Teresa Wood 7th, Trevor Dartnell 15th, Eddie McLean 15th,
Stephen Browne 16th, Barney McCarthy 21st, Charissa Patacsil 21st,
Jon Patrick 23rd, Theo Hastings 27th, Stephen Brtiant 29th
Greg Muir 30th***

Letter from the editor

To all woodstockers,
If you have a good run in the C to
indeed getting warmer and spring
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July August

Tuesday 6pm @Woodstock	Tuesday 6pm @Woodstock	Tuesday 6pm @Woodstock	Tuesday 6pm @Woodstock	Tuesday 6pm @Woodstock
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0/08/2010	Appian Woods 9.6km	2/08/	4/08/2010
17/08/2010	Canada / 11	9/08/	1/09/2010
24/08/2010	Home Run 10km	26/08/	8/09/2010
31/08/	Camp 10km	02/09/	09/09/2010



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Thursday Night Track (TNT)

Sick of plodding along at the same pace?

Want to do some speed work but hate doing it on your own?

Want a safe and secure training venue away from traffic and bitumen?

Training by Level 1 Athletics Coaches - Brendan Davies and Martin Amy

No charge for Woodstock members. All visitors most welcome. Cold drinks provided. Sessions completed by 7:30pm. Toilets available.

All sessions begin with warm up, strides and drills and conclude with cool down. Sessions can be modified to cater for all abilities and levels of fitness.

Teaches you pace - Timing your intervals helps you get a feel for your speed. Your body gets to know different paces and how to maintain a rhythm. Increases your speed - It's no mystery. You'll get faster by running faster.

Raises your anaerobic limit - This is the point where your muscles fatigue at a faster rate. Increase the limit with this speed training and you'll run faster for longer.

Improves your form - Your body learns to run more efficiently and relaxed while running faster. Adds to your endurance - This training also builds your strength and stamina.

Everyone is welcome, regardless of our ability level. We have had men and women runners aged from 15 to 80 participate, with many different paced groups. The sessions are easily modified to cater for all ages and abilities.

Location details are: Campbell Athletic Field, 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.**

Date	Session	Session Details	Comments	Distance
12/08/10	"Parlov" 300m x 14	@ >3k pace, 2 x 7 each (4 min rest & turn), in pairs, 100m recovery	Partner up and challenge each other	4.2km
26/08/10	Standard Pyramid *	400, 800, 1200, (1600), & turn, 1200, 800, 400. Half time/recovery	Consistent speed over varying distances	4.8 or 6.4km
02/09/10	3 minutes x 8	3 minutes x 8	Running without watch „feel. running	approx 4-5km
09/09/10	"Mile Down" Pyramid	1600, 1200, (turn) 1000, (800), 600, 400, 200 Half time/recovery	Upping the tempo running as distances get shorter	5 or 5.8
16/09/10	Long Hill/Short Hill Repeats	Long hill (300m, short hill 150m), x 6 on Holden St	Calf building!	2.7km
23/09/10	5 minutes x 6	@ 10k pace, 2 x 3 (5 min rest/turn) 2 minutes rec (or reducing)	Longer „feel. running of consistent speed	approx 4-5km
30/09/10	"Mona" Fartlek *	2 x 13min Fartlek, 15s - 90s reps @ Hard/Easy	On the go all the time, start as you mean to go on!	approx 5km

Run in the country!

Deirdre is inviting members of the Club who is keen in doing theMudgee weekend .

The Mudgee Tri Club run a great event on the weekend of 21 & 22 August. There is a 5k and 10k race on the Saturday afternoon and a half and full marathon on the Sunday morning.

The runs are well organised, not expensive to enter and Mudgee is a great town with lots of reasonably priced places to stay. Lots of the motels in town are within walking distance to the start/finish.

Check out the website www.mudgeetriclub.hwy.com.au/marathon/

If there is a number of Woodies going we could meet up on the Saturday night for dinner!



SMC ROAD RACE SERIES

Oct 2009 - June 2010

End of Year Presentation

31/7/10

LONG COURSE

Brendan Davies - 2nd O/All

Martin Amy - 1st 29-29

10 KM

Daniel Lorenzotti - 1st 20-29

Manal Garcia - 1st 30-39

Lesley Maher - 1st 50-59

5 KM

Dot Siepmann - 1st 60+

SMC CLUB AWARDS

MARATHON CHAMPION (M7): Brendan Davies

FRANZ WANDERER ULTRA RUNNER OF THE YEAR - Brendan Davies

ATHLETE OF THE YEAR - Dot Siepmann

ROAD & X/C ATHLETE OF THE YEAR (Aust & World Masters Games)

Dot Siepmann

Congratulations Woodies!!

FOOLY TIPPING

CURRENT LADDER

☐ Show Full Ladder

Rank	(LW)	Tipster	Points
1	(1)	paulwhiteway	188
2	(1)	Trialex	186
3	(3)	Go Jana Love Tamsyn	177
3	(3)	Mickcan	177
5	(5)	stretchfowler	172
6	(6)	3553	170
7	(7)	Colin T_0	138
8	(8)	Brendan Davies	136
9	(9)	bronbrons	116
10	(10)	LukeT1	98

LOOK YOUR WOODSTOCK BEST!!

Wearing our Woodstock tops makes it easier for your club mates to spot you in events and also raises our club profile. Other runners have commented about how good our royal blue and white tops look. The items currently available are:

***Singlets (M or F) \$45 *Caps \$20 *Short Sleeve Tops (Unisex) \$50 *Long Sleeve Tops (Unisex) \$60**

***Bra Tops (sizes 8&10 avail but others can be ordered) \$66 *Cotton T-Shirts (Unisex) \$10**

***Old Style T-Shirts (L&X/L only) \$5 *Old Style Singlets (Women's med. only) \$5**

***30th Anniversary Hoodies \$35**

Since shorts seem to be such an individual thing, feel free to buy your own in royal blue or as close to that as possible.

For new members, the joining fee of \$40 entitles you to a basic club T-Shirt or you can choose to pay \$60 and that entitles you to your preference of our Hot Designs Singlet or Short Sleeve Run shirt.

Just in case some of you are not aware, for a member's performance to be eligible for our club awards you are required to wear the club uniform, unless the event rules stipulate otherwise.

Our 30th Anniversary Hoodie is in the pipeline and we expect to have samples available soon for sizing purposes. We will have these available on a prepaid basis only and they won't be carried perpetually as a stock item so place your order as soon as we give you the go-ahead.

So if you need anything you can contact me via email on: uniforms@woodstockrunners.org.au or by phone: 9637-9536

to see if the items/sizes are available. Payment can be made preferably online via RegisterNow at: <https://www.registernow.com.au/secure/register.aspx?ID=503> or I will take cash or cheque (to Woodstock Runners, please).

Yours in running.....

Dot Siepmann

Reserve your Woodstock 2010 Yearbook!!

Calling all members!! Reserve your yearbook now! Only at \$10 each!

Email orders at rundown@woodstockrunners.org.au. Orders before

Birthday night is cheaper, after 14/8 will be \$15 due to printing arrangements.

Thank you!

- Editor

Race Results

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

BAY TO BAY (Woy Woy To Gosford) 20/6/10

12 KM

John Phillips	82.54
Terry Vohradsky	78.45
Chaia Patacsil	63.39
John Dawlings	48.10
Barry Cole	85.24
Brian Ogilwy*	59.45
Deirdre Stewart	62.30
Lesley Maher	62.20
Pat Mahony	101.59
Ron Daly*	80.04

ANSW X/COUNTRY CH'SHIPS / NOWRA 19/6/10

12 KM

Alan Mansfield*	71.22
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8 KM

Brian Ogilwy*	42.10
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6 KM

Dot Siepmann*	36.18 (1st W65)
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ANSW ROAD RELAYS / WOLLONGONG 10/7/10

4 KM

Manal Garcia*	16.44
Brian Ogilwy*	17.28
Dot Siepmann*	21.23

SYDNEY TOWER RUN-UP 23/7/10

1,504 Steps

Manal Garcia	11.16 (2nd F35-44)
Brenda Davies	9.52 (4th M25-34)

ACT CROSS COUNTRY CLUB / COOLEMAN RIDGE

10/7/10

8 KM

Brendan Davies:	30.31
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SRI CHINMOY / DOLLS POINT 11/7/10

HALF MARATHON

Kerry Bray:	2:17.36 (1st F60 also Course Record for Age Cat)
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10 KM

Peta Bray	54.42 (PB)
Theo Hastings*	44.23

SRI CHINMOY / DOLLS POINT 11/7/10

10KM

Charissa Patacsil	50.41
Dot Siepmann	58.23 (1st F60)
Terry Vohradsky	56.51

SRI CHINMOY / DOLLS POINT 11/7/10

5 KM

Elmarie O'Regan	19.57 (2nd O/All) - PB
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COOKS RIVER FUN RUN(AKA Strathfield Run) 18/7/10

10 KM

Martin Amy	35.12 (2nd O/All)
Brendan Davies	33.48 (1st O/All) - PB
Kazuaki Takahashi	36.49 (1st 55+ and 5th O/All)
Sandra Bogun	55.11
Lesley Maher	50.18 (2nd 55+)
Dot Siepmann	56.06 (3rd 55+)
Deirdre Stewart	50.19

5 KM

Barry Cole	31.09 (1st 55+)
Scott Murray	20.27
Susan Murray	22.04
Miki Takahashi*	23.08 (1st F12-17)

ANSW SHORT COURSE X/COUNTRY 17/7/10

Upjohn Park Rydalmere

5 KM

Brian Ogilwy*	24.31
Dot Siepmann*	30.57 (1st W65)

HUNTER VALLEY RUNNING FESTIVAL / POKOLBIN 18/7/10

4 PERSON TEAMS (4 x 10km)

Charissa Patacsil	55.44
Bridget Akers	58.23
Terry Vohradsky	58.23
Emma Pryor	59.58
Total	3:52.32

Woodstock Team was 2nd O/All. 1st Mixed Division

WESTLINK M7 "CITIES" MARATHON 25/7/10

Marathon

Rebecca Bangura	4:11.02 (Debut)
Brendan Davies	2:37.14 (3rd M30, 9th O/All & PB)
Jeff Morunga	5:30.33
<u>Half Marathon Relay</u>	
Martin Amy	
& Bronwyn Hager	2:57.29 (2nd Mixed)

SUTHERLAND TO SURF 25/7/10

11 KM

Sandra Bogun	62.55
Kerry Bray	63.54
Peta Bray	61.56
Helena Amaro	60.30
Ellen Glennan*	50.55
Charissa Patacsil	53.45
John Phillips	75.08
Dot Siepmann	58.58

*Not in Woodstock gear/not a current member

If you run, you are a runner. It doesn't matter how fast or how far. It doesn't matter if today is your first day or if you've been running for twenty years. There is no test to pass, no license to earn, no membership card to get. You just run. - John Bingham

Upcoming events

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

Sat 14 Aug GO NATURAL MULTISPORT - AKUNA BAY TO APPLE TREE BAY

The sixth year running of the popular Go Natural Multisport Challenge. The course consists of a 32km road cycle, 12km paddle (kayaks available for hire) and a 12km trail run taking in some of the best scenery on the Northern Beaches of Sydney. Maximum Adventure are expecting around 300 athletes competing in solo, pairs or relay categories. The race is an excellent opportunity to shake off those winter cobwebs and compete for over \$5,000 worth of prizes. contact: Gary Farebrother 0403-820282. email: todd@maxadventure.com.au. Visit the <http://www.maxadventure.com.au/multisport/default.htm> for more details.

Sat 14 Aug SUTHERLAND HALF MARATHON

Start of Lady Carrington Drive, Audley, Royal National Park. A truly beautiful out and back course alongside the river. 1km, 2km, 3km, 5km, 10km, in addition to the main event, the 21.1km Sutherland Half Marathon. Random lucky draw prizes for all. Trophies and prizes awarded to male and female placegetters in the Sutherland Half Marathon. To get there, drive into the Royal National Park via Farnell Avenue and proceed across the Audley causeway. Turn right just past the kiosk and continue straight ahead for about 800m. All races start and finish at the carpark next to the Lady Carrington Drive entrance. contact: Paul Coull. email: webmaster@sutherlandathletics.com. Visit the <http://www.sutherlandathletics.com/> for more details.

Sun 15 Aug MULLUM TO BRUNS RUN & WALK

10 km run or 8.4 km walk, from Mullumbimby to Brunswick Heads, in the beautiful Byron Shire, far north coast of NSW. Finish at Banner Park, close to the beaches, and enjoy a great day out! This community fundraising event offers electronic timing on an officially Certified Course with accurate km markers, drink stations, lucky draw with good value prizes and awards for age groups. Early bird entries open on 19/6 and close on 8/8. Entries still accepted in the last week and on the day. Register online, in person or by post. contact: Ellen 0428 869 057. email: info@mullumtobruns.org.au. Visit the <http://www.mullumtobruns.org.au/> for more details. Click <http://www.coolrunning.com.au/users/calendar/2009/2009e043.pdf> for an entryform.

Sun 15 Aug WAGGA WAGGA TRAIL MARATHON

Following the success of the inaugural 2008 Wagga Wagga Trail Marathon the marathon will be held August 15th 2010. The 2008 and 2009 marathon proved to be both challenging and enjoyable so in 2010 the course will be unchanged but run in reverse. Along with the marathon, a Marathon Relay will be run, this Relay provides four persons a chance to complete 10-12 km stages along the marathon trail or two person to do a half marathon size run. Also a 10 km fun run and a 3 km run/walk. Contact: waggawaggamarathon@bigpond.com contact: Helen Allen. email: waggawaggamarathon@bigpond.com. Visit the website for more details. Click here for an entryform.

Sun 15 Aug JAMAICA BLUE FUNRUN PINK SYDNEY

All female fun run held in the beautiful surrounds of Centennial Park. With distances for all - 2.5km, 5km and 10km this day is loads of fun and everyone is a winner contact: t3 events. email: info@t3events.com.au. Visit the <http://www.funrunpink.com.au/> for more details.

Sun 15 Aug FINLAY'S NT LONG COURSE TRIATHLON (NT)

2km swim, 60km bike, 16km run email: eo@triathlonnt.com.au. Visit the <http://www.triathlonnt.com.au/> for more details. Click http://www.coolrunning.com.au/calendar/public_html/2010/2010e047.pdf for an entryform.

Sat 21 Aug MT WILSON TO BILPIN BUSHRUN

This is a 35k run through fire trails, bush tracks down a dirt road to the valley floor at Bowens Creek then a graded ascent to finish at Bilpin Community Hall. It is a well organised race with an excellent record. It is all done by volunteers and supporters of the Mt Wilson and the Bilpin Volunteer Bush Fire Brigades. It is for those brigades that the funds from this run are raised. The run was the idea of a former Mt Wilson resident and bush runner, Ross Bill. Ross, in his training runs, mapped the course and after 12 months of persistence, in mid 1995, convinced the Bilpin Rural Fire Brigade to organise the event, in conjunction with the Mt Wilson Rural Fire Brigade, as a fundraiser. The first run was organised in just 3 months with 66 starters, with Andrew Lloyd the winner. The event gained acceptance with runners and continues to grow. contact: Michael Garvan. email: organiser@bilpinbushrun.com.au. Visit the <http://www.bilpinbushrun.com.au/> for more details. Click http://www.coolrunning.com.au/calendar/public_html/2010/2010e019.pdf for an entryform.

Sat 21 Aug SUTHERLAND DISTRICT ATHLETICS CLUB - WINTER CROSS COUNTRY & ROAD RUNNING SERIES; PRINCE EDWARD PARK, WORONORA - SENIOR SCRATCH & JUNIOR CLUB CHAMPIONSHIP RACES. Start in

the park, opposite Woronor RSL, Prince Edward Park Road. Very tough hilly course. 1km, 2km, 3km, 5km & 10km cross country runs. First race at 1.50pm. You can try our club out as a trialling member for just \$5 before joining. So come along and enjoy the fun. All forms and more details on the website. contact: Paul Coull 9520 4913. email: webmaster@sutherlandathletics.com. Visit the <http://www.sutherlandathletics.com/> for more details.

Sat-Sun 21-22 Aug MUDGE MARATHON WEEKEND

The Mudgee Marathon is 10 years old! This year, all Marathon and Half Marathon competitors will receive a commemorative, limited edition, 10th anniversary t-shirt. Once again, it'll consist of the 5km and 10km Fun Runs on the Sat 21st Aug, with the Half & Full Marathons on Sun 22nd. The Mudgee race is well known for its relaxed friendly atmosphere which is perfect for the first timer who's looking for a no-pressure race, yet is still a course that is challenging to the experienced marathoner. And once again,

Continuation ... Upcoming Events

within to check out our many attractions. contact: Jeff Benson (02) 6768-2420. email: eff.benson@tafensw.edu.au. Visit the <http://www.tamworthtriclub.org.au/> for more details.

Sat 28 Aug SUTHERLAND DISTRICT ATHLETICS CLUB - WINTER CROSS COUNTRY & ROAD RUNNING SERIES

GRAYS POINT (TEMPTATION CREEK) - JUNIOR CLUB CHAMPIONSHIP RACE. The start is at the southern end of Grays Point Rd, just south of the Grays Point Primary School. The course is along service trails in the Royal National Park. 1km, 2km, 3km, 5km & 10km. First race at 1.50pm. You can try our club out as a trialling member for just \$5 before joining. So come along and enjoy the fun. All forms and more details on the website. This the last run of the Sutherland Winter Cross Country and Road Running Series. More events to come in the track & field Summer Series. contact: Paul Coull 9520 4913. email: webmaster@sutherlandathletics.com. Visit the <http://www.sutherlandathletics.com/> for more details.

Sun 29 Aug LAKE MACQUARIE RUNNING FESTIVAL

Half Marathon, 10.5km Fun Run, 4km Kids Scamper. Warners Bay, Lake Macquarie. Only 1.5 hours drive north of Sydney. This event is totally traffic free on flat scenic course along the Lake Macquarie foreshore. Half Marathon Runners will complete two laps. Long standing event that continues to grow for the past 26 years. contact: Ph: 02 4956 3122 or Mobile: 0410 474 488. email: enquiries@lakehalf.com. Visit the <http://www.lakemacrunning.com/> for more details.

September 2010

1 Sep-15 Dec SUTHERLAND DISTRICT ATHLETICS CLUB - SUMMER TRACK AND FIELD SERIES

Attention all runners, jumpers, throwers and racewalkers! This series is open to all age groups over 10 years of age, registered athletes, little athletes, schools, other sporting disciplines and anyone interested in competitive fun and fitness. Pointscores will be cumulative over the Series and will be age sensitive so that no-one will be disadvantaged. Trophies are awarded for 1st, 2nd and 3rd placegetters in all events for both males and females and for junior age groups (under 18) and also for senior age groups (over 18). Entry fee is just \$2 per night and athletes can compete in as many events as they like subject to age limits on some events. contact: Bob Reus 9548 1399. email: webmaster@sutherlandathletics.com. Visit the <http://www.sutherlandathletics.com/> for more details.

Sat 4 Sep SYDNEY STRIDERS 10KM SERIES

10km race on an officially certified course at North Head. All runners over 18 welcome, no pre-entry, just register on the day from 6.00am. Race starts 7.00am, 60 minute limit. Striders \$5, non-members \$20 and includes refreshments. contact: Barbara Becker 0402-967-697. email: 10kmseries@sydneystriders.org.au. Visit the <http://www.sydneystriders.org.au/10k/> for more details.

Sun 5 Sep BEROWRA BUSH RUNNERS 10KM ROAD RUN HANDICAP

This handicap race is held on the first Sunday of every month. Join us and enjoy a free breakfast. We will record your time and and give you a handicap. Join the club and race for weekly and yearly prizes and medals. We also have social runs every other Sunday. Check out our website for the calendar and race rules. Contact: Graham Leslie 8402 1169. contact: Graham Leslie. email: gles@iinet.net.au. Visit the <http://www.berowrabushrunners.com/> for more details.

Sun 5 Sep SALT FUN RUN SERIES

A 3 race series held at SALT - the magnificent community in far North NSW, minutes from the QLD border. Races for all ages and fitness levels, with participation the main emphasis. contact: Travis Ireland. email: travis@corporatechallenge.com.au. Visit the <http://www.corporatechallenge.com.au/funruns.php> for more details.

Sun 5 Sep SYDNEY SPRINT ADVENTURE RACE

BlackHeart Events sprint distance adventure races are great fun and a real test of stamina, wit and teamwork. Teams of 2 navigate a course only revealed to them shortly before the race starts, by means of mountain biking, running/trekking and kayaking. BlackHeart Events provide the 2 man kayaks, along with a lunch at the end of the event and we even have hire bikes, making Adventure Racing more accessible than ever before. Grab a friend, family member or work colleague, come along to the next sprint distance adventure race and "live the adventure". You'll be hooked! contact: BlackHeart Events. email: enquiries@blackheartevents.com.au. Visit the <http://www.blackheartevents.com.au/> for more details.

Sat 11 Sep BUSHWAC 3K AND 6K TRAIL RUNS

Challenging trail runs through the grounds of the Wollondilly Anglican College (WAC) in Tahmoor, NSW, 100kms South West of Sydney near Picton. contact: kevin molloy. email: run@bushwac.com. Visit the <http://www.bushwac.com/> for more details. Click <http://www.coolrunning.com.au/calendar/WIP> for an entryform.

Sun 12 Sep SRI CHINMOY SYDNEY SERIES RACE 6 - COOKS RIVER 16 KM, 8 KM & 4 KM

The 6th race in the Sri Chinmoy Sydney Series for 2010. A peaceful, leafy oasis in the bustling inner south, this boutique course on cycle paths with a short off-road section follows a 4 km wooded loop alongside the Cooks River between Hurlstone Park on the north and Earlwood to the south. Complete 1, 2 or 4 loops for the distances of 4 km, 8 km and 16 km. Parking off Tennent Parade, Hurlstone Park (adjacent to Sydney Olympic Sporting Club); 500 metres from Hurlstone Park railway station. Races commence at 8 am, with registration and on-the-day entries from 6.45 am. Awards for age groups and post-race pancake breakfast for all. Enter early and save... contact: Prachar Stegemann. email: sydney@srichinmoyraces.org. Visit the http://au.srichinmoyraces.org/sydneyraces_10 for more details. Click <http://au.eventdirector.net/Register.aspx?EventID=3774> for an entryform.

Sun 12 Sep CLIVE GRAHAM BICENTENARY FUN RUN

A 6km and 10km run or walk through the picturesque Greenway Park and Western Sydney Parklands to celebrate Liverpool's Bicentenary year. Prizes for individual participants in age group and gender categories. Participants can enter as a group or individual. A fun day for everyone! contact: Natalie-Eve Gambell 1300 36 2170. email: sec@liverpool.nsw.gov.au. Visit the <http://www.liverpool.nsw.gov.au/funrun> for more details.

Sun 12 Sep 2010 HILLS WESTPAC FUN RUN

A bushy traffic-free course on bike paths, fire trails, grass, walking tracks and a little bitumen. There are 2 Km, 4 Km and 8 Km options. Note later starting times in 2010. Start and Finish Location- Fields 2/3, at the end of Caterson Drive, Fred Caterson Reserve, Off Gilbert Road, Castle Hill 2154. A great opportunity for the whole family to have fun together. Take pleasure running or walking through native bushland, enjoying the scenery and the company. The 4Km Run starts at 8:30 am. The 2Km Run starts at about 9:05am and is for U12 only (parents may accompany small children). The 8Km Run starts at 9:30 am. Categories for 4Km & 8Km are Outright (i.e. 1st, 2nd, 3rd. Males to finish and Same for Females) then age categories for M & F, U16, U20, Open (20-39), 40+, 50+ and 60++. Outright winners will win an age category as well. Water stations are provided. There are toilets and plenty of parking adjacent to Fields 2/3. The 2Km and 4Km Runs are clockwise loop courses with some hills. The 8Km course is two circuits of the 4Km. Online Entry (closes 11:59pm Fri 10/9) is \$7 for U16 & \$12 for Adults. Entries on Sun 12 Sept will be \$10 for U16 and \$15 for Adults. Registrations will commence from 7:30am on 12 Sept. Click here for Course Maps. http://www.hillsathletics.com/news_index.htm contact: Steve Whelan on 0411 145 190 or Dennis Williams on 0425 243 974. email: Whelan@hillsathletics.com. Visit the <https://www.registernow.com.au/secure/Register.aspx?ID=2796> for more details. Click <https://www.registernow.com.au/secure/Register.aspx?ID=2796> for an entryform.

Sun 12 Sep BATHURST EDGELL JOG

An 8km fun run around the streets of Bathurst. 2010 is the 35th anniversary of this event and electronic timing tags will be introduced this year. Categories available for all ages, wheelchair, teams, schools, fancy dress and walkers. Prizes totalling around \$15,000 up for grabs including cash prizes for 1st, 2nd & 3rd male and female. Bonus \$500 if the race record is broken. Fun for the whole family. contact: Julie Cole. email: info@bathurstedgelljog.org.au. Visit the <http://www.bathurstedgelljog.org.au/> for more details.

Sun 12 Sep BICENTENARY CLIVE GRAHAM FUN RUN

Registration is just \$10 per person The event will begin in Greenway Park, Greenway Drive, Hoxton Park on Sunday, 12 September. There are two courses for participants to choose from, the 6km and 10km distances. Participants can enter as a group, school, business or individual. Register online (\$10 per person) before 12pm, Saturday, 11 September 2010. Liverpool City Council encourages the community to join in with Liverpool's Bicentenary celebrations, come along have fun, go for a run or walk and win some great prizes! This fun run is dedicated to the late Clive Graham who was well-known and respected for his outstanding contribution to developing sporting opportunities in Liverpool and South West Sydney. Late registrations on the day will be accepted at 7am - \$20 per person. Open to all entries, even those who are outside of the Liverpool City Council area. contact: Denise Belay 9821 9217. email: d.belay@liverpool.nsw.gov.au. Visit the https://www.clubsonline.com.au/eventsregform/index.cfm?fuseaction=display_event_detail&EventID=3933&OrgID=4720 for more details. Click https://www.clubsonline.com.au/eventsregform/index.cfm?fuseaction=display_event_detail&EventID=3933&OrgID=4720 for an entryform.

As runners, we all go through many transitions-- transitions that closely mimic the larger changes we experience in a lifetime. First, we try to run faster. Then we try to run harder. Then we learn to accept ourselves and our limitations, and at last, we can appreciate the true joy and meaning of running. - Amby Burfoot

Woodstock Official Entry Teams
Runners and Walkers

Woodstock Men-Masters

Paul Whiteway	John Dawlings
Max Crossley	Jon O’Grady

Woodstock Men

Terry Vohradsky
Barney McCarthy
Tristen Iseli
Anthony Robinson
Nick Dyer

City 2 Surf 2010 – Internal Teams

Balmain Fun Run 2010

Sunday 31st October 2010

King George Oval, Rozelle

8.30 for the 2 kms Primary School Run / Walk

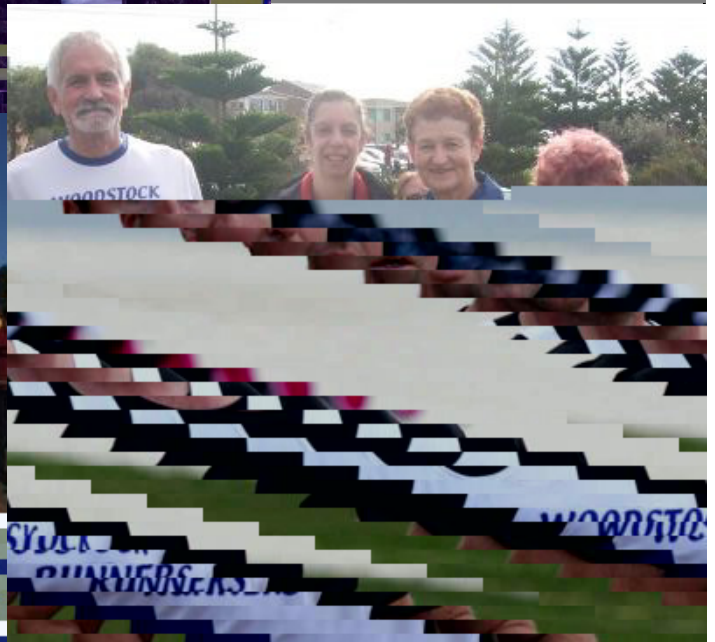
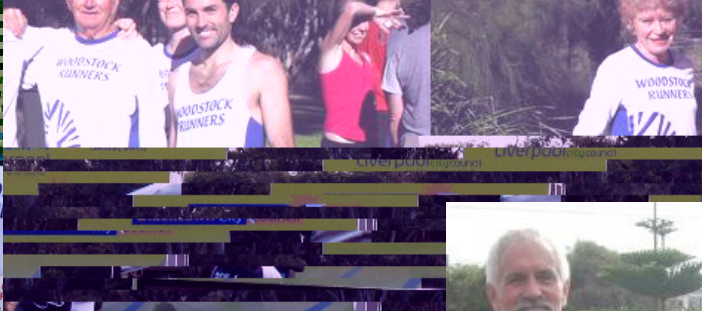
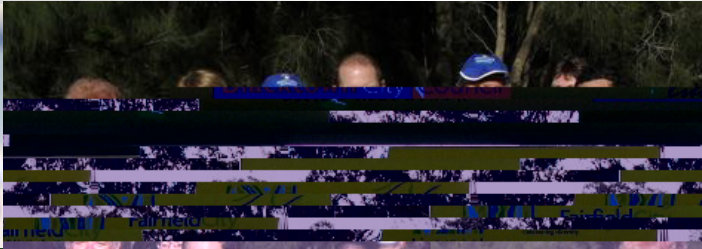
9.00 for the 5 kms Run / Walk

9.00 for the 10 kms Run

All proceeds will go to the Balmain Public School P&C for the benefit of the school.

<http://www.balmain-p.schoolwebsites.com.au/balmain-fun-run2010.aspx>

The Woodstock Smiles



L-R: Terry@SriChinmoy;;
Dot, Lesley, Dierdre, Martin, Barry, Sandra, Brendan@Cooks River; Rebecca@M7 Marathon;
Terry, Emma, Bridget, Chaia@ Hunter Valley; John, Peta, Kerry
& Dot@Sutherland2Surf;
John Phillips @Iceland;
Martin&Brendan@M7