

The

WOODSTOCK RUNDOWN

July 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

Thank you to all involved in our forthcoming 30 year publication. It is something to which we can all look forward and it will be all the better with a contribution from YOU. Any photos, stories, cartoons, inspirational pieces, whatever, may be forwarded to Chaia at the Rundown address, rundown@woodstockrunners.org.au

Congratulations to Barry Cole on receiving Rotary's prestigious Paul Harris Fellow Award for his massive commitment in organising the Bridge to Bridge Run over many years, raising thousands of dollars for selected charities. He joins Ken Murray as a former winner of the Award.

Bev Edwards retired recently and we wish her the very best of times as a "lady of leisure". Our good wishes also go to Lloyd who is undergoing treatment and will spend some time in hospital. We are thinking of you, Lloyd.

Many members travelled west to the Woodford to Glenbrook Run and Deirdre remarked how happy all looked as they approached the finish line. Maybe it was sheer relief it was over. Deirdre felt tired driving the distance. There were many excellent results. Brendan's 2nd overall should be applauded.

We have welcomed many new members over the past few months. We hope you enjoy running with the Club and trust all are making you welcome. Please ask if you have any enquires and we will endeavour to assist. If it's injuries you need to know about, we can enlighten you on plenty of those.

On Wednesday, September 15 we will celebrate the 10th anniversary of the Sydney 2000 Olympic Games. There will be celebrations at Olympic Park to which all volunteers are invited. Details are still in the planning stages with the relevant Government bodies. However, volleys may register now at www.sydney2000reunion.com. As Woodstock provided so many volunteers for the Olympics, it would be great to see many celebrating "the best ever Games".

Good luck to everyone competing in the many Fun Runs on the current calendar. It's only 4 weeks to City2Surf where we hope to catch up with lots of members and former members at our usual meeting place which will be mentioned in the Rundown.

Next month will also see our 30th Birthday Party and we look forward to the final details from our Social Committee.

Happy running/walking.

Kerry

July Birthday Celebrants

***Bridget Akers 6th,, Elmarie O'Regan 16, Christine Cullen 19th,
Peta Bray 20th, Jenny Vassiliou 20th,, David Mathers 25th,,
Kazuaki Takahashi 30***

Letter from the editor

Merry Christmas Woodies !

Yes of course, I mean "Ozzie" Christmas". Despite the colder weather and rains it is good to see members participating the training runs and it is good to see and meet new faces!

Its getting a bit hectic for the yearbook preparation and glad to have volunteers as Tami, Brendan, Bridget, El Marie and Terry to help out. Your contributions on photos and articles will really make the book more memorable so keep on sending them in. Thanks for those who have emailed and post mailed the team on stuff we needed. It has been exciting looking through photos over the 30 years that has passed that has been sent to us! I'm waiting for more!

- Editor

July-August Training Program

Tuesday Runs 6pm @Woodstock, Burwood,		Thursday Night Intervals 6:30pm@Campbell Oval, Ashbury.		Saturday Runs 7.20am at Brett Park, Drummoyne	
13/07/2010	Homebush Run 10km	15/07/10	"Mile Down" Pyramid	17/07/2010	Balmain 9km
20/07/2010	Campsie 9km	22/07/10	Long Hill/Short Hill Repeats	24/07/2010	Timbrell Park 8km
27/07/2010	Burwood Park 10km	29/07/10	5 minutes x 4*	31/07/2010	Five Dock 7km
3/08/2010	Concord 9km	05/08/10	"Mona" Fartlek	14/08/2010	Five Dock 7km



Don't get caught up in the cold this Winter!

A hoodie being made available as a special clothing item for our 30 Year Anniversary!!

It will be royal blue with white trim. Embroidered on the left chest area will be the club name & logo, with "1980 - 2010" underneath.

The cost will be about \$35, & will be available to order online, <https://www.registernow.com.au/secure/Register.aspx?ID=503> or as a cash purchase at any club meeting over the next few weeks. Samples will be available for sizing purposes.

They will only be available on a pre-paid basis, and will not be carried as stock items. And get to be the next model of our apparel! Approach our Uniform Officer, Dot for more details.

Welcome to the Woodstock Family, Barney McCarthy, De-Anne Attard & Asher McCuekin!

Woodies, please make Barney, De-Anne and Asher feel welcomed on our runs.

Barney, De-Anne, & Asher you can contact Dot Siepmann for uniforms.

30th Anniversary Announcement

Calling all members!!
Please send me any Photos, Articles and Videos for the 30th anniversary edition. Send it through Woodstock email or postal address.
Thank you!
- Editor

Team RunningCat will run for Jack

Terry and Chaia will be running the C2S in honour of Jack Thomas Singer, Terry's nephew who was stillborn 2nd August 2009, for his 1st birthday. In this occasion, we are aiming to raise money for Bears Of Hope, who provide support and guidance for parents who experience the loss of their baby during pregnancy, birth or infancy. We would welcome any contribution, great or small, that you could make!

<http://city2surf2010.gofundraise.com.au/runningcat>.

Thank you, In behalf of Miranda, Shorn & Liam, Terry & Chaia



IF SOMEONE SAYS, 'HEY, I RAN 100 MILES THIS WEEK. HOW FAR DID YOU RUN?' IGNORE HIM! WHAT THE HELL DIFFERENCE DOES IT MAKE? THE MAGIC IS IN THE MAN, NOT THE 100 MILES. - BILL BOWERMAN

PRICE CUTS!

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(next to Kirrawee High School) Ph: 02 95217011

REVOLUTION IMAGING

Hot Designs 10% discount offer

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

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

OUR FINANCING OPTIONS ARE SURPRISINGLY SIMPLE.

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

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.



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!



Woodland Tours p/l - ACC 34363

Joseph @ Therese - 0419 373 326

Email: woodlandstours@hotmail.com

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Competitive rates.

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 off 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
15/07/10	"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 Km
22/07/10	Long Hill/Short Hill Repeats	Long hill (300m, short hill 150m), x 6 on Ettrick St	Calf building!	2.7km
29/07/10	5 minutes x 4*	@ 10k pace, 2 x 2 (5 min rest/turn) 2 minutes rec (or reducing)	Longer „feel. running of consistent speed	approx 4-5km
05/08/10	"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
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

A Minute with a member

Name: Barry Cole

What is your occupation? Mechanical Design Engineer (retired)

Running age group? Hoping you wouldn't ask (70-75).

Do you have family? Long suffering wife Marlene, son Matthew, grand daughter Chloe and sister Bev.

How long have you been a Woody? 22 years.

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

Why do you enjoy running? Enjoy the company of fellow members, it keeps me fit and makes me a better lover!

What is your favourite running distance/course/event and

why? 12 km. Favourite Fun Run - Bay to Bay (Woy Woy to Gosford), no big hills and very scenic.

Favourite Social Run - Kerry's annual Cronulla Run, great bay and ocean views, not to be missed.

What has been your running highlight ? Completing 20 C2S.

Any low lights (injury etc)? Heaps of injuries although in 35 years of running I have been very lucky - nothing major.

What was the last race you went in and how did you go? Bay to Bay 12km on 20 June 2010, 85.24 mins.

Anything funny/unusual ever happened to you while you have

been out running? Three things come to mind. (1) Trying to pass a drag queen in a wedding gown up heart break hill - he reached the top first.

(2) During an early morning run along the bed of the the Todd River, Alice Springs and coming towards me like a mirage was a guy in a Woodstock

T shirt - non other than ex member Terry Cleary who lives in

the Alice. (3) Taking Eddie McLean to a veterinary clinic with Luana Ferrara and Ross Keys to be cleaned up after a fall in Burwood Road. Ross asked the Vet to check me for fleas !



What other sports/hobbies are you involved in? Orienteering, cycling, swimming and bush walking.

Favourite food/beverage? Long black coffee at Bowen Island Bakery after Brett Park.

If you could have dinner with anyone who would it be and why? Billy Joel.

As a writer and singer of such interesting and 'down to earth' music, dinner with him would surely be a great experience.

Where would your ideal holiday be? Taking a trip down memory lane to the USA.

Favourite running shoe/gadget? why ? Runners' wrist wallets. Handy when you have no pockets for cash.

Interesting things we may not know about you? After Marlene and I married, we worked and studied (part time) in the UK, Canada and USA for 3.5 years.

Quite a honeymoon. Since 17, a life long member of the 'Throttle Twisters' motor cycle club. We still have reunions minus the bikes. Sadly some of the guys and gals are no longer with us. I have bought an acoustic guitar - hope that old saying 'never to old to learn' is true!

Thanks Barry for sharing! Looking forward to seeing you run your 21st City 2 Surf this year!!

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

Run in the country!

Deirdre is inviting members of the Club who is keen in doing the Mudgee 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!

C2S Woodstock Teams



The 2010, City 2 Surf entries are now open at <http://city2surf.com.au/default.asp?PageID=18225> this year is celebrating 40 years of the event!

If you want to run for one of our official club teams (last year, two of our teams won or placed 2nd it doesn't cost any extra) follow the instructions below after starting the entry process.

1. Select 'I would like to search for an existing team'
2. Type 'Woodstock' in the 'team name' box
3. A list of teams that I have created will appear. Select the appropriate team from the list below

- WOODSTOCK RUNNERS - MIXED – Reserved for Brendan Davies, Martin Amy and Bronwyn Hager only at this point
- WOODSTOCK RUNNERS - MEN - It would be good if only Men aged under 40 enter. (except Martin Amy and Brendan Davies)
- WOODSTOCK RUNNERS - WOMEN - It would be good if only Women aged under 40 enter. (except Bronwyn Hager)
- WOODSTOCK RUNNERS - MEN VETS Only Men between 40-49 enter.
- WOODSTOCK RUNNERS - WOMEN VETS - Only Women between 40-49 enter.
- WOODSTOCK RUNNERS - MEN MASTERS – Only Men aged over 50 enter
- WOODSTOCK RUNNERS - WOMEN MASTERS – Only Women aged over 50 enter

Please note, the veterans and masters 'age criteria' has changed slightly from last year – Controversial, but blame Fairfax!!

4. Complete the rest of the entry as per normal.

After you enter, it would be great if you notify Brendan, bjdavies2000@yahoo.com; 0422233463. There will also be another internal teams comp but more info on this later.

Race Results

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

MACLEAY RIVER MARATHON 13/6/10

42.195 KM

Jeff Morunga 5.02.00

GOLD COAST ULTRA 13/6/10

50 KM

Brendan Davies 3.18.19 (2nd O/All)

SRI CHINMOY RUNS (Centennial Park) 13/6/10

HALF MARATHON

Kerry Bray 2.13.54 (1st F60)

Peta Bray 2.12.05

John Dawlings 1.33.42 (2nd M50)

7 KM

Elmarie O'Regan 30.18 (3rd Open)

Dot Siepmann 41.50 (1st F60)

WEST MET SERIES/BELLA VISTA FARM 12/6/10

8 KM

Daniel Lorenzotti*: 31.01 (1st Open)

2 KM

Daniel Lorenzotti*: 9.46 (1st Open)

SYDNEY MARATHON CLINIC Smithfield, NSW 20/6/10

30 KM

Brendan Davies 1.53.44 (1st O/all)

Martin Amy 1.54.59 (2nd O/All)

Jeff Morunga 3.29.00

10 KM

Manal Garcia* 43.04

Daniel Lorenzotti* 37.20 (3rd O/All)

Paul Whiteway 48.18

5 KM

Dot Siepmann 28.03 (1st F60+)

WOODFORD TO GLENBROOK

27/6/10

25 KM

Emmanuel Chandran 2.24.33

Rick Collins 2.35.10*

Brendan Davies 1.27.59 (2nd O/All)

John Dawlings 1.49.49 (4th M50)

Manal Garcia 1.56.09*

Bronwyn Hager 1.55.24 (3rd F20)

Lesley Maher 2.22.37*

Brian Ogilwy 2.19.22*

Elmarie O'Regan 1.59.41

Lorraine Spanton 2.17.47 (3rd W50)*

SYDNEY STRIDERS Homebush 3/7/10

10 KM

Manal Garcia* 43.46

Emanuel Finos* 45.55

Theo Hastings* 42.57

Lesley Maher* 52.35

Jeff Morunga* 57.25

Brian Ogilwy* 47.04

Dot Siepmann 59.15

GOLD COAST MARATHON 4/7/10

42.195 KM

Teresa Wood 4.20.44

KING OF THE MOUNTAIN, Cambewarra, NSW

4/7/10

32 KM

Emmanuel Chandran 3.21.00

TOUGH BLOKE CHALLENGE, Appin, NSW 6/7/2009

Adventure Race

Tristan Iseli 1:00:35

*Not in Woodstock gear

Footy Tipping

CURRENT LADDER

Rank	(LW)	Tipster	Points
1	(1)	Trialex	152
2	(2)	paulwhiteway	150
3	(3)	stretchfowler	142
4	(4)	Mickcan	141
5	(5)	Go Jana Love Tamsyn	135
6	(6)	3553	132
7	(7)	Colin T_0	109
8	(8)	Brendan Davies	100
9	(9)	bronbrons	92
10	(10)	LukeT1	74

Total Tipsters: 10 Comp's Weekly Avg: 2 My Season Avg: 5

Upcoming events

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

Sun 11 Jul SRI CHINMOY SYDNEY SERIES RACE 5 - DOLLS POINT HALF-MARATHON (21.1 KM), 10 KM & 5 KM. The 5th race in the Sri Chinmoy Sydney Series for 2010. Choose one of the classic distances of Half-Marathon, 10 km or 5 km. The course is through Cook Park, adjoining the beautiful Botany Bay and includes spectacular views from Captain Cook Bridge over the mouth of the Georges River. Start and finish is in the historic Peter Depena Reserve. Parking at the end of Russell Ave or Sanoni Ave, Dolls Point. 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 <http://au.eventdirector.net/Register.aspx?EventID=3773> for more details. Click here for an entryform.

Sat 17 Jul SUTHERLAND DISTRICT ATHLETICS CLUB - WINTER CROSS COUNTRY & ROAD RUNNING SERIES Grays Point. 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 and 5km 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.

Sun 18 Jul LAWLER PARTNERS WINERY RUNNING FESTIVAL - HUNTER VALLEY Now in its 5th year the event will run through or past some of the most famous wineries in Australia as runners test themselves in this picturesque region of Wine Country Hunter Valley. Offering Marathon (2 loop), 1/2 Marathon, 10km and 6.25km events as well as the last leg of the Kids Marathon event competitors will love the compact start and finish area just next to the Hunter Valley Gardens and Village. Last year saw 2000 competitors and over 4000 spectators soak up the great finish line atmosphere and kids entertainment only a stroll to the cafes, shop and gardens. It is hard to imagine a better spot to run and then have some fun for the day or a weekend stay. contact: Paul Humphreys. email: paul@hevents.com.au. Visit the <http://www.huntervalleymarathon.net/> for more details.

Sun 18 Jul GOOGONG HALF MARATHON 2/4.2/21.1K (ACT) 9:00am. Includes 2 person relay. Googong Dam. Also, 2km at 9:15am, 4.2km at 9:30am. Start "Tin Hut" - Southern End. Visit the <http://www.canberrarunner.com.au/coursedescriptions/descriptions/googonghalf2008.pdf> for more details. Click <http://www.canberrarunner.com.au/coursedescriptions/descriptions/googonghalf2008.pdf> for an entry form.

Sun 18 Jul 2010 COOKS RIVER FUN RUN Starting & Finishing in Ford Park, Strathfield South, following the walkway/cycle path adjacent to the Cooks River. Turn around point in Freshwater Park. This event is open to all ages and abilities - Runners can enter one of two categories: 5km (one lap of the course) or 10km (two laps of the course) Walkers complete the 5km course. Online registrations open on Tuesday 18 May and close on Wednesday 14 July 2010 at 11:59pm. Late registrations will be accepted on the morning of the event in Ford Park between 7:00am and 8:30am. contact: Sold Out National Event Management. email: admin@soldout.com.au. Visit the <http://www.strathfield.nsw.gov.au/page/2230/news-and-events/events-/2010-cooks-river-fun-run/> for more details.

Sun 18 Jul COOTAMUNDRA APEX A10km fun run held in a rural setting on the outskirts of Cootamundra with funds raised going to the Cootamundra APEX Oncology Appeal. The run will be on an undulating public road which has been closed for the event. This would be a great training run for the Sydney Morning Herald City to Surf being held three weeks later. contact: Sharon Collingridge. email: slcollo@hotmail.com.

Fri 23 Jul SYDNEY TOWER RUN UP 2010 1504 stairs, 260m elevation gain. 7am 700 entries accepted. Start - Pitt Street Mall (off Market Street), Sydney; Finish - Sydney Tower Observation Deck. Registration closes: Friday 16 July 2010. You can register as an individual, corporate team, elite athlete or in the community and services category. *Participants must be aged 15+ to race in the Sydney Tower Run-Up* email: sydneytowerrunup@sydneyattractions.com.au.

Sat 24 Jul SUTHERLAND DISTRICT ATHLETICS CLUB - WINTER CROSS COUNTRY & ROAD RUNNING SERIES "RON O'MEARA RUN", BANGOR - SENIOR SCRATCH CHAMPIONSHIP RACE Park near the tennis courts in Yala Rd, Bangor. The course is in bushland with a mix of grass and road. A tough undulating course. 1km, 2km, 3km, 5km 7 10km runs. The Ron O'Meara Perpetual Trophy will be awarded for best junior performance (based on handicap improvement). 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.

Continuation ... Upcoming Events

Sun 25 Jul WESTLINK M7 CITIES MARATHON The fifth annual Westlink M7 Cities Marathon will start at Liverpool City Robins Sports Club, Ash Road, Prestons and finishes at the athletics track within Blacktown Olympic Park, Eastern Road, Rooty Hill. The course is Athletics Australia/AIMS Certified Accurate of 42.195km. This marathon is unique to all others organised every year around Australia, with the event taking place on Westlink M7's shared pathway for a continuous journey uninterrupted by traffic. Other races include a 2 Runner Marathon Relay (21.1km x 2 runners) and the Kids Marathon (2.195km). Each kilometre is marked with half marathon split times recorded along with your full marathon/team time. contact: Mark Gibson (02 9839 6075) during business hours. email: mark.gibson@blacktown.nsw.gov.au. Visit the <http://www.wm7citiesmarathon.com.au/> for more details.

Sun 25 Jul JABULANI CHALLENGE - 42/26KM SYDNEY TRAILWALKER This is a spectacular 42km (or 26km) run/walk on fire trails and bush tracks in the heart of Sydney's northern suburbs. The course starts in Wahroonga and passes through Bobbin Head before turning and winding down the Garigal National Park before ending at Lindfield Oval. Now in its fifth year, the event is a fundraiser for a small community based charity feeding and educating disadvantage children in an African township. contact: Graeme Elgie. email: graeme.elgie@isipl.com. Visit the <http://jabulanichallenge.com/> for more details.

Sun 25 Jul 39TH BROOKS-CALTEX SUTHERLAND TO SURF Online entries are now open for The 39th annual S2S. The race will be held on the 25th July 2010, with a 8:30 am start at Flora St Sutherland. Runners will continue 11km down the Kingsway to finish at Wanda Surf Club in Cronulla. Last year the race had a record number of over 7000 entries. Lucky draw prizes will be drawn at the conclusion of the event which will be held at Wanda Surf Club. contact: Michael Brannock. email: clubhouse@wandasurfclub.com. Visit the <http://www.sutherland2surf.com.au/> for more details.

Sat 31 Jul KATHMANDU ADVENTURE SERIES - CENTRAL COAST Have a real adventure this weekend! Enter a Kathmandu Adventure race and see what everyone is talking about! Imagine an off-road triathlon with simple navigation and short multiple stages with a few obstacles to add a little spice. So grab a team mate and race together undertaking 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. Adventure racing is a thinking sport requiring teams to work together to complete the secret course in the shortest time possible. contact: Gary Farebrother, ph 0403-820-282. email: todd@maxadventure.com.au. Visit the <http://www.maxadventure.com.au/AdventureSeries/default.htm> for more details.

Sat 31 Jul SYDNEY STRIDERS 10KM SERIES 10km race on an officially certified course at Lane Cove National Park. 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.

Sat 31 Jul BUSH CAPITAL BUSH MARATHON FESTIVAL: 2K, 5K, 10K, 16K, 25K, 42K, 60K & RELAY RUNS; 5K TO 25K WALKS (ACT) 2km, 5km, 10km, 16km, 25km, marathon, marathon relay and 60km ultra off road trail runs and 5km, 10km, 16km and 25km bush walks from Campbell High School next to the Australian War Memorial. Routes follow scenic trails in Mt Ainslie, Mt Majura, Goorooyarroo and Mulligans Flat nature reserves. A fund raising event for the Australian Mountain Running Team. Race helpers needed: nominate online. contact: John Harding. email: hackettrunner@hotmail.com. Visit the <http://www.mountainrunning.coolrunning.com.au/events/bmarathon/> for more details. Click <http://www.mountainrunning.coolrunning.com.au/events/bmarathon/> for an entryform.

Sat 31 Jul SUTHERLAND DISTRICT ATHLETICS CLUB - WINTER CROSS COUNTRY & ROAD RUNNING SERIES FERNTREE - SENIOR SCRATCH CHAMPIONSHIP RACE. Ferntree Reserve, Engadine is at the intersection of Ferntree Avenue and Ridge Road. This is a tough hilly course largely alongside the Waterboard Pipeline. 1km, 2km, 3km, 5km & 10km runs. 5km & 10km runners run a different course to 26th June. 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.

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Sun 1 Aug KATHMANDU ADVENTURE SERIES - CENTRAL COAST Have a real adventure this weekend! Enter a Kathmandu Adventure race and see what everyone is talking about! Imagine an off-road triathlon with simple navigation and short multiple stages with a few obstacles to add a little spice. So grab a team mate and race together undertaking 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

Continuation ... Upcoming Events

and mixed teams of two. Adventure racing is a thinking sport requiring teams to work together to complete the secret course in the shortest time possible. contact: Gary Farebrother, ph 0403-820-282. email: todd@maxadventure.com.au. Visit the <http://www.maxadventure.com.au/AdventureSeries/default.htm> for more details.

Sun 1 Aug 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 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@inet.net.au. Visit the <http://www.berowrabushrunners.com/> for more details.

Sun 1 Aug BAY RUN Distance: 7km. Event Time: 8.00am. Location of race: Leichhardt Oval number 3, next to Le Montage. The Bay Run is around Iron Cove, one of Sydney's favourite running tracks. Whether you're a serious runner, a walker, just beginning a fitness program, or simply enjoy being outdoors, there's an event for you! Enter a team if you have three friends who can keep up. Or bring along your dog and take on the fun challenge of "Fastest Dog in the Inner West". Primary school children can also get involved by entering the 2km "Primary School Challenge". Electronic timing and road closures bring accuracy and safety to this well-organised and enjoyable event. Great lead up to the City to Surf and Blackmores Running Festival. Coffee and BBQ breakfast available. Pre-register online at our website and save! Registration on the day is available. contact: Scott Machin. email: enquiries@bayrun.com.au. Visit the <http://www.bayrun.com.au/> for more details.

Sun 1 Aug SALT FUN RUN SERIES A 3 race series held at SALT - the magnificent community in far north NSW (just minutes from the QLD border). contact: Travis Ireland. email: travis@corporatechallenge.com.au. Visit the <http://www.corporatechallenge.com.au/funruns.php> for more details.

Sun 1 Aug PRIMAL CHALLENGE - NARRABEEN LAKES Teams of two test their strength, endurance and teamwork as they battle to become Tribal Leaders! This circuit based fitness race involves primal movement patterns (squat, lunge, push, pull, bend, rotate and run) in a spectacular outdoor setting at Narrabeen Lakes. Complete 8 challenges as fast as possible to become Tribal Leaders! Teams can be all male, all female or mixed and the event is open to all fitness levels from beginner to elite. As well providing a great fitness goal, this event is designed to be fun and anyone can do it! 10% of your entry will be donated to the Starlight Foundation. The event will last from 40 minutes to 1 hour 30 minutes and includes a short run through the bush (3 to 4 kms) contact: Alex Shirley. email: alex@primalfit.com.au. Visit the <http://primalfit.com.au/primal-challenge> for more details.

Sat 7 Aug SUTHERLAND DISTRICT ATHLETICS CLUB - WINTER CROSS COUNTRY & ROAD RUNNING SERIES BOTTLE FOREST - SENIOR SCRATCH CHAMPIONSHIP RACE + INTERVAL START FOR ALL. Proceed to the end of Bottle Forest Road, East Heathcote where it meets the Royal National Park. 1km, 2km, 3km, 4.6km & 9.2km cross country runs extending into Royal National Park. 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 <http://www.sutherlandathletics.com/>. contact: Paul Coull 9520 4913. email: webmaster@sutherlandathletics.com. Visit the website for more details.

Sun 8 Aug SUN HERALD SYDNEY CITY TO SURF 14km. Starts 9:00am from corner Park and College Streets, Sydney. Entry form in Sun Herald Newspaper every Sunday from June 2008 or online. Note that you cannot enter on the day. Approx 62,000 field limit. Lots of discussions by CoolRunners here. contact: phone 1800-555-514. email: city2surf@fairfax.com.au. Visit the <http://city2surf.sunherald.com.au/> for more details.



Woodstock's *Runners and Walkers 30th* *Birthday Party*

When: 14th August 6PM
Where: To be announced
Please save the date!!



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>

Did you know?

Dorothy Siepmann set a NSW State Record in the W65 Category for the 10 km Road Race with the time of 53.01 on the World Masters Games on 11 Oct. 2009.

Our dear Dot did not even know till last week! Another Woodie on the record!

Handicap announcement

Please be reminded that the next handicap date has been changed from 31/7/10 to **28/8/2010**. This has been changed to accomodate members doing Bay Run, Sydney Striders Saturday race and the upcoming City2Surf.

Start time is **7:30 am @ Brett Park**.
Please save the date!

Woodstock tRANsformation!



Tristan is the toughest bloke ever for doing a cold mud bath during the Challenge held at Cataract Scout Park, Appin, NSW.

Tris, You need to go see Dot for a spanking new uniform!

Woodies on the run!



Clockwise: Bron&El@Woodford2Glenbrook;
 Tris@Tough Bloke Challenge; Bren w/mum@W2G;
 El@Heart of the Lake; Bren&John@W2G;
 Derek@Heart of the Lake; Bren,John,Mani,Bron@
 W2G;Dot@Heart of the lake; Peta@ Heart of the
 ILake; Kerry@Heart of the Lake