

The

WOODSTOCK RUNDOWN

October 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

A top ten finish and a PB in the Sydney Marathon last month was a brilliant result for Brendan at the Sydney Running Festival. This was backed up by a 1st overall result and another Half Marathon PB in the Penrith Half. Is there any stopping our Club Champion??? We eagerly await his results from Melbourne where Brendan will represent NSW in the Marathon.

John Dawlings has been busy coordinating the Balmain Fun Runs to be held on Sunday October 31. Let's hope we see a great turnout of Woodstock members both competing and helping out on the day.

We were shocked to hear of Roy's bypass surgery followed three days later by more surgery to install a pacemaker. Roy is now at a friend's home and recovery is progressing well. We wish you the very best, Roy and we're assuming there will be some great runs coming up following your complete recovery.

Also on the sick list was Emmanuel Chandran who was admitted to hospital with a severe bout of food poisoning. You won't be eating at that venue again, will you, Emmanuel. On the very first Tuesday night run in daylight saving, Teresa "hit the deck" taking a large amount of skin from her knee. As a nurse, her home is well equipped to deal with these injuries. We hope you're feeling fine by now.

Ray Dean has returned from a few weeks holiday around NSW and Bev, with husband, John, is currently on a 10 day cruise in the Pacific.

I shall be flying out on Nov 1 for the US where I shall run the New York Marathon on Nov 7. Ten days in NY, followed by Washington and then Canada east and west coasts, will see me away for the best part of 5 weeks. I shall endeavour to send a report for The Rundown from somewhere over there.

I wish everyone some great runs in the last few weeks of the Fun Run season.

Happy running and walking

Kerry

October Birthday Celebrants

***Calli Brown 18th Glenda Zarate 19th David Blackwell 20th
Emmanuel Chandran 20th Garth McCullough 25th Ross Keys 27th***

Letter from the editor

Hi Woodies!

Are you not glad that the DST has started? Which means longer training runs in the arvo. Some might not like the humid weather, however it is, hope all is well on your training, or your hobby run/ walks. Good on you Emma and Bridget for initiating long runs on Saturdays!

Number of things in this Rundown, Nominations for the Club awards, Team participation on the upcoming races, New TNT activity, and running and non-running Woodstock events you calendars. Enjoy!

- Editor

September-October Training Program

Tuesday Runs 6pm @Woodstock, Burwood,		Thursday Night Intervals 6:30pm@Campbell Oval, Ashbury.		Saturday Runs 7.20am at Brett Park, Drummoyne	
12/10/2010	Bayview 10km	14/10/2010	"Mile Down" Pyramid	16/10/2010	Balmain 9km
19/10/2010	Strathfield Stride 10km	21/10/2010	Long Hill/Short Hill Repeats	23/10/2010	Timbrell Park 8km
26/10/2010	Pack Run	28/10/2010	5 minutes x 4 *	30/10/2010	Handicap Run #4, Brett Park
2/11/2010	Cooks River Canter 10km	4/11/2010	"Mona" Fartlek	6/11/2010	Five Dock 7km

LOOK GOOD IN YOUR WOODSTOCK GEAR

Have you just joined Woodstock or are you a long time member with your old top getting a little daggy? I have heard many runners comment on how good our blue and white tops look and how they stand out. We encourage our members to wear their club uniforms unless some event rules state otherwise. This is also taken into consideration when club awards are decided at the end of the year. And how good it is when you can spot the blue and white Woodstock tree amongst a crowd of thousands of runners.

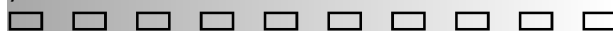
The items on our current list are:

- *Singlet (M or F): \$45
- *Short Sleeve Tops (Unisex): \$50
- *Long Sleeve Tops (Unisex): \$60
- *Bra Tops (8&10) but others can be ordered: \$66
- *Cotton T-shirts (Unisex): \$10
- *Caps: \$20
- *Old Style T-Shirts (Lge & X/L only): \$5
- *Old Style Singlets (Womens Med. only) \$5



Did you miss out on the Woodie hoodie?

It might be getting warm for it, however, if you are interested, contact Dot!



Shorts seem to be an individual thing so feel free to buy your own in royal blue or as near to that as possible in whatever style suits you.

For new members, the joining fee of \$40 entitles you to a basic cotton 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.

Most of you should now have your 30th Anniversary Hoodie. Hopefully, everyone that really wanted one got their order in before the cut-off as this was a special one-off item and we won't be re-ordering them.

Any other uniform items, however, please contact me:

Email: dottiedisco@y7mail.com to confirm sizes/items needed and payment can be made by cash, cheque (to Woodstock Runners, please) or online via **RegisterNow-**
<https://www.registernow.com.au/secure/register.aspx?ID=503>

Dot Siepmann,
Club Uniform Officer

PRICE CUTS!

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(next to Kirrawee High School) Ph: 02 95217011

Hot Designs
REVOLUTION IMAGING

Hot Designs 10% discount offer

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

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



Woodland Tours p/l - ACC 34363
Joseph @ Therese - 0419 373 326
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Other enquiries welcome
Competitive rates.

5% Discount for every order of Woodstock uniform!!

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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.



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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?



Watch out!

- 5Km Time trial will start soon and will happen bi-Monthly!
- Brendan's Homebrew!
- Martin and Brendan soon to be 2nd Level Athletics coaches!



Training by Level 1 Athletics Coaches - Brendan Davies and Martin Amy Look forward to seeing you all down there some stage during the summer.

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.**

*** last TNT of each month, drinks and/or dinner at Summer Hill Hotel after each session**

Thursday Night Track (TNT) Summer Interval Training Program October 2010 to end of March 2011

Date	Session	Session Details	Comments	Distance
14/10/10	"Mile Down" Pyramid	1600, 1200, (turn) 1000, (800), 600, 400, 200 Half time/recovery	Upping the tempo as distances get shorter	5 / 5.8 Km
21/10/10	Long Hill/Short Hill Repeats	Long hill (300m, short hill 150m), x 6 on Holden St	HTFU	2.7km
28/10/10	5 minutes x 4 *	@ 10k pace, 2 x 2 (5 min rest/turn) 2 minutes rec (or reducing)	Rhythm, Rhythm, Rhythm	~ 4-5km
04/11/10	"Mona" Fartlek	2 x 13min Fartlek, 15s - 90s reps @ Hard/Easy	On the go! Start as you mean to go on!	~ 5km
11/11/10	400m x 10 (or more)	@ 3k pace, 2 x 6 (4min rest & turn), 90s rec (or reducing)	All about consistency	~ 4-5km
18/11/10	"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
25/11/10	5km Time Trial *	@ Race pace - 12.5 laps	Race Time!	5km

**Thursday Night Track (TNT) Summer Interval Training Program
October 2010 to end of March 2011**

Date	Session	Session Details	Comments	Distance
2/12/10	Standard Pyramid	400, 800, 1200, (1600), & turn, 1200, 800, 400. Half time/recovery	Consistent speed over varying distances	4.8 / 6.4km
9/12/10	3 minutes x 6	@ 5k pace, 2 x 3 (4 min rest & turn) 90s recovery (or reducing)	Run without a watch - "feel running"	~ 4-5km
16/12/10	"Mile Down" Pyramid	1600, 1200, (turn) 1000, (800), 600, 400, 200 Half time/recovery	Upping the tempo as distances get shorter	5 / 5.8
23/12/10	Long Hill/Short Hill Repeats	Long hill (300m, short hill 150m), x 6 on Holden St	HTFU	2.7km
30/12/10	5 minutes x 4 *	@ 10k pace, 2 x 2 (5 min rest/turn) 2 minutes rec (or reducing)	Rhythm, Rhythm, Rhythm	~ 4-5km
06/01/11	"Mona" Fartlek	2 x 13min Fartlek, 15s - 90s reps @ Hard/Easy	On the go! Start as you mean to go on!	~ 5km
13/01/11	400m x 10/12	@ 3k pace, 2 x 6 (4min rest & turn), 90s rec (or reducing)	All about consistency	~ 4-5km
20/01/11	"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
27/01/11	5km Time Trial *	@ Race pace - 12.5 laps	Race Time!	5km
03/02/11	Standard Pyramid	400, 800, 1200, (1600), & turn, 1200, 800, 400. Half time/recovery	Consistent speed over varying distances	4.8 / 6.4km
10/02/11	3 minutes x 6	@ 5k pace, 2 x 3 (4 min rest & turn) 90s recovery (or reducing)	Run without a watch - "feel running"	~ 4-5km
17/02/11	"Mile Down" Pyramid	1600, 1200, (turn) 1000, (800), 600, 400, 200 Half time/recovery	Upping the tempo as distances get shorter	5 / 5.8
24/02/11	Long Hill/Short Hill Repeats *	Long hill (300m, short hill 150m), x 6 on Holden St	HTFU	2.7km
03/03/11	5 minutes x 4	@ 10k pace, 2 x 2 (5 min rest/turn) 2 minutes rec (or reducing)	Rhythm, Rhythm, Rhythm	~ 4-5km
10/03/11	"Mona" Fartlek	2 x 13min Fartlek, 15s - 90s reps @ Hard/Easy	On the go! Start as you mean to go on!	~ 5km
17/03/11	400m x 10/12	@ 3k pace, 2 x 6 (4min rest & turn), 90s rec (or reducing)	All about consistency	~ 4-5km
24/03/11	"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
31/03/11	5km Time Trial *	@ Race pace - 12.5 laps	Race Time!	5km

NOT ON WINTER

BY CHAIA



A Minute with a member



Name: Beverly Edwards

What is your occupation? I am now a home body. Until 28th of June I worked in a school in Lakemba as a library technician

Running age group? 69 years

Do you have family? Husband John, 3 daughters, 7 grandchildren (4 grandsons, 3 granddaughters)

How long have you been a Woody? I think about 16 or 17 years

Do you run on Tuesday night/TNT/Saturday morning? Tuesday nights

Why do you enjoy running? It gets me off my recliner and out in the fresh air and I enjoy the company and social side of Woodstock

What is your favourite running distance/course/event

and why? I always enjoy the walk at Cronulla. The walk around the peninsular is spectacular and breakfast after is great.

What has been your running highlight? I entered the 2006 City2Surf it was something I always wanted to do, it took me about three hours to complete, the atmosphere was fantastic and meeting up with the Woodies after made it even better.

Any low lights (injury etc)? No walkers don't seem to get any injuries.

What was the last race you went in and how did you go? I walk for pleasure in a non-competitive manner

What other sports/hobbies are you involved in? Yes it was before I joined Woodstock as a member, a friend and myself went to a Woodstock Run I think it was about 1992/93 run and we were walking very slow that the ambulance van just followed us just about to finish line we told them that we were alright but they said they have to follow us to the end of the race

What other sports/hobbies are you involved in? I play social tennis twice a week and we travel a lot in our caravan around Australia

Favourite food/beverage? I enjoy all types of food as long as I don't have to cook it and clean up after, I enjoy a good red wine and have to have my fresh pot of tea.

If you could have dinner with anyone who would it be and why? Nat King Cole because he has the smoothest voice ever

Where would your ideal holiday be? Canada. Ever since I saw winter Olympic games on TV years ago I always wanted to go.

Favorite running shoe/gadget? Why? New balance shoes they are right fit for me

Interesting things we may not know about you? Over the years I have done ballroom dancing., Square dancing, horse riding & skiing & I have done the Harbour Bridge Climb.

Thanks Beverly for sharing, it is good to hear from the walkers!!! - editor

Let us give the newest members of the Woodstock family, Lorna Downes, Wendy Hodgkins, and Garth McCullough a warm Woodstock welcome!!!

Announcement!!!

**Save the date for the Woodstock Christmas party and Awards night,
5 December 2010.**

Upcoming events

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

Thu-Thu 14 Oct-31 Mar WOMENS AND MENS HEALTH ANDREW BOY CHARLTON BIATHLON SERIES

This is a 20 race biathlon series taking place every Thursday. There will be a break from the 16th of December until the 20th of January for the holidays. The Men's Health and Women's Health Andrew Boy Charlton biathlon series which comprises a 4 km run followed by a 300 meter swim. This is a very popular race series which has been going for over 10 years; it attracts more than 2000 people per season. contact: Kristin Smith. email: holly@andersonevents.com.au. Visit <http://www.andersonevents.com.au/CompetitionsEvents/Biathlons/tabid/841/Default.aspx> for more details.

Sat 16 Oct PADDY PALLIN ADVENTURE RACE SERIES

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

Sat 16 Oct SURF LIFE SAVING NSW ENDURANCE CHAMPIONSHIPS

The Surf Life Saving NSW 2010 Endurance Championships will be held at scenic Palm Beach on Sydney's Northern Beaches. All of the traditional Surf Life Saving events will be held over extended courses and for the first time - members of the public with no affiliation with a Surf Club will be able to contest selected events! Entries are open to the public for the 5km Beach Run - a 2 lap circuit on one of Sydney's most famous beaches. contact: Dan Pearce. email: dpearce@surflifesaving.com.au. Visit the <http://www.surflifesaving.com.au/> for more details.

Sun 17 Oct BRIGHTON BEACHSIDE DASH 2010

The Dash is back for its 3rd year. Same great event, different date (avoiding daylight saving and school hols!). Of course, all the favourites will be there - the sneaky running dragons will pace the race at various times, there will be 10km, 5km and Kidz 2km events, the park will be full of pre and post race stuff. For newbies the Dash is one of the fastest 10km runs on the calendar. Its billing as "probably the most beautiful fun run in the world" is well-deserved as it follows the lovely beachside path from Peter Depena Reserve, Cook Park, Dolls Point down to Kyeemagh and back again. A great course to set a personal best or try your first 10km fun run. The run has been designed to offer something for the everyone - elites, club runners, social runners, plodders, kids etc. The event is sponsored by some great companies, so 100% of funds raised go to the St George Medical Research Foundation at St George Hospital to support research into Emergency Medicine & Intensive Care and Women's Health. A super fun run for a great, deserving cause. Entrant numbers are limited in all 3 races and registration opens on Monday 7th June 2010 contact: Dave Tipler, Race Director. email: ceo@stgeorgemrf.com.au. Visit the <http://www.stgeorgemrf.com.au/beachside-dash/default.asp> for more details.

Sun 17 Oct SAN RUN FOR LIFE

Distances: 10km run, 5km run, 5km walk. Start Time: 8:00am. Location: Sydney Adventist Hospital 185 Fox Valley Road, Wahroonga. Description: This is an out and back course from the hospital front lawn and through the hilly streets of Wahroonga. This is our tenth year and the event for 2010 will be raising money for critical projects within the hospital. contact: Rod Sayers. email: funrun@sah.org.au. Visit the <http://www.sanrunforlife.com.au/> for more details.

Sun 17 Oct RUN FOR A SMILE

Fun run at Newcastle's Blackbutt reserve to raise money for Operation Smile, which treats children with facial deformities all around the world. 10km track, 5km track both for open male and female divisions, as well as U/16 5km division. contact: James Lawler. email: funrun@wake-up.com.au. Visit the <http://www.wake-up.com.au/> for more details.

Sat 23 Oct THE GREAT ADVENTURE CHALLENGE

The Great Adventure Challenge is a fun event for colleagues and friends who love a challenge. It is also a chance to make a difference – all funds raised go directly to the Starlight Children's Foundation in order that they may "brighten the lives of seriously ill and hospitalised children across Australia". The course covers a range of disciplines such as mountain biking, trail running, kayaking and coasteering as well as a few mystery tasks. Each team has 8 members, including at least one from the opposite sex. At any one time there will be 4 team members on the course with the remaining 4 as "support crew". contact: Gary Farebrother, ph 0403-820-282. email: todd@maxadventure.com.au. Visit the <http://www.greatadventurechallenge.com.au/> for more details.

Continuation ... Upcoming Events

Sat 23 Oct MT MAJURA VINEYARD ONE PEAK 12KMS, TWO PEAKS 20KMS & THREE PEAKS 26KMS (ACT) Three Peaks 26 km, Two Peaks 20 kms, One Peak 12 kms and 3 person relay run plus Two Peaks and One Peak bush walks, Saturday 23 October 2010 6.30am Start for 20 kms and 26 kms, 26 km relay and bush walks; 7am Start for 12 km run, Mt Majura Vineyard, Majura Road, Canberra ACT contact: John Harding. email: hackettrunner@hotmail.com. Visit the <https://commerce34.pair.com/tzone/events/amra/mmv2010/> for more details.

Sat-Sun 23-24 Oct DIRT FEST WEEKEND

Salomon Tre-X Off-road Triathlon Series. Injinji 10k & 5k Trail Runs. 50k & 20k XC MTB Races. 2 Days - 3 Events, the Ultimate Endurance Challenge. Complete all 3 long course events to try and claim the title of NSW Dirt Master and Dirt Mistress contact: Simon Lazenby. email: Simon@in2adventure.com.au. Visit the <http://www.in2adventure.com.au/dirtfest/about-dirt-fest.php> for more details.

Sun 24 Oct SMC ROAD RACE SERIES RACE 1

5km, 10km, 21.1km 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 by-pass 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@sydneyamarathonclinic.org.au. Visit the <http://www.sydneyamarathonclinic.org.au/tikiwiki/tiki-index.php> for more details.

Sun 24 Oct MELBOURNE SPRINT ADVENTURE RACE (VIC)

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.

Sun 24 Oct 33RD WESTON CREEK FAMILY FUN RUN AND WALK (ACT)

10am start. A 6km Fun Run around bike paths in the Weston Creek area hosted by the Weston Creek Athletics Club. The Start and Finish is at the Irish Club in Weston. Lots of random draw and category prizes Easy online entry contact: Rohan Lowry. email: funrun@westoncreekathletics.org.au. Visit the <https://www.registernow.com.au/secure/Register.aspx?ID=3033> for more details.

Sat-Sun 30-31 Oct SRI CHINMOY TRIATHLON FESTIVAL (ACT)

Australia's festival of swim-bike-run, opening the southern Triathlon Season. Something for everyone, with 5 races spread across 2 days based at idyllic Yarralumla Bay, Canberra. A short race for Under 13s (80m/3.5k/800m), Novice race (200m/7km/2km) and Sprint race (500m/21km/5km) all on Saturday afternoon, then Sunday's Olympic distance (1.5km/40km/10km) and the Sri Chinmoy Peace Triathlon (2.2km/80km/20km). contact: Prachar Stegemann. email: canberra@srichinmoyraces.org. Visit the http://au.srichinmoyraces.org/sydneyraces_10 for more details.

Sun 31 Oct BALMAIN FUN RUN

A choice of a 2 kms, 5 kms or 10 kms run/walk around beautiful, traffic free Callan Park - the 2 kms being restricted to primary school children. Start and finish at King George Park next to Iron Cove Bridge, Rozelle. Plenty of parking in Manning Street and other local streets. Start times: 5kms and 10 kms 9:00 am, 2kms 8.30 am. Early bird entry \$15 for adults, \$10 for children, \$40 for a family, free entry for the 2 kms run. Late entries \$20 for adults, \$15 for children (including the 2 kms run), \$55 for a family. A large number of lucky draw prizes with many reserved for early bird entries. PLUS jumping castle for the kids. contact: John Dawlings 0422-819-468. email: Balmainfunrun@hotmail.com. Visit the <http://balmainfunrun.com/> for more details.

Sun 31 Oct BYRON LIGHTHOUSE RUN

A 10k run or 8k walk. Starting at main beach, up and round the lighthouse and then running down Tallows Beach. In its fourth year this run raises money for Charity. contact: Greg Kramer. email: byronrun@gmail.com. Visit the <http://www.byronrun.com/> for more details.

Sun 31 Oct ST. MARY'S FUN RUN

Participants can do a 4klm walk or 8klm run, at St Marys. Starts at 9.00am. Information and Entry Forms are available from John Willcocks on 96236715. Entry is just \$7 for Adults and \$4 for Children for Early

Continuation ... Upcoming Events

Bird Entries received by 25/10/10 and also reasonably priced on the day at \$10 for Adults and \$5 for children

NOVEMBER 2010

Sat 6 Nov 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

Sun 7 Nov 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@iinet.net.au. Visit the <http://www.berowrabushrunners.com/> for more details.

Sun 7 Nov DEEP SPACE MOUNTAIN MARATHON 44K, 25K, 19K AND 8K RUNS AND 19K AND 8K WALKS (ACT)

Deep Space Mountain Marathon, Former Honeysuckle Creek Deep Space Tracking Station, Apollo Road, Namadgi National Park ACT. 5:45am 44km marathon and 25km run; 7:00am 19km bush walk; 7:30am 8.4km run, 19km run, 8.4km bushwalk. contact: John Harding. email: hackettrunner@hotmail.com. Visit the <https://commerce34.pair.com/tzone/events/amra/dsm2010/> for more details.

Sun 7 Nov BRISBANE SPRINT ADVENTURE RACE (QLD)

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.

Sun 7 Nov GRAFTON JACARANDA FESTIVAL FUN RUN(2KM/5KM/10KM)

Taking place at Caramana Park, Rogan Bridge Rd, Waterview Heights, the Jacaranda Fun Run is back again in 2010. The day starts at 8am with a 2km run aimed at families and young children, run at and around Caramana Park. The 5km and 10km races start together after the 2km (approx 8.30 a.m.) and follow a 5km circuit taking in the Caramana Park, Caramana Drive, Kingfisher Place, Swan Drive and a short cross country section. The 10km follows the same circuit and then heads out into cattle country along Friars Lane. Entry fees are 2km - \$2, 5km - \$5, 10km - \$10. On the day registration from 7.00 a.m. at Caramana Park. Postal entries are welcome. Refreshments on sale. Medallions to outright winners and age category winners. Lots of spot prizes to lucky participants. RUNNERS AND WALKERS OF ANY ABILITY ARE ENCOURAGED TO PARTICIPATE IN THIS FUN EVENT. contact: Neil and Penny Burgess. email: pnburgess@bigpond.com. Visit the <http://www.jacarandafestival.org.au/events.htm> for more details.

Sun 7 Nov BARE CREEK TRAIL RUN

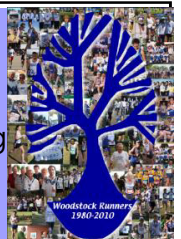
Enjoy bush running at its best through the Garigal National Park, St Ives, Sydney. The Bare Creek Trail Run comprises two challenges. The 9km run and a 6km family walk/run which is a great introduction to trail running for runners of all ages. The Bare Creek Trail Run follows the picturesque fire trails of the Garigal National Park crossing Bare Creek. The run starts at St Ives Park Primary School in St Ives at 08:00am. Event fees are \$27 per adult and \$8 for child entry (under 18). email: barecreektrailrun@hotmail.com. Visit the <http://www.barecreektrailrun.com/> for more details.

Wed 10 Nov J.P. MORGAN CORPORATE CHALLENGE

The 2010 J.P. Morgan Corporate Challenge will return to Sydney's Centennial Parklands on Wednesday 10 November, 2010 - introducing chip timing and a new starting line up that is set to lift the competition. Now is the time for companies to get their teams up and running. The 5.6 kilometre team road race is open to all runners and walkers. Registrations close 5pm, Wednesday 20th October. email: sydney@jpmorganchasecc.com. Visit the <http://www.jpmorganchasecc.com/> for more details.

Yearbook announcement:

* For those who missed out on the yearbook last August, we have a new batch at \$20 each. If interested email rundown@woodstockrunners.org.au
* The Committee decided at it's recent Meeting, that following a refund of the printing costs of the initial Yearbook order that this money would be put into general Woodstock funds for something fun and/or something needed in the future! Yippee!



My M7 Marathon debut

by Rebecca Bangura

If someone had suggested to me two years could run a marathon, I would have rolled around on the floor laughing, but as it turns out what would I know.

For me the journey to completing my first marathon was a series of baby steps. I'd always been a sprinter at school but hadn't run in over 10 years when I decided I needed to get fitter and challenging myself. I set the ultimate goal as the half marathon and went from struggling to run 500 metres to comfortably completing the half. And then another half. And then it occurred to me that if I could go from nothing to 21kms, why couldn't I go to 42kms? I originally had my eyes set on the Canberra marathon, however with all the legal dispute and changing of dates etc, I decided to hold out till the next Sydney marathon - the M7 Westlink. The training continued and I found myself cherishing my 3 hour runs each week as time out from everything.

"if I could go from nothing to 21kms, why couldn't I go to 42kms?"

And finally the big day arrived. The morning started with meeting Marty, Bronwyn and Brendan and driving in together. It was dark, cold and had been raining and I was pleased to have the company of my fellow Woodies to stop me from getting too nervous. On the bus to start line Bren introduced me to lots of amazing runners including last year's female winner, where I sat in awe contemplating the amazing times these elite athletes would achieve and feeling very chuffed at being in their company.

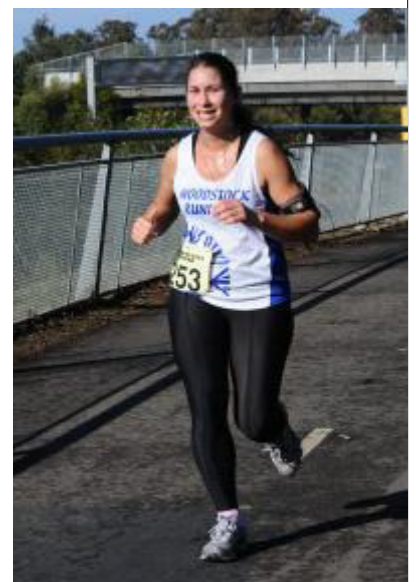
All this again helped to distract me from the 4 hour run I was about to undertake.

By the time we made it to the start line the sun was out and it was a crisp, fresh day it couldn't have been planned better. I decided to follow the 4 hour pacer and was amazed at how lovely and supportive all the other runners were, sharing stories and offering encouragement. I was also amazed at how many women there were, particularly in the over 50s age bracket these women are fantastic and it defiantly created a vision for me of where I want to be later in life.

I stuck with that 4 hour bus until around 28km when I started to slow but I persevered and kept my own steady pace. At about 34kms things got really hard and the field had thinned a lot and because of the hills, you could go a while without seeing anyone in front of you. I admit that in these spaces there was some walking and I struggled through 4 or so grueling kilometers and then realized I was almost home and surged on.

About 2km from the end, as I could see the stadium I was overcome with emotion and started to get teary. However the tears never eventuated as I my competing emotions fought against each other, that is wanting to sob, wanting to laugh and trying to breathe, and I ended up in a coughing fit and laughing hysterically at myself.

I finally made it into the stadium to be greeted by my fellow Woodies, family and friends cheering me on. I finally made it to the finish line in 4:11, about 12 mins slower than I'd hoped but was stoked none the less. My casual jogs had lead to me achieving what I'd never thought possible.



Woodstock Teams for Maroubra and Fishers Ghost Fun Runs

Hi All,

There are two fun runs coming up that have a teams category:

1. Maroubra Fun Run, Sunday, 24th October. www.maroubrafunrun.com

They have a 4 and 8 kms run and teams are of three people in one or the other event. No allowance made for gender as far as I can see. There is heaps more information about entering a team here: <http://www.maroubrafunrun.com/funrun/pages/2/Teams>

If you are entering online, the first person will need to set up a team name, "Woodstock Runners", and subsequent entrants will need to select that name from the dropdown list when entering. If entering by post, or on the day, don't forget to enter the teams category with that name. Can you please let me know if you are entering this fun run as part of the team. Please note, this fun run does clash with the first month of the new SMC series.

2. Fishers Ghost Fun Run, Sunday 14th November <http://www.fishersghost.com.au/uploads/pdf/FunRun.pdf>

One of the oldest and best fun runs in Sydney. There is a 5km and a 10km run, although there is only a team's category in the 10km run. The teams are Open Men and Open Women (all ages welcome). Our women's team won a couple of years ago and I desperately want to get the mens trophy off Western Districts! (for bragging rights of course!) Minimum of four runners per team with top 4 times from each team counting. In order to join a team, they prefer to send all entries together in the same envelope (if we get organised early enough we can also get a free t-shirt). If I get sufficient interest in order to fill a men's and women's team within the next 2-3 weeks, I will send these away soon after. You can give them to me on a Tuesday or Thursday, or give to someone else that attends Tuesday/TNT night from the Saturday group.

Just to get us started, Martin and I are both up for the 10km at Fishers Ghost. Please reply if you are interested please.

Brendan Davies

Woodstock Runners Teams Coordinator

Footy Tipping Finals!

CURRENT LADDER

☐ Show Full Ladder

Rank	(LW)	Tipster	Points
1	(1)	paulwhiteway	252
2	(2)	Trialex	248
3	(3)	Mickcan	245
4	(4)	Go Jana Love Tamsyn	229
5	(5)	3553	228
6	(6)	stretchfowler	211
7	(7)	Brendan Davies	179
8	(8)	Colin T_0	167
9	(9)	bronbrons	145
10	(10)	LukeT1	127

Handicap Event, 30/10/2010

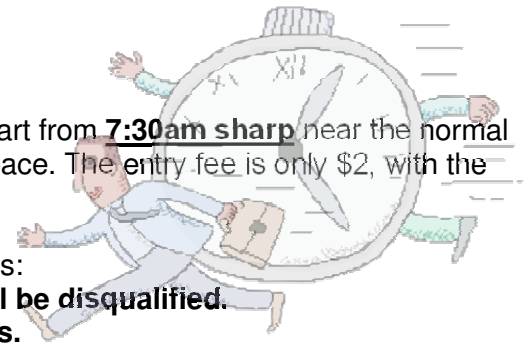
The next Handicap event is scheduled for 30/10/2010 it will start from **7:30am sharp** near the normal Brett Park run, with runners & walkers handicapped according to pace. The entry fee is only \$2, with the usual "lucky place" prize of a pair of movie tickets.

Entrants nominate their own time. However, to be fair to all entrants:

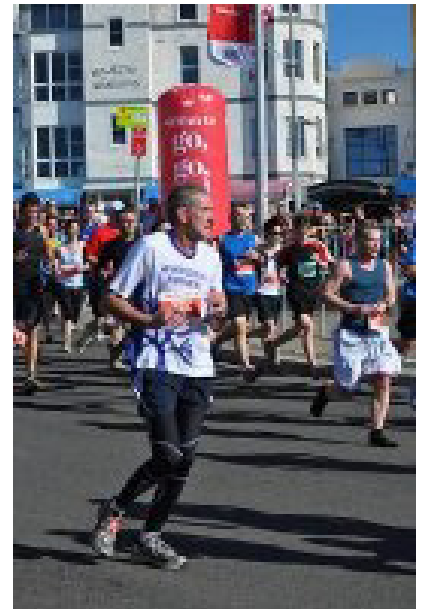
- **Anyone beating their time by more than one minute will be disqualified.**
- **Watches are not permitted, to prevent "staged" finishes.**

The best three events for each member count towards the 2010 Pointscore Awards. The points basis is very simple - 1 point for last, 2 points for second last, etc.

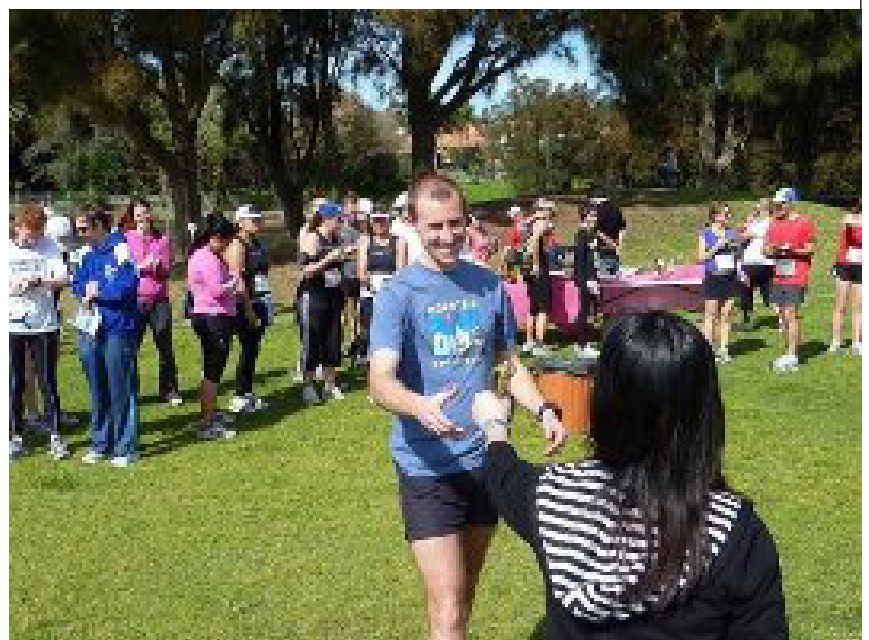
We have new "time-keepers" - Martin Amy and Phil Lobsey. **Please send as ASAP your time nominations to the time-keepers before 30/10/2010** to avoid timing and results getting inconsistent in the end. It is appreciated that changes be made before Saturday so that the start can proceed without too many interruptions. Thank you and see you there!!!



Caption me



Find the Woodie



Race Results

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

SRI CHINMOY RUNS / COOKS RIVER

Sunday 12/9/10

16 KM

Kerry Bray	1.38.56 1st 60-69 Course Rec
Charissa Patacsil:	1.21.24 6th U/50
Terry Vohradsky:	1.19.37

8KM

Peta Bray	44.20
Manal Garcia*	34.48 1st U/50

WESTPAC HILLS FUN RUNS

Sunday 12/9/10

8 KM

Brendan Davies	28.11 4th O/All & 1st U40
John Dawlings	32.42 2nd U/60

4 KM

Brendan Davies	14.04 4th O/All
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CLIVE GRAHAM BICENTERARY RUN

Sunday 12/9/10

10 KM

Dot Siepmann	55.21 (2nd 60+)
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STRIDERS SERIES / NORTH HEAD

Saturday 4/9/10

10 KM

Jeff Morunga*	59.17
Dot Siepmann	64.16

OVERTON 5

5 miles , England

AMY, Martin	0:28:19
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ST. MARYS SPRING FESTIVAL RUN

Sunday 26/9/10

6.2 KM

Barry Crisp	28.25
Eddie McLean	55.37
Dot Siepmann	33.52 2nd F60+

STRIDERS SERIES / HOMEBUSH

Saturday 2/10/10

10 KM

Manal Garcia*	43.38
Jeff Morunga*	56.39
Brian Ogilwy*	47.51
Dot Siepmann	59.27

RUNNING WILD TRAIL SERIES / MT. PORTAL

Sunday 26/9/10

16 KM

Brendan Davies	1.06.29 1st O/All
Phil Lobsey	1.26.57 14th O/All

WEST MET SERIES / CHATSWOOD

Saturday 25/9/10

100M

Eddie McLean	31.5 Secs. 1st 80+
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3 KM WALK

Eddie McLean	28.12 1st 80+
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BLACKMORES SYDNEY RUNNING FESTIVAL

(Chip Times)

Sunday 19/9/10

42.125 Km

Martin Amy	3.10.36
Rebecca Bangura	4.17.47
Michael Cantley	3.05.33 (Debut)
Brendan Davies	2.37.03 (9th O/All)
Phil Lobsey	3.30.23
Ellen Glennan*	3.38.29
Jeff Morunga	4.54.12
Larissa Tichon*	3.28.26 (In Sponge Bob Square Pants suit)
Teresa Wood	4.29.30

21.5 KM

Sandra Bogun*	2.04.18 PB by 14 min.
Kerry Bray	2.06.12 2nd F65
Peta Bray	2.07.46
Manal Garcia*	1.34.09 - NSW State Masters Record
Angela Haynes	2:31:41
Martina Lyons	2.43.12
Emma Pryor	1.58.35

9 KM

Bridget Akers	46.57
Stephen Briant	59.31
Luana Ferrara	51.13
Stacy Gurrie	54.18
Dot Siepmann	49.44 6th F60-69
Michelle Smith	53.15

PENRITH LAKES RUNS

Sunday 3 10, 2010

21.5 Km

Brendan Davies	74.35 1st O/All & PB by 9 sec
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SRI CHINMOY, Telopea Park, Canberra

14 June 2010

21.5 KM

Kim Cayzer	1:54:59
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MELBOURNE MARATHON EVENT

10 October 2010

42.125 Km

Brendan Davies	2:33:45 PB, 26th Oall, 17th 30-34
Chaia Patacsil	3:56:46

*Not a current member or not in Woodstock uniform

**The five S's of sports training are: Stamina, Speed, Strength, Skill and Spirit;
 but the greatest of these is Spirit. --Ken Doherty**

Woodstock inpress

Running on passion in Balmain

PEOPLE 21 SEP 10 @ 10:10AM | BY MARK GERTSKIS



Recommend Be the first of your friends to recommend this.



Balmain Fun Run founder John Dawlings

When walkers, joggers and runners line up for the start of the second annual Balmain Fun Run next month, they will have one man's passion for running to thank for making it happen.

John Dawlings, a parent of two children at Balmain Public School, is a long time running enthusiast who got the inaugural run off the ground last year.

"Fun runs are my hobby," he said.

"There are fun runs going on every week and I go along every Sunday. But for years I've been thinking that I get enjoyment from other people's fun runs."

With that in mind, Mr Dawlings decided to put one on in Balmain and began the task of booking the ground,

liaising with authorities, finding sponsors and organising equipment.

Every week he went out to other fun runs around Sydney to give out brochures and he even got his fellow members of the Woodstock Running Club to be official marshals on the day.

"We got nearly 600 people last year so obviously we tapped into a vein of demand," he said.

"I'm hoping to get 800 people this year."

With many parents coming on board to help Mr Dawlings, he believed the cooperation was as much a success of the run as the \$7,000 the event raised last year for the Balmain Public School P&C.

"The good it did for the school was not just the funds raised but that it got all the parents out together and created a real community feel," he said.

The Balmain Fun Run takes place on Sunday, October 31 at King George Park.

Details: balmainfunrun.com.

Woodstock Runners

Summer Program October 2010 to April 2011

Tuesday Runs

Meet at 6pm at Woodstock, Burwood,
access via Fitzroy St.

28/09/2010 Canada Bay 11km 30/09/2010 See Winter Calendar 2/
10/2010 Balmain Shores 7.5km
5/10/2010 Putney Punt 12km
12/10/2010 Bayview 10km
19/10/2010 Strathfield Stride 10km
26/10/2010 Pack Run
2/11/2010 Cooks River Canter 10km
9/11/2010 Blue Mountains Express 10.5km
16/11/2010 Cabarita 11km
23/11/2010 Kev's Kadiddlehopper 10km
30/11/2010 Parks Run 10km
7/12/2010 Putney Punt 12km
14/12/2010 Bayview 10km
21/12/2010 Strathfield Stride 10km
25/12/2010 Friday - Christmas Day Run - Bay Run from Brett Park,
Drummoyne, 7.30am start
26/12/2010 Saturday - Rodd Point Run, meet at Rodd Point, 6.30am
start, 10/15/20K options
28/12/2010 Cooks River Canter 10km
4/01/2011 Blue Mountains Express 10.5km
11/01/2011 Cabarita 11km
18/01/2011 Kev's Kadiddlehopper 10km
26/01/2010 Tuesday - Australia Day Run - details to be confirmed
2/02/2010 Parks Run 10km
9/02/2010 Putney Punt 12km
16/02/2010 Bayview 10km
23/02/2010 Strathfield Stride 10km
2/03/2010 Pack Run
9/03/2010 Cooks River Canter 10km
16/03/2010 Blue Mountains Express 10.5km
23/03/2010 Cabarita 11km
30/03/2010 Kev's Kadiddlehopper 10km

Saturday Runs

(meet at 7.20am at Brett Park, Drummoyne, 7:30am start)
2/10/2010 Balmain Shores 7.5km
9/10/2010 Hell Hill 8km
16/10/2010 Balmain 9km
23/10/2010 Timbrell Park 8km
30/10/2010 Handicap Run #4, Brett Park
6/11/2010 Five Dock 7km
13/11/2010 Balmain Shores 7.5km
20/11/2010 Hell Hill 8km
27/11/2010 Balmain 9km
4/12/2010 Timbrell Park 8km
11/12/2010 Five Dock 7km
18/12/2010 Bay Run 7km
1/01/2011 Balmain Shores 7.5km
8/01/2011 Hell Hill 8km
15/01/2011 Balmain 9km
22/01/2011 Timbrell Park 8km
29/01/2011 Five Dock 7km
5/02/2011 Balmain Shores 7.5km
12/02/2011 Handicap Run #1, Brett Park
19/02/2011 Hell Hill 8km
26/02/2011 Balmain 9km
5/03/2011 Timbrell Park 8km
12/03/2011 Five Dock 7km
19/03/2011 Bay Run 7km
26/03/2011 Balmain Shores 7.5km
2/04/2011 Hell Hill 8km

Annual Award Nomination Form 2010

The Club Committee invites nominations from members for our annual awards. You are welcome to nominate members in as many categories as you like, but do not feel obliged to nominate for every category. After discussing the merits of each nomination against the award criteria, Committee members will determine the award winners via a 3, 2, 1 voting process.

NB. All awards are for the period 19/10/2009 to 17/10/2010, & all references to "running/ runner(s)" are taken to include "walking/walker(s)". The complete 2010 results are at:

<http://www.woodstockrunners.org.au/drupal2/content/year-date-results-2010>

Submission of Nominations:

All nomination may be submitted by any of the following means by **Thursday 21/10/2010**:

- Drop in the Award Nominations Box, available on Tuesday nights.
- Post to PO Box 672, Burwood NSW 1805
- Email to secretary@woodstockrunners.org.au
- Hand to any Committee member

List of Awards

1. Most Improved Runner of the Year (Male and Female)

"The persons that you consider have shown the greatest improvement in their running over the past 9- 12 months. ie improvement in times (refer Fun Run Book)."

Nomination(s): Male: _____ Female: _____

2. Rookie of the Year

"The person who joined Woodstock Runners during the year as a relative newcomer to running and/or competing in road runs, and has made the most outstanding progress."

Eligible Members (joined between 19/10/2009 and 17/10/2010)

De-Anne Attard	Rebecca Bangura	Sandra Bogun	Stephen Briant	Wayne Brissett
Patricia Doughty	Stacy Gurrie	Angela Haynes	Martina Lyons	Barney McCarthy
Asher McGuckin	Barbara Miller	Scott Murray	Elmarie O'Regan	Michelle Smith
Graeme Tutt	Mario Zilevski	Lorna Downes,	Wendy Hodgkins	Garth McCullough

3. Long Distance Trophy

To qualify for this award, members must complete 3 events of 21.1 kms or over. The award will be made to the member who has most consistently improved their performance in events of 21.1 kms or over during the course of the year.

Eligible Members to 31/8/2010 (having completed 3 qualifying events:

Martin Amy	Kerry Bray	Emmanuel Chandran	Brendan Davies
John Dawlings	Emanuel Finos	Bronwyn Hager	Phil Lobsey
Jeff Morunga	Brian Ogilwy	Paul Whiteway	

Details of performances are on the website <http://www.woodstockrunners.org.au/drupal2content/long-distance-award-2010>

NB: Other members may still qualify for this award, the eligible members will be updated based on results appearing in The Rundown.

4. Most Outstanding Individual Road Running Performance of the Year (Male and Female)

"This award is for a single performance of note."

Nomination(s):

Male: _____ Performance: _____

Female: _____ Performance: _____

5. Club Champion (Male and Female)

"The runners who have competed regularly, and consistently produced the fastest results in road races and met with much success throughout the 12 months."

Nomination(s): Male: _____

Female: _____

6. Runner of the Year

"A highly valued member of the Club who inspires others by regular attendance at training, willingness to participate in teams, loyalty to the Club, always willing to offer assistance, support and encouragement to fellow runners, and gives 100% of themselves when participating in competitive road runs."

Nomination(s): _____

7. Champion Person Award

"That person who has done outstanding work for the Club throughout the year, with no thought of reward."

Nomination(s):

8. Most Outstanding Team Road Running Performance

The most outstanding performance in a team event."

Please select your nomination(s).

A. Maroubra Fun Run 25/10/09 (3rd Open)

John Dawlings, Terry Vohradsky, Chaia Patacsi

I

B. SMH Half 23/5/10 (1st Mixed)

Brendan Davies, Martin Amy, Bronwyn Hager

C. Hunter Valley Running Festival 18/7/10 (1st Mixed)

Chaia Patacsil, Bridget Akers, Terry Vohradsky, Emma Pryor

D. M7 Cities Marathon Relay 25/7/10 – (1st Mixed)

Martin Amy, Bronwyn Hager

E. City to Surf 8/8/10 – 1st Mixed

Brendan Davies, Martin Amy, Bronwyn Hager

F. City to Surf 8/8/10 – 3rd Veteran Men 50+

Kazuaki Takahashi, John Dawlings, Paul Whiteway

H. City to Surf 8/8/10 – 2nd Veteran Women 40-49

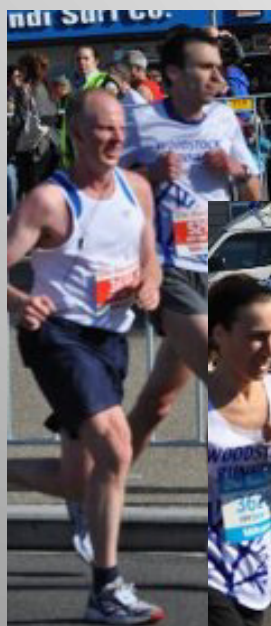
Deirdre Stewart, Peta Bray, Sandra Bogun

I. City to Surf 8/8/10 – 2nd Women 50+

Dot Siepmann, Kerry Bray, Maree Lucas

Other:

Woodstock racing



Akex @ C2S



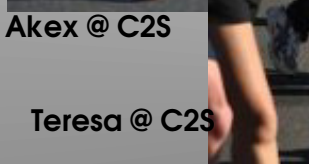
Bronwyn @ C2S



Dierdre @ C2S



Phil @
Sydney
Blackmore's
Marathon



Teresa @ C2S



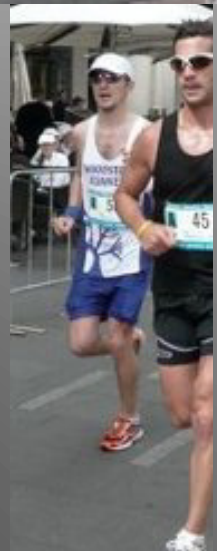
John @ C2S



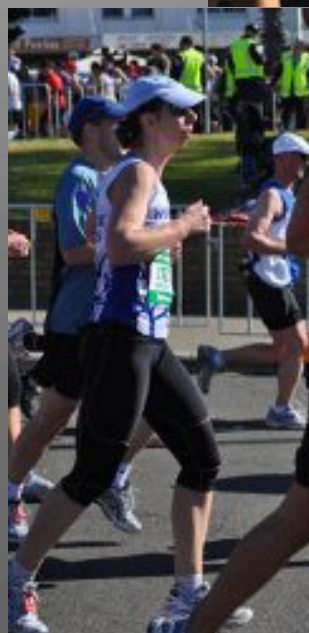
Peter @ C2S



Bren @ Sutho
Half-
Marathon



Martin @
Sydney
Blackmore's
Marathon



Peta @ C2S



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>