

The

WOODSTOCK RUNDOWN

September 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

Woodstock Runners has turned 30 and didn't we celebrate. A wonderful party was enjoyed by a large number of past and present members and all are most appreciative of the efforts of those involved in the organisation of the evening.

The 30 Yearbook was a real star on the night and many of us are still enjoying the various articles and sharing stories of the Club's 30 years of running. Thanks to the Yearbook Committee who worked tirelessly over many weeks and also to the numerous contributors. It is certainly a great read and a fabulous record of our healthy existence.

Following the fire which destroyed Liverpool Council Chambers last month and the prediction it will take 2 years to rebuild, a letter to the Editor of the SMH suggested we should be grateful it was not Leichhardt Council Chambers that burnt down. The author wrote it would take much longer than that to get a building application approved by its staff. Who was that author?.....none other than John Dawlings.

Also in the media was yours truly in the SMH Sydney Magazine with my story of Olympic volunteering over 8 years. This was a lead in to next Wednesday Sept 15, the 10th anniversary of Sydney's Games. All volunteers are invited to Olympic Park for a barbecue, concert etc from 1.30pm. Free transport is available to all wearing their uniform or showing their accreditation. You must register at www.sydney2000reunion.com

Once again our Club Champion, Brendan, showed why he is a champion with a remarkable performance in the World Mountain Running Event in Colorado. Brendan demonstrated amazing courage and determination to race a Half Marathon uphill and at altitude. We salute you, Champ. A week or so later he ran a PB around The Bay in the Handicap.

Well done to all who gained placings or ran PBs in the H'cap and thank you to Colin and all who helped with the breakfast.

The Club wishes Lloyd the very best during his recent illness. We also expressed our deepest sympathies to Yvonne Fillery on the death of her Mum and to Madeleine on her Dad's death.

Our esteemed President, Martin, is currently in the UK celebrating his sister's wedding. We hope you enjoy yourself and don't forget the training as the Marathon is just around the corner.

Good luck to all taking part in the Sydney Running Festival as well as the many other events in Sydney in the next few weeks.

Until next month, enjoy your training.

Kerry

September Birthday Celebrants

Colin Townsend - 8th, John Murray - 10th, Susan Mrurray - 11th, Dot Siepmann - 12th, Martin Amy - 13th, Kevin Lucas - 14th, Yvonne Fillery - 15th, Paul Milazzo - 17th, Maree Lucas - 20th.

Letter from the editor

Hi all woodies,

First let's welcome our new members: Angela Haynes & Barbara Miller.

*Also, its almost end of the year and put your thinking caps on again as next month we will be publishing the forms for **Nomination for the upcoming the Awards Presentation** at the end of the year. Good luck to your races and training! Happy running!*

- 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	
14/09/2010	Burwood Park 10km	16/09/10	Long hill (300m, short hill 150m), x 6 on Holden St	18/09/2010	Five Dock 7km
21/09/2010	Concord 9km	23/09/10	@ 10k pace, 2 x 3 (5 min rest/turn) 2 minutes rec (or reducing)	25/09/2010	Bay Run 7km
28/09/2010	Canada Bay 11km	30/09/10	2 x 13min Fartlek, 15s - 90s reps @ Hard/Easy	2/10/2010	Balmain Shores 7.5km
5/10/2010	Putney Punt 12km	7/10/10	@ >3k pace, 2 x 7 each (4 min rest & turn), in pairs, 100m recovery	9/10/2010	Hell Hill 8km

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

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!

SPORTSWEAR BARGAINS
ON TRIATHLON, RUN, CYCLE
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COME TO OUR SHOP ON
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8am - 1pm
Shop 4 /21 Putland Close, Kirrawee
(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.

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.



5% Discount for every order of Woodstock uniform!!

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!



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Sydney, Hunter Valley, Canberra, Blue Mountains/Jenolan caves, Charter/Hire, Golfing Weekends, Function Transfers, Custom trips, etc.
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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 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
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
7/10/10	"Parlov" 300m x 14	@ >3k pace, 2 x 7 each (4 min rest & turn), in pairs, 100m recovery	Partner up and challenge each other	Approx 4.2km

Footy Tipping

CURRENT LADDER

Rank	(LW)	Tipster	Points
1	(1)	paulwhiteway	242
2	(2)	Trialex	236
3	(3)	Mickcan	231
4	(4)	Go Jana Love Tamsyn	223
5	(5)	3553	220
6	(6)	stretchfowler	210
7	(7)	Brendan Davies	178
8	(8)	Colin T_0	166
9	(9)	bronbrons	144
10	(10)	LukeT1	126

A Minute with a member

Name: Michael Cantley

What is your occupation? General purpose hand with Sydney ferries

Running age group? 25-30

Do you have family? Not yet but recently engaged

How long have you been a Woody? One year

Do you run on Tuesday night/TNT/Saturday morning? Tuesday, TNT and some Saturdays

Why do you enjoy running? For the health and fitness

What is your favourite running distance/course/event and why?

SMH half marathon cause its an enjoyable course

What has been your running highlight? Doing the City2Surf last year in 51:25

Any lowlights (injury etc)? lots of injuries

What was the last race you went in and how did you go? SMC 30km, 6th overall

Anything funny/unusual ever happened to you while you have been out running? Been caught in the zone a few times during a race and gone the wrong way, costly errors.

What other sports/hobbies are you involved in? Cycling and tennis

Favourite food/beverage? Nachos

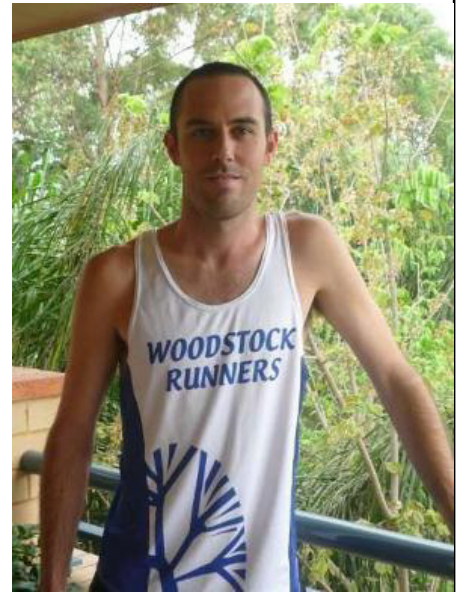
If you could have dinner with anyone who would it be and why? Arsenal's Captain Cesc Fabregas

Where would your ideal holiday be? Anywhere tropical

Favorite running shoe/Gadget? Why? My Garmin watch

Interesting things we may not know about you? I enjoy DJing as a hobby

Thanks Michael, and congratulations and good luck on your engagement! - editor



Woodies in the woods

Woodies Tristan and Tami Iseli take on the Mountain Designs Adventure Race

by: Tristan Iseli

If you can run and ride and enjoy getting out in the bush with your best mate, then adventure racing is for you.

A more than four hour adventure race that involves navigational running, mountain biking and kayaking over 100 acres of untamed bushland sounds like a seriously hardcore event. It's certainly not one that 3 years ago I would have been even remotely interested in. But I can honestly say that I am now hooked, and I'm blaming Tam. It was all her fault! Tam was talking about it for ages even before we moved up to Sydney. Our first race was in the Blue Mountains in January last year. Tam being the super thorough person she is, when the instructions said we had to be there by 7am, she suggested that we make a weekend of it and so we booked ourselves in to a basic motel nearby. The weekend prior we had found all the other 'essentials' including a safety blanket, pea-less whistle, camelback hydration packs, markers to plan our route and contact to make our map waterproof and one of the scariest things in the world, the compass. I hadn't used a compass since Year 10 school camp, and even then it was just used to make sure the single trail we were walking along went where it seemed to already be going. The thought that I might need to know how to use it in order to not get lost in the bush seriously scared me, not that I was going to let Tam know that. It was with great relief that the first people we met when we pulled up at our motel were also unpacking mountain bikes. The fact that it was also Tom and Anna's first race and that they were great people (that we're still good friends with), and that Anna had never been on a mountain bike before, settled my nerves nicely.

The next morning we rose at 6am, packed our cars and headed off to first drop our bikes off at the designated bike drop in the middle of nowhere, and then off to the start line and to pick up our race pack. The next obstacle was working out what we needed to do with the contents of the race pack and in particular, the map and check point details. After quizzing a regular, we marked our route and contacted our map, and headed to the start line. It was here we learnt that about 50% of the competitors were new to adventure racing which was a great relief to us all and we all started to

Continued on the next page



socialise just like before a Woodies run. The race start was as hectic as ever, but lots of fun as the 300 competitors poured into the bush in order to pick up our checkpoint stamp cards which were scattered around a trail junction 500m into the bush. Over the next 5 hours, we had run along 8kms of bush trails, ridden our mountain bikes up and down 15kms of muddy single trails in stunning bushland, and kayaked 3kms along an idyllic river. Most importantly though, we had made about 200 new friends while discussing and negotiating the routes between checkpoints. And so it began my love for adventure racing.

Flick forward 2 years and Tam and I (as The Pirates - **arggghh!!**) have had varying amounts of success but have enjoyed it all immensely. From crawling up cliffs, to rowing old-style row boats, to diving off cliffs in order to swim across massive ocean swells, it has all been challenging but seriously fun. Some races have also had the option of having a 3-man team and we thank Bridget for playing our 3rd Pirate during one of the hardest races yet, the 7 hour Canberra race held in searing heat.

And so it was with naive confidence that we avoided the Mountain Designs 'Raw' course and chose to take on the 'Hardcore' course (**arggghh!!**). However, as we had learnt in previous races that the organisers always liked to throw in a few surprise obstacles and we suspected that the title might indicate another level of 'surprise'. And so after a seriously early morning driving to Cattai National Park and pre-race preparation, we made the very cold start line. It was at this point that we started to second guess our decision when we looked around and only saw about 9 mixed teams, 16 men's teams and only 1 female's team,.. and worst of all, everyone looked fit, really fit! Thankfully everyone was as friendly as at previous races and the run to the first check point was very chatty (pfffeew). And if it wasn't for my insistence on being helpful to other teams, we could have had a massive advantage as we accidentally found a misplaced checkpoint, but then proceeded to tell everyone else where it was,.. **arggghh!!**. So after a short run and a kayak we jumped on the bike for a few kms. But it was with sheer fear that we encountered the next 'surprise' obstacle. We needed to get ourselves and our bikes across a 5 foot deep, 20 metre wide freezing creek with just a few bike tubes to float (ie not floating at all!) our bikes on. Having chosen to give up triathlons because we hated swimming, this task wasn't up our alley - Pirates shouldn't swim,.. where's my boat damn nabit !?

After grinning and baring the river crossing, we set out on the 10km bike navigation with a 5km run in the middle and felt really good. Then we had to cross another river,.. not happy. Thankfully this time we had to leave our bikes on one side and just had to pull ourselves across the freezing river on a truck tyre tube. Another 5km run navigation later and we were on the home run, well,... we were 5 hours in with about 2 hours to go anyway. Needless to say we were pretty hot and tired now, and when we encountered the truck tyred river again, we did it with a relieved smile on our faces (see picture). We were also doing quite well in the race and were aiming for a top 3 finish, something we had never got even close to in past races.



So we jumped back on the bike and peddled off in anticipation. But again, the freezing river got us. Swimming across the first freezing river again while pushing our bikes on bike tyres next to us again wasn't too exciting at all. At this point Tam wasn't feeling her spritely self, and in hindsight after 5+ hours of racing across hot plains and through numerous freezing rivers, she had a very good excuse for being tired, Tam was in fact pregnant, unbeknownst to us that is. Our 2 man team was in fact a 2.1 man team! But Tam being Tam never gave in and we finished the race in just over 7 hours in our best position yet, 6th mixed team and 15th overall, not a bad way to finish our adventure racing, for now anyway.

So if you like getting outside and spending a day in the bush with a few mental and physical challenges, you should seriously think about adventure racing. The best series for beginners is definitely the Kathmandu Series which are targeted at the beginner level. Being a Woody you're no doubt capable of doing the running component, and everyone can paddle a kayak/ canoe or row boat.





But the only thing I would seriously suggest is having a suitable mountain bike with at least front suspension that you have ridden on fire trails as well as single trails before the race day. The rest you can work out on the go. Personally, two tips for good racing is 1) trust yourself, ie. don't follow people unless you're lost and 2) keep your eyes up, people congregate around the checkpoints making them easier to find. The rest will come with practice. Oh and don't worry, I still don't know how to use a compass.

"For more information on adventure racing please visit: <http://www.sleepmonsters.com.au/>"

Upcoming events

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

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 <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@srchinmoyraces.org. Visit http://au.srchinmoyraces.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 <https://www.registernow.com.au/secure/>

Continuation ... Upcoming Events

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.

Sat-Sun 18-19 Sep KATHMANDU MAX24 AND MAX12 ADVENTURE RACE - SOUTH COAST

Have you got what it takes to compete in a MAX24 hour adventure race? Your team will need to work together to overcome the many natural obstacles (rivers, lakes, hills, mountains, cliffs and caves) that you find in your path. Choosing the best route to checkpoints is critical in reducing the amount of time needed to complete this non-stop course. The course will cover approximately 100-120km of terrain. With the fastest times coming in at approximately 12 hours and the slowest times will be closer to 24 hours. The race requires no support crews. If you have done a couple of sprint races, rogaines or half Ironmans and are looking for the next challenge, then this is the event for you! Never done a 24 hour adventure race before? No worries we can set you up in a team of four with an experienced instructor to race and learn as you go approach. Following the same course as the team event, the MAX 24 SOLO is for individuals with support crew. Are you up for the ultimate challenge? Not quite ready to tackle 24 hours, then how about the 12 hour option? This will be on a shortened version of the 24 hour course, teams only race during daylight hours, still with the same challenging aspects of the 24 hour event, taking between 6 to 12 hours to complete. contact: Gary Farebrother. email: todd@maxadventure.com.au. Visit the <http://www.maxadventure.com.au/Max24/default.htm> for more details.

Sun-Tue 19 Sep-19 Oct SPRING BEACH CLASSIC

9.00 am Start 8.45 Report 8k Run 1st Female & Male \$300. 2nd & 3rd place prizes Prizes for 1st Over 40 yrs and 1st Under 16yrs runners Entry \$30 for adults \$15 children (u16yrs) Pensioners Visit the <http://www.wandasurfclub.com/> for more details.

Sun 19 Sep BLACKMORES SYDNEY RUNNING FESTIVAL

The Blackmores Sydney Running Festival is an event that combines four events so that there is something for everyone to participate in. Events include; Blackmores Sydney Marathon, Blackmores Half Marathon, The Sunday Telegraph body+soul Bridge Run (9k) and The Sunday Telegraph Family Run (4k). The Blackmores Sydney Running Festival is considered one of the most spectacular courses in the world and both the marathon and half marathon have a new course in 2010 that will be much faster and more scenic. All participants go over the Sydney Harbour Bridge and finish on the Opera House forecourt. Entries will fill up so enter now! contact: Info line: +61 2 9282 0400. email: info@sydneyrunningfestival.org. Visit the <http://www.sydneyrunningfestival.com.au/> for more details. Click <http://www.coolrunning.com.au/calendar/Enter%20online> for an entryform.

Sun 19 Sep COORANBONG FUN RUN

The 9th annual Cooranbong Fun Run is on again this year. We have a 10km, 3km and a 1km just for fun. Medals for all finishers under 7 years of age in the 1km event. There is also a variety of activities to entertain all the family including kids rides, stalls, food, vintage car show, face painting, equestrian event, helicopter joy flights and much more. Enter on the day from 7am. Fun run starts at 9am. Entry Costs are as follows: 10km = \$12.00, 3km = \$5.00 and 1km = \$2.00. contact: Bill Ward. email: oward@avondaleschool.nsw.edu.au. Click http://www.coolrunning.com.au/calendar/public_html/2010/2010e054.pdf for an entryform.

Sat 25 Sep PORT MACQUARIE SPRINT ADVENTURE RACE

BlackHeart Events brings the first ever sprint distance Adventure Race to Port Macquarie. Teams of 2 (male, mixed or female) navigate a secret course by means of mountain bike, running, kayaking (kayaks provided), and of course a map and compass. Bring your compass, bring your sense of humour, bring your mate, kids or siblings, and have a great time exploring this awesome region just waiting to be explored. contact: Matt. email: matt@blackheartevents.com.au. Visit the <http://www.blackheartevents.com.au/> for more details.

Continuation ... Upcoming Events

Sat 25 Sep COASTAL CLASSIC

The Coastal Classic is a 29.1km running race along the classic Coast Track from Otford to Bundeena. With trails, beaches, sand and rainforest - this race has a little bit of everything with great views to top it off! The Coastal Classic promises to be a great run – but it will also support a great cause by raising funds for the Royal National Park to assist with signage and trail maintenance of the Coast Track. This year is the first running of what we hope will be an annual event. contact: Gary Farebrother - 0403 820 282. email: info@maxadventure.com.au. Visit the <http://www.maxadventure.com.au/coastalclassic> for more details.

Sat 25 Sep UMINA BEACH SAND SLOG

Four separate runs, a 2km non-competitive kids' run, a 2km, 5km, and 10km extending from one end of Umina Beach to the other (conditions permitting). The kids' run will start at 3.30pm, the 2km at 4.00pm and the 5 and 10km will be at 4.30pm. The runs will be started at Umina Surf club going south on the soft sand and then turning around at the headland and heading north onto the hard sand for the 2 km run to the point then turning to return to Umina Surf Club on the soft sand. There will be a turn point for the 2km just past the clubhouse. One lap of the beach is 5km and two laps for the 10km. You are permitted to enter more than one race. There will be medals for the first three places in each age group and also lucky door prizes. The 2km Kids run is for children under 12 only (11 years and under on the day). This is non-competitive and no places will be given. Parents are permitted to accompany their children in the kids' run. All participants in the kids run will receive a T Shirt. If the children want to be competitive they are to compete in the U14s in the other races. Due to tides this year we will be holding the event on Saturday afternoon. The event is run by Umina Surf Life saving Club to raise money for equipment for the upcoming season. contact: Greg Brown 0414963648. email: sandslog@hotmail.com. Visit the <http://www.uminaslsc.org.au/> for more details. Click <http://www.uminaslsc.org.au/> for an entryform.

Sat 25 Sep PORT MACQUARIE 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.

OCTOBER 2010

Sat 2 Oct SYDNEY STRIDERS 10KM SERIES

10km race on an officially certified course at Sydney Olympic 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.blackheartevents.com.au/> for more details.

Sun 3 Oct THE SRI CHINMOY GOOGONG CHALLENGE (ACT)

Multi-sport delight featuring Googong Reservoir and Foreshore Nature Reserve, 10 kms south of Queanbeyan, just 30 minutes drive from Canberra. A perfect preparation event for the Sri Chinmoy Triple-Triathlon. Short course is 3.3 km run/5 km paddle/14 km mountain bike/3.3 km run. Long course is 5 km run/10 km paddle/31 km mountain bike/5 km run. Start at Northern Foreshores Car Park, 10 am. Post-race picnic at London Bridge Woolshed grounds. Online entries now open, or enter on the day for a higher fee. contact: Prachar Stegemann. email: canberra@srichinmoyraces.org. Visit the <http://au.srichinmoyraces.org/events/canberramultiseries/googong> for more details. Click <http://au.eventdirector.net/Register.aspx?EventID=3816> for an entryform.

Sun 3 Oct 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.

Sat 9 Oct FITZROY FALLS FIRE TRAIL MARATHON + 10KM + 5KM TRAIL RUNS

42.2km Marathon, 10km run, 5 km run. Event Time: 8am Marathon, 9am other events. Location of race: Fitzroy Falls, Southern Highlands. Now in its 10th year, the Fitzroy Falls Marathon is a run along the fire trails in the beautiful Morton National Park in the Southern Highlands. It is a fund raiser for the bushfire brigades in the Fitzroy Falls area and members of the brigades man the aid stations. A feature of the event is the barbecue lunch that is part of the entry fee. contact: MAX POWDITCH. email: comfrig@bigpond.com. Visit the <http://www.fitzroyfallsmarathon.com/> for more details.

Continuation ... Upcoming Events

Sun 10 Oct 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 10 Oct ST GEORGE MELBOURNE MARATHON FESTIVAL (VIC)

Celebrating the 2500th year of the marathon, this year the St George Melbourne Marathon really is 'A Run For All Ages' with the Kids WB 2.5km run, ASICS 4km walk, ASICS 5.7 km run, Coffee Club 10km run, Flight Centre Half Marathon and St George Marathon distances. All races conclude with a lap of the MCG and the longer runs pass some of Melbourne's most iconic landmarks including Flinders St Station, The Botanic Gardens, Albert Park Lake and the beaches of Port Phillip Bay. Competitors can raise money and pledge their support for official charity partners; The Cerebral Palsy Education Centre and the JMB Foundation when registering. email: enquiries@melbournemarathon.com.au. Visit the <http://www.melbournemarathon.com.au/> for more details.

Sun 10 Oct MAITLAND SPRING COUNTRY FUN RUN

This event is growing each year as a great starter for the summer season. Staged as part of the 17th Maitland Triathlon at Morpeth in NSW, the event includes 4 and 8km runs that start in the middle of Morpeth and then head along the river and into farmland. A great day out in historic Morpeth in the Hunter Valley contact: Paul Humphreys. email: paul@hevents.com.au. Visit the <http://www.maitlandtriathlon.net/> for more details.

Pikes Peak – America's Ultimate Challenge

A mountain run with a hell of a punch!

By Brendan Davies

While some trail races are certainly longer (Leadville 100 miler, our own North Face 100km, to name a few) and some trail races incorporate higher altitudes and elevation gains (eg, Tour du Mont-Blanc), there remains one race that captures the attention of all trail runners across the world. Mention 'Pikes Peak' to a runner and it can only mean one of two things, the Ascent and the Marathon, held on a weekend in August starting in the town of Manitou Springs in Colorado every year.

Andrew Lee, Stuart Gibson and myself were fortunate enough to be selected this year for the Ascent, which was incorporating the World Long Distance Mountain Running Championship. Unfortunately, Stuart withdrew with a stress fracture, leaving Andrew and I to fly the Aussie flag. I considered myself quite fortunate to make the team and be in such elite international company; 6th place at 6 Foot Track in a depleted 2010 field was my ticket over, but I was determined to take my opportunity and give it everything I had!

To prepare for this event is almost impossible in Australia. Sure you can run trails, run hills until the cows come home and prepare mentally; but the one thing we cannot replicate in Australia is the altitude. To give you some idea; the race starts at approximately 1920m and finishes at 4302m (almost double Kosciuszko), a total elevation gain of 2382m (higher than Kosci!). However, we were both incredibly lucky to have found an altitude chamber at a gym that was nearby to both of us. Although the chamber could only replicate atmospheric conditions up to about 3200m, we both put in considerable hours inside training on a treadmill to prepare ourselves for the challenge that awaited.

Flying into and touching down at Colorado Springs airport, you are immediately met with the menacing, imposing sight of Pikes Peak monstrosity towering the surrounding mountains. Clouds surround the peak, and the grey colour of her faces expose the jagged cuts of rock which give the Mountain Range their famous name. This race is going to live up to its reputation!

Although the World Challenge was originally chosen to be the Marathon event (up and back, run on the Sunday), the organisers made a late decision to change it to the Ascent run (on the Saturday). Bluntly, Andrew and I would have preferred to run the Marathon event on the Sunday. We both felt we had more to offer on the downhill section of the run where the altitude is not such a problem and

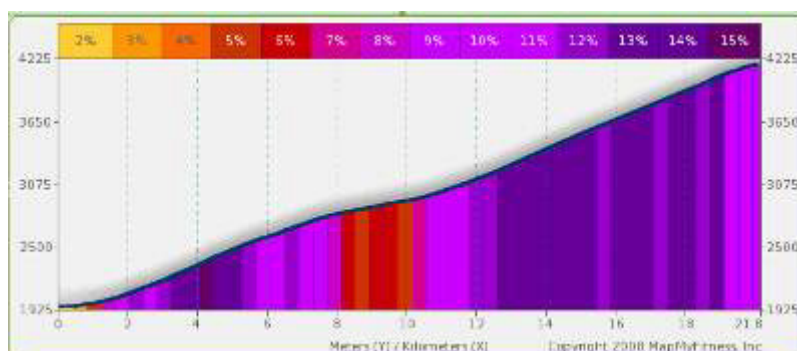
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doesn't give the local runners too much of an advantage. However, the organisers had their reasons and we would have to go with it!

Andrew and I were billeted with a local guy, Rick Lourenzi, who besides his quirky nature and far fetched beliefs, was a cool guy who ensured our preparation was perfect. He himself had run both the races many times, and he gave us a very detailed course description. Andrew and I also spent some time on the summit and ran the last 2 miles of the race up there together 4 days out. In brief, that little run left me with an elevated heart rate; I knew then that this was going to be my 'Ultimate Challenge'!

The course

When it comes right down to it races are about their courses and this course is one of the most challenging in the world. The 21.4 km course is essentially a single-track uphill trail, with a little bit of road thrown in at the start to spread the runners. The route follows the legendary 'Barr's Trail' which was handmade in 1914. It took Fred Barr 7 years to complete the trail to the summit. We were hoping to run it under 3 hours! It is a well-constructed trail, that for the most part eases at a reasonable (11% average!), but consistent, grade up the mountain.



The elevation chart – with an average grade of 11%, it's an unforgiving course indeed!

Following Barr Camp, the trail leads to a series of switchbacks culminating in a long traverse northwest to a sign, which reads ominously 'Bottomless Pit'. Fifteen short but steep switchbacks later, you reach the 'A Frame' which signals the start of the treeline and the huge east face of Pikes Peak rises up. The sheer size of the barren and rocky slope is intimidating, and the scarcity of oxygen at this level may prove to be the biggest obstacle. There is a good reason why no trees grow here!

From here, the 5km left is pure guts and hard work. A series of switchbacks called the 'Golden Stairs' require hands to scramble over rocks. Trying to maintain a constant momentum here is the most difficult. Finally the summit awaits and the view that inspired "America the Beautiful" is the reward.

My race

A steady, consistent effort all the way was my mantra for this race. I knew that there was no place where I would be able to stride out and use my pace and agility (my biggest assets on trails). The best way to achieve a good time was just to keep grinding away and dig deep when the going gets tough.

From the start, I settled into a good rhythm, running very much within myself on the gradual climb out of town towards the trail. I was happy to let most of the elite guys, including Andrew, run ahead. I slotted into a pack of runners and after the first aid section, settled into an easy, short-striding, quick cadence rhythm.

Gradually, the pack thinned out up the 'Ws', but I found that I was passing just as many as were passing me. The leading females cruised by effortlessly here and trying to go with them would have been suicide. The pace and rhythm remained more or less constant to the tree line. I was running smoothly; avoiding any unnecessary step-ups and going around objects to save energy. I was taking on board plenty of fluid and my legs felt OK, even though this kind of running for such an extended period of time was new to me – I always seemed to be on my toes and using my calves to drive me forward. It was frustrating not to have hardly any flat or downhill sections to stride out in, and the sections that did decrease in gradient were a welcome relief.



***Andrew (Left) and myself, all smiles pre-race.
Pikes Peak is just visible in the background.***

I used these to get away from those around me and I was happy with my time at Barr Camp (13km) of 1:25. The people in the know say that if you double your time here you have your finishing time. I would have taken 2:50 at the start of the race so I was happy with how I was going at this point.

Upon reaching the 'A Frame' and switchbacking out into the treeline, it was obvious to me that the hardest part of the race was to come. The effort increased; there were more rocks to step up onto, sharper switchbacks and a looser surface to confront. Made up of broken up granite, it was much like running on sand in sections. The toes dug deep and effort to push off was in vain as your footing slipped backwards up the steep inclines.

It was here that my heart rate was elevating and recoveries from efforts were taking much longer. The breathing had increased and at about the 4km to go mark I was forced to take my first walking break to settle the heart rate and recuperate. A strategy of 'run when I could, walk when I had to' was employed and this worked well. I reached the 3.2km to go mark (2 miles) and my watch said 2:23. I thought that surely a time under 3 hours was obtainable. It would have been a good time for my first attempt. At the 1.6km (one mile to go) mark, I heard the announcers loud speaker at the summit announcing that an 'Aussie' had made it. It was Andrew, and I was so happy to hear that he had run a great race (2:41). I was only a mile behind and surely would be at the top with 19 minutes to break 3 hours!



'Running' near the summit. It was only determination that got me home!

However, regardless of what I believed, Pikes Peak would be the one dictating terms. The altitude was heavily affecting my senses, and I was stumbling over boulders and my balance was unstable. I was walking most of these sections and only putting in sustained runs when the trail was clear of obstacles (which was very rare!) I knew my time was blowing out now, but I didn't care. My new aim was just to finish in one coherent piece!

I must have looked a sight when I shuffled over the finishing line in 3 hours and 5 minutes. My strong finish, which I always try to do in races, was nowhere to be seen. I was just a beaten up mess. Thankfully, a sit down and some fluids and food did the trick and without the heavy effort of running, I recovered soon after to soak up the atmosphere on the summit.

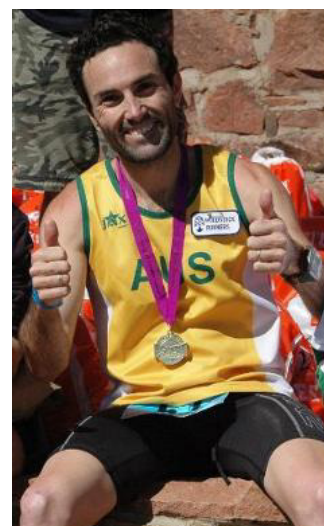
The race taught me a lot of things that I am very thankful for. It was a humbling experience in so many ways. It showed me what the discipline of Mountain Running is all about (in fact, it redefines what I call 'running' in general), what it takes to train for a run of this magnitude and that competition is such a relative thing. It taught me that having a good road marathon time means nothing in this sort of race and that specific

"The race taught me a lot of things that I am very thankful for. It was a humbling experience in so many ways. It showed me what the discipline of Mountain Running is all about ..."

preparation is the key to success in this sort of race. Overall, I was satisfied with a time of 3:05:35 and 85th overall (1800 starters). Andrew Lee, the other Aussie, ran superbly and finished in 2:41:10 for 26th place. He is to be congratulated for such a great run on a brutal course.

The post-race party and presentation ceremony was the feature of the whole event. Seeing Andrew receive and age category award was wonderful, and for me the highlight was mixing it with athletes from all over the world. Andrew and I also were staying in the same house as a Scottish and Mexican runner, and I was glad to talk about what I love doing most with guys and girls from all around the world.

Where I go from here, I am not sure about. Although it was a great honour, I feel that as far as my running goes, I probably have my 'thumb in too many pies'. I have to reassess and figure out what I am going to concentrate on...road, trail, mountain or ultra? But one thing is for sure, if I don't ever do any serious Mountain Running ever again, I am at least going away with a fond memory and an experience that will stay with me forever.



Enjoying the post-race atmosphere on the summit.

Pre-Race Recipe: Spaghetti with Chicken & Semi-dried tomato pesto

- Tomi Yamazaki

Preparation Time: 20 - 50 minutes

Cooking Time: 20 minutes

Ingredients (serves 4)

- * 2 single chicken breast fillets, excess fat trimmed
- * 1 red capsicum, quartered, deseeded
- * 80g fat-free semi-dried tomatoes
- * 20g shredded parmesan
- * 1 garlic clove, finely crushed
- * 60ml (1/4 cup) fresh lemon juice
- * 2 tsp olive oil
- * 400g dried thin spaghetti pasta
- * 80g reduced-fat feta
- * 1/3 cup chopped fresh continental parsley



Method

1. Bring a large frying pan of water to a gentle simmer over medium heat. Add the chicken and reduce heat to low. Cook for 10 minutes. Set aside for 30 minutes or until cooked through. Use a slotted spoon to transfer the chicken to a clean work surface. Coarsely shred.
2. Meanwhile, preheat grill on high. Place the capsicum, skin-side up, on a baking tray and cook under grill for 8-10 minutes or until charred and blistered. Transfer into a sealable plastic bag and set aside for 5 minutes (this helps lift the skin). Peel the skin from the capsicum.
3. Place the capsicum, semi-dried tomatoes, parmesan and garlic in the bowl of a food processor and process until coarsely chopped. With the motor running, gradually add the lemon juice and oil in a thin, steady stream until combined.
4. Cook the pasta in a saucepan of salted boiling water following packet directions or until al dente. Drain. Return to the pan.
5. Add the semi-dried tomato mixture and chicken to the pasta. Transfer to a serving platter and sprinkle over the feta and parsley. Season with pepper to serve.

Whose winning legs on podium?



Answer: Dot Siepmann

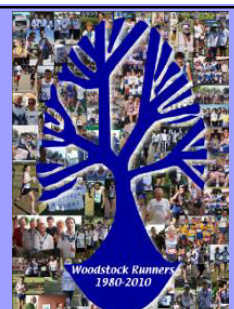
The Woodstock Legends



The James&Christine Moran; Steve&Robyn Briscoe; Elle&Chris Siepen

Erratum on the Yearbook:

- Names of Derek White member since 04/01/83 and Chris Siepen member since 30/06/82 has been unintentionally omitted in long term members
 - Kevin Lucas membership should say member for 21 years not 12 years.
 - Bronwyn Hager misspelled as Bronwyn Hagar
- Apologies to the affected and for the inconvenience caused. This is corrected in the 2nd run of the book.



Race Results

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

CITY TO SURF

8/8/10

14 KM (Chip Times)

Bridget Akers:	78.44
Helena Amaro:	82.43
Martin Amy:	50.35
Joe Ayoub:	133.55
Therese Ayoub:	133.55
Rebecca Bangura:	77.20
Kerry Bray:	85.29
Peta Bray:	81.50
Sandra Bogun:	86.31
Tony Burbidge:	93.13
Kim Cayzer:	78.49
Rick Collins:	71.46
Michael Cantley:	52.01
Max Crossley:	78.16
Emmanuel Chandran:	69.11
John Dawlings:	58.03
Nick Dyer:	82.24
Brendan Davies:	49.47
Emanuel Finos:	67.45
Jonathan Fowler:	98.12
Manal Garcia:	62.51
Bronwyn Hager:	61.29
Alex Hill:	60.19
Tristan Iseli:	70.49
Phil Lobsey:	63.05
Kevin Lucas:	2.10.04
Maree Lucas:	86.57
Max McGown:	2.59.50
Scott Murray:	1.57.09
Jeff Morunga:	85.58
Martina Lyons:	1.42.21
Asher McGuckin:	76.33
Barney McCarthy:	56.39
Peter O'Sullivan:	58.29
Brian Ogilwy:	69.30
Emma Pryor:	77.21
Charissa Patacsil:	71.43
Roy Rankin:	85.48
Deirdre Stewart:	74.42
Lorraine Spanton:	71.43
Michelle Smith:	1.33.34
Jon Patrick:	78.55
Dot Siepmann:	81.21
Anthony Robinson:	56.39
Kazuaki Takahashi:	53.21
Lawrence Ullio:	78.14
Paul Whiteway:	69.57
Teresa Wood:	77.45
Terry Vohradsky:	73.19

WORLD MOUNTAIN RUNNING CHAMPIONSHIPS

(Up Pikes Peak in Colorado)

HALF MARATHON, 21/8/2010

Brendan Davies: 3.05.35 (18th Age 30-34 out of 163)

HIDDEN HALF MARATHON /BANKSTOWN

22/8/2010

Martin Amy	118.27 (PB & 3rd 18-29)
Kerry Bray	2.09.26 (3rd F60)
John Dawlings	1.30.51
Ellen Glennan*	1.37.46 (PB)
Anthony Robinson	1.28.29 (PB)

5 KM

Peta Bray	26.46
Eddie McLean	45.04 (2nd 70+)
Dot Siepmann	28.35 (1st F60)

PUB 2 PUB RUN

22/8/2010, 12 KM

Charissa Patacsil	58.29
Terry Vohradsky	58.30

MT WILSON 2 BILPIN BUSH RUN

21/8/2010

35 KM

De-Anne Attard	4.05.14
Emanuel Chandran	3.39.21
Phil Lobsey	3.17.56
Jeff Morunga	5.00.51

MUDGE MARATHON W/END

21/8/2010

10 KM

David Blackwell*	55.45
Luana Ferrara	60.58
Lorraine Spanton	50.19 (1st W50)

HALF MARATHON

Brian Ogilwy	1.44.53
Jon Patrick	1.54.18

SUTHERLAND HALF MARATHON / AUDLEY

14/8/10

Brendan Davies	76.29 (2nd O/All)
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STEP INTO LIFE, Hills District

8 Km, 29/8/2010

John Dawlings	33:41	5th O/All
Terry Vohradsky	37:56	8th O/All
Chaia Patacsil	39:25	2nd F

SYDNEY STRIDERS SERIES / NORTH HEAD

4/9/10, 10 KM

Brendan Davies	35.04
Manal Garcia*	44.00
Jeff Morunga*	59.26
Brian Ogilwy*	49.15
Dot Siepmann	67.55

*Not in Woodstock uniform or not member

"No one ever drowned in sweat." "Gold medals aren't really made of gold. They're made of sweat, determination, and a hard-to-find alloy called guts." -Dan Gable

Woodstock Official Entry Teams Runners and Walkers

Rules: Top three clock times from each category are added up to make a combined time.

Woodstock Mixed
1st out of 641 Teams.
TOTAL TIME: 2:42:20

Woodstock Women - Masters
2nd out of 10 Teams.
TOTAL TIME: 4:34:11

Woodstock Women Veterans
2nd out of 8 Teams.
TOTAL TIME: 4:32:34

Woodstock Men-Masters
3rd out of 5 Teams.
TOTAL TIME: 3:02:19

Woodstock Men
10th out of 82 teams
TOTAL TIME: 3:07:24

Woodstock Women
10th out of 133 teams
TOTAL TIME: 4:03:01

City 2 Surf 2010 – Internal Teams

Team 1	Est. Time	Chip	Diff	Team 3	Est. Time	Chip	Diff
Brendan Davies	0:48:00	0:49:47	0:01:47	Kazu Takahashi	0:52:30	0:53:21	0:00:51
Dot Siepmann	1:21:30	1:21:21	0:00:09	Kim Cayzer	1:20:00	1:18:49	0:01:11
Max McGown *	3:00:00	2:59:50	0:00:10	Therese Ayoub	1:33:00	1:33:55	0:00:55
Total	5:08:00		0:02:06	Total	3:42:00		0:02:57
Average: 0:00:42	Place: 1st			Average: 0:00:59	Place 2nd		
Team 12	Est. Time	Chip	Diff	Team 4	Est. Time	Chip	Diff
Phil Lobsey	1:03:00	1:03:05	0:00:05	Michael Cantley	0:54:00	0:52:01	0:01:59
Deirdre Stewart	1:14:00	1:14:42	0:00:42	Rebecca Bangura	1:19:00	1:17:20	0:01:40
Nick Dyer	1:25:00	1:22:24	0:02:36	Joe Ayoub	1:33:00	1:33:55	0:00:55
Total	3:39:00		0:03:23	Total	3:43:00		0:04:34
Average: 0:01:08	Place: 3rd			Average: 0:01:31	Place: 4th		
Team 6	Est. Time	Chip	Diff	Team 13	Est. Time	Chip	Diff
Anthony Robinson	0:56:00	0:56:39	0:00:39	Tony Purss	1:06:00	DNS	
Asher McGuckin	1:18:00	1:16:33	0:01:27	Terry Vohradsky	1:14:00	1:13:19	0:00:41
Michelle Smith	1:31:00	1:33:34	0:02:34	Peta Bray	1:25:00	1:21:50	0:03:10
Total	3:44:00		0:04:40	Total	3:45:00		0:03:51
Average: 0:01:33	Place: 5th			Average: 0:01:56	Place: 6th		
Team 15	Est. Time	Chip	Diff	Team 5	Est. Time	Chip	Diff
Paul Whiteway	1:09:00	1:09:57	0:01:57	Barney McCarthy	0:56:00	0:56:39	0:00:39
Rick Collins	1:09:30	1:11:46	0:02:16	Lawrence Ullio	1:18:30	1:18:14	0:00:16
Roy Rankin	1:24:00	1:25:48	0:01:48	Sandra Bogun	1:32:09	1:26:31	0:05:38
Total:	3:42:30		0:06:01	Total:	3:46:39		0:06:33
Average: 0:02:00	Place: 7th			Average: 0:02:11	Place: 8th		
Team 7	Est. Time	Chip	Diff	Team 15	Est. Time	Chip	Diff
John Dawlings	0:57:00	0:58:03	0:01:03	Emmanuel Chandran	1:08:00	1:09:11	0:01:11
Emma Pryor	1:18:00	1:17:21	0:00:39	Charissa Patacsil	1:12:00	1:11:43	0:00:17
Kerry Bray	1:31:00	1:25:29	0:05:31	Teresa Wood	1:25:00	1:17:45	0:07:15
Total	3:42:00		0:07:13	Total	3:45:00		0:08:43
Average: 0:02:24	Place: 9th			Average: 0:02:54	Place: 10th		
Team 11	Est. Time	Chip	Diff	Team 9	Est. Time	Chip	Diff
Manal Garcia	1:02:47	1:02:51	0:00:04	Bronwyn Hager	1:00:00	1:01:29	0:01:29
Tristan Iseli	1:14:30	1:10:49	0:03:41	Brian Ogilwy	1:15:00	1:09:30	0:05:30
Tony Burbidge	1:27:00	1:33:13	0:06:13	Maree Lucas	1:30:00	1:26:57	0:03:03
Total	3:41:47		0:09:58	Total	3:45:00		0:10:02
Average: 0:03:19	Place: 11th			Average: 0:03:21	Place: 12th		
Team 10	Est. Time	Chip	Diff	Team 2	Est. Time	Chip	Diff
Alex Hill	1:00:30	1:00:19	0:00:11	Martinn Amy	0:49:59	0:50:35	0:00:36
Max Crossley	1:14:50	1:18:16	0:03:26	Jon Patrick	1:20:00	1:18:55	0:01:05
Helena Amaro	1:30:00	1:22:43	0:07:17	Kevin Lucas	2:20:00	2:10:04	0:09:56
Total:	3:45:20		0:10:54	Total	4:29:59		0:11:37
Average: 0:03:38	Place: 13th			Average: 0:03:52	Place: 14th		

City 2 Surf 2010 – Internal Teams (continuation)

Team 8	Est. Time	Chip	Diff	Top estimator! Manal Garcia 0:00:04
Peter O'Sullivan	0:58:00	0:58:29	0:00:29	Way off Award! Martina Lyons 0:11:21
Bridget Akers	1:18:00	1:18:44	0:00:44	
Martina Lyons	1:31:00	1:42:21	0:11:21	Average Chip time of males 1:15:22
Total	3:47:00		0:12:34	Average Chip time of females 1:20:38
Average: 0:04:11	Place: 15th			Average Chip time of all members 1:18:00

Woodstock Runners Handicap Event, 28/8/2010 Held around the 7km Bay Run course

Name	Estimated Time	Start Time	Finish Time	Actual Time	Finish Place	Points
Iseli, Tristan	34:20	7:41:00	8:14:00	33:00	1	23
Phillips, John	47:00	7:28:00	8:14:01	46:01	2	22
Davies, Brendan	24:50	7:50:10	8:14:02	23:52	3	21
Lobsey, Phil	31:00	7:44:00	8:14:08	30:08	4	20
Purss, Tony	34:30	7:40:30	8:14:12	33:42	5	19
Lyons, Martina	45:00	7:30:00	8:14:17	44:17	6	18
Patacsil, Chaia	35:00	7:40:00	8:14:24	34:24	7	17
Muir, Greg	29:50	7:45:10	8:14:55	29:45	8	16
Amy, Martin	24:50	7:50:10	8:15:09	24:59	9	15
Haynes, Angela		7:31:45	8:15:11	43:26	10	14
McGown, Max	36:00	7:39:00	8:15:23	36:23	11	13
Rankin, Roy	1:00:00	7:15:00	8:15:31	1:00:31	12	12
Yamazaki, Tomomi	38:15	7:36:45	8:15:48	39:03	13	11
Akers, Bridget	37:30	7:37:35	8:18:15	40:40	14	10
Robinson, Anthony	30:00	7:49:30	8:18:49	29:19	15	9
Pryor, Emma	37:30	7:37:35	8:21:01	43:26	16	8
Cole, Barry	49:00	7:26:00	8:12:48	46:48	DQ	7
Iseli, Tami	49:00	7:26:00	8:12:48	46:48	DQ	7
Crossley, Max	37:30	7:37:35	8:13:22	35:47	DQ	7
Siepmann, Dot	44:00	7:31:00	8:13:31	42:31	DQ	7
Takahashi, Kazuaki	29:00	7:46:00	8:13:31	27:31	DQ	7
Laws, Steven ##	32:00	7:43:00	8:13:33	30:33	DQ	7
Whiteway, Paul	36:10	7:40:30	8:13:56	33:26	DQ	7

In this Handicap event, Tristan Iseli, John Phillips & Brendan Davies took the first three places.

There were 5 Handicap PB's set:

Martina Lyons	44:17	2:52 Handicap PB
Brendan Davies	23:52	0:57 Handicap PB
Tristan Iseli	33:00	0:49 Handicap PB
Martin Amy	24:59	0:06 Handicap PB
Phil Lobsey	30:08	0:05 Handicap PB

The fastest male was Brendan Davies (23:52)

The fastest female was Chaia Patacsil (34:24)



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>

After training run@Brett park



L-R: Julian&Tony Burbridge, ElMarie O'Regan, Kazu Takahashi, Larissa Tichon, (foreground) Paul Nash, Julian, Kazu, Barry Cole, Tristan Iseli, Stephen Laws, Max Crossley, (hidden behind) Max McGown, Tami Iseli

We Love to Party: Woodstock Runners and Walkers 30th Birthday



Clockwise: John@StepIntoLife; W
bodies@C2S; Phil, Marty,
Michael, Bren; Brian@Mudgee; P
hil@Greece; Bren@PikesPeak;
Chaia&Terry@pub2Pub; Terry@
StepintoLife; Tris, Bren, Barney
@C2S; Dave@Mudgee; Lorraine,
Dave, Deirdre, Luana,
Brian, & Lindsey@Mudgee;
Luana@mudgee

- Caffeine is most efficient in muscle recovery within the hour after a workout is done
- Bananas and carrots are high in potassium which prevents you in having a stitch
- Berries protect muscles from radical damage caused by workouts
- Chocolate milk helps in replenishing and replacing damaged muscles after a workout
- Baked potato is a good source of carbohydrate and electrolyte
- Cinnamon lowers blood sugar levels
- Cumin strengthens immunity
- Paprika gives Vitamin C
- Oregano and Rosemary - source of anti-oxidants
- Miso Paste, poultry thighs - high in Vitamin B