The WOODSTOCK RUNDOWN

September 2011

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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
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WOODSTOCK RUNNERS
Founded in 1980

The Rundown On Members

It's been a busy month since our last Rundown with much happening on the Woodstock front. We celebrated our 31st birthday at Noi Dae Restaurant at Mortlake and thank Deirdre, Lesley and Maree for organising the evening. A good roll-up of members enjoyed the excellent venue and appreciated the efforts of the staff.
Thanks to Colin, Graeme, Deirdre and Kevin for the recent Woodstock Handicap; congrats to the placegetters and also to those disqualified for being too quick. Martin and his loyal helpers saw the last 5k Time Trial go off smoothly. Next such event will be held in the light at the end of October.

Members have been involved in many races of late with some exceptional performances. With lots more events on the calendar, we are hoping for additional PBs, placings etc in the near future. Members travelled to Mudgee and thoroughly recommended the events for a trip next year.

We wish Brendan every success as he flies out to Wales for the Commonwealth Ultra 55k Championships, where he will captain the Australian team. We hear the training around his new home in the Blue Mountains is progressing well and will assist in his future endeavours. Though seeing less of Brendan these days, he still remains an inspiration to all.

Lawrence and his wife headed off to Europe for a couple of months travelling and will stop off in New York for 12 days on their way home. This will coincide with my time in The Big Apple and I shall be thrilled to have them supporting me in the Marathon.

We send our best wishes for a speedy recovery to those members who have been suffering from injuries/illnesses, Dot, Ray, Stretch and Maree who had a fall last night.

Good luck to all taking part in the weekend's Sydney Running Festival.

Happy running/walking,
Kerry

Dear Woodies, Please welcome our new members! Lisa Penson

Overheard while running

Heard on the starting line of the Half Marathon at Lake Gillawarna. One male runner to another
"Did you have breakfast this morning?"
"Yes"
"What did you have?"
"Toast and Voltarin". This reply was given quite seriously.

I thought it was hilarious.

- contributed by Kerry Bray

September Birthday Celebrants
Colin Townsend 8th, ,Phil Lobsey 9th, ,John Murray 10th, ,Thien Vuong 10th,
Susan Murray 11th, Dot Siepmann 12th, ,Martin Amy 13th, Kevin Lucas 14th
Maree Lucas 20,th, ,Nick Marshall 27th

Letter from the editor

Hello Woodstockers!
Thank you for all those who complimented and sent feedbacks on last month's Rundown. It's you who inspire me and keep me doing our club newsletter!
And yey it is getting warm... Maybe neigh for some! Day Light Savings is around the corner! It's going to be warm and humid soon again. So nice to go out and run in your singlet and shorts, again or maybe commando for the males. Admire the flowers blooming and birds swooping-not, and not looking forward to the fly swatting too!
Also, I am back running after a short and mild injury after City2Surf. And the year is ending but no, I will not surprise you with another secret Marathon training and race like last year, not a marathon this year for me. However, El Prez and few of us are planning to do a trip to Honolulu next year 2012! Maybe a half or a full, but really, we are looking forward to have a holiday in Hawaii. A little birdy told us, that a Woodstocker will be moving soon to Hawaii too!
Its been an honor to meet Ex-Woodstock Lance Robertson the second fastest record holder on the Bay run and his wife, also an ex-Woodstock Nita through John Dawlings during their visit to Sydney last August.
Oh and guess what i've rewarded myself for being back from injury? A new pair of running shoes!
Lightest adidas has ever made weighing at: 6.2 oz.! If you are following my blog,
http://witchkitty.wordpress.com/, I will let you know what I think and feel about it after few more runs.
Oh, and I've been starting to run from home to work at least once a week now! Keep injury free & enjoy Your training!

- Editor

Crust Gourmet Pizzas sponsors Kerry for NY Marathon!!

I am delighted to make it known to members that Crust Gourmet Pizza Bar at Cronulla is sponsoring me for the New York Marathon. They have been most generous and I greatly appreciate their generosity.

While most members will not make it to Cronulla for their pizzas, I thoroughly recommend Crust Pizzas as a cut above the average pizza and well worth checking out. There will be a Crust Pizza near you. Order online at www.crust.com.au

Woodstock Runners has been mentioned on their Facebook page.

Kerry

NEEDING NEW WOODSTOCK GEAR??

Everything is now available:
*** Singlets (M or F): $45**
*** Short sleeve runshirts (Unisex): $50**
*** Long sleeve runshirts (Unisex): $60**
*** Bra Tops (8 & 10) but others can be ordered: $66**
*** Cotton T-shirts (Unisex): $10**
*** Caps: $20**
*** Old Style T-shirts (1 lge & 4 X/L only left): $5**
*** Womens Hot Designs shorts (unlined, 1 size 10 only): $40. No more of these will be ordered.**

Shorts can be quite individual so choose whatever is comfortable in royal (Woodstock) blue or as near to that as possible.

All our Hot Design (Drifit) items are in stock as well as the basic cotton T-shirts so no need to run incognito.

For our new members, the membership fee of $40 entitles you to the basic club cotton T-shirt or if you choose to pay $60 that entitles you to either our Hot Designs (Drifit) singlet or short sleeve runshirt.

Any queries, feel free to contact me:

Dot Siepmann
Club Uniforms Officer
Email: dottiedisco@y7mail.com
Phone: 02 9637-9536
Payment can be made by cash, cheque or online via RegisterNow:
https://www.registernow.com.au/secure/register.aspx?ID=503

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Woodstock Tipping

My tips | My overall rank | Latest results | My tip stats

Finals Week 2

Rank	Tipster	Place change	Points
1	Trialex	No change	136
2	Brendan Davies	No change	131
3	Go Jana Love Tamsyn	1 places	130
3	paulwhiteway	-1 places	130
5	3553	No change	123
6	Mickcan	No change	114
7	Chutney1980	No change	105

Woodstock InPress

Runners take on best in Commonwealth

By Damien Madigan

Two Blue Mountains athletes will represent Australia in the Commonwealth Ultra-Trail Running Championships in Wales later this month.

Brendan Davies and Mick Donges will test their skills against other top international athletes on a 55km course on the Isle of Anglesey on September 25.

Both athletes are well-prepared for the event despite facing terrain very different from what they are used to in the Blue Mountains. They have been running up to 160km a week in the lead-up to the championships, with Woodford resident Davies coming fifth in the Coastal Classic at Bundeena on Saturday as part of his preparation.

The friends will tackle the international event on the back of a season of strong performances that has seen them trade places in local races. Davies took early honours by coming second in the Six Foot Track Marathon while Donges gained the upper hand recently by winning the Woodford to Glenbrook Classic.

"We take turns almost," said 34-year-old Davies. "Through that we push each other to new levels because we're always trying to outdo each other. It's good to have that healthy competition."

Joined in Wales by Sydney runner Jonathan Worswick, the trio aim to be medal contenders in the teams event although predicting individual results is a tougher task.

Beyond this, they hope their representative honours will help raise awareness about the rapidly growing sport of trail running.

"The Blue Mountains is seen as one of the best places in Australia for trail running," said 28-year-old Donges.

"There's a lot of really well-known races up here and there's a lot of people who come here from all over the world to race."

Davies said the sport can't be beaten for providing a physical and mental workout.

"You can get into a state of meditation almost being in the bush, having no-one around, no traffic to worry about. It's just you and nature — there's no better feeling in the world" he said.

Both men are members of local trail running club, Running Wild, which is open to people of all ages and fitness levels.

For more details visit www.runningwildnsw.com.

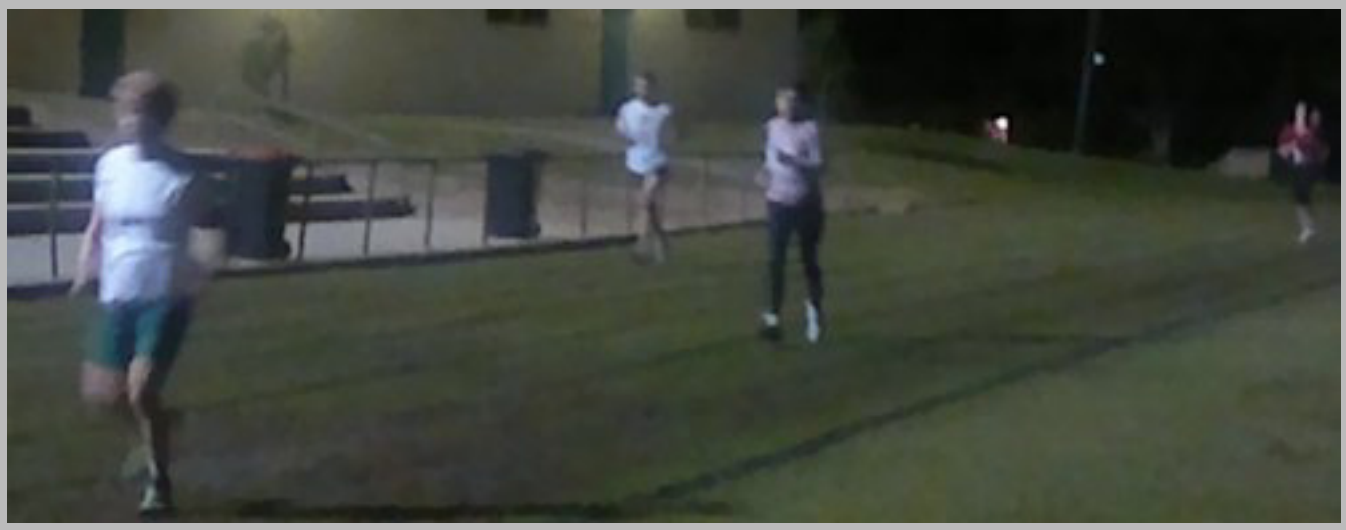
I TELL OUR RUNNERS TO DIVIDE THE RACE INTO THIRDS. RUN THE FIRST PART WITH YOUR HEAD, THE MIDDLE PART WITH YOUR PERSONALITY, AND THE LAST PART WITH YOUR HEART. - MIKE FANELLI

THURSDAY NIGHT TRACK (TNT)

Training by Level 2 Athletics Coaches - Brendan Davies and Martin Amy is looking forward to seeing you all down at Campbell Athletic Field**, on Thursday's Interval trainings.**

The venue is part of Canterbury Park, Princess St Ashbury. Car park access is of Andrews Ave. Session starts at 6:30pm and are finished by 7:30pm. Why not come down and check us out! You won't be disappointed. For more information, contact **Brendan on 0422 233463 or email at bjdavies2000@yahoo.com.. * last TNT of each month, drinks and/or dinner at Summer Hill Hotel after each session**

No charge for Woodstock members. All visitors most welcome. Cold drinks provided. Toilets available.



Time trial results 25/08/2011 Woodstock - 5km Time Trial Event 3

Name	Actual Time	Estimated Tome	Age Adjusted Time	Points
Davies Brendan	0:17:44	0:17:30	0:17:27	25
Bray Kerry	0:26:18	0:25:59	0:17:45	25
Siepmann Dot	0:31:37	0:31:00	0:21:20	24
Lobsey Phil	0:21:10	0:20:20	0:20:09	24
Lucas Maree	0:29:51	0:30:00	0:22:27	23
Robinson Anthony	0:20:26	0:19:59	0:20:12	23
Ayoub Joseph	0:25:06	0:25:30	0:20:43	22
Waladan Sarah	0:23:59	0:00:00	0:23:52	22
Day Fiona	0:25:15	0:24:45	0:23:52	21
Whiteway Paul	0:24:34	0:24:30	0:20:58	21
Callanan Bridget	0:24:16	0:24:00	0:24:16	20
Vuong Thien	0:21:13	0:19:31	0:21:13	20
Briant Stephen	0:24:38	0:24:00	0:24:21	19
Wood Teresa	0:26:16	0:28:00	0:25:14	19
Bogun Sandra	0:28:02	0:28:00	0:25:24	18
Bangura Rebecca	0:26:00	0:24:30	0:26:00	18
Doughty Patricia	0:28:08	0:26:30	0:26:05	16
Muir Greg	0:00:00	0:00:00	Volly	16
Lucas Kevin	0:00:00	0:00:00	Volly	16
Amy Martin	0:00:00	0:00:00	Volly	16
Ovenden John	0:00:00	0:00:00	Volly	16
Doig Anita	0:00:00	0:00:00	Volly	16
Chaia Patacsil	0:00:00	0:00:00	Volly	16

Closest to Estimated Time (Spot On) : Sandra Bogun 0:02
Age adjusted rank (1st, 2nd, 3rd): Brendan Davies, Kerry Bray, Phil Lobsey
Male adjusted (1st, 2nd, 3rd): Brendan Davies, Phil Lobsey, Anthony Robinson
Female adjusted (1st, 2nd, 3rd): Kerry Bray, Dot Siepmann, Maree Lucas
Overall (1st, 2nd, 3rd): Brendan Davies, Anthony Robinson, Phil Lobsey
Female (1st, 2nd, 3rd): Sarah Waladan, Bridget Callanan, Fiona Day
Rankings can be found on the website

5KM Time Trial to date Point Score

		24/02/11	28/04/11	14/07/11	25/08/2011	
position	**Name**	**TT1 Pts**	**TT2 Pts**	**TT3 Pts**	**TT4 Pts**	**Total**
1	Bray, Kerry	25	25	25	25	75
2	Davies, Brendan	24	25	23	25	72
3	Vuong, Thien	23	22	22	20	87
4	Lobsey, Phil	21	21	19	24	85
5	Cantley, Michael	22	23	24	0	69

5KM Time Trial to date Point Score (continuation)

		24/02/11	28/04/11	14/07/11	28/08/11	
position	**Name**	**TT1 Pts**	**TT2 Pts**	**TT3 Pts**	**TT3 Pts**	**Total**
5	Day, Fiona	0	22	22	21	65
7	Siepmann, Dot	14	0	24	24	62
8	Mccarthy, Barney	20	20	21	0	61
9	Bogun, ,Sandra	20	0	21	18	59
10	Ayoub, Joseph	19	17	0	22	58
11	Robinson, Anthony	0	19	15	23	57
12	Amy, Marthin	12	13	15	16	56
13	Whiteway, Paul	0	16	15	21	52
14	McIntyre, Fiona	16	18	16	0	50
14	Takahashi, ,Kazuaki	25	0	25	0	50
16	Haynes, Angela	15	19	15	0	49
17	Rutherford, Debbie	13	17	15	0	45
18	Callanan, Bridget #	21	0	0	21	42
19	Muir, Greg	0	24	0	16	40
20	Patacsil, Charissa	23	0	0	16	39
21	Doughty, Patricia	0	0	19	16	35
21	Bangura, Rebeca	18	0	0	17	35
21	Lucas, Maree	12	0	0	23	35
24	Wood, Teresa	0	0	15	19	34
25	White, Derek	16	0	16	0	32
26	Lucas, Kevin	12	0	0	16	28
27	Mansfield, Alan	12	13	0	0	25
27	Davies, Nadine #	12	13	0	0	25
29	Hager, Bronwyn	24	0	0	0	24
29	Stanley, Karen #	0	24	0	0	24
30	Murray	0	23	0	0	23
30	Stewart, Dierdre	0	0	23	0	23
31	Yamazaki, Tomomi	22	0	0	0	22
32	Colenbrander, Emma	0	21	0	0	21
33	McIntyre, Jess #	0	20	0	0	20
33	Townsend, Colin	0	0	20	0	20
33	Bray, Peta	0	0	20	0	20
36	Amaro, Helena	19	0	0	0	19
37	Tutt, Graeme	18	0	0	0	18
37	Hong, Keith #	0	0	18	0	18
37	Stewart, Lauren	0	0	18	0	18
37	Hill, Alex	0	0	18	0	18
41	Vohradsky, Terry	17	0	0	0	17
41	Akers, Bridget	17	0	0	0	17
41	Briant, Steven	0	0	17	0	17
44	Doig, Anita	0	0	0	16	16
45	Haynes, Jackson #	15	0	0	0	15

5KM Time Trial to date Point Score (continuation)

		24/02/11	28/04/11	14/07/11	25/08/2011	
position	Name	TT1 Pts	TT2 Pts	TT3 Pts	TT4 Pts	Total
48	Kistle Dave #	0	15	0	0	15
50	Bortolussi Daniel	0	14	0	0	14
51	Pint Shaun #	0	13	0	0	13
51	Lyons, Martina	0	13	0	0	13
53	Crossley, Max	12	0	0	0	12
53	Essex, Belinda	12	0	0	0	12

A minute with a Member

Name: Rebecca Bangura (aka Bangers)
What is your occupation? Project Manager, Commercial Fitouts
Running age group? 25-29
Do you have family? My parents who live in the Middle East and my brother Andrew & soon-to-be sister in law Mia.
How long have you been a Woody? Since Feb 2010
Do you run on Tuesday night/TNT/Saturday morning? TNT and I've just started Saturdays as well.
Why do you enjoy running? TNT and I've just started Saturdays as well.
What is your favourite running distance/course/event and why? At the moment it's the Orange Half Marathon – it was so pretty!
What has been your running highlight?M7 Marathon last year. I was so excited to finish – all the training paid off!
Any lowlights (injury etc)?)? I'm pretty lucky injury wise – just a few niggling things that tend to sort themselves out (fingers crossed!)
What was the last race you went in and how did you go? City 2 Surf. I managed the same time as last year, so I wasn't displeased but I'm never exactly satisfied with my times.... there is always room for improvement!
Anything funny/unusual ever happened to you while you have been out running? Nothing that comes to mind...
What other sports/hobbies are you involved in? I like cycling and am hoping to improve my swimming and do the odd triathlon going forward. I also like cooking and travelling whenever I can.
Favourite food/beverage? A good risotto and cider and weak points for me but as a coeliac I'll eat anything so long as it's gluten free
Where would your ideal holiday be? I'm hankering for a trip back to South East Asia at the moment!
Favorite running shoe/Gadget? My Garmin.

Thanks for sharing Bangers! Good luck on your run on Sunday!!!

Relish the bad training runs. Without them it's difficult to recognize, much less appreciate, ,the good ones. – Pat Teske

A minute with a Member

Name: Fiona Day

What is your occupation? Accounting Services/Office Manager

Running age group? 40-45

Do you have family? Yes I am married to Peter and have two children Rebecca 18 in October and Jackson 15 in December.

How long have you been a Woody? Well, originally I joined in 1990 I had just turned 21. My husband and I joined at the same time and we ran on Tuesdays and Saturdays and I was a member until Rebecca was about two 2. I used to run with her in a jogger pram and the guys would help me push her up the hills. I rejoined this year in February. It is great being back and to still see so many familiar faces.

Do you run on Tuesday night/TNT/Saturday morning? I first started this year at TNT (I live around the corner – no excuses) and now I am also running on most Saturday's.

Why do you enjoy running? You can run anywhere anytime. You always feel like you have had a good work out and it is time effective. It can be social or competitive.

What is your favourite running distance/course/event and why? I enjoy the 5 – 7km distances. I am slowly trying to build up my speed and distance but making sure I stay injury free. The Canterbury - Australia Day Fun Run is a small community run – short and sweet, not big in numbers, this has become a regular event I do with my son. I have done a few ½ marathons in my early 20's and did enjoy that distance as well, especially the Gold Coast ½.

What has been your running highlight? Just running freely again - It was actually my friend Gaye who motivated me to try running again. I didn't think I could run more than 2km when she suggested trying aquathons, we joined Concord Tri-club a couple of years ago and we haven't looked back.

Any lowlights (injury etc)? Losing running fitness after having Jackson. It always felt like a hard slog after that, I didn't think I could enjoy it again, as it is hard work to build up. Keeping motivated and focussed long term can get difficult at times when you have been training 20+ years.

What was the last race you went in and how did you go? The race I did was the Bay Run in August. I really enjoyed it. I was happy with how I went.

Anything funny/unusual ever happened to you while you have been out running? Nothing recently but awhile back - Steve Moneghetti high fived me during a corporate challenge – I think he was impressed with me running pushing Rebecca in the jogger pram (early 90's before jogger prams were popular).

What other sports/hobbies are you involved in? I love being active and adapt my training/activities around my family life. I played hockey for 10 years with Canterbury Women's grass and turf. I bike ride regularly and I am also a member of Concord Tri-club doing aquathons in the summer.

Favourite food/beverage? I love cheese and seafood and wine, so I need to exercise.

If you get the chance to have super powers, what would it be?? To be able to fly and be invisible – Oh the fun games I could play.

Where would your ideal holiday be? Anywhere warm and by the beach is my favourite. I would also love to go to Paris and New York.

Favourite running shoe/Gadget? Why? My last 3 runners have been Brookes, they are really comfortable and they seem to suit my running style. No gadgets at the moment except my speedo on my bike and toggles for my runners, but I am thinking of getting a Garmin fairly soon.

Interesting things we may not know about you? I love to draw and when I was younger my part time job (for a little while) was as an aerobics instructor.

Thank you Fiona for sharing! Glad you are back and rejoined Woodstock!

ASK THE EXPERTS: THE SPECIALISTS

Successful rehabilitation of a runner

Trunk and hip musculature play a significant role in maintaining optimal lower extremity biomechanics. Failure of the trunk and/or hip musculature to stabilise proximal segments while running may affect optimal lower extremity biomechanics during the stance phase (from heel contact to toe off) contributing to a low back or lower extremity injury.

Recent reports suggest core and pelvic based functional tests can quantitatively and/or qualitatively can measure exact dysfunctional movement patterns, range of movement asymmetries and/or muscular imbalances. This can then aid specific treatment protocols and prescription of rehabilitation exercises.

A thorough functional assessment of the posterior power, posterior stabilising, anterior power, lateral stabilising and medial stabilising line should be performed by a therapist on any runner. This allows proper evaluation of glut maximus, hamstring, glut medius, hip rotators, hip flexors and hip adductor muscle strength and synergy. Therefore being the first step towards prevention and pain free running.

Below are two examples of the functional tests.

145/2-18 Buchanan St Balmain
+61 2 8065 5896
spineassociates.com.au
info@spineassociates.com.au

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Chris Knee (B.Sc, M.Chiro)
Tobias Hudson (B.ScExSp, M.Chiro)

spine assoc.

Where are the Woodies?

Man the barricades: Road closures and detours were in place during the fun run.

7KM Handicap Series 3 27/08/2011

Name	Estimated Time	Start Time	Finish Time	Actual Time	Finish Place	Points
McCarthy, Barney	28:30	7:46:30	8:14:03	27:33	1	25
Green, Aaron	32:00	7:43:00	8:14:04	31:04	2	24
Wood, Teresa	38:30	7:36:30	8:14:16	37:46	3	23
Blackwell, David	36:40	7:38:20	8:14:26	36:06	4	22
Newton, Brian	29:00	7:46:00	8:14:31	28:31	5	21
McGown, Max	38:00	7:37:00	8:14:50	37:50	6	20
Siepmann, Dot	42:00	7:33:00	8:15:04	42:04	19	19
Whiteway, Paul	34:30	7:40:35	8:15:07	34:32	8	18
Phillips, John	46:50	7:28:10	8:15:44	47:34	9	17
Day, Fiona	33:55	7:41:05	8:16:08	35:03	10	16
Ovenden, John	56:00	7:19:00	8:17:43	58:43	11	15
Boonzaier, Julia	50:00	7:25:00	8:07:08	42:08	DQ	14
Bangura, Rebecca	39:00	7:36:05	8:12:37	36:32	DQ	14
Zilevski, Mario	36:00	7:39:00	7:39:00	33:45	DQ	14
Haynes, Angela	45:00	7:30:00	8:12:58	42:58	DQ	14
Bogun, Sandra	45:00	7:30:00	8:12:59	42:59	DQ	14
Morunga, Jeff	40:00	7:35:00	8:13:02	38:02	DQ	14
Ullio, Lawrence	36:25	7:38:35	8:13:16	34:41	DQ	14
Takahashi, Kazuaki	28:30	7:46:30	8:13:20	26:50	DQ	14
Collins, Rick	37:00	7:38:00	8:13:22	35:22	DQ	14
Pryor, Emma	40:00	7:35:00	8:13:24	38:24	DQ	14
Akers, Bridget	40:00	7:35:00	8:13:29	38:29	DQ	14
Purss, Tony	35:30	7:39:30	8:13:42	34:12	DQ	14
Amy, Martin	27:30	7:47:30	8:13:46	26:16	DQ	14
Patacsil, Chaia	36:30	7:38:30	8:13:18	35:19	DQ	14

In this Handicap event, **Barney McCarthy, Aaron Green & Teresa Wood** took the first three places.
There were **NO** Handicap PB's set this time.
The fastest male was Martin Amy (26:16)
The fastest female was Fiona Day (35:03)
Thanks to helper volunteers - **Deirdre Stewart, Graeme Tutt, Kevin Lucas & Colin Townsend**
DQ indicates disqualified for being more than one minute under estimated time, so they get the pointscore of 21st place.

"There are clubs you can't belong to, neighborhoods you can't live in, schools you can't get into, but the roads are always open." – Nike

7KM Handicap up-to-date 2011 pointscore

		12/02/2011	21/05/2011	27/08/2011	Total (Best 3)	Count
position	Name	Hcap1 Pts	Hcap2 Pts	Hcap3 Pts	points	
1	McCarthy, Barney	20	20	25	65	3
2	Patacsil, Chaia	24	21	14	59	3
3	Haynes, Angela	13	28	14	55	3
=4	Ovenden, John	9	27	15	51	3
=4	Bogan, Sandra	21	8	22	51	3
6	Amy, Martin	26	8	14	48	3
7	Tutt, Graeme	23	8	14	45	3
8	Purss, Tony	10	18	14	42	3
9	Collins, Rick	11	13	14	38	3
10	Morunga, Jeff	-	23	14	37	2
11	Akers, Bridget	22	-	14	36	2
=12	Wood, Teresa	-	8	23	31	2
=12	Ullio, Lawrence	9	8	14	31	3
=12	Siepmann, Dot	-	12	19	31	2
=12	Lucas, Kevin	9	8	14	31	3
16	Yamazaki, Tomomi	15	14	-	29	2
17	Lobsey, Phil	9	19	-	28	2
18	McLean, Eddie	12	15	-	27	2
=19	Phillips, John	9	-	17	26	2
=19	Lucas, Maree	-	26	-	26	1
=19	Davies, Brendan	9	17	-	26	2
=22	Cantley, Michael	-	25	-	25	1
=22	Burbidge, Tony	25	-	-	25	1
=24	Green, Aaron	-	-	24	24	1
=24	Day, Fiona	-	8	16	24	2
=24	Crossley, Max	16	8	-	24	2
=24	Colenbrander, Emma	-	24	-	24	1
28	Takahashi, Kazuaki	9	0	14	23	2
=29	Townsend, Colin	-	8	14	22	2
=29	Stewart, Deirdre	-	8	14	22	2
=29	Spanton, Lorraine	-	22	-	22	1
32	Newton, Brian	-	-	21	21	1
=33	McGown, Max	-	-	20	20	1
=33	Cole, Barry	9	11	-	20	2
35	Wallkington, Tim	19	-	-	19	1
=36	Whiteway, Paul	-	-	18	18	1
=36	Waladan, Sarah	9	9	0	18	2
39	Robinson, Anthony	17	-	--	17	1
40	Rankin, Roy	-	16	-	16	1
=41	Zilevski, Mario	-	-	14	14	1
=41	Pryor, Emma	-	-	14	14	1
=41	Boonzaier, Julia	-	-	14	14	1

Woodstock Summer Calendar October2011- April 2012

Tuesday Runs 6pm @Woodstock, Burwood		Thursday Night Intervals 6:30pm@Campbell Oval, Ashbury.		Saturday Runs 7.20am at Brett Park, Drummoyne	
27/09/2011	Canada Bay 11km	29/09/2011	Beep Test & 400m rep's *	1/10/2011	Balmain Shores 7.5km
4/10/2011	Putney Punt 12km	6/10/2011	"Parlov" 300m x 14	8/10/2011	Woolwich Run 9km
11/10/2011	Bayview 10km	13/10/2011	Standard Pyramid	15/10/2011	Hell Hill 8km
18/10/2011	Strathfield Stride 10km	20/10/2011	3mins x 6	22/10/2011	Balmain 9km
25/10/2011	Pack Run	27/10/2011	5km Time Trial *	29/10/2011	Timbrell Park 8km
1/11/2011	Cooks River Canter 10km	3/11/2011	"Mile Down" Inverse Pyramid	5/11/2011	Handicap Run #4
15/11/2011	Cabarita 11km	17/11/2011	5 minutes x 4/5	19/11/2011	Drummoyne 9km
22/11/2011	Kev's Kadiddlehopper 10km	24/11/2011	Beep Test & 400m rep's *	26/11/2011	Five Dock 7km
29/11/2011	Parks Run 10km	1/12/2011	"Mona" Fartlek	3/12/2011	Balmain Shores 7.5km
6/12/2011	Putney Punt 12km	8/12/2011	"Parlov" 300m x 14	10/12/2011	Woolwich Run 9km
13/12/2011	Bayview 10km	15/12/2011	Standard Pyramid	17/12/2011	Hell Hill 8km
20/12/2011	Strathfield Stride 10km	22/12/2011	3mins x 6	24/12/2011	Balmain 9km
25/12/2011	Sunday - Christmas Day Run - Bay Run from Brett Park, Drummoyne, 7.30am start				
26/12/2011	Monday - Rodd Point Run, meet at Rodd Point, 6.30am start, 10/15/20K options				
27/12/2011	Cooks River Canter 10km	29/12/2011	Beep Test & 400m rep's *	31/12/2011	Timbrell Park 8km
3/01/2012	Blue Mountains Express 10.5km	5/01/2012	"Mile Down" Inverse Pyramid	7/01/2012	Bay Run 7km
10/01/2012	Cabarita 11km	12/01/2012	Long Hill / Short Hill Repeats	14/01/2012	Hunters Hill 14km
17/01/2012	Kev's Kadiddlehopper 10km	19/01/2012	5 minutes x 4/5	21/01/2012	Drummoyne 8km
24/01/2012	Parks Run 10km	26/01/2012	Australia Day Run AM TBC	28/01/2012	Five Dock 7km
26/01/2012	Thursday - Australia Day Run - details to be confirmed				
31/01/2012	Putney Punt 12km	2/02/2012	"Mona" Fartlek	4/02/2012	Timbrell Park 8km
7/02/2012	Bayview 10km	9/02/2012	"Parlov" 300m x 14	11/02/2012	Woolwich Run 9km
14/02/2012	Strathfield Stride 10km	16/02/2012	Standard Pyramid	18/02/2012	Hell Hill 8km
21/02/2012	Pack Run	23/02/2012	5km TT # 1	25/02/2012	Balmain 9km
28/02/2012	Cooks River Canter 10km	1/03/2012	3mins x 6	3/03/2012	Timbrell Park 8km
6/03/2012	Blue Mountains Express 10.5km	8/03/2012	"Mile Down" Inverse Pyramid	10/03/2012	Handicap Run # 1
13/03/2012	Cabarita 11km	15/03/2012	Long Hill / Short Hill Repeats	17/03/2012	Hunters Hill 14km
20/03/2012	Kev's Kadiddlehopper 10km	22/03/2012	5 minutes x 4/5	24/03/2012	Drummoyne 8km
27/03/2012	Parks Run 10km	29/03/2012	Beep Test & 400m rep's *	31/03/2012	Five Dock 7km

Upcoming events

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

Wed-Wed 7 Sep-14 Dec SUTHERLAND DISTRICT ATHLETICS CLUB TRACK & FIELD SERIES - SYLVANIA WATERS ATHLETICS TRACK The series is open to all age groups over 10 years of age, registered athletes, little athletes, schools, race walkers and other sporting disciplines and anyone interested in competitive fun and fitness. Our competitions are run on an all weather track so unless there is a tornado - we will be there! No membership is required. Register on the night - just $2 for all you have the energy for! Dust off your spikes and join the fun. Beginners welcome. Program on http://www.sutherlandathletics.com/. contact: Bob Reus. email: publicity@sutherlandathletics.com.

Sat 17 Sep INAUGURAL KINCUMBA MOUNTAIN CHALLENGE This is a 4.5km run/walk following the scenic trails across Kincumba Mountain. It starts at the Old Tip Road off Koolang Road, Green Point then proceeds up Koolang fire trail, continuing up Sid Pulsford Trail to Kincumba Mountain Kiosk. It then follows the Glassons Trail down the mountain to finish at the Kincumber Festival in Kincumber Street, Kincumber. contact: Rotary Club of Kincumber - Ralph Brown 0424225283. email: rebrown4@hotmail.com. Visit the http://www.rotarynews.info/Club4245 for more details. Click http://www.coolrunning.com.au/calendar/public_html/2011/2011e066.pdf for an entryform.

Sun 18 Sep BLACMORE'S SYDNEY RUNNING FESTIVAL Join in the fun of the Blackmores Sydney Running Festival on Sunday 18 September and enjoy Australia's most scenic course. All four events start in Bradfield Park, Milson's Point travel over the main deck of the Sydney Harbour Bridge and finish at the Sydney Opera House. Visit the website http://www.sydneyrunningfestival.com.au/

Sun 18 Sep 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 here for an http://au.eventdirector.net/Register.aspx?EventID=4405.

Sun 18 Sep COORANBONG FUN RUN 10th Anniversary Cooranbong Fun Run is on again this year with all the usual fun events. The Fun Run consists of 10km, 3km and 1km (under7) events. As well as the fun run there will be vintage and hot rod cars, stalls, helicopter rides, kids' games, equestrian event, breakfast cafe and hot and cold food. The Fun Run starts at 9am. You may enter on the day from 7am. contact: Bill Ward. email: bward@avondaleschool.nsw.edu.au. Visit the http://avondaleschool.adventistconnect.org/funday for more details. Click here for an http://avondaleschool.adventistconnect.org/funday.

Sun 18 Sep MILLAA MILLAA RUNNING FESTIVAL -- MISTY MOUNTAINS 1/2 MARATHON & RELAY (QLD) Trinity Family Chiropractic/ Millaa Millaa Centenary Comm. present the MISTY MOUNTAINS 1/2 MARATHON (21.1KM) & RELAY. Run briefing 0845 at Windy Hill Windfarm Lookout RAVENSHOE , the highest town in Queensland(930m ASL).Start 0900 . The run leaves the wind turbines and follows the OLD PALMERSTON HIGHWAY thru bushland & farmland on a narrow winding scenic sealed road to MILLAA MILLAA Township,in Far North Queensland.Great merit & spot prizes from our generous sponsors.Come and celebrate Millaa Millaa's 100th birthday !. contact: Alan Courtney. email: info@trinityfamilychiropractic.com.au. Visit the http://www.millaamillaa.com.au/ for more details. Click http://www.coolrunning.com.au/calendar/public_html/2011/2011e076.pdf for an entryform.

Sat 24 Sep WILLOUGHBY FUN RUN The inaugural Willoughby Fun Run will be held on Saturday 24th September 2011 from 7.30am. The 5km walk/run and 10km run will start and finish at Willoughby Leisure Centre. Runners, pushers and joggers are all encouraged to join in this fun family friendly event. The Willoughby Leisure Centre Open Day will follow the Fun Run. Proceeds go towards the Australian Diabetes Council. contact: Bec. email: leisure@willoughby.nsw.gov.au. Visit the http://www.willoughbyleisure.com.au/ for more details.

Sun 25 Sep COFFS HARBOUR HALF MARATHON BENDIGO BANK COFFS HARBOUR HALF MARATHON FUN RUNS & WALKS The Rotary Club of Coffs Harbour will be conducting on Sunday 25th September 2011 a 21km half marathon, 10km, 5km, 2.5km fun runs as well as 5km & 2.5km walks. The runs and walks will be held on the newly renovated Coffs Creek Walkway which meanders along the Coffs Creek which is part of the beautiful Coffs Coast Regional Park. Come along to Coffs and have a run with one of Australia's best ever marathon champions Steve Moneghetti. Funds raised from this event will be donated to Life Education, Early Childhood Intervention, Autism and Camp Quality all local kids charities. Great random draw prizes up for grabs at the presentation. contact: Mick Maley. email: uncle@coffshalfmarathon.org.au. Visit the http://www.coffshalfmarathon.org.au/ for more details.

Sun 25 Sep RUNNING WILD MT PORTAL 16KM TRAIL RUN Mt Portal is a magnificent trail run through The Blue Mountains National Park in Glenbrook. This event is the kick off to what is sure to be another awesome Running Wild Series. Start Time: 7.30am Distance: 16km Course: A map my run course map and elevation chart can be accessed via the website All other details including membership and online entry are available through the http://www.runningwildnsw.com/ contact: Rod. email: runningwildnsw@gmail.com. Visit the website for more details.

Sun 25 Sep ST MARYS SPRING FESTIVAL FUN RUN/WALK St Marys Spring Festival - 6.2km Run or Walk. Course starts and finishes at Blair Oval Kungala Street, St Mary's. For information or entry forms contact John Wilcocks. Registration will commence at 7.30am. Event starts at 9.00am contact: John Wilcocks 9623 6715.

Fri-Mon 30 Sep-3 Oct SHOALHAVEN CHALLENGE Shoalhaven Challenge multi staged trial run originally proposed for the October long weekend has been postponed to a date to be determined in 2012. contact: terrycycling@shoal.net.au or rjraccounting@ozemail.com.au.

OCTOBER 2011

Sat 1 Oct LAP THE LAKE - PENRITH LAKES MARATHON In it's second year, Lap the Lake - Penrith Lakes Marathon, has four different running events occurring on the day. Race distances are 5km, 10km, Half Marathon and Marathon. email: regatta@communities.nsw.gov.au. Visit the http://www.regattacentre.nsw.gov.au/ for more details.

Sun 2 Oct BEROWRA 10KM ROAD RUN This handicap race is held on the first Sunday of every month. Start racing at 7:15am. Join us for the race and breakfast included in the entry fee. We also have social 1/2 road, 1/2 bush runs every Sunday. Check out our website for the calendar and race rules. $7. Warrina Street Oval, Berowra. contact: Graham Leslie. email: gles@iinet.net.au. Visit the http://www.berowrabushrunners.com/ for more details.

Fri-Sun 7-16 Oct 13TH AUSTRALIAN MASTERS GAMES (SA)61 sports on offer, including track and non stadium athletic events. Non stadium events include a half marathon, street mile and other competitive walking events. Triathlon and Duathlon are also available in the Games. The event is expected to attract in excess of 10,000 competitors across the 61 sports and 10 days in Adelaide. contact: Australian Masters Games Office. email: registrations@13amg.com. Visit the http://www.australianmastersgames.com/ for more details.

Sat 8 Oct FITZROY FALLS FIRE TRAIL MARATHON + 10KM + 5KM TRAIL RUNS 42.2km Marathon, 10km run, 5 km run. Event Time: 8am Marathon, 8:30am other events. Location of race: Fitzroy Falls, Southern Highlands. Now in its 12th 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. Click http://www.fitzroyfallsmarathon.com/ for an entryform.

Sat 8 Oct BROOKS SPRING INTO SHAPE SYDNEY SERIES This picturesque course offers a choice of a 4 km run/walk or a 8km run/walk. All ages and fitness abilities can participate in this event, which is designed to challenge participants, as they take in the sights of this picturesque setting. Enter the series or a single event, it's up to you! HERE'S WHAT YOU GET: Series entries score a FREE Brooks technical running T-shirt valued at RRP$ 70. Race 1 entries receive a free Brooks drawcord bag. Race 2 entries receive a free FLY Active running wrist pocket. If you need any more incentive to enter, get a team of five together and the fifth entry is free. contact: A. Tye. email: info@ausrun.com.au. Visit the http://www.starttofinish.com.au/default.aspx?s=eventdisplay&id=2013 for more details.

Sat 8 Oct BROOKS SPRING INTO SHAPE SYDNEY SERIES Date: Race 1: Saturday, 8 October, Race 2: Saturday, 5 November Location: Parramatta Park Distance: 4km and 8km run/walk All ages and abilities can participate in this event, which is designed to challenge participants, as they take in the sights of this picturesque setting. This series provides the perfect option to gauge your fitness improvement over this 2 event series. Enter the series or a single event, it's up to you! HERE'S WHAT YOU GET: Series entries score a FREE Brooks technical running T-shirt valued at RRP$ 70. Race 1 entries receive a free Brooks drawcord bag Race 2 entries receive a free FLY Active running wrist pocket. If you need any more incentive to enter, get a team of five together and the fifth entry is free. contact: Andrea Tye. email: info@ausrun.com.au. Visit the http://www.starttofinish.com.au/default.aspx?s=eventdisplay&id=2013 for more details.

Sun 9 Oct MAITLAND TRIATHLON & COUNTRY FUN RUN The Maitland Triathlon starts and finishes on the banks of the Hunter River in the historical village of Morpeth. Triathlon distances 1500m swim/55k bike/12k run or 1000m swim/30k cycle/8k run. Swim in the Hunter River and ride and run through the historic village of Morpeth and the farm lands of the Hunter Valley 4k and 8 fun runs - start at Morpeth and run through the village and out through the roaming farmlands of Morpeth and surrounds contact: Paul Humphreys. email: admin@hevents.com.au. Visit the http://www.hevents.net/ for more details.

Sun 9 Oct MAITLAND SPRING COUNTRY FUN RUN A great fun run at historic Morpeth near Maitland in the lower Hunter Valley. Try the 5 or 10km courses all held in conjunction with the annual Triathlon. Big crowd and great atmosphere. Also family rides and stalls as well as loads of great shops and cafes. contact: Paul Humphreys. email: paul@hevents.com.au. Visit the http://www.hevents.net/ for more details.

Sat 15 Oct KINGS OF THE SAND Starting from 8am. Location: Wanda Reserve, Wanda Beach, Cronulla. If you have tried adventure races, mud runs, tough guy races and even a Warrior dash, then it's time for you to step up and be part of this phenomenon, in what is standing to become the most enticing, brutal and demanding workout of your life! On the day you will be enticed to run 7-8km through the treacherous amounts of sand and desert that is the Wanda Sand Dunes. You will Battle, Climb, Crawl and Dig your way through various Top Secret Obstacles along the beach designed to challenge your endurance, strength, stamina, and mental toughness to the very CORE!!! contact: Chris. email: info@Kingsofthesand.com.au. Visit the http://www.kingsofthesand.com.au/ for more details. Click http://www.kingsofthesand.com.au/register-now/sydney-october-15-2011.html for an entryform.

Sun 16 Oct SRI CHINMOY SYDNEY SERIES RACE 8 - IRON COVE 16 KM, 8 KM & 4 KM. Leichhardt Park, end of Glover St, Lilyfield. The Sri Chinmoy Sydney Series returns to Iron Cove for one last time in 2011. The friendly village atmosphere and bayside course always ensures an enjoyable morning, no matter what your running form or personal result. It's nice to win, and achieve personal best times â€" but the real victory is in turning up and participating. Parking at the end of Glover St, Lilyfield. On-the-day registration opens at 6.45 am and closes at 7.55 am, with races starting from 8 am. contact: Prachar Stegemann. email: sydney@srichinmoyraces.org. Visit the http://au.srichinmoyraces.org/sydneyraces_11 for more details. Click http://au.eventdirector.net/Register.aspx?EventID=4397 for an entryform.

Sun 16 Oct BYRON LIGHTHOUSE RUN An 8 k walk or 10 k run from main beach up the lighthouse and down Tallows beach. Spectacular scenery and all proceeds go to Charity, mainly the NSW Cancer Council. contact: Greg Kramer. email: byronrun@gmail.com. Visit the http://www.byronrun.com/ for more details.

Sun 16 Oct 2011 ST.GEORGE BANK BRIGHTON BEACHSIDE DASH The Dash is back for its 4th year! The Dash has become a real favourite on the annual running calendar. It is very flat and very fast and is the perfect place to set a personal best 10km or 5km time as the running season draws to a close. What's more there are 10 Sneaky Dragons on hand to pace the race and help you get over the finish line in your quickest time ever. The Dash comprises THREE events - a 10km, 5km and Kidz2km run. The 10km race starts at 8am, the 5km race starts at 9.30am and the Kidz2km starts at 10.15am. Why not run all three events and knock over 17km before brekky?! All races start and finish in Peter Depena Reserve at Dolls Point (just along the Grand Parade from Brighton Le Sands). Registration is either on-line or on the day (on the day is $5 more than on-line). Entry prices are frozen at 2008 levels....again. All profits, as usual, go to the St George & Sutherland Medical Research Foundation. The Beachside Dash is known throughout the world (and beyond) as (probably) the most beautiful fun run in the world. Come along and see for yourself. On Line entries open in July 2011. contact: David Tipler. email: beachsidedash@stgeorge.com.au. Visit the http://www.stgeorgemrf.com.au/beachside-dash/default.asp for more details.

TEAM UPDATES

Sydney Running Festival – 18th September http://www.sydneyrunningfestival.com.au/
Just as we did for Canberra Running Festival, I have set up a team registration for the (Blackmores) Sydney Running Festival on the 18th of September. Although there doesn't appear to be any team categories per se in the competition sense, it does help the club know (as we have access to the entry list) who has entered so we can support each other in the lead up and on the day. This team applies for the family fun run (~4km), the bridge run (~9km), the half marathon and the big daddy marathon.
When you enter at http://www.sydneyrunningfestival.com.au/ , select 'search for existing team' and do a search for 'woodstock'. The team "Woodstock Runners" will appear. This time we have to enter a password (their rule not mine!), so please enter 'woodstock' (without the quote marks) in the password field. Simply then just complete the entry process as you normally would.

Run4Fun - 6th November http://www.run4fun.com.au/. This is a 10km Fun Run at Sydney Olympic Park. When entering, select 'choose and existing team' and then type in 'woodstock'. Select the correct age categorised team and complete entry as normal.

Rotary Club of maroubra Fun Run and Octoberfest - Sun 23 Oct http://www.maroubrafunrun.com/ - Woodstock usually places in top 3 in the teams for this run. Please contact Chaia **on 0434672273 or email at chaiaket@yahoo.com by October 16.**

Race Results

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

MUDGEE RUNNING FESTIVAL 21/8/11

MARATHON

Jeff Morunga 5.15.56

HALF MARATHON

Thien Vuong 1.19.00 1st O/All
Sandra Bogun 2.06.11
Lesley Maher 2.02.33 4th W50
Brian Ogilwy 1.55.18 1st M60+
Deirdre Stewart 1.55.58 10th F 40-49

10 KM

Debbie Rutherford 1.17.39

WEST MET SERIES / BELLA VISTA X/C 20/8/11

8 KM

Anita Doig: ? 2nd Open

2 KM

John Murray 9.00 1st M40

PUB TO PUB **26/08/2011**

13 KM

David Miller 1:25:06

LAKE MACQUARIE HALF MARATHON 28/8/11

Martin Amy 1.22.46 15th O/All;3rd M30

UNITY RUN FOR PARKINSONS 28/8/11

8 KM

Angela Haynes 50.59
Dot Siepmann 50.09 1st W65

HIDDEN HALF MARATHON LAKE GILLAWARNA 4/9/11

Half-marathon

Martin Amy 1.22.09 8th M30-39
Sandra Bogun 2.11.19
Kerry Bray 2.00.42 1st F60
John Dawlings 1.32.41 6th M60-69
Barry Crisp 1.51.05 8th 60-69
Jeff Morunga 2.15.30

HIDDEN HALF MARATHON LAKE GILLAWARNA 4/9/11

Half-marathon

Teresa Wood 1.58.42

5KM

Peta Bray 27.26 4th F40-49
Charissa Patacsil 23.46 4th F30-39
Dot Siepmann 29.53 1st F60

STRIDERS SERIES / MANLY 3/9/11

10 KM

Lesley Maher 52.50
Brian Ogilwy 54.56
Thien Vuong 35.01

WEST MET SERIES X/C / AUBURN 3/9/11

4 KM

Anita Doig 17.17 1st Open Woman

2 KM

John Murray ? 3rd M40

SMC END OF SERIES PRESENTATION 20/8/11

Long Series: Brendan Davies (3rd O/All)
Jeff Morunga: 3rd M50-59
MaleClub Marathon Champion: Brendan Davies
10 KM Series: Lesley Maher: 1st F50-59

SRI CHINMOY SERIES CENTENNIAL PARK 11/9/2011

Half-Marathon

Sandra Bogun 2:11:49

8 KM

Bridget Akers 38:31
Dot Siepmann 46:09

4 KM

Fiona McIntyre **31:05**

ORANGE BLOSSOM HILLS FUN RUN **11/9/2011**

8KM XC

John Dawlings 32:07 10th M
Chaia Patacsil 35:53 5th F - PB

4KM XC

Chaia Patacsil 19:47 7th F

CANBERRA TIMES **11/9/2011**

5KM

Kim Cayzer 28:36

Inov-8 COASTAL CLASSIC 29.1 Trail **12/9/2012**

Brendan Davies 2:27:44 5thOall, 4thM 30-39

WHERE'S THE WOODSTOCK RUNNERS?

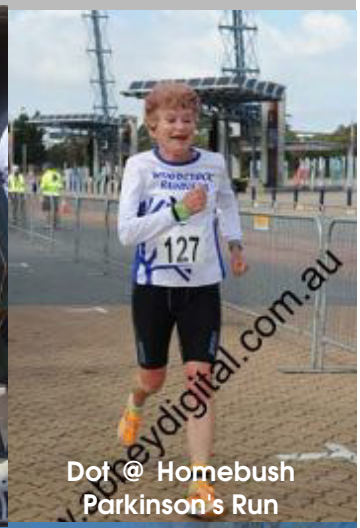
FIND THE WOODSTOCK RUNNER AND TELL ME HOW MANY YOU CAN FIND?

This is how Woodies roll!

Woodies at the Woodstock Birthday Party

Lachie- proud to be a Woodie baby!

Kerry@Lake Gillaawarna

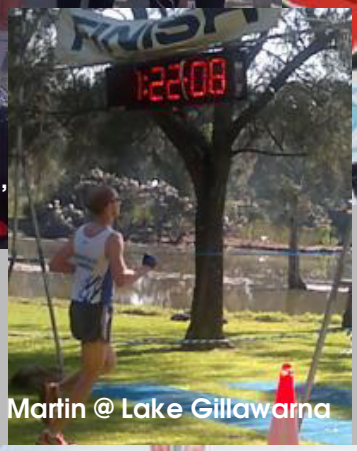


Dot @ Homebush Parkinson's Run

www.abbeydigital.com.au

Woodies@ Lake Gillawarna Jeff, Barry,Marty, ,Teresa, Angela, Sandra, Dot and Peta

Brian and Deirdre @ Mudgee Running Festival



Martin @ Lake Gillawarna

Sandra @ Lake Gillawarna

Dot&Angela chased by a dog@ Homebush Parkinson's Run

www.abbeydigital.com.au

Brendan @ Coastal Classic

Jeff@Mudgee

Teresa @ Lake Gillawarna

Marathon Trophy passed to Steve Briant@TNT