

The

December 2012 / January 2013

WOODSTOCK RUNDOWN

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The Rundown on Members

A great month was had by all. With the Christmas party and Award Presentation, the Central Coast trip, a Champ's amazing run and T&T's breakfast at the weekend, what more could a club desire.

Many, many thanks to Sandra and her helpers for a wonderful celebration at Woodstock for our annual recognition of successful members along with our Christmas Shindig. Congratulations to all Award winners as well as those nominated and well done to the stars of karaoke.

Sandra also organised the bus trip to The Entrance, assisted by Angela and Joe. We all had a wonderful time and express our appreciation to those who catered so well to all our needs. It was delightful having Martin's Mum and Dad with us for the weekend. We are looking forward to our next trip, Orange in February.

Massive congratulations to Brendan on his incredible win in the Great North Walk 100 mile. It was certainly no walk. We are in awe of your ability, guts and determination. You are a true Champion, Brendan.

The John Dawlings inspired Balmain Fun Run was a fabulous success. John has instructed the School's parents brilliantly over the years and they now work like a well oiled machine. Well done to all the Woodies who ran and also to those who helped.

It was fantastic to see Eddie take out 2nd in the over 70s, when he is 84. Derek, almost 85, has finally ceased cycling. It's more on account of problems with his bike, even though it is a mere 65 years old. He insists he is still painting and that is not on canvas, but on the roof. Take care, Derek.

Thank you to Tami and Tristan for their hospitality in inviting us to their home for a delicious breakfast on Sunday. It is wonderful when we can catch up with those who may run on different days. It was a great coming together.

Welcome home Siobhan and Carson from your honeymoon spent in Africa. We're anxious to hear all about your trip. John Phillips had surgery recently but was there working at the Balmain Run. John will be semi retired from the end of the year. We're sure you'll enjoy it. Lawrence has recovered from his little episode following the Central Coast Run. It's amazing what some hydration can do for one. This serves as a reminder to us all to keep up our fluids, especially when taking gels and also in this heat.

Save March 17, St Patrick's Day, for the Cronulla Breakfast Run. Numbers will be strictly limited and the wearing of green will be mandatory. Details in the next Rundown.

I wish each and everyone, along with your families, a most enjoyable Christmas and the very best of everything for the year ahead, which includes lots of great running and heaps of PBs.

Kerry

Wishing everyone a Happy and Safe Christmas and New Year

Good Running Everyone

Welcome NEW MEMBERS!!!

Rommel Faro, Brendan Whiteway, Mary Bowman, Louise Tapsell, Kelly Murphy

December BIRTHDAY Wishes

1st Chris Siepen, 3rd Elle Siepen, 5th Luana Ferrara, 9th Therese Ayoub, 14th Roy Rankin, 18th Melissa Hando, 22nd Mary Bowman, 29th Evan Plakias

January BIRTHDAY Wishes

1st Joe Ayoub, 3rd Brendan Davies, 4th Hillary Schneider, 5th Miles Pullen, 6th Paul Whiteway, 7th Tristan Iseli, 17 Mark Mercieca, 22nd John Philipps, 23 Patricia Doughty, 24th Terry Vohradsky, 25 Sandra Bogun, 30th Stacey Gurrie

Message from your Editor

A massive thank you to Chaia who has helped on the Rundown this month, time slipped away from me and she has ensured we get it out before Christmas. Just a note I am not planning to publish a newsletter in January, the next one will come just in time for February.

There has been plenty happening in the club right up to the end of the year and there are Woodstock Runs planned for Christmas Day, Boxing Day and Australia Day so keep these dates in mind and look on the website and facebook for updates closer to the time.

A big congratulations go out to Tristan and Tami who are expecting another little Woodstocker to join our Saturday run. All the very best guys.

We have Kim Cayzer in the house and it has been a pleasure to catch up with her in person and just via an impressive array of podium and race photo's on her facebook page. If you are able to come to TNT on Thursday Kim will be there and we will hit the pub afterwards for a proper catch up.

Runs for the Calendar

Christmas Day

Tuesday - Christmas Day Run - Bay Run from Brett Park, Drummoyne, 7.30am start

Boxing Day

Wednesday – Boxing Day Run - Rodd Point Run, meet at Rodd Point, 6.30am start, 10/15/20K options

Australia Day – Saturday 26th January

Breakfast Run with Kevin and Maree Lucas: 7am start, 3 different distances, \$4 for breakfast
7 Mortley Avenue, Haberfield



Woodstock Uniform

Be loud and Proud of the club we all love



It is summer and it's Hot!
Get your hot Woodie Hat!
Spare your face getting burnt from the summer sun
Squinting is not cool and make your run as fun!
Best **20** bucks spent!
Your budget won't be bent.

End of stock **SALE!!**

HotDesign Singlet: Sz Small 1 left

Bra Top: Size 8, 1 Left Size 10, 1 left

Long Sleeved Top, 1small (fits medium size person)

Cotton shirts only **\$5\$4!!!** (Medium ran out); **\$5\$3** for retro style ones!

2xu singlets trial

We will be trialling to order singlets from 2xu (as we ran out of stock) – samples (look and feel), design mock-ups and sizing will be brought every Saturday, Tuesdays and Thursdays. Mock-up below. Sublimated print so won't fade, won't peel. Depending on member feedback, white or blue will be ordered.



Option 1



Option 2

POLL for the next season – Please Let Chaia know if you would purchase any of these items if branded Woodstock: Dri-Fit Long Sleeve tops, Arm Sleeves (No running club have this yet!), compression tights, calf compression.

You can order your uniforms via our Website! (Go to Menu -> SHOP -> Uniforms)

<http://www.woodstockrunners.org.au/about-us/uniforms/>

Note: Medium Cotton shirt N/A; Kids/toddler/baby clothing can be available when requested.

To order, contact Chaia email:chaiaiket@yahoo.com ; **Mobile: 0434672273**

Chaia Patacsil - Acting Uniforms Officer

Canberra Marathon – Woodies Training Support

Well Canberra is just around the corner (13/14th April 2013), Woodstock is taking the bus and to get us all into tiptop shape and full of confidence, from January 13th up until Race Day, Long Sunday Runs are on offer for those already entered, thinking of entering and those who are just keen on stretching their legs! The Long Runs will start off at 20ishkm and then getting up to 30-35km. Here is link to event website - <http://www.runningfestival.com.au/>

The runs work in/around Woodstock, but also head to Manly, Cronulla and Parramatta. We will also be using SMC and other events (Sri Chinmoy once their calendar is up). So if keen on making this part of your weekly regime I suggest signing up for the Long Series at SMC.

A program will be issued shortly, but if anyone has existing runs that take in sights of Sydney town please send it through! As for the runs, if numbers permit and because it's so much more fun to run together and with people of similar talent we will hopefully have 3 different pacing groups of (Group 1) 4:30-5:00min/km, (Group 2) 5:30-6:00min/km and (Group 3) 6:30-7:00min/km. So something for all.

Most of the routes have water available and toilets, but you will need to bring your own bottle and toilet paper, just in case you just gotta go! So suggest asking your better half for a water bottle belt for Xmas.

The purpose of getting this out there early is that people who are keen to Run will have to have a base level of comfort with the distances and pacing. So if thinking of running along, you must be able to complete a Half Marathon 2:20min. Apologies if this sounds a bit 'unfair' but hoping you can understand that we need to be relatively fair to all your other fellow runners. If keen, please indicate interest and what Group you would likely be best suited to. So name and Group please!

Hope program will be of use to some/many and of course be super fun! Much nicer running with others, plus it is a bit of guilt trip too! Any questions please give me a call!

El Prez T. 0404 623 257

TNT - Beep Test - 29 November 2012

Surname	First Name	Level	Shuttle
Thompson	Dan #	11	2
Hidvegi	Frank	9	8
Tunstall	Gavin	9	2
Day	Fiona	8	6
Haynes	Angela	8	4
Warden	Nikki #	8	4
Unas	Raul	8	3
Galea	Di	7	10
Doughthy	Patricia	7	5
Tapsell	Louise	7	5
Waladan	Sarah	7	4
Whiteway	Paul	7	3
Ullio	Lawrence	7	3
Vrizar-Climent	Racquel	6	9
Akers	Bridget	6	4
Wood	Teresa	6	2
Bogun	Sandra	6	2
Siepmann	Dot	4	4
Bowman	Mary	4	4

Central Coast Trip Report

I can't make too many comments on the trip to the central coast as I managed to over book the bus and was fortunate enough to get a life up with Bridget (would have been a bit embarrassing other wise). I know they left around 10am (we left around 2pm so a bit of an extra lie in) and there was some serious purchasing of hydrating fluids on the way to the apartments. Bridget and I missed the Pelican Feeding (just what it says on the box, they feed the very fat Pelican's and tourists get to take photos) but Sarah had taken plenty of photos so we felt like we had been there. We followed that up with a walk around town, that took at least 5 minutes, and then met a few others for ice cream on the beach before heading to one of the apartments for beers on the balcony and to make rude comments on the poor bloke running on a treadmill in next doors gym. Dinner was at a cosy little café just down the road, food and service were great and we were all happy campers heading back to our rooms to check the gear one more time. Teresa, Bridget and I were treated to a stretching demonstration from Sarah – we didn't feel the need to join in

Staying literally on the start line makes for a lazy start to the day, up, porridge and cuppa, back to bed for an hour – sun is not yet up and dang its hot already Short jog to the start line, and up the hill and back to the queue for the toilet, and back to the apartment where there was no queue and still made the start line in plenty of time to find my fellow Woodies, and then we were off. There had been some serious discussion between Angela and myself over who would have the better day, Angela had never beaten me over this distance but I knew her form had really improved and I was thinking it was time for her to take me, but who wants to loose on the last race of the season. Paul Whiteway had kindly offered to pace us both to a 2 hour half – but in this heat that wasn't going to happen and spookily I was in front of Angela by the 4km mark, I had never been in front so early before and it was very disconcerting.

The run itself is really pretty, follows the beach and lots of trees and parks and few cute wee bridges – but flat and hot – and that is hard work! Who would have thought I would ever say this – I missed the hills!!!! After a strong start when I hit the 10km turn around I was very hot and feeling a bit sick so knew I had to back off and make sure I cooled myself down, especially as it was a long way to the next drinks station. With most of this part of the run under shade I did cool down and the guys with the hoses did a very good job of cooling us off, but once you have backed off the pace on a flat run it is hard to get motivated to picking it up again. I kept looking over my shoulder and saw Paul several times but Angela was obviously slip streaming and I didn't spot her once, had no idea where she was, and I didn't like it.

By the 18km mark I was regretting not managing one more toilet stop before the start, and there was just nowhere private enough to go on track on this run – and the finish wasn't that far away – oh but it did play on my mind. The trees disappeared, the sun beat down but in the distance the finish line and screaming Woodies, and Therese yelling encouragement – go Sandra – go Angela, hang on, what do you mean, Angela???? And just 200 meters to go stealth runner Haynes streaked past, held the race line and squeezed me out for line honours, just not enough in the legs to win a sprint for the finish.

So then the debate began, how close were we at the start, how close were we at the finish – who was going to get the last leftover Brownie – how long would it take to get the results up??? So many questions and no answers. After welcoming home the last of the half marathoners most of us headed back to shower and grab breakfast while Martin waited for his Dad, who he was hoping was the guy walking with the sweep – lucky it was and Brian crossed the line 3 ½ hour later to everyone relief.

The bus was loaded by 11am and we were off to the local club for lunch and few ales to help rehydrate and await the results – in typical Woodstock style we re-arranged the whole restaurant and took over for a couple of hours before starting the journey back – with the phones on constant refresh impatiently waiting on the results ... and finally they came through and there was 1 second in it – Angela took me by 1 second! Of course if the results had been age adjusted I would have beaten her by several hours ☺ Very well done Angela, your running is going from strength to strength and I don't expect I will be in front at the finish line very often from here on in – but that doesn't mean I will give up trying.

Sandra – the new Monkey on Angela's back

Central Coast Estimated Time Competition

Hi All,

The result of the Central Coast 'closest to their estimated time' Tipping Comp are in, after a collaborative effort of getting all the times.

So, to add further blue and white colours (a Woodstock singlet) to the wardrobe, this time goes to..... if I had my Sound Machine I would press the drum roll sound now.....wait for it.....

Frank Hidvegi who was 18 seconds off his estimated time. What makes it even more pleasing is that Frank ran a new Half Marathon PB

So congrats Frankster! Contact Chaia to arrange your new singlet! Until the next Tour which will be the dizzy heights of Orange.

The way off award went to my Dad, who well, finished!

El Prez

Name	Event	Actual Time	Estimated Time	Difference
Frank	Half	1:38:32	1:38:50	0:00:18
Marty	10	0:36:59	0:36:00	0:00:59
Disco	10	1:00:25	0:59:00	0:01:25
Peta	10	0:57:35	0:56:00	0:01:35
Bridget	Half	2:00:19	1:58:00	0:02:19
Peter	10	0:42:17	0:39:58	0:02:19
Kath	Half	1:42:53	1:40:30	0:02:23
Miriam	Half	1:53:42	1:49:55	0:03:47
Hilary	10	1:03:06	0:59:00	0:04:06
Paul	Half	2:04:02	1:59:30	0:04:32
Di	Half	2:05:00	2:10:00	0:05:00
Angela	Half	2:04:01	1:59:00	0:05:01
Sandra	Half	2:04:02	1:58:47	0:05:15
Joe	10	0:59:20	1:05:00	0:05:40
Chris	10	1:11:12	1:05:00	0:06:12
Teresa	Half	2:09:12	1:50:00	0:19:12
Lawrence	Half	2:16:53	1:53:15	0:23:38
Brian	Half	3:21:09	2:35:00	0:46:09

NY Marathon, 2012: The Cancelled Marathon

By: Peta Bray

As you all know by now, my mum, sister and I unfortunately did not get to run this year's NY marathon. Hence, this report will be somewhat different to any other race report and can also be headed as, 'the race that never happened', but was asked by Sandra for a report, so here goes.

Unlike my mum and sister who arrived in NY 2 days late, I arrived in the middle of the Hurricane and was greeted with the airport and the subway closed. Welcome to NY, Peta! For the first 2 days I was in my hotel watching the news and seeing all of what NY had to offer through the window. It was very quiet and not what I heard about, 'the city that never sleeps'. It was very eerie outside.



When finally the hurricane disappeared, I ventured out to explore NY, but not much was happening. At this stage it never entered my mind that the marathon might be cancelled. When all my family finally arrived, we headed off to the race expo and we were very excited to finally receive our race packs and off course buy all our marathon merchandise.

Unfortunately, after only a few hours having left the expo and upon arriving at our hotel, we looked at the notice board on in the foyer to see, 'NY marathon cancelled'. 'Oh nooooo.' I read it again thinking it was a bad dream, but

mum and I conferred. 'What a bummer!' We were speechless and upset. However, our thoughts quickly turned to what disasters the hurricane had left upon the New Yorkers and felt our situation was nothing in comparison to theirs. We just sat and watched the news about the disaster and the cancellation until heading off for some dinner. Although we talked about our disappointment and about that awful moment, I started planning for next year's holiday and marathon to cheer myself up.

So, what to do when one of the biggest races is cancelled, join many hundreds of other runners in Central Park and soak up the positive atmosphere that surrounds you. Mum and I started our run from the entrance of Central Park and ran for a



short jog as close to the finish line as we could, as it was barricaded. They had erected a small finish line with orange balloons for everyone and cheered and clapped as we crossed the line. It was awesome and it made up for some of the disappointment. We had our photo taken at the finish line and took other photos of the crowd. A group had dressed up too. We walked around and saw that runners had bought their spare clothes for the marathon to donate to the locals. Many other runners and also groups had organised to run and help out the New Yorkers in other ways, on the day and for the weeks following the hurricane. It was lovely to hear all the stories that were said about what some runners did.



After our little run, the family all met and we did a great cruise of the Statue of Liberty. It was freezing but worth the fantastic views. I continued my holiday seeing the Rockefeller, the Empire State building, a day trip to Washington, more museums, tennis at Madison Square Garden and of course saw some shows. A few days before I

left it snowed. It was annoying having to get around, but the next day it was wonderful and picturesque to see parts of NY covered in snow. So on my last run in NY, I ran around the outside of Central Park (it was closed again) and took heaps of great photos. Meanwhile, mum was stuck at the airport, all through the night waiting and waiting to get a flight home. She did eventually, but that's another story. (See her story following mine.)

Although the cancellation of the marathon was a huge disappointment for all runners, I loved my first time in America. At this stage New York Road Runners have not decided what will happen to our entry for 2013. I am planning on doing the marathon next year and continue to train. So thank you all for your support and encouragement this year and ask that you do the same again next year. I also hope that my sister and mum are able to join me.

P.S If mum manages to come, due to her unforeseen luck flying overseas, she may need to book a different flight or airline. Sorry mum!!

It Was Never Meant To Be (NYCM 2012)

By: Kerry Bray

Who wants to come to an overseas race with Kerry?

No takers???

surprised.

Why am I not



New York City Marathon 2010 I broke my foot 3 weeks out – no running.

NYCM 2011, all Qantas flights grounded worldwide 2 days before I leave. Thanks to Virgin I made it to NY and managed a great run that year. NYCM 2012 was another story altogether.

Both daughters, Peta and Ellen managed to leave Australia on schedule, with Peta on one of the last flights into JFK before Sandy struck. Poor Ellen and family spent 2 days on the beach in Honolulu before flying into NY. Kerry – she wasted 2 days of Long Service Leave when her flights were cancelled and twiddled her thumbs at home till the airport opened.

New York was as awesome as ever for we were staying in Upper Manhattan where little Hurricane damage was evident and the Subway was operating. After a big spend up at the wonderful Race Expo, we made our way back via Times Square to our hotel.

NEW YORK CITY MARATHON CANCELLED met us in the foyer.

We hugged each other and cried. I felt for the girls as they were missing out more than I, for I'd run last year.

We enjoyed a great run in Central Park on Marathon morning with thousands of others all in great spirits. As always, the Empire State Building, Rockefeller Center, tennis at Madison Square Garden, Lady Liberty, MOMA

and Times Square were highlights and this year, of course, we were there for the Presidential Election – quite fascinating.

More disasters were on the way, however. Snow fell heavily as I reached the airport for my departure – all planes cancelled. Spending a day cooped up in JFK is not too exciting. Then had to fly to LA via Minneapolis and finally Sydney – 55 hours without sleep; struck down with an Upper Respiratory Tract Infection; and NO baggage.

Believe it or not, I had a good time and would love to return in 2013 (anyone wish to join me?)

Meanwhile Peta who was leaving after me managed to see Central Park covered in snow and had an uneventful trip home, beating my baggage. Ellen and family spent 11 days in Hawaii.

P.S. I never did get to find out whether a 7-week Marathon Training Program works.

FOOTNOTE: While we may have been disappointed due to changes in our plans, we have great sympathy for the many victims of Hurricane Sandy.

Woodies Weekends Away – Plan Ahead for 2013 **Prices TBC, Max 18 per trip – Accommodation and Transport**

Orange Running Festival – Sunday 24th February

For the first time there will be a Marathon option at Orange as well as a Half, 10km and 5km event.

Canberra – Saturday 13 & Sunday 14 April

Ultra, Marathon, Half Marathon, 10km and 5km event

NEW ZEALAND – Hamner Springs (130km North of Christchurch) Sunday 5th May

Trail Half Marathon through some impressive bush – local attractions include natural thermal springs for post run recovery and the best jet boat ride in the world. Sandra is going.

MacLay River Queens Birthday Weekend – June (2 nights away)

5km, 10km, Half Marathon and Marathon on offer

Mudgee – August

5km and 10km run on Saturday, Half Marathon and Marathon on Sunday

Central Coast – November

10km and Half Marathon



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Great Ocean Walk – done as a run: By: Brendan Davies

The dust has well and truly settled on this epic event. My first 100 mile event and I got to say, I loved every step of the journey. A long event deserves a long report though...apologies in advance! (edited by Sandra to reduce size for the Rundown – to see the full race report head to <http://runmrd.blogspot.com.au/>)



Race morning and all thoughts of a hot, stinker were erased from the mind when I got out at Teralba and immediately reached for my jacket. It was cold, the wind was sharp and stinging and the air temperature couldn't have been much above 10. I was liberally lubed up and filled my UltrAspire Surge bladder to 1.5L. I weighed in at a touch over 63kg.

Start - CP1. 28.6km. Leg time 3:11.

The start was as low key as starts go, a simple 'go' from Dave Byrnes and we were off. The pace in the first 5km was pedestrian to say the least.

Heading on the first part that is single track, an alert on the Garmin advised I was off track and so I was. The preloaded maps just saved me from a real stuff up. Not too much further down the track I was chatting away, oblivious to the right hand turn into the rainforest, even saw the sign but decided for some strange reason to ignore the wisdom of the Garmin and keep going up the trail.

Eventually we realised the mistake and turned around, what a shocker, probably lost 3 minutes there. I tried to make up time but navigation let me down again.

CP1 - CP2. 23.9km (52.5km). Leg time 2:05.

The second leg is my favourite of the whole race, after getting away in 2 minutes from the checkpoint, it was rhythm, rhythm rhythm to the end of the firetrail to where the single track descends the spur to the valley floor. Pretty uneventful leg except for a bit of a navigation stuff up, so backtracking again, it probably cost me three or so minutes, very stupid mistake and I made sure that I ran the road quite quickly to make up the lost time. Once in the valley, I couldn't believe how pleasant the conditions were. I mean a freakin' cool tail wind? What the heck was this? Usually it's hot and humid as all hell, I felt for the local resident who had set up an unofficial drink station; I really felt like just having a drink to show my appreciation but reality was I still had probably over a litre in the pack to get through, so it was a polite 'g'day and what about this weather eh!'

CP2 - CP3. 29.1km (81.6km). Leg Time 3:11

This leg is the 'make or break' leg of this race, the crux of the race, destroy it or be destroyed, I wasn't going to let it gain a foothold. The first real big climb up to the communications tower I just downgeared, up the cadence and jogged calmly up to the stop. Psychologically, reaching the top without walking was what told me today was going to be my day.

CP3 - CP4. 22.1km (103.7km). Leg Time 2:02

Yep, fast I wanted and fast I gave it. Made it out of the tricky Basin section, thanks somewhat to the uploaded maps to my Garmin. I really can't recall much of the leg, although I remember that I was really looking forward to getting to the Yarramalong, seeing Nadine (who was taking over crewing duties from here) and also hooking up with Jo. Reaching the road, it was like sitting in my favourite lounge chair and set off at around 4:15 pace to the school. I'm pretty sure I held 4:30s all the way to the school, a marked difference to the year before where I bumbled and stumbled, walked and shuffled my way into the end of the 100k run and promptly collapsed.

CP4 - CP5. 28.4km (132.1km). Leg Time 3:30

Leaving Yarramalong, the trail goes up Bumble Hill. Jo (my pacer) and I were just catching up on my race so far and she was keeping me busy and alert to my nutritional intake thus far in the race. At the first real climb under



the power lines I was attempting to run it but Jo was walking behind me and pretty much keeping up with me. She convinced me to just walk, and I'm glad she did as it helped enormously with the walk giving my legs a bit of a rest. Jo and I were hitting a good pace and things were going great. I was very cautious going into the rainforest section. I had run this section with Clarke and Shona in training at night, and although not dark yet, it was still very tricky underfoot. This is also where we all had got lost and I was trying my damndest to remember the course but a fallen tree had me confused and it took me some time to find the trail behind it, all in all this little adventure probably cost us 10 minutes.

CP5 - CP6. 17.8km (149.9km). Leg Time 1:49

This is a fast leg, without many large climbs and lots of downhill and flat running. I was feeling great, and knew now that I was on track for a 19 - 20 hour run if I could hold it together. Going down the rocky trail towards the dam, I was becoming aware of a pain in my right knee becoming a little worse. I made sure I was nursing it, using my left leg to take the shock of small drop-offs. It was definitely an ITB type pain, and fearful of it getting worse, decided to back off the speed a bit. Crossing over the bridge and cruising into the checkpoint, we caught the crew totally off guard as they were still setting up their water barrels and food. Meanwhile, Jo had come to the decision not to run the final leg with me; she didn't want to potentially make her injuries worse. It was the smart thing to do. I was stoked to find out later that we broke both leg records together!

CP6 - Finish. 25.4km (175.3km). Leg Time 3:17

I was feeling very strong, but it was lonely out there and I began to desire the finish line. I don't know if it was the brain playing tired tricks, but more than once I had the dreaded fear that I had already run that section of the trail. This actually did become a reality during the leg, at some stage I had unknowingly doubled back on myself. I was very lucky that I didn't lose a lot more time, this little muck up cost me probably another 10 minutes. It wasn't long before I crossed the inlet and hit the beach. I could see a headlamp up ahead and some cheering. It was Nadine and Jo directing me to the little trail marker, the official finish line. 19 hours and 27 minutes after the start, I knelt down, put my head against the marker and the realisation that it was all over washed over me in a giant wave of relief and joy.

The official presented me with a gold medal and took some photos, and I slowly made my way over to the recovery tent. Once stopped and lying down, a bit of nausea mixed with exhaustion set in. I downed some coke and some lollies, but that was all I could stomach. Nadine, Jo and the official did a wonderful job looking after me. The official apologised more than once for not having the BBQ fired up, but believe me, the last thing I wanted was a sausage sandwich, even just the thought of it was making me feel sick!

I'm sure, come morning, however, that I would probably feel like eating 10 of them!

Post Mortem: I'm very pleased how my debut 100 miler turned out. I believe my pacing was great and has given me a great foundation for future milers. The recovery was slow and there have been a few niggles that I've had to handle.

There is though, room for improvement. The 22 minutes spent at Checkpoints can be halved and with more care with directions, the time can further be improved. But really, will we ever get another day of perfect running conditions again?



Photo Gallery





Some More Upcoming Running events

Sat-Sat 12-19 Jan 33RD THREDBO NATIONAL RUNNING WEEK

A week long smorgasbord of running and non-running activities for runners and their families organised by the Canberra YMCA Runners Club contact: Phil Aungles. email: paungles@tpg.com.au . Visit the website for more details. Click here for an entryform.

Sun 13 Jan SYDNEY TRAIL SERIES- MANLY DAM RACE TWO

The Sydney Trailrunning Series is a series of short course Trailrunning events with distances under 20km and all within 45mins of the Sydney CBD. The aim of the Sydney Trailrunning Series is to give you some great goal races to target throughout the year as well as keep you on the trails and smiling. Whether you are new to running or trailrunning, looking for a social run or a quick hit out with friends on a Sunday morning, STS is the series for you. The Manly Dam trails are fantastic - the scenery beautiful and the trails are some of the best for short course trail runs on the north shore. contact: Sean Greenhill. email: info@mountainsports.com.au . Visit the <http://www.sydneytrailseries.com/> for more details.

Sun 20 Jan SMC ROAD RACE

Come and run the new SMC course. Each month (Oct to July) there is a half marathon, 10km and 5km. The 5km can cost well under \$7 per race. For that you will get an accurately measured course, KM markers, drinks stations, electronic timing, lucky draw prizes, cash prizes, post race drinks, snacks and a presentation. All abilities and ages are welcomed. Check out our website or Facebook page for all the details you need and to see photos of past races. Enter online now to secure your place. contact: SMC Road Race Series. email: smcroadraceseries@gmail.com . Visit the <http://www.sydneymarathonclinic.org.au/> for more details.

Membership Due by 1 April 2013 (makes a great Christmas Present, or look at all those December / January Birthdays)

Woodstock Runners - Membership Form – 2013-2014

Name: _____

Address: _____

Suburb: _____ Postcode _____

Telephone Home: _____ Mobile: _____

Date of Birth: _____

Email: _____

I wish to join/rejoin as a financial member of Woodstock Runners Inc. for 2012-2013 as indicated below:

Part A - Club Fees:

Adults Existing Members \$50.00 \$ _____

New Members Only

New Member Fee includes a Club cotton T-Shirt, or a one off discounted Hot Designs singlet/short sleeve shirt purchased at time of initial membership only

Adults Concession Membership - Cotton T-shirt \$50.00 \$ _____

Membership - Hot Designs Singlet/Short Sleeve \$70.00 \$ _____

Choose *Single or Short Sleeve Top*

Choose *Male / Female*

Indicate size: _____

B – Club Gear

Item	Quantity	Total
Cap \$20		
Singlets (M/F) \$45		
Bra Top \$66		
Short Sleeve \$50		
Long Sleeve \$60		
	Total	

I do / **do not** consent to my contact details being included in the Club Member List.

I do / **do not** consent to my results and/or photos of me being published (Rundown and website)

Please return to: Treasurer - Woodstock Runners Inc.
PO Box 672
BURWOOD NSW 1805

Cheques should be made payable to “Woodstock Runners Inc.”.

Race Results

3/11/2012

SYDNEY STRIDERS SERIES / LANE COVE

10 KM

Lesley Maher	55:36
Jeff Morunga	57:47

4/11/2012

RUN4FUN / OLYMPIC PARK

HOME BUSH

10 KM

Jamie Fitzsimons	48:33
Raul Unas	49:44

10/11/2012

GREAT NORTH WALK

100 MILER (108.9 Miles or 173.7 km)

Brendan Davies	19 hrs. 17
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Mins (1st O/All & Course Record)

11/11/2012

FISHERS GHOST FUN RUNS

10 KM

John Dawlings	43:30 (5 th M50)
Jeff Morunga	59.31

5 KM

Dot Siepmann	29:05 (1st F60)
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18/11/12

Val Nolasco Mizuno Half Marathon

Kim Cayzer	1:42:21
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24/11/2012

Park Run

5Km

Martin AMY	17:44 1 st O'All
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25/11/2012

CENTRAL COAST Mardigras Run

HALF MARATHON

Tilo Schroeter	1:35:45
Frank Hidvegi	1:38:32 (PB)
Kathryn Bolitho	1:42:53 (6 th F40)
Bridget Akers	2:00:19
Angela Haynes	2:04:01 (PB)
Sandra Bogun	2:04:02
Paul Whiteway	2:04:02
Dianne Galea	2:05 PB ***
Teresa Wood	2:09:12
Brian Amy	3:21:09

10 KM

Martin Amy	36:59 (7th O/All & 4 th M30)
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Peta Bray	57:35
Joe Ayoub	59:20
Peter O'Sullivan	42.17
Dot Siepmann	60:25 (2nd F60)
Hilary Schneider	63:46
Chris Amy	71:12

25/11/2012

SRI CHINMOY / CENTENNIAL PARK

14 KM

John Dawlings	1:04.16 (2nd M50)
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4 KM

Fiona McIntyre	32:17
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Running Wild GLENBROOK TRAIL

MARATHON

42.125 KM

Gavin Tunstall	06:30:11
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2/12/2012

BALMAIN FUN RUNS

10 KM

Bridget Akers	56:27
Martin Amy	40:36
Robyn Barnes	51:08

Kathryn Bolitho	48:45 (6th F40)
Murray Clarke	49:35
Fiona Day	51:03
Jamie Fitzsimons	49:52
Greg Marsh	54:27 (4 th M60)
Jeff Morunga	59:38
Emma Pryor	62:35
Kazuaki Takahashi	40:21
Sarah Waladan	54:22
Dave Miller	58:19
Frank Hidvegi	??

5 KM

Peta Bray	28:03
John Dawlings	20:53 (2 nd M50)
Louise Hawkins	25:42 (4th F40)
Oscar Hawkins	40:43 (2nd M16-19)
Angela Haynes	26:41 (PB)
Jackson Haynes	24:33
Eddie McLean	46:51 (2 nd M70+)
Dot Siepmann	30:28 (1st F60)
Louise Tapsell	28:01

2/12/2012

Trail Running Series – Manly Dam

10.2 KM

Brendan Davies	44:10 (3rd 31-40 5th Oall)
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2/12/2012

xTerra Wolrd Championship

10Km

Kim Cayzer	50:14 (3rd 30-34)
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9/12/2012

Honolulu marathon

Kim Cayzer	3:55:03
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