



Wk	Date	Start	Time	Course	Finish	Time	Cafe	Conditions	Running Time	Distance
1	13 Jan	Summer Hill	5:30-6	Cooks River – 20km <a href="http://www.mapmyrun.com/routes/view/5218190">http://www.mapmyrun.com/routes/view/5218190</a>	Summer Hill	9	Goblin Café	Path/Road	2:00-2:45	20km
2	20 Jan	Smithfield	6:30/7	SMC – 21.1km <a href="http://www.sydneymarathonclinic.org.au/courses/">http://www.sydneymarathonclinic.org.au/courses/</a>	Smithfield	9	-	Path	1:30-2:30	21.1km
3	27 Jan	Summer Hill	5:30-6	Cooks River 25km <a href="http://www.mapmyrun.com/routes/view/163531870">http://www.mapmyrun.com/routes/view/163531870</a>	Summer Hill	9	Goblin Café	Path/Road	2:30-3:00	20-25km
4	3 Feb	Summer Hill	5:30-6	* Parramatta* - 28km <a href="http://www.mapmyrun.com/routes/view/162146648">http://www.mapmyrun.com/routes/view/162146648</a>	Parramatta Park	9	Parramatta Park Café	Path/Road	2:45-3:45	25-30km
5	10 Feb	Summer Hill	5:30-6	Cooks River 25km <a href="http://www.mapmyrun.com/routes/view/163531870">http://www.mapmyrun.com/routes/view/163531870</a>	Summer Hill	9	Goblin Café	Path/Road	2:30-3:00	20-25km
6	17 Feb	Smithfield	6:30/7	SMC – 30km <a href="http://www.sydneymarathonclinic.org.au/courses/">http://www.sydneymarathonclinic.org.au/courses/</a>	Smithfield	9-10	-	Path	2:30-3:30	30km
7	24 Feb	Orange	8	Orange Colour City Festival – 21.1km <a href="http://orangecolourcityrunningfestival.com.au/wp-content/uploads/2012/10/Running-Festival-HALF.pdf">http://orangecolourcityrunningfestival.com.au/wp-content/uploads/2012/10/Running-Festival-HALF.pdf</a> (Sri Chinmoy #1 – Centennial Park - 14km (extra 7km to be added))	Orange	9:30-10:30	TBA	Path/Road	1:30-2:30	21.1km
8	3 Mar	Summer Hill	5-5:30	Cooks River 30km <a href="http://www.mapmyrun.com/routes/view/163531870">http://www.mapmyrun.com/routes/view/163531870</a>	Summer Hill	8-9	Goblin Café	Path/Road	2:30-3:30	28-32km
9	10 Mar	Summer Hill	5:30-6	* Manly * – 25km (Sri Chinmoy #2 – Iron Cove - 14km (extra 7km to be added)) <a href="http://www.mapmyrun.com/routes/view/153001765">http://www.mapmyrun.com/routes/view/153001765</a>	Manly Beach	9:30-10	Fresh Café	Path/Road	2:30-3:30	25-30km
10	17 Mar	Summer Hill	4:30-5	* Cronulla * 30km (Optional extra at Cronulla, if early arrival) ** <a href="http://www.mapmyrun.com/routes/view/158634141">http://www.mapmyrun.com/routes/view/158634141</a>	Cronulla Beach	7:30-9	AlleyBreak Café	Path/Road	2:30-3:30	30km
11	24 Mar	Smithfield	6:30/7	SMC – 21/1km <a href="http://www.sydneymarathonclinic.org.au/courses/">http://www.sydneymarathonclinic.org.au/courses/</a>	Smithfield	9	-	Path	1:30-2:30	21.1km
12	31 Mar	Summer Hill	5-5:30	Cooks River – 35km <a href="http://www.mapmyrun.com/routes/view/5749160">http://www.mapmyrun.com/routes/view/5749160</a> (Sri Chinmoy #3 – Centennial Park - 21km (extra 14km to be added))	Summer Hill	8:30-9:30	Goblin Café	Path/Road	3:30-4:30	35km
13	7 Apr	Newcastle	8:30	Rest week or Tune up race – Newcastle – Hill to Harbour <a href="http://www.heraldhilltoharbour.net/default.asp?PageID=8319">http://www.heraldhilltoharbour.net/default.asp?PageID=8319</a>	Newcastle	9	TBA	Path/Road	0:30-1:00	10km
Race Day	14 Apr	Telopea Park School	7:00	Australian Running Festival – Canberra <a href="http://www.runningfestival.com.au/default.asp?PageID=21189">http://www.runningfestival.com.au/default.asp?PageID=21189</a>	Telopea Park School	PB	TBA	Path/Road	PB	Ultra/Full/Half

#### Notes

\* Runs as marked are Point to Point. All other runs are loop back to finish. Point to Point runs involve Bag Drop off to Start, no later than Thursday prior to Sunday

\*\* You must confirm Breakfast with Kerry Bray when requested.



### Runner Selection Criteria

#### Essential

- All participants must be members of Woodstock Runners Inc before taking part in the run.
- All participants must be able to complete a Half Marathon in sub 2:15mins
- Must stay with your pacing group leader
- Carrying of liquids is compulsory. Minimum 500ml water bottle(s) or hydration pack.
- If you drop whilst running, you must notify another participant or group leader and/or host.
- You must bring personal ID, Medicare Card and cash for transport/refreshment - minimum \$20. You are responsible to buy own transport/refreshment
- You are to print out your own copy of the map and bring it along.
- You must advise host that you are running on the Thursday prior to Sunday run. Also so reservation at Café can be made!
- If unable to attend after advising attendance you must advise host to 12pm Saturday
- Apply sunscreen

#### Desirable

- Toilet Paper
- Mobile phone
- Familiarise yourself with the map and plan an exit strategy for contingencies.
- Arrive 10 minutes early.
- Wear sun protection devices e.g. hats, sunglasses
- Don't schedule meetings/tasks early on Sunday mornings. (Generally we'll be back at start no later than 12pm)

### Pacing Groups *(Subject to change)*

Group 1 - 4:30-5:00/km

Group 2 – 5:30-6:00/km

Group 3 – 6:30-7:00km

Start *(Unless otherwise noted above)* - 19 Bogan Street, Summer Hill

### Cafes

Summer Hill - Goblin Café – 6 Sloane Street, Summer Hill - <http://www.facebook.com/goblincafe>

Parramatta Park - Parramatta Park Café - <http://www.ppeventcentre.com.au/cafe.htm>

Manly Beach - Fresh at Manly - 1/49 North Steyne - <http://www.facebook.com/pages/Fresh-at-Manly/172028682820170>

Cronulla – Alley Break Café – Shop 2, 2-6 Kingsway, Cronulla Beach - <http://www.facebook.com/pages/Alley-Break-Cafe/357348876332?fref=ts>